

Lower Body Striking Set

Partner 1 Right leg forward. Right arm out (like you have thrown a punch)

Partner 2 Left arm grabs partners arm. Right arm on right side of partner's neck. Left leg forward.

Partner 2 is striking first

1. Right leg arch kick to front shin
2. Right knee to inside thigh then immediately switch sides
3. Left knee to outside thigh

Adjust by sidestepping to the left on the outside of partner. Left side forward.

4. Right knee then switch sides
5. Left knee to outside thigh
6. Left shin to same spot

Shuffle step to the rear of partner. Both your hands on shoulders. Left leg forward.

7. Right knee to the back of the thigh
8. Right arch to back of the knee then land forward slightly
9. Left leg sweep then step back so right leg is forward

Repeat 1-9 beginning with 9 and ending with one. This time using opposite leg for each technique.

10. Left knee to the back of thigh
11. Left arch to the back of knee then land forward slightly
12. Right leg sweep

Sidestep over to the outside of partner. Right side forward.

13. Left knee switch sides
14. Right knee to outside thigh
15. Left shin to same spot

Slide step to the front of partner with right leg forward.

16. Left leg arch kick to front shin
17. Left knee to inside thigh then immediately switch sides
18. Right knee to outside thigh