

**STEP-KICKS**

- 1 - 2 Step forward on right foot then kick left foot forward, making a loud "ugh" sound.  
3 - 4 Step back on left foot, touch right foot beside left, with weight still on left.  
5 - 6 Repeat steps 1- 2  
7 - 8 Repeat steps 3-4 except leave weight evenly distributed on last count.

**JUDO GLIDE'S****/Weight on left toes-right heel**

- 9 Swivel right toes to right-left heel to right (feet are in a V position with toes pointed out, you will be traveling to the right.)

**/Weight on right toes-left heel**

- 10 Swivel left toes to right-right heel to right (feet are in a V position with toes pointed in)  
11 Repeat step 9  
12 Repeat step 10

**/Weight on right toes-left heel**

- 13 Swivel left toes to left-right heel to left (feet are in a V position with toes pointed out)

**/You will be traveling to the left****/Weight on left toes-right heel**

- 14 Swivel left heel to left-right toes to left (feet are in a V position with toes pointed in)  
15 Repeat step 13

**16 Swivel Left heel to center-Right toes to center**

**/The starting position is weight on left foot. Try moving hands and arms as if doing judo during the judo slides.**

**WALK BACK- RIGHT, LEFT, TURN, KICK**

- 17 Step back on right foot.  
18 Step back on left foot.  
19 Step back on right while making a 1/2 turn to right  
20 Kick left foot forward (use caution, not to kick person behind you)

**WALK BACK- LEFT, RIGHT, TURN, KICK**

- 21 Step back on left foot.  
22 Step back on right foot.  
23 Step back on left while making a 1/2 turn to left  
24 Kick right foot forward (use caution, not to kick person behind you)  
25 Stomp right foot down  
26 Stomp left foot  
27 Hop, spreading feet apart (like a jumping jack)  
28 Hop, crossing right foot in front of left foot  
29 Turn (unwind) to left  
30 Clap hands together  
31 Thrust right fist forward (palm down), while pulling left fist (palm up) to your side  
32 Thrust left fist forward (palm down), while pulling right fist (palm up) to your side

**REPEAT**