

# Brown Belt New Techniques

## 360 Side Kick

Starting with your kicking foot forward, spin your body so as to swing your back leg forward. Use your swinging leg to lift you up in the air as you jump off of your base leg and continue to spin in a tight circle. Turn your head around quickly as you spin until you see the target behind you. Side kick out with your jumping leg before you land on your swinging leg. Rechamber your knee as you land and put your kicking foot down in front of the target.



## 360 Hook Kick

Starting with your kicking foot forward, spin your body so as to swing your back leg forward. Use your swinging leg to lift you up in the air as you jump off of your base leg and continue to spin in a tight circle. Turn your head around quickly as you spin until you see the target behind you. Side kick out with your jumping leg beside the target. Bend your hip and knee to strike the target with a hook kick before landing on your swinging leg.



## Reverse Upset Punch

Start your left hand palm down on your belt and reach out toward the target with your right hand palm down. Pull your right hand in, with you pinkie touching your chest, as you punch upward with your left hand in and uppercut motion. Finish with your left palm facing you.



## Fixed Stance Reverse Punch

In a left fixed stance, reach toward the target with your left hand and start your right hand on your belt. Pull your left hand back to your belt as you reverse punch with your right hand.



## Reverse Sliding Elbow Strike

Cross your arms with the right hand underneath. Swing your right foot in front of you landing your weight on your right leg in a left back stance. (Allow your left foot to slide behind you) Pull your left hand back to you belt as you strike out with the tip of your right elbow. Right fist on belt.

