

# How to.... Front Kick

How to do a Front Kick? There are so many types.

Front kicks are typically aimed at targets below the chest: abdomen, ribs or solar plexus. Highly skilled students are often capable of striking head-level targets with front kick. The front kick is fast to do and involves little body motion betraying the technique's nature prior to actual execution. This makes a well-developed front kick an excellent asset in both offence and defence.

## In defence

The front kick could be used to severely damage the lower area of the opponent who has started an attack, but has over concentrated on guarding head/upper body, and as a good tool to keep enemy from punch range.

## In attack

The front kick can serve as an excellent opener for combination attacks, as it is fast, dangerous enough for opponent to switch attention to block/deflecting/evading the kick, but requires little deviation from the upright fighting stance, which is good to start punch attack from. Overall, there is a wide variety of situations where this kick could be exploited by a creative martial arts practitioner.

## Countering

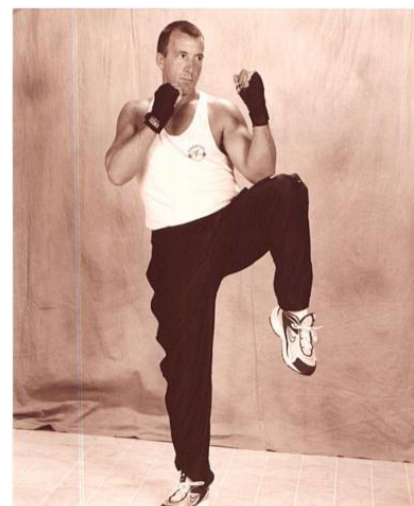
Common ways to counter the front kick are deflecting it with hand with downward blocks, stepping away/sideways, or, given the kick is visibly pointed into abdomen/thighs area, shifting a body so it misses. The last method is somewhat risky, as it relies heavily on the defender's agility, with front kick being one of the fastest kicks possible.

Also, although well-executed front kick is very fast, a careless execution present a defender with excellent opportunity for grabbing the leg, which could be disastrous for an attacker. For this reason, re-chambering the leg after the kick is truly important, especially in self defence situations, where artificial rules in competition do not apply. However, executing front kicks into thigh area and below is relatively safe and effective in self defence.

## Front leg Kick

From a Fighting Stance-

- 1.) Move your weight by slightly bending the knees and shifting back to the rear foot.
- 2.) Pushing off with the right foot (coming up all the way onto the ball of the foot), bring your left knee straight up, keeping the leg bent.



- 3.) Push your weight off of the right foot and forward towards your opponent, extending your striking leg forward, simultaneously curling the toes backward.
- 4.) Impact with the ball of the foot, and allow your body weight to continue to flow throughout. Use the natural recoil of impact to pull your foot back into a natural stance.

Tips:

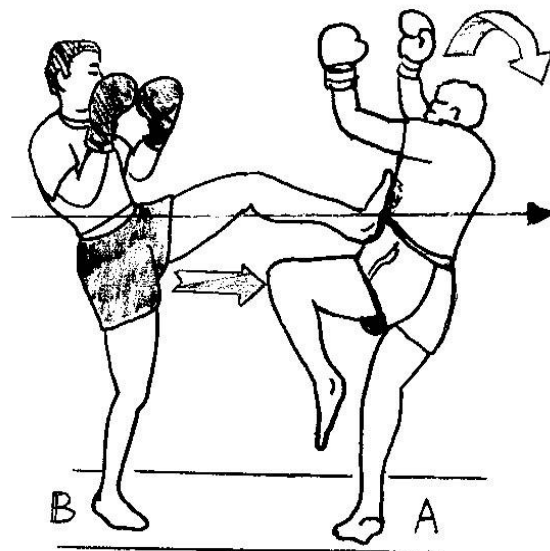
- 1.) Never tense your leg, or any other part of your body, during impact. Let it flow naturally and relaxed, with your body's movements supplying the power.
- 2.) Ensure your toes are curled back to avoid injury on impact.
- 3.) If you miss your opponent/ target, regain Fighting stance as quickly as possible.
- 4.) Be aware that your balance will be compromised during this technique and that you may become susceptible to counter attack.
- 5.) Keep your fists tight beside your chin, with the elbows tucked in, to guard against a side-step/ counter punch combinations.
- 6.) Keep the vast majority of your front kicks to no higher than the stomach area. Focus on the knees, mid section, and lower stomach.

This kick often sets up hand combinations by drawing your opponents hands down to block any kick, if your partner does not block add more speed until they react.

### Rear Leg Front kick

From Fighting Stance-

- 1.) Shift your weight forward to the front foot.
- 2.) Pushing off with the right foot (coming up all the way onto the ball of your left foot), bring your rear knee straight up and forward, keeping the leg bent.
- 3.) Push your weight off of the left foot and forward towards your opponent, extending your right leg forward, simultaneously curling the toes backward.
- 4.) Impact with the ball of the foot, and allow your body weight to continue to flow throughout. Let your body weight propel you forward as if taking a step, and the recoil of impact to land in opposite fighting stance.



Tips:

- 1.) Never tense your leg, or any other part of your body, during impact. Let it flow naturally and relaxed, with your body's movements supplying the power.
- 2.) Ensure your toes are curled back to avoid injury on impact.
- 3.) If you miss your opponent/ target, land forward, regain fighting stance as quickly as possible.
- 4.) Be aware that your balance will be compromised during this technique and that you may become susceptible to retaliation.
- 5.) Keep your fists tight beside your chin, with the elbows tucked in, to guard against a side-step/ counter punch combo.
- 6.) Keep the vast majority of your front kicks to no higher than the stomach area. Focus on the knees, mid section, and lower stomach.
- 7.) The rear leg front kick is best used after hand combinations to allow the time for your hips to move through, it can also be used as an excellent stop kick to interrupt you opponents attacks.

### **Shifting front kick**

This kick is more or less the same as front leg front kick except as you lift your front leg your rear foot slides forward to replace the foot position of your front foot so you move forward by about 2-3 feet, this is a fast attack and the pushing nature of the front kick allied with a fast shift increases the power of this kick.

### **Jumping front kick**

Front-Leg Jumping Front Kick

1. Begin in fighting stance.
2. Raise your chamber your front knee position.
3. Jump forward and up.
4. Execute the kick with your front leg, striking your opponent with the ball of your foot while you are in the air.
5. Bring your kicking leg back into the chambered position quickly and set it back on the ground.



### **Back-Leg Jumping Front Kick**

1. Begin in fighting stance.
2. Bring your back leg into the chambered position as forcefully as possible to help you travel forward as you jump.
3. Jump up and forward, raising your front leg into the chambered position.

4. Strike your opponent with the ball of your front foot while still in the air.
5. Return your front leg to the chambered position quickly. Land with your back leg first, and then set your front leg on the ground back into fighting stance.

### Scissor Action Front Kick

1. Begin in fighting stance.
2. Bring your back leg and foot into a chambered position as forcefully as possible to help you travel forward as you jump, your foot should be lifted as if you are standing on a box.
3. As you force this foot down the other leg is raised crossing the knees over and the kick is extended out.
4. Strike your opponent with the ball of your foot while still in the air, the target area is head height.
5. Land with your back leg first, and then set your front leg on the ground back into fighting stance.



### Pushing Front Kick

Another variation of the front kick is the Pushing front Kick. Instead of striking with the ball of the foot, the entire base of the foot is used to push an opponent away. The kicking knee needs to come as high as possible for a push kick to have enough power to move the opponent. The movement is similar if kicking a table to push it away from you.

