

TECHNIQUES FOR GOOD KICKS

- 1. AIM AT THE TARGET WHILE LOADING THE KICK.**
- 2. STRIKE THE TARGET WITH THE CORRECT BLADE OF THE FOOT.**
- 3. RELOAD THE KICK.**
- 4. SET BACK DOWN TO A PROPER STANCE.**

1. Loading the kick (preparing the kick).

Your kick can't go any higher than where your knee is pointed.

If your knee is pointed at the groin, then that is where your kick is going and there is no chance of it going to the head.

If you want to throw head kicks then you are going to have to be flexible enough to point your knee there first.

2. Strike the target with the correct blade of the foot.

The blade of the foot is how you arch it to provide the proper striking surface.

The front kick and snap kick strikes with the ball of the foot.

The round kick may impact with either the ball of the foot or a courtesy blade (top of the foot this method is not recommended as a strike against an elbow for example can cause the pressure point in the foot to be hit which will disable you).

The sidekick impacts with the blade of the foot (outside edge) or the heel of the foot.

The back kick impacts with the heel of the foot

3. Reload the kick.

Reloading the kick is returning to the aim and load position of step one again.

This is very, very important because it allows you to choose your next course of action.

It also prevents the leg or foot from being grabbed and turning defence into attack by your opponent.

4. Set back down to a proper stance.

If you reloaded the kick as described in step 3, you may now return back to your proper fighting stance.

Since you reloaded and maintained your balance, the set down may be back in the original stance before the kick, or in another direction for multiple attacker fighting.

The Side Kick (Non Turning)

- Bring the knee up to the front as high as you wish the strike to go, preferably so that the thigh is parallel to the floor and the knee is at waist height.
- The foot is kept level and close to the knee of the standing leg.
- The kick is executed by snapping the foot out to the side and extending the leg.
- The point of contact can be with the heel or preferably with the outside edge of the foot.
- Once the kick has made contact and is complete return to the loaded position.
- Finally step down into the ready position (back to your stance).

The Front Kick And Snap Kick

- These kicks are prepared in exactly the same way as the side kick
- The foot is also prepared for the strike at the same time as the leg is loaded by curling the toes back and preparing to strike with the ball of the foot.
- The kick is executed by thrusting the foot out in the front kick and snapping the foot out in the snap kick.
- The point of contact is with the ball of the foot.
- Once the kick has made contact and is complete return to the loaded position.
- Finally step down into the ready position (back to your stance).

The Back Kick

- The back kick is prepared in exactly the same way as the other kicks by bringing the knee up to the front to load the kick and curling back the toes (this process imparts greater power to the kick).
- The kick is executed by snapping the foot out to the rear and extending the leg (do not swing the leg it is very important that the kick is thrust out).
- The point of contact is made with the heel or with the outside edge of the foot if the ankle is not flexible enough, keep the toes curled back during the kick.
- Once the kick has made contact and is complete return to the loaded position.

- Finally step down into the ready position (back to your stance).

The Round House Kick

- This kick is prepared in exactly the same way as the other kicks
- The foot is also prepared for the strike at the same time as the leg is loaded by curling the toes back and preparing to strike with the ball of the foot or a courtesy blade (remember the warning about striking with a courtesy blade given above).
- The kick is delivered by swinging the kick in a roundhouse (controlled swinging) motion out to the side and back in again whilst extending the leg and striking with the ball of the foot.
- Once the kick has made contact and is complete return to the loaded position.
- Finally step down into the ready position (back to your stance).

Hooking Kick

- Begin in the open stance
- Cock the kick by bring the knee up high to the front (like a side kick)
- Thrust the kick straight out (slightly to the side of the opponent)
- Hook the leg at the knee (the hook should cause the heel to be brought towards your rear)
- Pull the leg through the target (hitting with the heel)
- Refold the leg (return to the cocked position)
- Return to the open stance

Crescent Kick

- Begin in the open stance
- Bring the knee up high like a front kick (but off centre of target)
- Snap the leg forward and around, striking the opponents hand, arm or weapon by (knee slightly bent) hitting with the *outside* blade of foot, taking the attack away from your body
- Pull the leg through and refold at the knee
- Refold the leg (return to the cocked position)
- Return to the open stance

Axe Kick.

This could be thought of as a high vertical kick that instead of retracting back, comes right down on an opponent's shoulder, collarbone or head.

Very deceptive kick and very powerful, it should be done with control, as it can do some damage.

- Begin in the open stance
- Bring the leg with straight knee slightly to the side and up in a sweeping motion until the heel is above the intended target area
- Snap the leg down from the hip (keep knee straight or slightly bent (do not bent the knee so much that the strike part of the foot (back of heel) does not make contact with the target area
- Try to pull the leg through the strike
- Return to the open stance

Ground Kicks.

This is just a variation on our regular side, hook, roundhouse and front kicks.

- The best way to make the side, roundhouse and hooking ground kicks is to lay slightly on the side and making the kick with the upper foot.
- The best way to make the front kick is to be on the back
- Use the foot not making the kick to guard the groin by bending the knee and placing the foot close to the groin in this way a shin or foot block can be used if necessary.
- Use the hands or elbows to give the upper body support by pushing against the ground, keeping his upper body up a bit this will add power to the kick
- The side and front kicks can be used against the knee, groin or stomach, while the roundhouse and hooking kicks can be used against the knee, thigh or ankle

IT IS IMPORTANT THAT YOU LOOK WHERE YOU ARE AIMING THE KICK PARTICULARLY WITH THE BACK KICK, IT IS NO GOOD DELIVERING THE KICK IF YOUR OPPONANT HAS MOVED OUT OF THE WAY.