

KICKING SET #1

Under Purple Belt Curriculum

Note: *The kicks are arranged in sets of four, each set consisting of a front kick, a round kick, a knife-edge (or side) kick, and a back kick. The rest is how those above mentioned weapons are transferred, either through such methods as a step-through, or a shuffle. The entire set forms a square, and the hands should always be in a guard position. Also, all kicks should be up at the belt-level.*

1. Bow.
2. Start from a horse stance facing 12 o'clock.
3. Drop your right foot back to 6 o'clock in a left neutral bow facing 12 o'clock to start the Kicking Set.

SET 1: (12 o'clock - Right foot kicks) RIGHT RIGHT RIGHT LEFT

1. Right foot back into a left neutral bow
2. Step through right ball kick, landing in a right neutral bow
3. Left foot cross over right into a twist stance. Right side kick, landing in a right neutral bow
4. Left foot shuffle, right roundhouse kick, landing in a right neutral bow
5. Left spinning rear kick, landing in a left neutral bow
6. Drop your right foot back to 9 o'clock into a left neutral bow facing 3 o'clock

SET 2: (3 o'clock) ALL RIGHT KICKS

1. Right step through side kick, landing in a right neutral bow
2. Left foot shuffle, right ball kick, landing in a right neutral bow
3. Left foot shuffle, right roundhouse kick, landing in a right neutral bow
4. Left foot shuffle, right rear kick, landing in a right neutral bow
5. Drop your left foot to 12 o'clock into a right neutral bow facing 6 o'clock

SET 3: (6 o'clock - Left foot kicks) – ALL LEFT KICKS

1. Left spinning rear kick, landing in a left neutral bow
2. Shuffle left roundhouse kick, landing in a left neutral bow
3. Shuffle left front ball kick, landing in a left neutral bow
4. Shuffle left side kick, landing in a left neutral bow
5. Drop your right foot back to 3 o'clock into a left neutral bow facing 9 o'clock

SET 4: (9 o'clock) – ALTERNATE KICKS – R-L-R-L

1. Right step-thru ball kick, landing in a right neutral bow
2. Left step-thru roundhouse kick, landing in a left neutral bow
3. Right spinning rear kick, landing in a right neutral bow
4. Left step through side kick, landing in a horse facing 12 o'clock