

# How to.... Crescent Kick

How to do the correct execution of a Crescent Kick (Inward or Outward)

## Crescent Kicks

There are three basic variations of crescent kick. These are: outside to inside crescent kick; inside to outside crescent kick (both are performed while facing the opponent), and reverse crescent kick in which you face the opponent before spinning through 360 degrees and delivering the kick with extra power and speed. All these techniques are applied with your back foot, though once you have mastered them, you can try skipping forward and using your front foot. Remember to practice from fighting stance and always aim the kicks through your opponent's centre line.

### **Outside to Inside.**

Take up fighting stance with your left leg forward. Using a circular motion, swing your back leg out, up, and across the front of your body. Depending upon how far away you are, the impact area for this kick can vary from your instep (from side of the big toe to the heel), your ankle, inside lower shin or even your knee!

### **Inside to outside.**

Take up left fighting stance and using a circular motion, swing your back leg inwards, up in front of your body, across, out and then down. Impact areas this time are the little toe side of your foot, outside of ankle, outside of lower shin or outside of your knee.

### **Reverse.**

Face your partner (or a mirror) in left fighting stance. Spin your body clockwise and bring your back leg up and around, so it follows your body movement. The spin whips your leg up and around so it connects with bone-crunching force! The thing is to know which version to use! Generally speaking, the inside to outside version is the most effective and your body is covered throughout, making it difficult for your opponent to counter-attack. Even so, practice all the versions so as to develop creativity and variation in your fighting strategies.

Now you have an idea of the basic movement involved. You need practice so you develop an accurate and devastating series of techniques. First, practice on your own against the empty air. Start off kicking to about waist height and gradually work your way up to head height and beyond. Once you've got your technique down, next step is to find something to connect with - like a pad, focus mitt or punch bag. This will allow you to gauge your increasing power.

All your force must come from the centre of your body and radiate outwards in order to increase the power of your kicks. Imagine a point in the centre of your body -just above your belly button. This is where all the power comes from. The wide semi-circular motion of the crescent kick drives your foot ever faster into the target. You need to lift your foot from the ground and into the target as rapidly as possible. Remember: the force of a technique comes - not from the fist or foot itself - from the power behind it.