

Brown Sr. Curriculum

1. Skip snap kick - jump back kick - jump snap kick
2. Roundhouse kick - jump spin hook - roundhouse - spin hook
3. Side kick - skip double side kick - flying side kick
4. Skip hook/round/side kick - spin hook/round/side
5. Front leg, sliding 3x round - hook - jump round (no touching the floor)
6. Out to in - skip in to out kick - spin in to out - jump spin in to out kick
7. Out to in - jump spin out to in - jump spin out to in - spin hook
8. Skip double roundhouse - flying round - jump roundhouse kick
9. Snap/inverted round - jump 360 round - jump 360 ax
10. Sliding double round - jump 360 back kick
11. Counter roundhouse (back leg) - jump 360 hook
12. Skip side - 45 ax - (same leg) roundhouse - spin hook kick