LOMA Basic Kicking Practice

Technique	Notes	date											
Front Snap	*front leg, rear, and skipping*	reps											
		time											
Side Kick		reps											
		time											
Roundhouse Kick	*tournament and traditional*	reps											
		time											
Hook Kick		reps											
		time											
Inside/Outside Crescent		reps											
		time											
Outside/Inside Crescent		reps											
		time											
Inside/Outside Axe	*tournament and traditional*	reps											
		time											
Outside/Inside Axe	*tournament and traditional*	reps											
		time											
		reps											
		time											
		reps											
		time											
		reps											
		time											