

# How to.... Axe Kick

How to do the correct execution of an Axe Kick (Inward or Outward)



## Axe Kicks

### Prepare for Axe Kick

The body faces forward, the leg swings up and above your head. Then it descends in a rapid chopping motion (hence 'axe') to the top of your opponent's head or shoulders - or anywhere on the body if he happens to be on the floor.

As with crescent kick, there are three basic variations of axe kick to consider. These are: outside to inside axe kick; inside to outside axe kick (these are both performed facing your opponent throughout the movement); reverse axe kick in which you face your opponent before spinning through 360 degrees to deliver the kick with extra power and speed! All these techniques are delivered with your back foot. Like crescent kick, once these are mastered you can also skip forward and use your front foot. Practice from fighting stance and remember to attack your opponent's centre-line. This kick can be devastating when applied correctly but don't be fooled! Axe kick may look simple, but in fact it takes a great deal of control to get maximum advantage from it.

### Outward Axe Kick

Take up your usual fighting stance. Using a circular motion, swing your back leg out to the side and then up in a semicircle above your head. Chop down when it reaches its highest point.

### Inward Axe Kick.

Take up your fighting stance and with a semi-circular motion, swing your back leg in and across your body before lifting it high and chopping down.

## **Reverse Axe Kick.**

Face your partner (or a mirror) in fighting stance. This time spin your body around. As you do, lift your back leg up and around so it follows the movement of your body. Chop down when your foot is at the desired height. Depending on how far you are from the target, the kick is delivered with your heel, the sole of your foot or even your toes. The back of your calf can also be used in some situations. Remember to lift your foot from the floor to its highest point and bring it down again as rapidly as possible for the best effect. The main advantage of axe kick is that it takes advantage of a natural blind spot, and if you perform it correctly, then your opponent won't see it coming. Practice outward to inward axe kick for its strength and mobility benefit but note that it's not very practical in a fighting situation because it can leave you wide open to counter-attack.

Start in a comfortable guarding stance or walking stance.

Find your target. In reality you're aiming for your opponent's face primarily the nose. You can also aim for the neck-shoulder area.

Don'ts when you are kicking

- 1) Don't elevate your left heel too much.
- 2) Don't bend your left knee.
- 3) Don't look down or up. (Look straight forward)
- 4) Don't crouch your back forward or lean back. (The upper body should stay vertical)