

LITTLE KICKS KATA OF KICKS

Rei, Camme

Combat stance boxing guard

Part 1

Snap front kick

Turning kick

Reverse turning kick

Part 2

Side kick

Forward moving back kick

Back kick

Part 3

In to out sweep kick

Out to in sweep kick

Crescent kick

Part 4

Axe kick

Chopping kick

Part 5

Spinning back kick

Spinning sweep kick

Spinning hooking kick

Spinning hammer-heel strike

