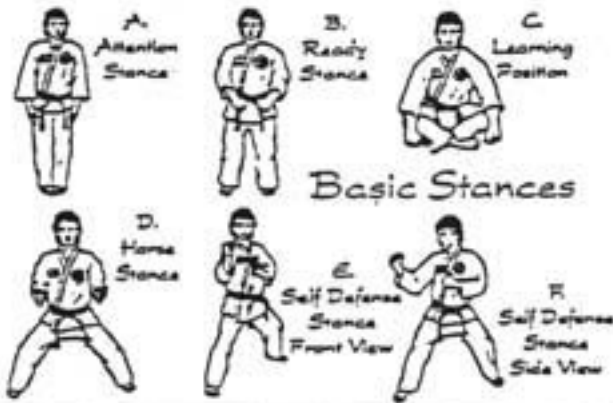


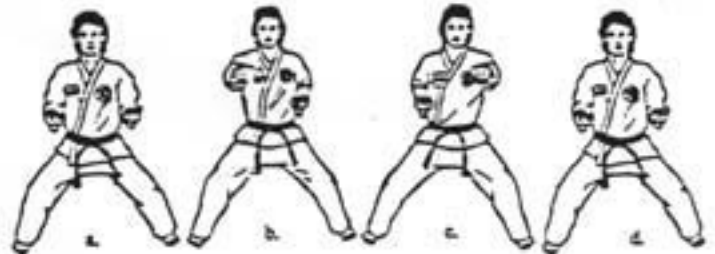
AIM USA White Belt Techniques

Week-3 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 full speed & power. Switch stance & repeat with opposite arm/leg. Parents are encouraged to assist in "HOME TRAINING."



Middle Punch (from Horse Stance)



Keep fists tight - face up on side of hips ... keep elbow in ... turn fist over when punching ... strike with the two largest knuckles.

High Block



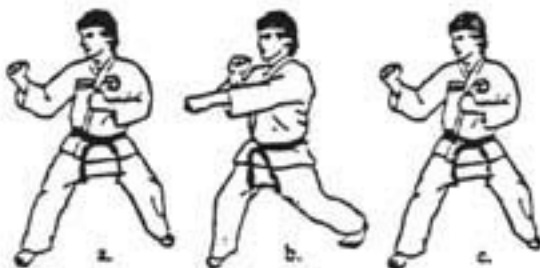
Hand in the front rises to slightly over head level.

Low Block



Hand in the front swings down over leg in the front ... point fist to the floor ... do not lock elbow.

Reverse Punch



Hand in the back punches ... turn torso to punch.

Front Snap Kick



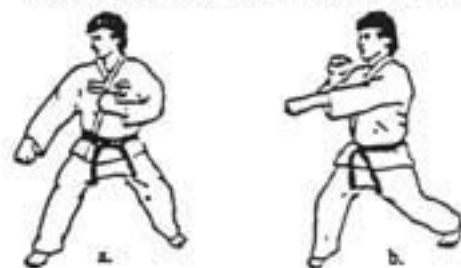
Leg in the back - knee up waist level. Snap leg out, striking with ball of foot (not with the toes).

Combo - High Block / Reverse Punch



Perform both techniques with full speed & power ... "Kiai" on both!

Combo - Low Block-Reverse Punch

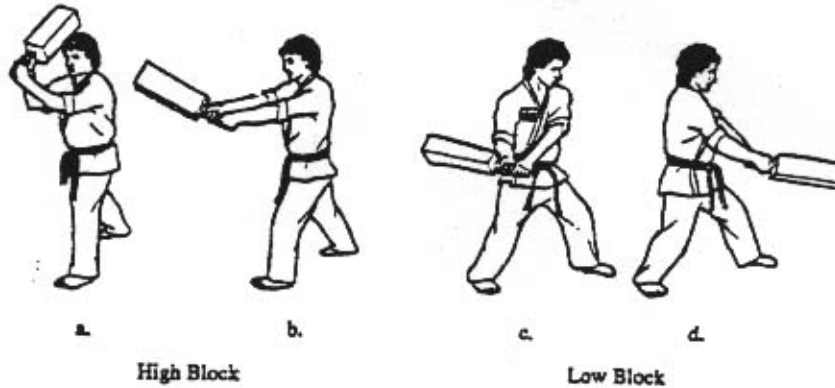


Perform both techniques with full speed & power ... "Kiai" on both!

Also practice: Pull Away "Let Go." Have someone grab your wrist and practice pulling away and yelling "Let go!" Remember to twist your wrist toward you and pull away toward the grabber's thumb. Practice 5 times and switch (opposite arm).

Parents!

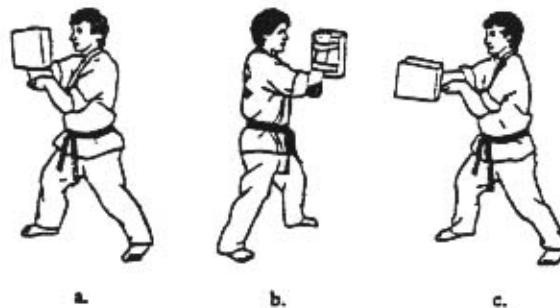
Get involved with your child's home training with a blocker, focus pad or body shield striking bag.



The Blocker is a great tool for practicing all blocks! Swing the blocker as shown above for high & low blocks.



The Body Shield is a great way to improve form & power for all kicks & punches. A. Hold the Body Shield angled forward for front snap kicks. B. More straight up for punching from a horse stance & reverse punches.



The Focus Pad is a hand-held striking pad used to focus in on a smaller strike location. Great for perfecting jabs & punches. Hold the focus pad as shown above, with your hand on the elbow for extra support.

Please remember that students respond more productively to positive encouragement & constant praise!

You will learn in the next few weeks: Inside Block, Outside Block, Sitting Side Kick, Side Kick, plus more fun games and activities.