

## Kicking Drills

**LYING ON SIDE:** Round house kick (heel starts at buttocks & returns – point knee parallel to other Knee focus on recoil)

**Side Snap kick :** Start at inside of quads, extend & retract start point – focus on roll over of knife edge, Recoil !

**Side thrust kick:** Set up as normal – extend & return knee to shoulder level & tap hand.

**Crescent kick :** Extend floor side arm to your front at shoulder level reach out with crescent type motion to touch hand – return as far to the rear as possible reaching with the toes.

**Round House set up:** Set up to round house kick. Set up exercising muscle control in the hip region.

### **LYING ON BACK**

**Front snap kick:** Point the knee straight to the ceiling, heel is recoiled as far as possible, bottom of foot parallel to the wall, while extending the foot should remain parallel to the wall, focusing on ankle extension as you kick.

**Front kick extensions:** Lift knee as high as possible – point over your head and extend front kick -hold knee in position with hands and force extension.

**Side snap kick extensions :** Same as above

**From the outside Crescent:** Extend & close across body

**From the inside Crescent:** Extended the leg across the body in prep position perform crescent kick motion.