

# AIM USA

## Yellow Belt 2nd Degree Techniques



### Week-5 Home Training Practice Diagrams

Practice at least 2-3 times during the week.

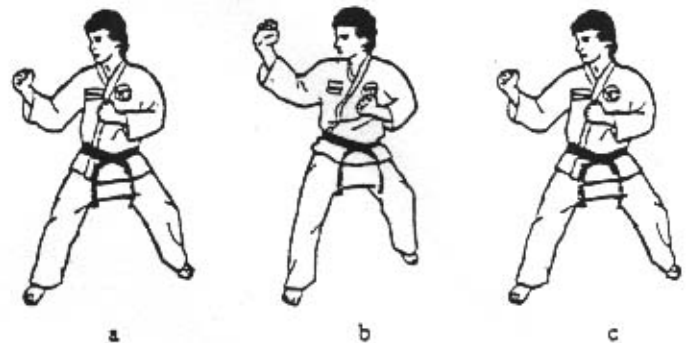
Stretch first, then perform each 3-4 times, slow to medium speed (focusing on proper form), then 5-6 times with more speed & power. Switch your stance and repeat with the opposite arm/leg.

Parents are encouraged to assist in "HOME TRAINING".

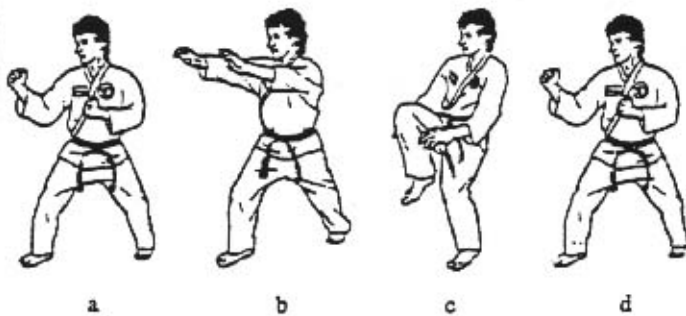
Palm Heel Push (Back Hand)



Palm Heel Push (Front Hand)



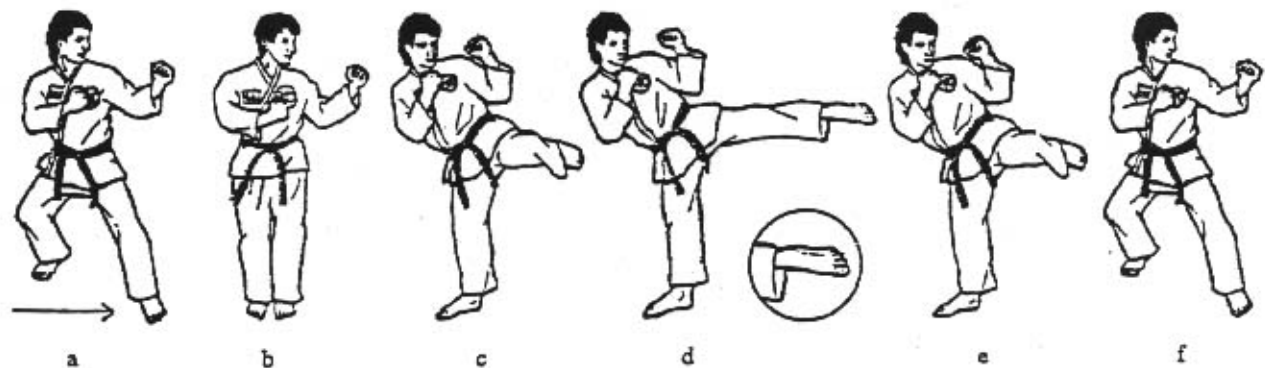
Knee Strike (Front Leg)



Knee Strike (Back Leg)

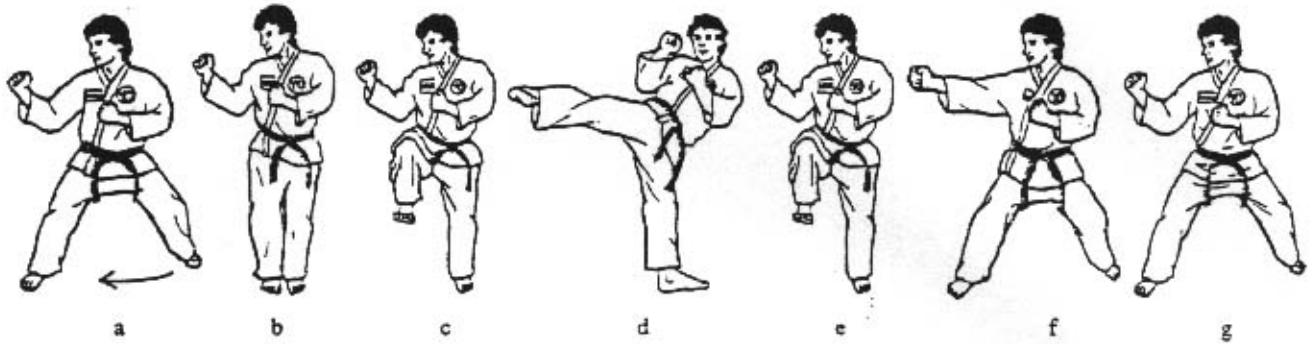


Skip Roundhouse Kick

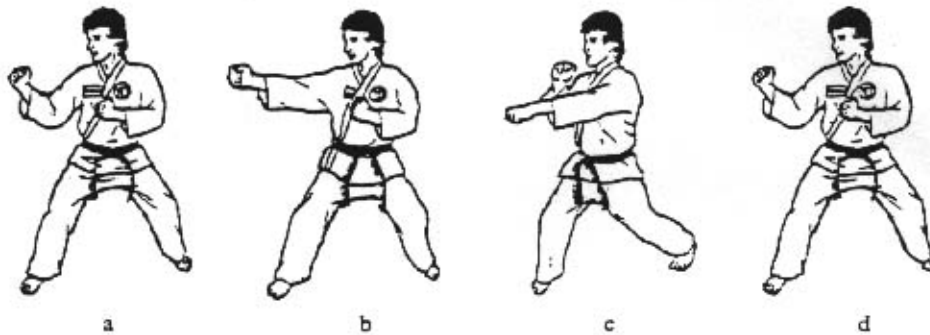


# Tournament Sparring Combinations

COMBO-Skip Side Kick / Backfist



COMBO-Backfist / Reverse Punch



COMBO-Turning Roundhouse Kick / Jab / Reverse Punch

