

The Side Kick - Left Kick (do opposite for right kick)

- Feet shoulder width apart or closer.
 - Transfer weight to the right leg.
 - Look at target to the left.
 - Lift left knee up and inward towards body.
 - Lean slightly to the right at the waist.
 - Rotate right foot pointing toe away from kick (unload knee on turn).
 - Maintain front stance.
 - Extend left leg outward do not hyperextend the knee.
 - Lower right arm to the side (for balance)
 - Strike with the blade of the foot (side) and toes pointed down.
 - Return left foot to side position.
- TARGETS:**
- Shin if target front is facing you
 - Side of kneecap if target side is facing you
 - Groin if target front is facing you
 - Side of thigh if target side is facing you
 - Above waist (hand, face) only for the advanced student

The Round House Kick

- Right side facing target, feet shoulder width apart.
 - Transfer weight to the right leg, bend front leg.
 - Look at target to the right.
 - Lift left knee up and inward towards body.
 - Begin turning towards target, weight on front leg.
 - Unload the knee as turn is executed
 - Lean slightly to the right at the waist.
 - Rotate right foot pointing toe away from kick.
 - Point left bended knee at target
 - Extend left leg outward do not hyperextend the knee.
 - Lower right arm to the side (for balance)
 - Strike with the ball of the foot and toes pointed down.
 - Place left foot down wider than shoulder width.
 - Should be facing opposite from start (left side to target)
- TARGETS:**
- Side of kneecap if target side is facing you
 - Side of thigh if target side is facing you
 - Side of abdomen (kidney area)
 - Above waist (hand, face) only for the advanced student