

Senior Green Kicks

Jump Spin Side Kick

Starting with your kicking foot away from the target, jump off both feet and tuck your knees up. As you leave the ground turn your head and upper body around just as you would for a spin side kick. When you see the target over your shoulder begin to kick out letting the kick turn your body the rest of the way through the kick. Rechamber after the kick and land your kicking foot next to the target.



Jump Spin Crescent Kick

Starting with your kicking foot away from the target, jump off both feet and turn your head and upper body around as you would for a spin crescent kick. Continue spinning your body as you swing your foot out in a crescent kick. Follow through the target by continuing to spin back around to your starting position.



Jump Spin Hook Kick

Starting with your kicking foot away from the target, jump off both feet and tuck your knees up. As you leave the ground turn your head and upper body around just as you would for a spin side kick. When you see the target over your shoulder kick out with a side kick next to the target. Bend your hip and knee to pull the back of your heel through the target. Land with your kicking foot next to the target or continue to spin back to your starting position.



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