|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Kickboxing

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| J | S | E | X | Q | S | J | A | E | N | X | T | L | F | W | T | M | B | K | E | J | E | I | F |
| Z | N | T | A | B | P | Z | D | K | T | N | G | I | H | D | I | P | L | O | N | V | K | Q | F |
| W | A | A | R | A | Y | K | K | P | G | X | B | N | L | A | U | S | U | O | M | A | T | S | A |
| M | P | E | D | W | D | D | M | D | Y | O | S | L | I | D | K | A | Z | H | E | B | U | R | I |
| W | W | S | Y | T | L | H | X | E | F | V | D | U | J | R | D | Q | D | B | S | A | W | D | N |
| A | D | N | O | H | U | E | W | Y | E | I | Q | F | K | D | N | C | W | G | T | T | A | O | N |
| C | S | E | B | L | N | K | C | I | K | E | D | I | S | I | M | D | W | N | R | M | T | T | L |
| O | C | F | O | K | G | E | N | H | R | Y | R | W | H | C | O | D | Z | M | J | C | I | V | K |
| O | V | E | Q | G | E | A | A | A | H | D | O | I | O | I | O | J | S | Y | O | J | N | V | O |
| B | K | D | G | E | E | E | C | O | N | G | U | A | R | D | P | W | T | G | Q | F | D | V | F |
| H | Z | L | M | Z | C | R | O | S | S | O | T | V | X | E | C | Y | A | D | U | R | Z | N | P |
| N | E | N | A | S | Z | F | O | H | D | U | S | K | A | J | I | M | F | G | H | Q | S | R | N |
| G | U | D | E | W | M | E | S | F | U | F | X | O | X | I | J | G | I | E | N | I | R | W | J |
| V | D | G | F | P | L | X | K | I | C | K | H | D | G | Y | Z | T | T | L | L | X | E | P | N |
| U | Q | R | H | T | N | B | W | U | P | P | E | R | C | U | T | Z | N | T | J | A | O | F | L |
| A | X | W | C | D | E | N | A | J | Q | T | M | U | T | M | Q | G | E | Y | J | H | I | U | Q |
| U | Y | Y | N | B | I | C | F | A | O | V | W | V | O | W | C | K | S | F | A | I | W | M | W |
| S | E | E | U | R | N | Z | E | J | M | M | W | L | R | C | I | D | S | A | B | C | L | Q | A |
| J | N | O | P | B | W | R | O | O | A | B | O | O | M | F | V | G | P | H | P | P | R | X | B |
| T | S | H | R | C | M | R | R | W | N | V | T | I | X | Z | G | R | V | V | R | G | F | M | M |
| I | C | V | Y | L | J | Z | Z | P | X | W | M | C | C | Z | B | D | M | K | A | Y | J | A | G |
| B | W | U | Q | N | M | Y | Y | N | V | U | O | S | K | F | S | C | H | R | K | B | Y | O | R |
| E | N | S | P | M | F | W | M | M | V | U | G | M | J | I | L | P | U | V | D | B | B | P | F |
| A | H | G | J | E | H | E | X | Q | T | L | F | S | A | Z | O | B | Q | D | D | Y | Q | O | T |

   Lunge       Sidekick       Snap       Defense       Punch       Fitness       Kick       On guard       Upper cut       Hook       Cross       Jab