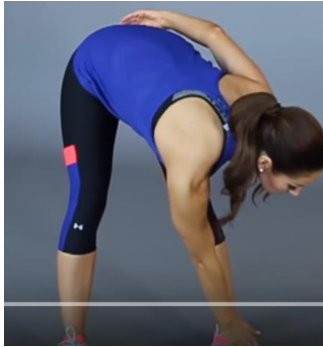


Drills and exercises for Turning Kicks, 2019-08-05

1 Turning kicks

1. Alternate toe touch
[Jennifer Van Barneveld-Pe.](#)



2. Lying turning kick
[Joann Teo](#)



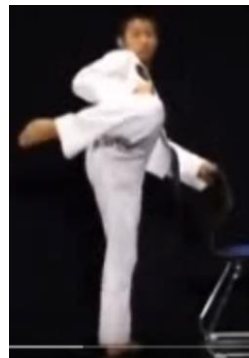
3. Turning Kick Extension
[Donato Nardizzi](#)



4. Chamber turning kick
[BCMATKD](#)



5. Waist turn turning kick
[Joann Teo](#)



6. Turning kicks
[Darebee](#)

