



Three Step Semi Free Sparring

Please see below a selection of kicking routines to help you with your three step semi free sparring. Please note that there are **NO** fixed kicks or counter attacks, these are just a guide to help you with your training.

All of these kicks should be performed of the rear leg

Kicking routine one

Front kick – side kick – turning kick

Kicking routine two

Side kick – side kick – front kick

Kicking routine three

Turning kick – front kick – side kick

Kicking routine four

Turning kick – back kick – side kick

Kicking routine five

Side kick – front kick – back kick

Kicking routine six

Turning kick – reverse turning kick – front kick

Kicking routine seven

Turning kick – side kick – jump back kick

Kicking routine eight

Hook kick – front rising kick – back kick

Kicking routine nine

Turning kick – twisting kick – spinning hook kick

Kicking routine ten

Side kick – jump side kick – jump front kick