



## **16 Point Kick Drill**

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After a right punch from your coach and your block

1. Left front kick groin
2. Right front kick stomach
3. Left front kick face
4. Step out to left switch hands right round house kick to groin
5. Right round house kick to stomach
6. Right round house kick to face
7. Right side kick to knee
8. Left knee to kidneys
9. Right shin kick to stomach
10. Left spinning heel kick to stomach
11. Right round house kick to calf
12. Left knee to thigh
13. Right hook to stomach
14. Right hook kick to groin
15. Left snapping toe kick to groin
16. Right spinning kick to stomach