

## **Chair Drills**

*Utilize Partners for contact when necessary*

Front Snap kick

Side Snap kick (out to side) (load & over the back of chair)

Round House Kick (lead leg)

Round house Kick (rear leg)

Side Thrust Kick (out to side) (load to the front & over the back of chair)

Back Kick

Hook Kick (off to the side for novices) (point to the front & kick over the back of chair)

Crescent (from the outside) (Extended and knee locked out and return)

Crescent (from the inside) (Extended and knee locked out and return)