

Green Belt New Techniques

Reverse Inner Forearm Block

With the left foot forward, cross your right hand underneath and inner forearm block. Keep your palm turned in with your elbow in front of your shoulder.



Fixed Stance

Shape your feet in a letter L three steps apart. (One step longer than a back stance). Weight even on both legs.



Reverse Outside Knifehand Strike

Reach your left hand out in a fist palm down and your right hand behind your head in a knifehand. Pull your left hand into your chest and curve your right hand around in front of you. Strike sideways at head level.



Hook Kick

Pivot your base foot, and chamber your knee and foot back exactly as you would for a side kick. Kick out with a side kick to the side of the target. Pull the your foot around by bending your hip and then knee in an arc toward your back. You should hit the target in the middle of this swinging motion with the back of your heel. Set your foot down in front of you.



Spin Hook Kick

Turn your head and then body to look around behind you by pivoting on your base foot (just as you would for a spin side kick). Strike out with a side kick beside the target and "hook kick" just as in the previous example. You may finish by landing your foot next to the target (as in a spin side kick) or you may continue to spin around back to your starting position.



Spin Heel Kick

Turn your head and body around by pivoting on your base foot. Stop pivoting when your base heel is pointing at the target, and leave it there until after you have hit the target. Use the spinning of your body to throw your leg around in a wide circular motion.

Keep your leg straight and hit with the back of your heel. Finish by allowing your base foot to turn with you and continue spinning back to your



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