

# Senior Blue Belt Kicks

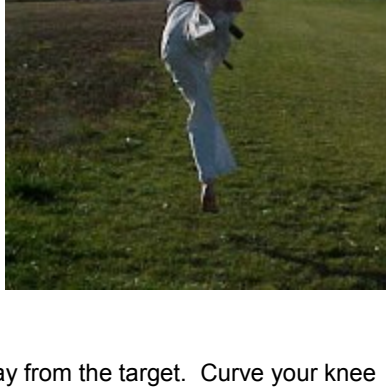
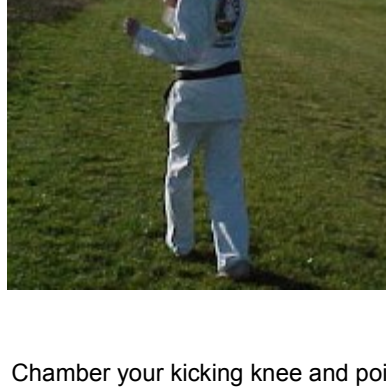
## 360 Front Kick

Starting with your kicking foot in front of you, spin around backwards as though you were about to do a spin kick. Let the spinning of your body swing your back leg around in front of you with your knee bent. Lift the swinging knee for momentum as you jump with your base leg. (Just as for a #3 jump front kick) Your base leg will do the jump front kick just before you land on the swinging leg. Rechamber after the kick and land your kicking foot next to the target.



## 360 Round Kick

Starting with your kicking foot in front of you, spin around backwards as though you were about to do a spin kick. Let the spinning of your body swing your back leg around in front of you with your knee bent. Lift the swinging knee for momentum as you jump with your base leg. (Just as for a #3 jump front kick) Continue to turn your body twisting your shoulders and hips sideways. Your jumping leg does a jump round kick as your body turns side ways. Rechamber your kick as you land on your swinging leg. Land your kicking foot next to the target.



## Twist Kick

Chamber your kicking knee and point it as though you are going to do a round kick away from the target. Curve your knee and foot in motion like a letter C until your knee and foot point in the opposite direction. Kick out your foot as though you are doing an upside down round kick. Rechamber your knee and sit your foot down in front of the target.



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