

# 48 KICKS MOVING KICK DRILL

## SERIES ONE

### Series one part A - slow

Start each series in Left Neko Ashi Dachi then

Mae Geri front left leg then set foot back down then

Mae Geri back leg kicking through to a right neko ashi dachi, next

Side Snap Kick back leg kicking through and ending in a left neko ashi dachi, then

Round House Kick toes pulled back/ball of the foot with back leg kicking through and ending in a right neko ashi dachi.

### Series one part B slow

Start series one part B in a right neko ashi dachi.

Mae Geri front right leg then set foot back down then

Mae Geri back leg kicking through to a left neko ashi dachi, next

Side Snap Kick back leg kicking through and ending in a right neko ashi dachi, then

Round House Kick toes pulled back/ball of the foot with back leg kicking through and ending in a left neko ashi dachi.

Turn 180 degrees by stepping with the left foot double width distance ending in right neko ashi dachi. You will now repeat the whole sequence fast, eventually returning to the original spot you started. Your last round house kick will have you ending in a right neko ashi dachi. At that point you will turn 180 degrees ending in a left neko ashi dachi as you started Series One in. NOTE: Always remember that each time you do a new section such as starting series one part B after part A that you must “reset” and kick off of the front leg even though you just kicked off of it prior. This kicking off the front leg to start a part will occur 4 times in each series. ALSO: Please note the next two series operate in exactly the same way as series one. The only difference is that you will be dropping the above four kicks and replacing them with the four kicks of the next series.

## SERIES TWO

Kogan Geri Groin kick Front Leg

Mae Geri Kekomi back leg

Kansetsu Geri back leg

Side Heel Thrust kekomi Back leg

## SERIES THREE

Front Groin Thrust Kick toes back (the crusher)

Inside thigh round house style thrust kick to inner or outer thigh, toes pulled back/ball of the foot with the back leg

Heel kick to solar plexus back leg (the impaler)

Forward stomping kick back leg (the trapper)