LOMA Advanc	ed Kicking							notes
Technique	Notes	date						
		reps						
Jump Spin Side		time						
		reps						
Jump Spin Crescent		time						
		reps						
Tornado Kick		time						
		reps						
Jump Spin Hook		time						
		reps						
Triple		time						
	-	reps						
Side into Jump Spin Side		time						
		reps						
Double Jump Front Snap	both styles	time						
		reps	 					
Flying Side Kick		time			1		1	
	-	reps time						
Scissor Kick			 					
540	-	reps time						
		reps			-		-	
720		time						
		reps						
		time						
		reps						
		time						
		reps			<u> </u>			
		time						