

# **KICKING TECHNIQUES**

## *Keri Waza*

### **Front Kicks**

*Zenpo geri*

### **Side Kicks**

*Sokumen geri*

### **Back Kicks**

*Koho geri*

### **Front Thrust**

*(Mae geri kekumi)*

### **Front Snap**

*(Mae geri)*

### **Crescent**

*(Mikazuki geri)*

### **Roundhouse**

*(Mawashi geri)*

### **Rev. Roundhouse**

*(Gyaku Mawashi geri)*

### **Front Knee Snap**

*(Mae shittsui geri)*

### **Roundhouse Knee**

*(Mawashi shittsui geri)*

### **Rev Roundhouse Knee**

*(Gyaku mawashi shittsui geri)*

### **Side snap kick**

*(Yoko geri keage)*

### **Side thrust kick**

*(Yoko geri Kekomi)*

### **Cutting kick**

*(Fumikiri geri)*

### **Stamping kick**

*(Fumikomi geri)*

### **Side roundhouse**

*(Yoko mawashi geri)*

### **Back thrust**

*(Ushiro geri kekomi)*

### **Back snap**

*(Ushiro geri keage)*

### **Back roundhouse**

*(Ushiro mawashi geri)*