

# Orange Belt Strikes

## Jump Front Kick

Starting with the kicking foot forward, swing back knee up for momentum. Then jump and front kick with your front foot. Rechamber as you land on the other foot.



## Twin Outer Forearm Block

Starting with both palms up on the belt, cross your arms in an X in front of your face (palms in). Twist out with two Outer Forearm blocks.



## Jump Round Kick

Starting with the kicking foot behind, jump off both feet tucking up both knees, turn your body forward and round kick. Rechamber while landing on the other foot.



## Spear Hand

Starting with the striking hand on the hip and other hand reaching out in front. Slap reaching hand over palm down and strike out from the hip over your hand, with the finger tips.



## Jump Side Kick

Starting with the kicking foot behind, swing back knee up for momentum and chamber it back while jumping off the other foot. Tuck your bottom foot and side kick



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