Kickboxing terms

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

   outer crescent kick       cut across elbow       low block       inner block       knee strike       cross punch       rising block       hook punch       rising kick       side kick       uppercut       ridge hand       back fist       hook kick       turning kick