

Name \_\_\_\_\_

# FUNDAMENTALS

## “FootWork”



**Leopard Stance**

**Rear Pivot**

**Leopard Drives**  
**“ball pitted”**

**Leopard Attacks**  
jab step - long and low  
stride

**Leopard Shoots**  
**“ball in pocket”**

**Leopard Attacks**  
jab step - crossover  
circle tight, pit-to-pit

**Quick Start**  
**RH/RF LH/LF**

**Leopard Attacks**  
jab step - fake shot - go

**Quick Stop**  
one foot to  
two foot jump stop

**Leopard Attacks**  
jab step - fake shot  
crossover

**Quick Stop Jump**  
one foot to two  
then jump tall  
land wide

**Leopard Defends**  
**“stance”**

**Stride Stop**  
with 180 pivot

**Leopard Defends**  
**‘step - slide’**

**Front Pivot**

**Leopard Attacks**  
**V - cut / zig - zag**