



## Side-Thrusting Kick

(YOKO GERI KEKOMI)

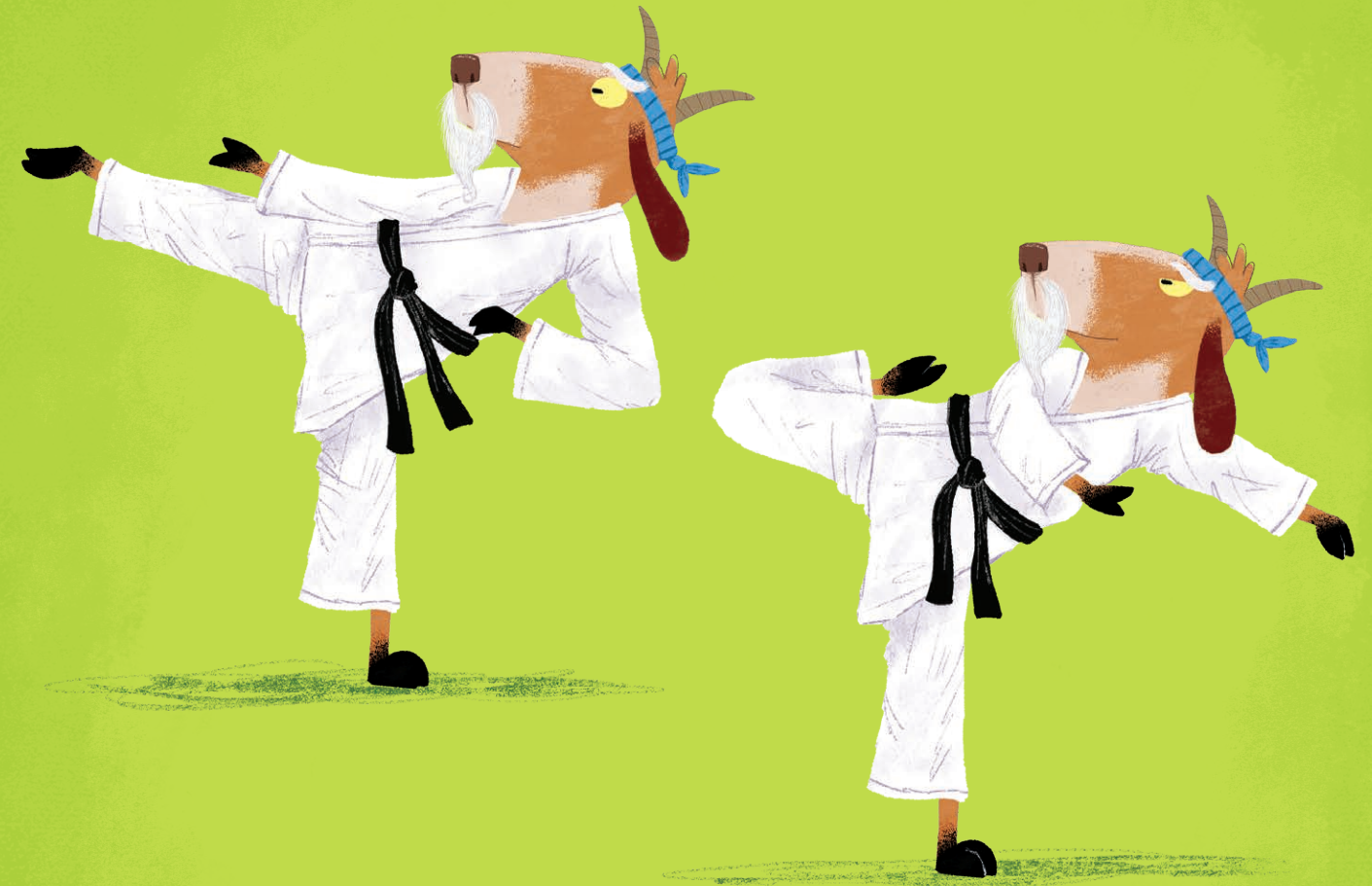
In one fluid motion, Karate Kid raises his knee, turns his hip, twists his foot, and snaps his leg forward. He strikes with intention. Balance. Speed.

# Roundhouse Kick

(MAWASHI GERI)

Karate Kid lifts one leg with his foot as high as his knee. He prepares to strike high or low. His foot flicks forward then snaps back. He settles into his stance.

Quick. Powerful. Calm.







## Back Kick

(USHIRO GERI)

Karate Kid brings his back knee forward, rotating on his front leg. Turning. Twisting. Building power. Karate Kid *strikes* with the heel of his foot. Commanding. Confident. Forceful.