

AIM USA White Belt Techniques



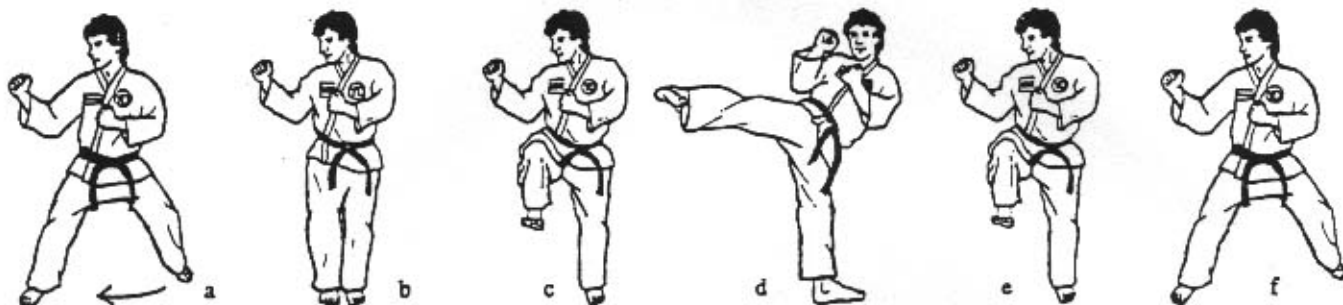
Week-8 Home Training Practice Diagrams

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".

Skip Side Kick



Tournament Sparring Combination-Skip Side Kick/Jab/Reverse Punch



Front Snap Kick Stepping Forward



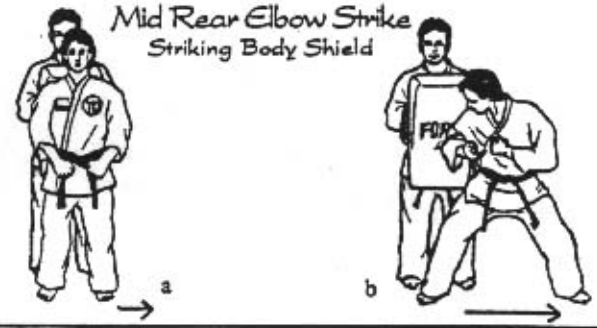
Tournament Sparring Combination-Front Snap Kick (Stepping Forward)/Jab/ Reverse Punch



Mid Rear Elbow Strike



Mid Rear Elbow Strike Striking Body Shield



Home training with the Body Shield

Skip Side Kick



Skip Side Kick/Jab/Reverse Punch



Front Snap Kick (Stepping forward)/Jab/Reverse Punch



In Preparation for advancement to Yellow Belt, refer to prior practice sheets.