

How to.... Back Kick

How to do the correct execution of a Back Kick?

The Back Kick

In a properly executed back kick, your back is turned to the opponent and your upper body out of counterattacking range.

Timing and accuracy are essential. If you kick too late or too early and miss your intended target and your opponent may take advantage of your awkward body position to counter with a roundhouse kick to your face or kidneys, knocking you down.



If, however, you time your kick precisely, the back kick is a devastatingly powerful kick, because of the rotation of your body. In attacking, your entire body weight must be shifted into the opponent's body when the kick reaches its full extension. When used for close range counterattacking, the back kick is an excellent tool for scoring against an aggressive opponent. To launch an effective counterattack against a roundhouse kick, for example, your back kick should be short, with less commitment of your body weight and more emphasis on speedy execution and retraction.

Performing the kick

- Start in kicking stance.
- Twist your front leg until you are standing on your toes and your heel is pointed at your target.
- Then turn your head to look over your shoulder at your target.
- Lift your foot and lower leg on the leg that you will be kicking with until it's at about a 90 degree angle.
- Lean backwards and extend your leg straight back at your target with your kicking knee parallel to the floor.
- When finishing pull leg back continue rotation until back at reverse fighting stance.



Jumping Back Kick

Start in the fighting stance, your kicking leg is the rear leg. Make sure you keep your hands by your face for protection. The idea is to jump forward towards your target, bend legs and jump forward and up, spinning away from your target and towards your front. Bring your kicking leg up then kick out at your target, making contact with your heel. Land on rear foot first and continue to push into the target, when landed return to fighting stance.



The primary target is the mid-section. The secondary target can be the head which may result in a knockout if done correctly and with sufficient force. In competition, you must do this technique confidently. Once you start, there is no way back. Relax your muscles just before you jump and follow through with firm conviction.

Countering Back Kicks

Practice blocking, then attacking over and over. When you practice, do it in front of a mirror and imagine an enemy, do it slowly till you do it at full power. Remember to do blocks that are most compatible with the kick that is being used by your opponent and keep them open to a counter kick or punch.

Also try to dodge kicks and counter attack. Dodging does not mean moving back, but sidestepping to avoid a kick. This is very hard to learn, and even harder to do it quickly. Sparring or practicing with a partner is the easiest way to learn this technique. Dodge the back, front, or side kick by moving to the side do not move back. If you cannot counter immediately position yourself to attack when the person begins their next attack.