

Set Three

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

AXEKICK
BACKKICK
BLOCK
BODY
CHICKENKICK
CRESCENTKICK
DIAGONALS
DOUBLEKICK
WARRIOR

FOOT
FRONTKICK
GOAL
GROIN
HEAD
HONKER
HOOKKICK
HORSESTANCE

JAMUP
KNEE
READY
READYSTANCE
ROUNDKICK
SIDEKICK
SPINNINGREVERSE
VBLOCK