

AIM USA

Yellow Belt 1st Degree Techniques

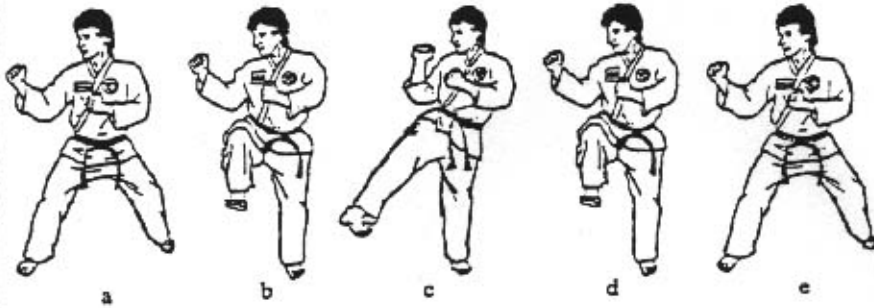


Week-3 Home Training Practice Diagrams

Practice at least 2-3 times during the week.

Stretch first, then perform each 3-4 times, slow to medium speed (focusing on proper form), then 5-6 times with more speed & power. Switch your stance and repeat with the opposite arm/leg. Parents are encouraged to assist in "HOME TRAINING".

Press Kick



Low Rear Hammer Fist



Front Roundhouse Kick



Turning Roundhouse Kick (Stepping Forward)



Guarding Block



Double Forearm Block



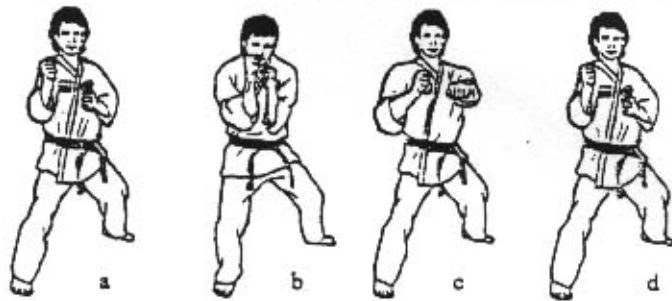
Front Kick (Front Leg)



COMBO-Guarding Block / Jab Punch



COMBO-Double Forearm Block / Reverse Punch



Backfist



Back Kick (Stationary)

