

***Purple Belt Kicking series**

Begin with bow to front

Bow to partner

Partners will both step right leg back to start with Kia!

As first partner performs kick other partner will step back

1. **Singles :**
 - a. Front snap kick ,
 - b. Round kick ,
 - c. Side kick &
 - d. repeat opposite leg
2. Partners turn and complete same
3. **Doubles :**
 - a. Front snap/Round kick &
 - b. repeat opposite leg,
 - c. Side kick / Side kick -
 - d. repeat opposite leg
 - e. continue with **Turn Kicks :**
 - f. Back leg Round kick ,
 - g. Turn Sidekick,
 - h. Turn Sidekick ,
 - i. Back Leg Round kick ,
 - j. Kia!
4. Partners Turn and complete same

Complete to end

Bow to partner

Bow to front

***All kicks are back leg** and should be separated by 12-16" Low/High kick

**Stance is a short modified back stance

***These kicks should be delivered with speed and power , SNAP!