

FEET TECHNIQUES

1. Front Snap Kick
2. Side Snap Kick
3. Back Kick
4. Power Kick
5. Round House Kick
6. Wheel Kick
7. Knife Kick
8. Butterfly Kick
9. Hook Kick
10. Fade Away Kick
11. Jump Front Snap Kick
12. Crescent Kick or
Reverse Power
13. Flying Side Kick
14. Jump Crescent Kick
15. Jump Spin Crescent Kick
16. Spin Back Kick
17. Spin Side Kick
18. Reverse Round House
19. Stomp Kick
20. Axe Kick
21. Double Jump Kick