

## 1st First Grade Brown Kicking Series

Bow to front

Bow to partner

Right leg back fighting stance to begin Kia!

All kicks are Front leg double kicks

1. Hook kick - Round kick(high/low)
2. Round kick - Round kick (low/high)
3. Round kick - Side kick(high/low)
4. Back turn Side kick - Round kick (Low/High)
  - a. Partners turn
5. Repeat opposite leg
6. Hook hook - Round kick (high/low)
7. Round kick - Round kick (low/high)
8. Round kick - Side kick (high/low)
9. Back turn Side kick - Round kick (Low/High) Kia!
  - a. Partners turn

Bow to partner

Bow to front