

Practice Sheet No.3

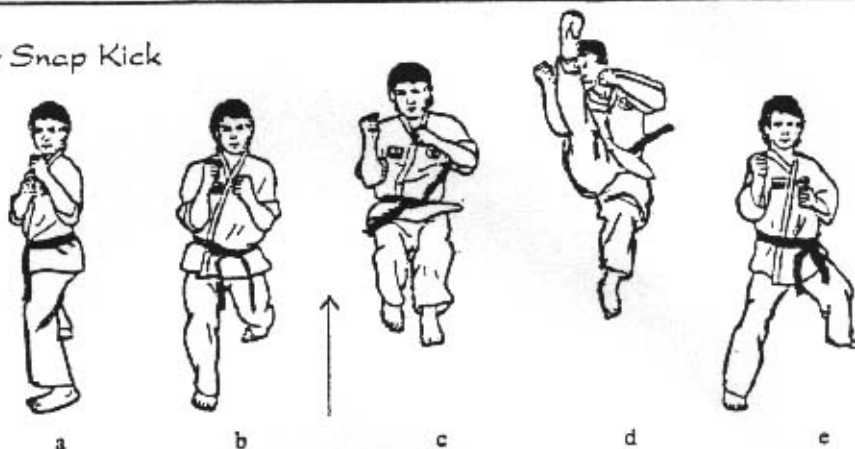
AIM USA Yellow Belt 3rd. Degree Techniques



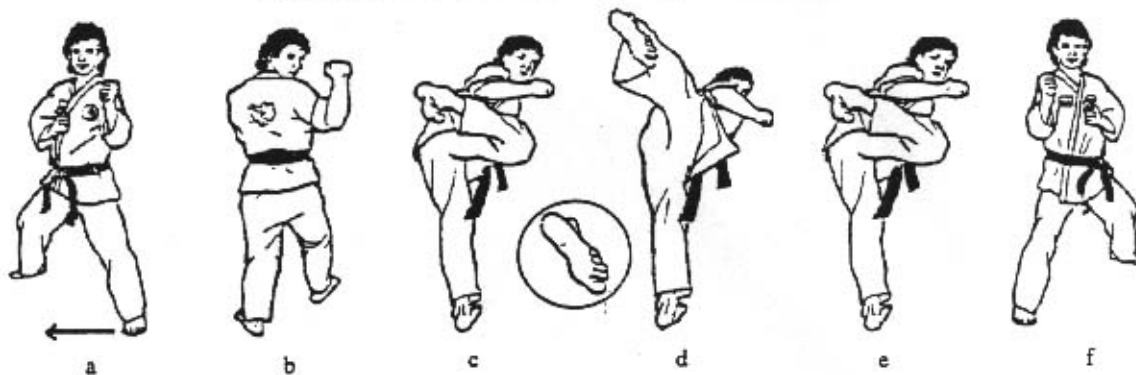
Week - 8 Home Training Practice Diagrams
Practice at least 2-3 times during the week.

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

Step Jump Front Snap Kick



Turning Back Kick (Stepping Forward)

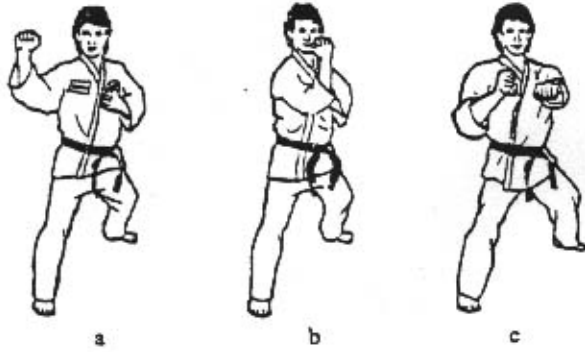


High Rear Elbow Strike

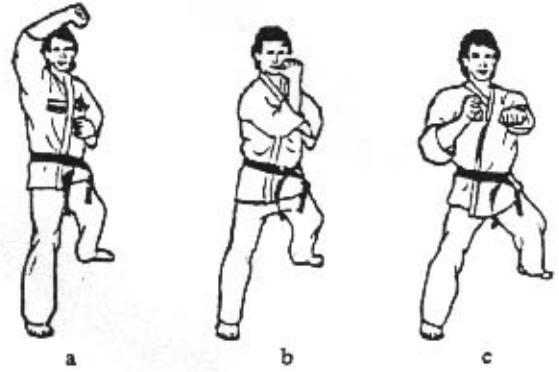


2 Block Sparring

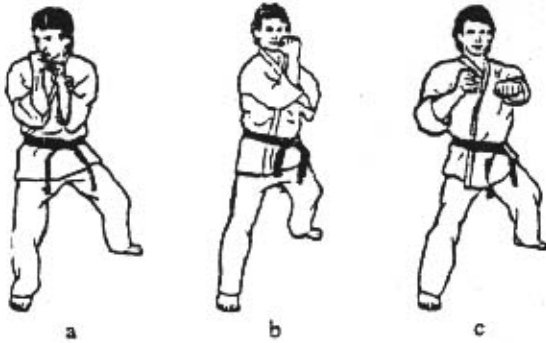
Outside / Inside Block / Reverse Punch



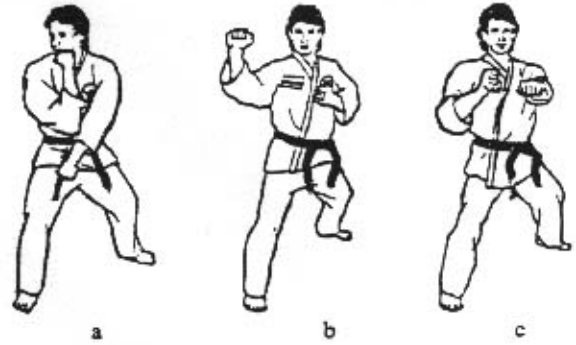
High / Inside Block / Reverse Punch



Double Forearm / Inside Block / Reverse Punch



Guarding / Outside Block / Reverse Punch



Low / Inside Block / Reverse Punch

