



MODULE 4 - Home Training 1

Fighting Form

Fast Kick

Module 4 is all about kicking FAST by having LOOSE HIPS. You begin in a **Sparring Stance**. Your hands can be down since you are beginning an attack with a **FAST KICK**. The "fast kick" we are referring to is kicking with the front foot WHILE advancing your rear foot to the spot where your front foot started from, then returning both feet to the original position at the SAME TIME. This 'closing the gap' with both feet moving at the same time is approximately 2x's faster than 'stepping in.' When you 'retreat to your original position', you are then ready to...

Spin Hook Kick / Back Kick

...throw a **Spin Hook Kick**. This kick is performed with your back foot (while pivoting occurs on the front foot). Typically, a spin hook kick is delivered to the head of your opponent, however, you can kick to the torso if desired. You should land in basically the same stance you started in since this is a spin, not a reverse kick. This sets your opponent up to come after you-thinking your combination is complete. Now we do a **Back Kick** (with the same leg) to the body as your opponent is entering your space to keep them away & score!

Fundamental Form - Segment 1

Step Spin Hook Kick

You begin in a **Sparring Stance** with your LEFT foot in front. The first move of the fundamental form begins by stepping your front foot back (you are doing this as a 'trap' - making your opponent feel you are afraid), then using that same foot, STEP FORWARD, then SPIN HOOK KICK with your RIGHT foot. Since it is a 'spin', you will kick the target and 'land' your kicking foot away from the target - ending in a Left sparring stance. Remember, IF the kick was a Step "Reverse" Hook Kick, you would land the kicking foot closest to the target. The landing is what differentiates a reverse from a spin...

Jump Round Kick

...After you land, you will do a Jump Round Kick with your Front Leg. This kick teaches how to change hip positions to allow you to kick in different angles. The motion is similar to a Jump Front Kick, with the hips rotating more into the Round Kick position during the jump.

Knife Hand / Ridge Hand Combination

You will land with a Front Hand (Left) Knife Hand, followed by a Back Hand (Right) Ridge Hand.

Spinning Back Elbow Strike

Spin through and deliver a back elbow strike (keeping your hand open, palm facing down), landing in a middle stance



This worksheet belongs to: _____