

# AIM USA White Belt Techniques



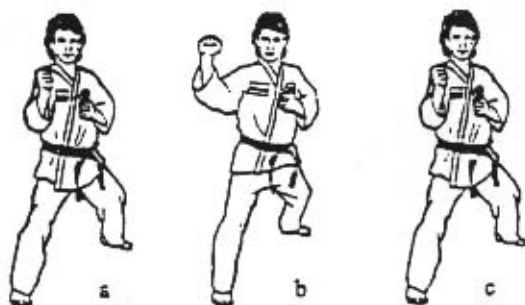
## Week-5 Home Training Practice Diagrams

Practice at least 2-3 times during the week.

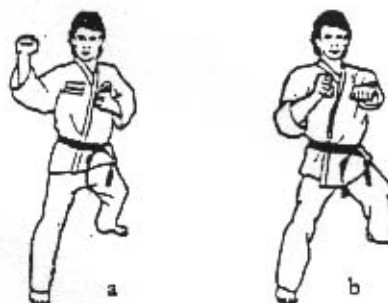
Stretch first, then perform each technique 3-4 times slow to medium speed (focusing on proper form), then 5-6 times with more speed & power. Switch stance & repeat with opposite arm/leg.

Parents are encouraged to assist in "HOME TRAINING".

Outside Block



COMBO-Outside Block/Reverse Punch



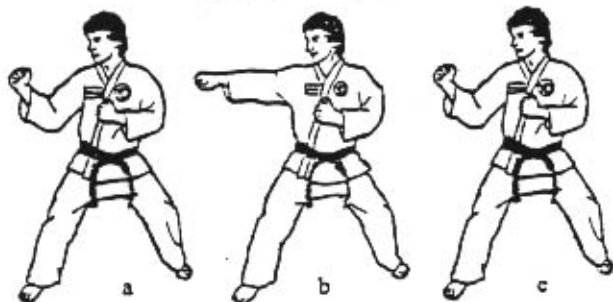
Inside Block



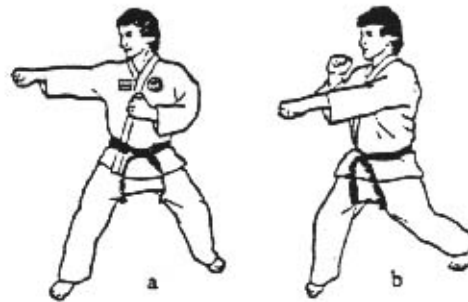
COMBO-Inside Block/Reverse Punch



Jab Punch



COMBO-Jab/Reverse Punch



Side Kick



**Also Practice:**

- COMBO-High Block/Reverse Punch
- COMBO-Low Block/Reverse Punch
- Front Snap Kick
- Pull Away "LET GO"

**Sitting Side Kick**



**Parents! Be involved with your child's home training by using a Blocker, Focus Pad or Body Shield.**

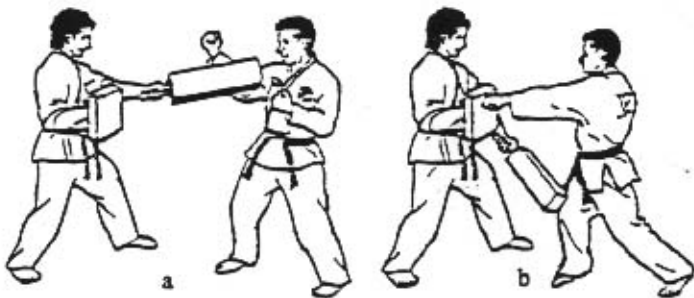
**COMBO-High Block / Reverse Punch**  
with Blocker and Focus Pad



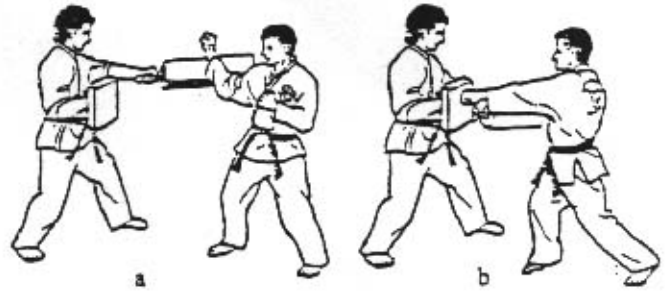
**COMBO-Low Block / Reverse Punch**  
with Blocker and Focus Pad



**COMBO-Inside Block / Reverse Punch**  
with Blocker and Focus Pad



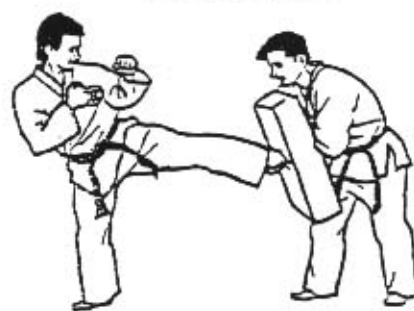
**COMBO-Outside Block / Reverse Punch**  
with Blocker and Focus Pad



**Front Snap Kick**  
with Body Shield



**Side Kick**  
with Body Shield



In the next few weeks, students will learn the Skip Side Kick, the Front Snap Kick Stepping Forward, Sparring Combinations, how to do the Best Punch, Kick, & Danger Alley competition in preparation for the AIM USA Self-Defense Tournament.