

**KICKS**

Front Leg Raise =

Side Leg Raise =

Front Snap Kick =

Side Kick =

Side Piercing kick =

Turning Kick =

Downward Kick =

Inward Crescent Kick =

Outward Crescent Kick =

Hooking Kick =

Hook Kick =

Twisting Kick =

Spinning Hook Kick =

Reverse Turning Kick =

Sweeping Kick =

Flying Kick =

Double Kick =