

Rick Faye's Kicking Drills

Front Kick - Round Kick - Inverted Kick
Round Kick - Low Side Kick
Front Kick - Round Kick
Front Kick - Round kick (start w/front leg)
Round Kick - Round Kick
Round Kick - Round Kick (start w/front leg)
Round kick - Oblique Kick
Oblique Kick - Fouette
R. Oblique F. Oblique R. Round Kick
F. Round R. Oblique F. Oblique
R. Front F. Round R. Oblique
F. Low Side R. Round F. Oblique
F. Round R. Oblique F. Fouette
R. Round F. Oblique R.Oblique
F.Round R. Oblique F. Knee
F. Round R. Oblique F. Low Side
R. Oblique F. Oblique R. Heel Secud
F. Round R. Round F. Round
F. Round R. Round F.Oblique
R. Front F. Round R. Oblique
F. Round R. Oblique R. Low Side

Please remember these lists are always just a starting point and you should feel free to add to them at any time.