

# Kicking Set

Natural Stance “Kicking Set”- Bow- Right leg steps back into guarding stance “Aiyah!”  
From Right Guarding Stance facing 12 o’clock

- 1) Advancing Front Kick landing in Left Guarding Stance
- 2) Cross Behind Side Kick
- 3) Shuffle Up Wheel Kick
- 4) Spinning Rear Kick landing in Right Guarding Stance

• **Basic Training Students end here. Black Belt Training Students continue**

Right leg steps towards 9 o’clock

- 5) Advancing Front Kick landing in Left Guarding Stance
- 6) Cross Behind Side Kick
- 7) Shuffle Up Wheel Kick
- 8) Spinning Rear Kick landing in Right Guarding Stance

Right leg steps back towards 12 o’clock

- 9) Advancing Front Kick landing in Left Guarding Stance
- 10) Cross Behind Side Kick
- 11) Shuffle Up Wheel Kick
- 12) Spinning Rear Kick landing in Right Guarding Stance

Right leg steps towards 3 o’clock

- 13) Advancing Front Kick landing in Left Guarding Stance
- 14) Cross Behind Side Kick
- 15) Shuffle Up Wheel Kick
- 16) Spinning Rear Kick landing in Right Guarding Stance

Right Leg steps towards 6 o’clock

- 17) Advancing Front Kick landing in Left Guarding Stance
- 18) Cross Behind Side Kick
- 19) Shuffle Up Wheel Kick
- 20) Spinning Rear Kick landing in Right Guarding Stance

Bring right leg forward to attention stance and bow.

