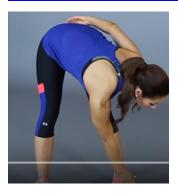
Drills and exercises for kicking

1 Side Kicks

A1. Alternate Toe Touch Jennifer Van Barneveld-Pe.



A2. Side to Side Lunges <u>Darebee</u>



A3. Chamber side kick heat0079



A4. Leg hold side kick Gary Foster



A5. Leg swing side kick <u>Michelle Waterson the Karate Hottie</u>

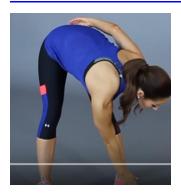


A6. Side kicks Darebee



2 Front Kicks

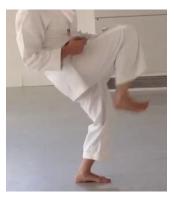
B1. Alternate toe touch Jennifer Van Barneveld-Pe.



B2. Deep squat stretch William Richards



B3. Chamber front kick MyShotokan: Shotokan Karate Videos



B4. Lunge step-ups

<u>Darebee</u>



B5. Lying front kick Donato Nardizzi

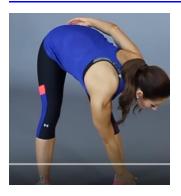


B6. Front kicks Darebee



3 Turning kicks

C1. Alternate toe touch Jennifer Van Barneveld-Pe.



C2. Walking high kicks Vinh Tran



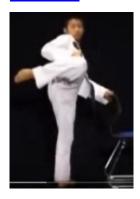
C3. Lying kick Joann Teo



C4. Chamber turning kick BCMATKD



C5. Waist turn turning kick Joann Teo



C6. Turning kicks

Darebee



2019-05-13