



# Local Kicking Kihon



All combinations starting with left leg forward in left kokutsu dachi

## **NUMBER 1** (Using same leg for all kicks):

1. Right mae geri to front
2. Left leg step across and behind right leg into kaka dachi, right yoko geri
3. Left leg steps back, look over left shoulder, right ushiro geri to the back
4. Step left leg in front of right, right mawashi geri to front
5. Step left leg behind right, kaka dachi, right kaka geri to the front on 45° angle

Repeat combination starting with left leg.

## **NUMBER 2** (Alternate legs for all kicks):

1. Right mae geri to front
2. Right leg step across and behind left leg into kaka dachi, left yoko geri
3. Left leg steps back, look over left shoulder, right ushiro geri to back
4. Right leg behind left leg, left kaka dachi, left kaka geri to the front, on a 45° angle
5. Left leg steps in front of right, right mawashi geri to front.

Repeat combination starting with left leg starting.

## **NUMBER 3** (Using same leg for all kicks):

1. Right mae geri, followed by a right mawashi geri to front
2. Left leg step across and behind right leg into kaka dachi, right yoko geri, followed by a right kaka geri
3. Left leg steps back, look over left shoulder, right ushiro geri to back, left leg steps back, look over left shoulder, right ushiro kaka geri
4. Step left leg in front of right, right mawashi geri to front, followed by a right soto mawashi geri
5. Step left leg behind right, kaka dachi, right kaka geri to the front on 45° angle, followed by a right uchi mawashi geri to the front

Repeat combination starting with left leg.

## **NUMBER 4** (Alternate legs for all kicks):

1. Right mae geri, followed by a right mawashi geri to front
2. Right step across in front of left leg, left yoko geri, followed by a left kaka geri
3. Left leg steps back, look over left shoulder, right ushiro geri to back, left leg steps back, right ushiro kaka geri
4. Step right leg behind left, kaka dachi, left kaka geri to the front on 45° angle, followed by a left uchi mawashi geri to the front
5. Step left leg in front of right, right mawashi geri to front, followed by a right soto mawashi geri

Repeat combination starting with left leg starting.

