OWOSSO MARTIAL ARTS / TURKEY BRIGADE

1,000
KICK CHALLENGE

18 TECHNIQUES / ONE FINISH LINE

NOVEMBER 7, 2026 | 10 AM - NOON

CHALLENGER _____ **BIB #** _____

THE COURSE

CHECK EACH STAGE WHEN COMPLETE

01	Front Kick	160 ☐	10	Crescent Kick - Inside to Outside	40 ☐
02	Round Kick	160 ☐	11	Crescent Kick - Outside to Inside	40 ☐
03	Jump Front Kick	80 ☐	12	Axe Kick	40 ☐
04	Double Jump Front Kick	60 ☐	13	Spinning Hook Kick	20 ☐
05	Jump Front Round Kick	60 ☐	14	Spinning Inside-to-Outside Crescent Kick	20 ☐
06	Side Kick	120 ☐	15	Jump Spinning Outside-to-Inside Crescent Kick	10 ☐
07	Jump Side Kick	50 ☐	16	Jump Spinning Back Kick	10 ☐
08	Spinning Back Kick	60 ☐	17	Jump Spinning Hook Kick	10 ☐
09	Hook Kick	50 ☐	18	Jump Spinning Inside-to-Outside Crescent Kick	10 ☐

THE FINISH LINE

1,000

Total kicks completed: _____

FINISHER / PARTICIPANT SIGNATURE _____

INSTRUCTOR / WITNESS _____

COUNT INDIVIDUAL KICKS. USE BOTH LEGS. BREAKS ARE PART OF THE CHALLENGE.

Advanced techniques may be replaced with instructor-approved alternatives.

ONE DOJANG. ONE COMMUNITY. ONE POWERFUL PURPOSE.

OWOSSOMA.COM/TURKEY