

TECHNIQUE TWENTY-NINE

(1) From a ready position, (2) step back with the left foot to shift into a right fighting stance. (3) With the left foot, execute a front snap kick. (4-7) As the left foot steps down, jump with the left foot to execute a left jump front kick to the face, (8-10) landing with the left foot forward, and executing a right jump roundhouse kick to the temple.

