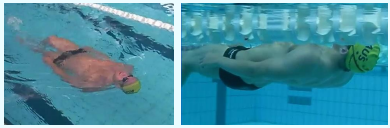


Mastering Freestyle Technique: Drill Card

INTRODUCTORY LESSON

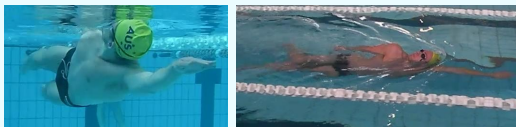
DRILL ONE: Kicking on back



DRILL TWO: Kicking on back (slight rotation)



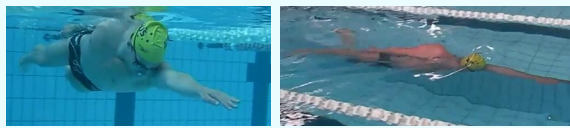
DRILL THREE: Kicking on back (arm extended)



DRILL FOUR: Kick on side (arms by side)

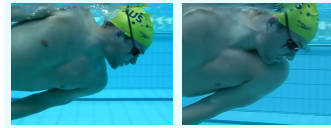


DRILL FIVE: Kick on side (arm extended)



LESSON ONE

DRILL ONE: Shoulder to chin



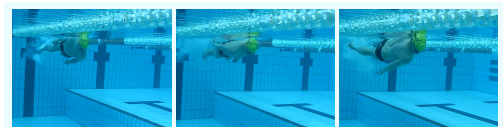
DRILL TWO: Kick on side (hand to face)



DRILL THREE: Kick on side (with switch)



DRILL FOUR: Front kick rotation (arms by side)



DRILL FIVE: Front kick rotation (arms crossed at chest)



DRILL SIX: Front kick rotation (blockhead)



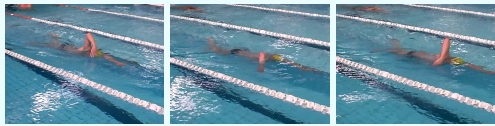
Mastering Freestyle Technique: Drill Card

LESSON TWO

DRILL ONE: Shark fin drill (with pause and return)



DRILL TWO: Shark fin drill (with practice entry)



DRILL THREE: Shark fin drill (with switch)



LESSON THREE

DRILL ONE: Two touch stroke



DRILL TWO: Min-max freestyle



DRILL THREE: Fist freestyle



DRILL FOUR: Straight arm freestyle



DRILL FIVE: Single arm freestyle

