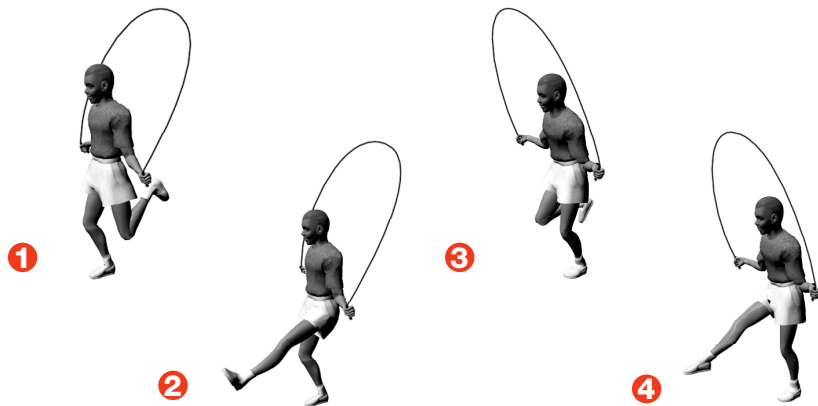


33 Swing Kick

Prerequisite: none

cues: *back • kick • back • kick*

1. Jump over the rope, landing on your right foot, and swing your left foot back.
2. Jump over the rope, landing on your right foot again, and kick your left foot forward.
3. Jump over the rope, landing on your left foot, and swing your right foot back.
4. Jump over the rope, landing on your left foot again, and kick your right foot forward.



tips: Straighten your leg on each forward kick.