

## Kicking and Sparring Basics

1. Use the Right Chamber
2. Don't neglect the Re-Chamber
3. Vary Your Targets
4. Effect a Solid Landing
5. Never End where you begin
6. Use Different Kicks
7. Alter Your Rhythm
8. Be Ready to Use Your Hands
9. Use Kicks That Flow
10. Attack When She/He is Vulnerable

SMAA 12-10-07 Mr. Dykstra