



Green Belt Kicking Demonstration

This kicking demonstration has been developed to show the abilities of the student in performing the techniques required of this rank.

This demonstration is considered a "walking series" due to the movement across the floor as the kicks are done. After each kick is thrown, the student sets down forward in a Back stance before doing the next kick. While the student does the kicks, which are set up in two parts, his partner moves back in Back stances. This is done to give the student a target to throw the kicks at. When the student finishes the part the partner does the same part back to the starting position with the student backing up in Back stances to give a target.

From a Right Back stance: *Part One*

- 1) Right Front kick
- 2) Left Round kick
- 3) Right Side kick
- 4) Left Front kick
- 5) Right Round kick
- 6) Left Side kick

Part Two

- 1) Right Front kick/Round kick combination
- 2) Left Front kick/Round kick combination
- 3) Right low Side kick/high Side kick combination
- 4) Left low Side kick/ high Side kick combination
- 5) Right Round kick (set "in the bucket")
- 6) Left spinning Side kick (set "in the bucket")
- 7) Right spinning Side kick
- 8) Left Round kick