

BASIC KICKS

- 1. Front kick to groin area.
Mae geri.**
- 2. Cross kick to knee.
Kosa geri.**
- 3. Forward angle kick to knee.
Sokuto geri.**
- 4. Side kick with ball of foot.
Shoba geri.**
- 5. Side kick with blade of foot.
Yoko geri.**
- 6. Knee lift.
Hiza geri.**
- 7. Front thrust kick with heel.
Mae kekomi geri.**
- 8. Squat kicks with ball of foot.
O toshi geri.**