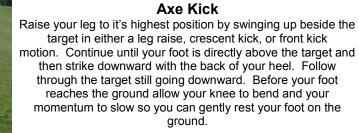
Blue Belt New Techniques











Butterfly Kick (360 degree inside crescent

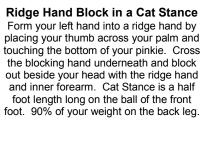
kick)
Start with your kicking foot forward. Spin around backwards as though you're going to do a spin crescent kick with your back foot. Swing that knee around bent and use the momentum to lift you up as you jump with your kicking foot and inside crescent kick. Continue to spin your body through the motion until you follow through the target and land in your starting position.







Jump Spin Heel Kick Start with your kicking foot behind you. Jump off both feet and spin your head and body around backwards. Let the spin of your body pull around your out stretched leg. Once your body is sideways to the target, swing the back of your heel through the target (keeping your body in the sideways position). Let the momentum of your foot pull you around back to the starting position.





Double Pressing Block Form both hands into palm heels. Start your front hand down on your knee and you opposite hand up ty your ear. Switch the hands, palms facing each other as they pass in the middle. Finish with the front hand blocking with an upward palm heel and the back hand blocking with a downward palm heel.





Start your hands on your hips left palm down right palm up. Flip your left hand up and out and bring your right hand up and over your head. Finish with both palms

up. The C Block catches a stick coming

downward on you.



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