



Battistello Karate School

Kicking & Stretching Class Times

Friday's 6:30pm – 7:20pm @ East Malvern

JANUARY & JULY	<ul style="list-style-type: none">• Front Kick Mae-Geri• Knee Kick Hiza-Geri• Jumping Front Kick Mae-Tobi-Geri
FEBRUARY & AUGUST	<ul style="list-style-type: none">• ½ Roundhouse Kick Mae-Ashi-Geri• Roundhouse Kick Mawashi-Geri• Jumping Roundhouse Kick Mawashi-Tobi-Geri
MARCH & SEPTEMBER	<ul style="list-style-type: none">• Side Kick Yoko-Geri• Jumping Side Kick Yoko-Tobi-Geri
APRIL & OCTOBER	<ul style="list-style-type: none">• Back Kick Ushiro-Geri• Spinning Back Kick Ushiro-Geri• Jumping Spinning Back Kick Ushiro-Tobi-Geri
MAY & NOVEMBER	<ul style="list-style-type: none">• Hook Kick Ura-Mawashi-Geri• Spinning Hook Kick Ura-Mawashi-Geri
JUNE & DECEMBER	<ul style="list-style-type: none">• Crescent Kick Mikazuki-Geri• Axe Kick Kakato-Geri• Spinning Crescent Kick• Jumping Crescent Kick Mikazuki-Tobi-Geri• Jumping Axe Kick Kakato-Tobi-Geri