



# ORDER OF KICKS:

SNAP KICK

THRUST KICK

ROUND KICK

SIDE KICK

OUTSIDE/ INSIDE KICK

INSIDE/ OUTSIDE KICK

HOOK KICK

BACK KICK

SPINNING BACK KICK

SPINNING HOOK KICK

SPINNING CRESENT (INSIDE/ OUTSIDE) KICK

SPINNING SIDE KICK

JUMPING SNAP KICK

JUMPING THRUST KICK

JUMPING ROUND KICK

JUMPING SIDE KICK

FLYING THRUST KICK

FLYING ROUND KICK

FLYING SIDE KICK

SCOOP KICK

HEEL KICK

INVERTED ROUND KICK

AXE KICK (OUTSIDE/ INSIDE, INSIDE/ OUTSIDE)

JUMP, SPIN, FLYING BACK AND HOOK KICK

JUMP, SPIN, FLYING CRESENT (INSIDE/OUTSIDE) AND SIDE KICK

TORNADO KICK (SHORT AND LONG VERSIONS)

**NOTE: THE COLORS ABOVE REPRESENT WHAT KICKS YOU MUST KNOW BY THE TIME YOU GET TO THAT BELT LEVEL.**