# KICKS

## FRONT KICK

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| Macintosh HD:Users:IndeFree:Google Drive:0. 1 MFM:1. Images:Kicks:FK1.png |  |
| Macintosh HD:Users:IndeFree:Google Drive:0. 1 MFM:1. Images:Kicks:FK2.png |  |

## SWING KICK

## ROUND KICK

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| Macintosh HD:Users:IndeFree:Google Drive:0. 1 MFM:1. Images:Kicks:RK1.png |  |
| Macintosh HD:Users:IndeFree:Google Drive:0. 1 MFM:1. Images:Kicks:RK2.png |  |
| Macintosh HD:Users:IndeFree:Google Drive:0. 1 MFM:1. Images:Kicks:RK3.png |  |

## SIDE KICK

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| Macintosh HD:Users:IndeFree:Google Drive:0. 1 MFM:1. Images:Kicks:SK1.png |  |
| Macintosh HD:Users:IndeFree:Google Drive:0. 1 MFM:1. Images:Kicks:SK2.png |  |
| Macintosh HD:Users:IndeFree:Google Drive:0. 1 MFM:1. Images:Kicks:SKb.png |  |

## DONKEY KICK

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| Macintosh HD:Users:IndeFree:Google Drive:0. 1 MFM:1. Images:Kicks:DK1.png |  |
| Macintosh HD:Users:IndeFree:Google Drive:0. 1 MFM:1. Images:Kicks:DK2.png |  |
| Macintosh HD:Users:IndeFree:Google Drive:0. 1 MFM:1. Images:Kicks:DK3.png |  |

## AX KICK

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| Macintosh HD:Users:IndeFree:Google Drive:0. 1 MFM:1. Images:Kicks:AK1.png |  |
| Macintosh HD:Users:IndeFree:Google Drive:0. 1 MFM:1. Images:Kicks:AK2.png |  |
| Macintosh HD:Users:IndeFree:Google Drive:0. 1 MFM:1. Images:Kicks:AK3.png |  |

# PUNCHES

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| Macintosh HD:Users:IndeFree:Google Drive:0. 1 MFM:1. Images:Upper to Use:JPs.png |  |
| Macintosh HD:Users:IndeFree:Google Drive:0. 1 MFM:1. Images:Upper to Use:CPs.png |  |
| Macintosh HD:Users:IndeFree:Google Drive:0. 1 MFM:1. Images:Upper to Use:UP2stand.png |  |

# CHOPS

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| Macintosh HD:Users:IndeFree:Google Drive:0. 1 MFM:1. Images:Upper to Use:LC1.png |  |
| Macintosh HD:Users:IndeFree:Google Drive:0. 1 MFM:1. Images:Upper to Use:LC3.png |  |
| Macintosh HD:Users:IndeFree:Google Drive:0. 1 MFM:1. Images:Upper to Use:MC2.png |  |
| Macintosh HD:Users:IndeFree:Google Drive:0. 1 MFM:1. Images:Upper to Use:MC3.png |  |

# Back Hands

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| Macintosh HD:Users:IndeFree:Google Drive:0. 1 MFM:1. Images:Upper to Use:SP1stand.png |  |
| Macintosh HD:Users:IndeFree:Google Drive:0. 1 MFM:1. Images:Upper to Use:SP2stand.png |  |
| Macintosh HD:Users:IndeFree:Google Drive:0. 1 MFM:1. Images:Upper to Use:SP3stand.png |  |

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| Supported Warrior (Supported Virabhadrasana 2) JetDrive520:Users:amanda:Downloads:Yoga:DSC00183.png | INDICATIONS   * Entire body   Contraindications   * Shoulder surgery |
| Instructions   * Begin back against wall for support * Step your feet about three to four feet apart * Point your right toes forward * Bend your right knee until your knee in over your ankle in a 90 degree angle * Straighten your arms out to your sides * Straighten your fingers * Belly button pulled in * Press sacrum down * Stretch your neck up * Gaze over your right fingers * Hold for ten deep breaths switch sides | |
| Modifications   * Place your hands on your hips * Chair for balance support | |

*\*All contraindications include recent surgery and pathologies.*

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| 8 Point JetDrive520:Users:amanda:Downloads:Yoga:DSC00156.png | INDICATIONS   * Shoulder Pain, * Posture * Fibromyalgia, * Arthritis, * Osteoarthritis   Contraindications   * Dislocation * SLAP lesion * Post Surgery |
| Instructions   * Lay on your belly arms out to the sides * Slide block under left side of face (this protects your neck when in final pose keeping your neck in align with your spine) * Make sure back of palms are pressed into mat, thumbs pointing down towards feet * Bend your right arm and press palm of hand into the mat up and bend your right knee * With your right hand start to push yourself onto your left side * Reach to the sky with your right arm and place the sole of your foot onto the mat behind your left knee * Rotate your torso around to clasp hands together behind your back * Bend left knee and bring left foot to meet right * Hold until for 10 deep breathes * To come out of pose release grip * Straighten left leg * Roll onto belly straightening right leg * Repeat on other side | |
| Modifications   * Don’t interlace fingers * Do one arm at a time keeping your other arm resting on your side * Only bend one knee leaving the other straight * Don’t bend your knees just do arm at a time | |

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| Bridge (Setu Bandhasana) JetDrive520:Users:amanda:Downloads:Yoga:DSC00158.png | INDICATIONS   * Back pain, * Shoulder Pain, * Arthritis, * Carpal Tunnel * Hip/Knee * Posture   Contraindications   * Cervical surgery |
| Instructions   * Lay on your back * Let spine melt into the mat * Place soles of feet flat on mat * Knees pointing up to the sky * Tuck chin towards chest to lengthen back of neck * Arms by sides of body palms open towards the sky * Start to walk your heels up to sitz bones keep heels until your heels are aligned with your knees * Reach fingers tips to touch back of heels or as far as comfortable * Draw your belly button to meet your spine * Press into the soles of your feet * Press your sacrum into the mat and slowly one vertebrae at a time press up keeping your knees in align with your hips and your hips with your shoulders * Keep a long neck (to protect your neck from any injury do not turn your neck in this posture) * Gaze is up to the sky * Keeping your palms pressing into your mat; for extra leverage hold on to edges of your mat * Or to go deeper interlace your fingers behind your back pressing them into the mat * Hold for a few breaths or until satisfied * As you exhale slowly release grip and roll down on vertebrae at a time | |
| Modifications   * No interlace of fingers, hands as comfortable palms face down * Prop a block or bolster underneath the sacrum | |

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| Camel (Ustrasana) **JetDrive520:Users:amanda:Downloads:indefree:DSC00356.png** | INDICATIONS   * Knee pain, * Back Pain * Posture * Arthritis, * Osteoarthritis   Contraindications   * Cervical fusion |
| Instructions   * Fold your mat in half (folding the mat will help if you have sensitive knees) * Sit up on your knees * Hips aligned directly over knees * Press into the tops of your feet * Rotate your inner thighs in and back * Reach you tail bone down; pull pelvis up * Pull your belly button * Roll shoulders back and down * Try to keep your chin down * Reach one hand at a time to your sacrum fingers pointing down * Lift up through your heart * Gaze up * Soften lower back * Take a deep inhale and on your exhale slowly reach for your heels one at a time; bringing your fingers to the inside and your thumbs to the outside * Relax and soften your neck * Hold this for about ten deep breaths * To come out, slowly bring one hand at a time to your lower * Slowly sit back down onto your heels * Close your eyes (this prevents any dizziness) | |
| Modifications   * Keep hands on lower back * Tuck toes | |

*\*All contraindications include recent surgery and pathologies.*

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| Chair w/Twist (Utkatasana) **JetDrive520:Users:amanda:Downloads:indefree:DSC00338.png** | INDICATIONS   * Shoulder Pain, * Back pain * Fibromyalgia, * Arthritis, * Osteoarthritis   Contraindications   * Disc Herniation |
| Instructions   * Stand arms by sides, toes touching, heels slightly apart * Open your toes wide * Pull belly button to spine * Pull shoulders back and down * Bring your hands to the center of your chest to prayer * Bend your knees * Sit back as if you were going to sit back into a chair (Guide the underside of your thighs so they are parallel with the floor, hips no lower than the knees) * Pull your belly button in * Lengthen through top of head * Neck long * Keeping your hands in prayer bring your right elbow to your outer left knee * Check your knees make sure they are even (pull the left back to realign them) * Keep your gaze up and back * Shift weight into heels (you should be able to wiggle your toes) * Hold for about ten breathers and switch sides | |
| Modifications   * Hand on hips or at heart center¸ * If feet hip distance apart, place block in between thighs | |

*\*All contraindications include recent surgery and pathologies.*

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| Crescent Moon (Chandrasana) **JetDrive520:Users:amanda:Downloads:Yoga:DSC00161.png** | INDICATIONS   * Back pain, * Shoulder pain, * Posture * Arthritis * Osteoarthritis * Knee stretch   Contraindications |
| Instructions   * Sit on mat knees together back onto your heels * Bring arms above head * Interlace fingers keeping your index fingers out * Pull your Belly button into your spine * Pull your shoulder back and down (make sure your shoulders aren’t “up in your ears”) * Press your left hip to the left * Reach and stretch your arms to the right * Make sure shoulders are in align (imagine your are in-between two panes of glass) * Point your fingers up and to the back conner of the room * Hold for ten deep breaths and switch sides | |
| Modifications   * Only one hand overhead the other hand on hip * Try feet apart * Bend elbows or separate hands overhead like you are holding a beach ball * If you are not able to stand, lay on your mat on your back and follow steps (this is called Banana Posture or Bananasana) | |

*\*All contraindications include recent surgery and pathologies.*

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| Child’s Pose (Balasana) JetDrive520:Users:amanda:Downloads:Yoga:DSC00162.png | INDICATIONS   * Back Pain, * Head aches * Posture * Knee stretch   Contraindications   * Disc herniation |
| Instructions   * Start on all fours * Slowly press your hips to your heels * Stretch your fingers out in front * Rest your forehead on the mat * Hold for ten deep breaths | |
| Modifications   * Place rolled up mat under knees * Let arms rest down by sides | |

*\*All contraindications include recent surgery and pathologies.*

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| Cobra (Bhujangasana) **JetDrive520:Users:amanda:Downloads:indefree:DSC00340.png** | INDICATIONS   * Shoulder Pain * Fibromyalgia * Back pain   Contraindications   * Wrist fractures |
| Instructions   * Lay on belly * Place palms on hands on the mat under the shoulders * Finger tips in line with front of shoulders * Hug your elbows into your side body * Chin on mat * Press tops of feet into the mat * Inhale; lift torso up * With little to no pressure in your hands * Engage your thighs * Knees off the mat * Shoulder blades back and down * Gaze forward to avoid crunching * Hold for ten deep breaths | |
| Modifications | |

*\*All contraindications include recent surgery and pathologies.*

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| Dolphin (Makarasana) JetDrive520:Users:amanda:Downloads:Yoga:DSC00163.png | INDICATIONS   * Back Pain * Shoulder Pain   Contraindications   * Acute Achilles pain/rupture * Post surgery shoulder |
| Instructions   * Begin on your hands and knees. * Align your wrists directly under your shoulders, and your knees directly under your hips. * Lower your elbows and forearms to the floor * Press palms together and interlace fingers * Keep your weight even across both forearms. * Press your shoulder down and back (think of pinching a pencil between your shoulder blades) * Belly to spine * Tuck your toes and lift your knees off the floor. * Press your spine back and up to the sky * Relax your neck * Hold for ten deep breaths | |
| Modifications   * Bend knees | |

*\*All contraindications include recent surgery and pathologies.*

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| Downward Facing Dog (Adho Mukha Svanasana) JetDrive520:Users:amanda:Downloads:indefree:DSC00345.png | INDICATIONS   * Back Pain, * Fibromyalgia * Posture * Core   Contraindications   * Wrist issues * Achilles issues |
| Instructions   * Start on all fours * Glue palms to the floor shoulder width apart * Spread your fingers wide; your thumb and index finger should be in an L shape * Curl your toes * Press back and up * Lift your hips up to the sky * Shoulders away from your ears * Rotate your triceps in and up * Relax your neck * Rotate your inner thighs in and up * Press your heels into the mat * Belly to spine * Hold for ten deep breaths | |
| Modifications   * Come down on elbows (dolphin) to relieve pain in wrists * Use wall behind your feet (good for Fibromyalgia) | |

*\*All contraindications include recent surgery and pathologies.*

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| Dragon JetDrive520:Users:amanda:Downloads:indefree:DSC00337.png | INDICATIONS   * Lower back pain * Hip   Contraindications   * Disc herniation |
| Instructions   * Start standing tall with hands on your hips * Step your right foot back come into a lunge * Hinge forward and Place both hands on sides of you to the ground (for balance) * Slower lower your right knee all the way to the ground * Gently and slowly inch your left foot out about 5 inches further to the left * Bring hands to the ground to the center of your body * If you can bring your elbows onto the ground and rest your head on your wrists | |
| Modifications   * Don’t | |

*\*All contraindications include recent surgery and pathologies.*

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| Extended Puppy Dog (Uttana Shishosana) JetDrive520:Users:amanda:Downloads:Yoga:DSC00184.png | INDICATIONS   * Shoulder Pain * Back pain   Contraindications |
| Instructions   * Start in tabletop * Reach and extend your arms out in front of you * Keep your hips over your knees * Shoulder blades together * Rest your chin on the mat * Pull your belly button to your spine * Pull back through hips and stretch through arms * Hold for ten deep breaths * To come out walk hands back and bring hips to meet the heels and slowly roll up | |
| Modifications   * Allow forehead to gently drop to the floor * Place forehead on block if you can only get halfway into pose | |

*\*All contraindications include recent surgery and pathologies.*

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| Standing Forward Fold w/Clasp (Uttanasana with Mudra Hands) **JetDrive520:Users:amanda:Downloads:Yoga:DSC00164.png** | INDICATIONS   * Back pain, * Head aches, * Shoulder Pain * HS stretch   Contraindications   * Disc herniation |
| Instructions   * Stand with your feet hip-width apart * Pull your belly button to your spine * Bring your shoulders blades back and down * Interlace fingers behind your back * Slowly fold over your knees (as far as your body allows you to go) * Relax your neck * Hold for ten deep breaths | |
| Modifications   * Bend knees * Reach arms as far behind to touch as you can hold onto a strap or towel if they do not reach | |

*\*All contraindications include recent surgery and pathologies.*

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| Knees to Chest **JetDrive520:Users:amanda:Downloads:indefree:DSC00348.png** | INDICATIONS   * Fibromyalgia * Head aches, Arthritis * Osteoarthritis, Back Pain   Contraindications   * Total Hip Replacement |
| Instructions   * Begin laying on your back * Bring your knees to your chest * Grasp onto your forearms or interlace your fingers around your knees * Press back of neck into the mat * Hold for ten deep breaths | |
| Modifications   * Draw knees slightly to the side body to avoid larger chest or stomach * Strap or towel | |

*\*All contraindications include recent surgery and pathologies.*

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| Legs Up the Wall (Viparita Karani) **JetDrive520:Users:amanda:Downloads:Yoga:DSC00167.png** | INDICATIONS   * Head aches * Lower back Pain * Posture * Arthritis * Lower nerve stretch   Contraindications   * If doing at home, make sure someone is watching. |
| Instructions   * Find space by a wall t wall * Sit with right side against the wall * Bring knees to your chest * Lay on left side * Roll onto you back while you swing and straighten legs up on the wall * Hold for ten deep breaths | |
| Modifications   * It’s not necessary for your sit bones to touch the wall. * For more support under your neck, place a small, rolled towel beneath the back of your neck. | |

*\*All contraindications include recent surgery and pathologies.*

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| Locust One Leg (Salabasana) JetDrive520:Users:amanda:Downloads:Yoga:DSC00174.png | INDICATIONS   * Back Pain * Fibromyalgia * Arthritis * Osteoarthritis * Carpal tunnel   Contraindications |
| Instructions   * Start on your belly * Palms down and one hand at a time, place our hands under your pelvic bone * Place chin on the mat * Slowly lift one leg up * Point the points * Rotate inner thigh up towards the ceiling * Switch legs   (This is not about how high one can lift the leg. It is about how much one is stretching and reaching through the toes.) | |
| Modifications   * Keep arms out hands under shoulders to help stabilize | |

*\*All contraindications include recent surgery and pathologies.*

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| Lying Hero (Supta Virasana) **JetDrive520:Users:amanda:Downloads:Yoga:DSC00168.pngJetDrive520:Users:amanda:Downloads:indefree:DSC00334.png** | INDICATIONS   * Knee pain * Head aches, * Lower Back Pain   Contraindications   * Knee surgery |
| Instructions   * Sit on mat knees touching * Pull your calf muscles out to the sides * Sit in between calves * Bring hands to back of heels * Bring one elbow down to the mat a t time then slowly lay back * Hold for ten deep breaths | |
| Modifications   * Use block under butt * Don’t lay back | |

*\*All contraindications include recent surgery and pathologies.*

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| Pigeon (Kapotasana) **JetDrive520:Users:amanda:Downloads:Yoga:DSC00177.png** | INDICATIONS   * Lower back * Headaches * Arthritis * Osteoarthritis * Fibromyalgia   Contraindications   * THR |
| Instructions   * Start on all fours * Bring your left knee to your left wrist * Toes pointed slowly slide your right foot back until your leg is straight * Try to bring your left toes towards your right wrist * Keep your hips even * Come down onto your forearm and rest your forehead * Hold for ten deep breaths then switch sides | |
| Modifications   * Place block under forehead * Place block under thigh that the knee is bent * Keep back knee bent as much as you need | |

*\*All contraindications include recent surgery and pathologies.*

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| Reverse Table Top JetDrive520:Users:amanda:Downloads:Yoga:DSC00181.png | INDICATIONS   * Carpal Tunnel * Low back * Posture * Knee * Hip   Contraindications   * Wrist issues |
| Instructions   * Begin by sitting on the floor with your legs extended * Bring your hands behind your back * Fingers pointing forward and wrist in align with your shoulders * Bring your feet in and bend your knees * Keep your knees over your ankles * Slowly push your hips to the sky * Hold for ten deep breaths | |
| Modifications   * Don’t | |

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| Supine Spinal Twist (Supta Matyendrasana) **JetDrive520:Users:amanda:Downloads:indefree:DSC00349.png** | INDICATIONS   * Lower back * Knee pain * Posture * Arthritis * Cervical   Contraindications   * Disc herniation |
| Instructions   * Start on your back legs extended * Bring your knees to your chest * Slowly let them fall to your left side * Reach to your right with your right arm * Gaze to your right * Hold for ten deep breaths and switch sides | |
| Modifications   * Keep soles of the feet on the mat and drift knees from side to side | |

*\*All contraindications include recent surgery and pathologies.*

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| Fish Posture (Matsyasana) JetDrive520:Users:amanda:Downloads:indefree:DSC00352.png | INDICATIONS   * Shoulder Pain, * Back * Posture * Fibromyalgia, * Arthritis, * Osteoarthritis   Contraindications   * Cervical fusion * Rib pain * Osteoporosis |
| Instructions   * Begin laying on back * Place a block between your shoulder blades * Relax your neck * Let your arms fall out to your sides palms facing up * Hold for ten deep breaths | |
| Modifications   * If there is any strain in your neck place another block under the head | |

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