

# Senior Brown Belt New Techniques

## 360 Heel

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. Jump off with and swing your kicking leg around and through the target. Keeping your body sideways so that the back of your heel strikes the target with your leg extended. Let momentum carry your foot around and through the target.



## 360 Outside Crescent 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. As you keep spinning, push off with your kicking foot. Keep spinning until your body is facing the target and then let your kicking leg swing through the target with an outside crescent kick.

