LOMA Intermedia	ate Kicking	Prac	ctice					notes
Technique	Notes	date						
		reps						
Jump Front Snap Front Leg	scissor your knees	time						
		reps						
Jump Front Snap Rear Leg		time						
		reps						
Jump Twisting Roundhouse Kick		time						
		reps						
Double Roundhouse Kick		time						
		reps						
Skipping Double		time						
		reps						-
Spinning Side Kick		time		 				
		reps		 				
Spinning Crescent Kick		time		 				
		reps		 				
Spinning Hook Kick 360 Crescent		time		 				
		reps		 				
360 Crescent		time						
360 Roundhouse		reps time		 				
		reps time						
				 				+
		reps time						
		reps						
		time						
		reps						
		time						