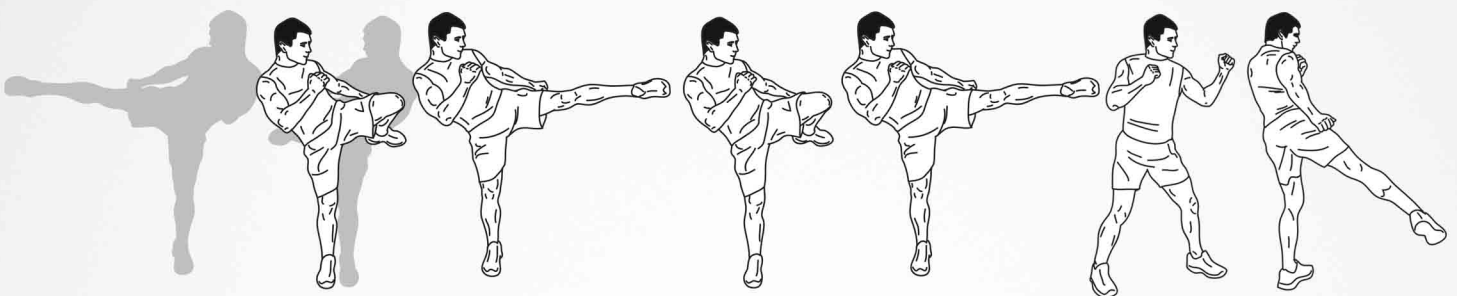


PRACTICE

TURNING KICKS

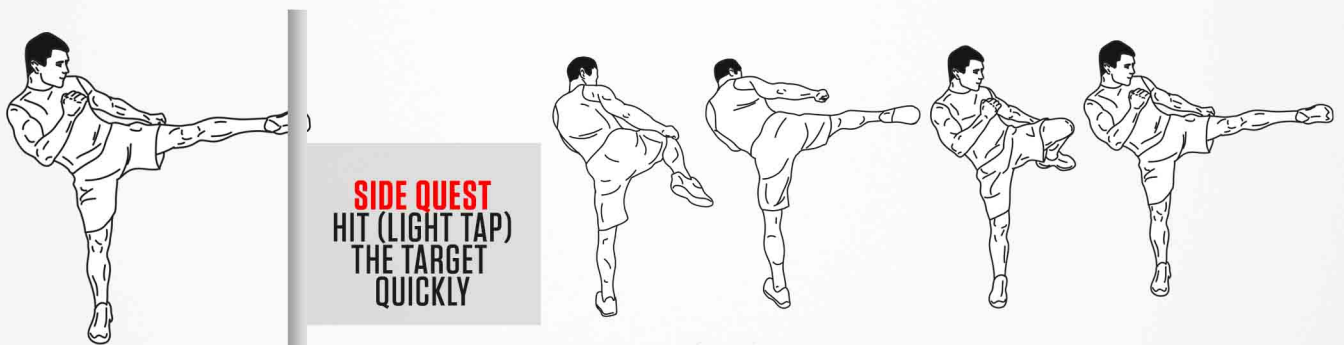
DAREBEE WORKOUT @ darebee.com

LEVEL I 60 reps LEVEL II 80 reps LEVEL III 100 reps each
rest between each set up to 60 seconds



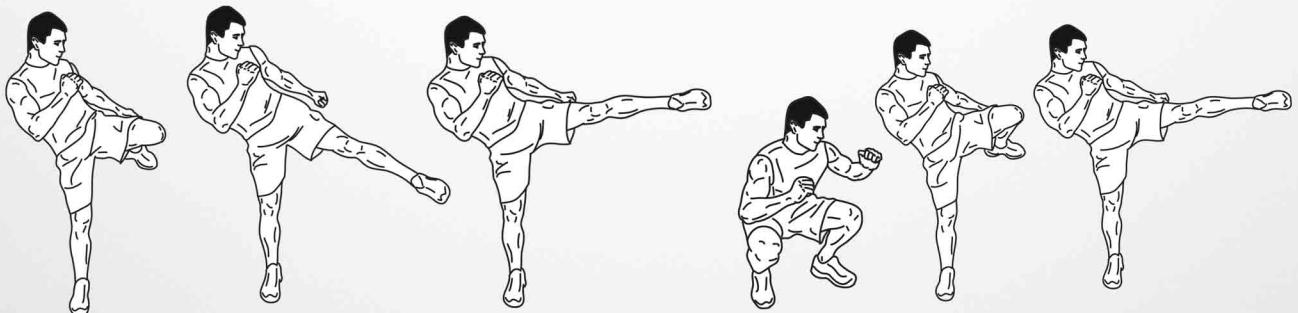
1. side-to-side / single kick

2. front leg mid height kick / back leg low kick



3. forward kicks mid height
half of all the reps same leg then change

4. forward single kicks
bounce & change side every time



5. forward double kicks / low and mid height
bounce & change side every kick

6. squat (duck) + turning kick
go as fast as you can