

# ELMHURST MARTIAL ARTS

## *Kicking Combination Techniques*

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All the kicking combinations are based on basic kicks. Students must learn and be able to correctly perform the eight basic kicking techniques before taking the 1<sup>st</sup> Dan Black Belt exam. Once the basic kicks are mastered, jumps, spins and modifications are added to make the advanced kicking techniques.

### **Basic Kicking Techniques**

- Front Kick
- Axe Kick
- Outside Crescent Kick
- Inside Crescent Kick
- Roundhouse Kick
- Side Kick
- Back Kick
- Hooking Kick
- Spin Hook Kick

### **Advanced Kicking Techniques**

- 360° Roundhouse Kick
- Jumping Front kick
- Jumping Roundhouse Kick
- Flying Side Kick
- Jump Back Kick
- Jump Spinning Hook Kick
- Double Leg Kicks
- Scissor Kick
- 540° & 720° Spinning Kicks

### **Sparring Specific Kicks**

- 45° Roundhouse Kick
- Switching kick
- Whip Kick
- Folding Axe kick
- Push Kick
- Cut kick

### **1. White Belt Kicking Techniques**

- Front Kick – three times, in place, both sides
- Axe Kick – three times in place, both sides
- Inside Crescent Kick – three times in place, both sides
- Outside Crescent Kick – three times, in place, both sides

### **2. Yellow Belt Kicking Techniques**

- Front Kick – moving forward, three times, alternating legs
- Axe Kick – moving forward, three times, alternating legs
- Roundhouse Kick – moving forward, three times, alternating legs
- Side Kick – moving forward, three times, alternating legs

### **3. Orange Belt Kicking Techniques**

- Skip Roundhouse Kick (Fast Kick) – three times
- Skip Side Kick – three times
- Front Kick, Roundhouse Kick, Back, Reverse Punch

### **4. Green Belt Kicking Techniques**

- Skip Roundhouse Kick – three times, low and high
- Skip Side Kick – three times, low and high
- Roundhouse Kick, Back Kick – two times
- Front Kick, Roundhouse Kick, Back, drop to knee and Reverse Punch

### **5. Purple Belt Kicking Techniques**

- Roundhouse Kick, 360° Roundhouse Kick, 360° Roundhouse Kick

### **6. Blue Belt Kicking Techniques**

- Jumping Front Kick – right and left sides
- Jumping Roundhouse Kick – right and left sides
- Flying Side Kick – right and left sides
- Perform all flying kicks in succession with a running start

## **7. Brown Belt Kicking Techniques**

- Jump Back Kick – three times, in place

## **8. Red Belt Kicking Techniques**

- Jump Spinning Hook Kick – three times, in place

## **9. Candidate Black Belt Kicking Techniques**

- Skip Front Kick, Skip Roundhouse Kick, Skip Side Kick
- Skip Front Kick, Skip Roundhouse Kick, Skip Side Kick, all low and high
- Axe Kick, Back Kick – two times
- Roundhouse Kick, Spinning Hook Kick – two times
- Roundhouse Kick, 360° Roundhouse Kick, Spin Hook Kick
- Five Kick Combination – two times

## **10. Black Belt / 1<sup>st</sup> Dan Black Belt Kicking Techniques**

- Be able to demonstrate all basic kicks:
  1. Front
  2. Axe
  3. Inside Crescent
  4. Outside Crescent
  5. Roundhouse Kick
  6. Side Kick
  7. Back Kick
  8. Spinning Hook Kick (Whip Kick)
- Perform all color belt kicking combination techniques
- Perform all kicks with improved power and height, focus and clean technique