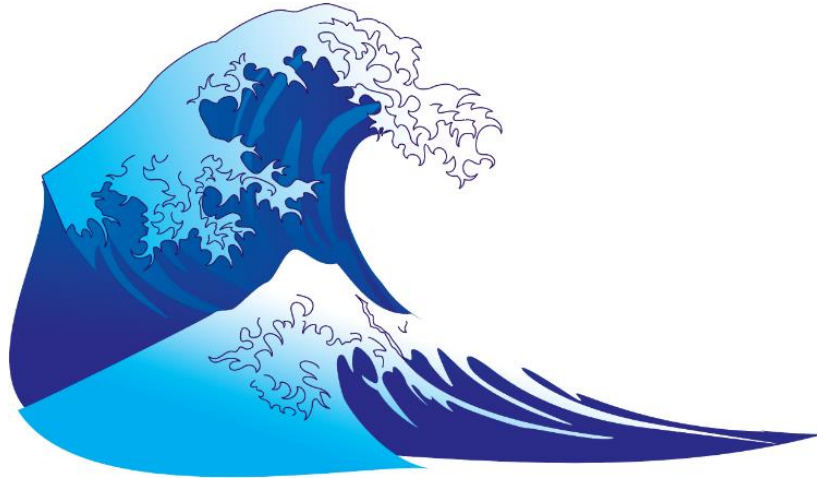


Kicks of the 4 Tides

Quick Reference



Set 1

Right Front Ball
Right Shuffle Side Blade
Right Cross Behind Side Kick
Left Spinning Back

Set 2

Left Front Instep
Right Roundhouse
Left Spinning Side Kick
Right Rising Knee

Set 3

Left Stepping Stool
Right (Rear) Side Blade
Right Shuffle Hook Kick
Left Inward Crescent

Set 4

Left Roundhouse
Right Spinning Hook Kick
Left Front Ball
Right Double Roundhouse