

**TIME LINE OF TECHNIQUES on Video 4 (part 1)**  
**by Graham Healy (founder HISDA 2000)**



**00.00 to 19.00 (General Introduction and Overview)**

**19.20 Front Leg raising and variations**

**21.20 Axe kick**

**27.51 "look and Hook" (180 degree reverse hook kick and snap side kick )**

**30.25 Spinning reverse hook kick**

**38.03 Crescent kick 'bounce' side kick**

**End of tape**

**Completed on 25December 2020**

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