

**TIME LINE OF TECHNIQUES on Video 4 (part 2)**  
**by Graham Healy (founder HISDA 2000)**



**00.00 to 1.44 Crescent – side kick continued form (Video 4 part 1)**

**1.44 Skip and Hold ankle drill (for side kick positioning )**

**1.44-5.40 General chat & further overview**

**5.47 Crescent side –kick (repeat )**

**7.01 Vertical Kick**

**7.51-10.35 Spinning heel kick (reverse turning kick)**

**11.45 Double ½ turning kick**

**13.17-14.42 Conclusion Chat (Future expansion)**

**End of tape**

**Completed on 25December 2020**

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