

Blue Belt New Techniques



Axe Kick

Raise your leg to it's highest position by swinging up beside the target in either a leg raise, crescent kick, or front kick motion. Continue until your foot is directly above the target and then strike downward with the back of your heel. Follow through the target still going downward. Before your foot reaches the ground allow your knee to bend and your momentum to slow so you can gently rest your foot on the ground.



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.

Ridge Hand Block in a Cat Stance

Form your left hand into a ridge hand by placing your thumb across your palm and touching the bottom of your pinkie. Cross the blocking hand underneath and block out beside your head with the ridge hand and inner forearm. Cat Stance is a half foot length long on the ball of the front foot. 90% of your weight on the back leg.

C Block

Form both hands in to "c's" with your thumb and fingers by opening your hands but keeping your four fingers together. 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.

Double Pressing Block

Form both hands into palm heels. Start your front hand down on your knee and your opposite hand up by 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.



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