

How to.... Side Kick

How to do the correct execution of a Side Kick?

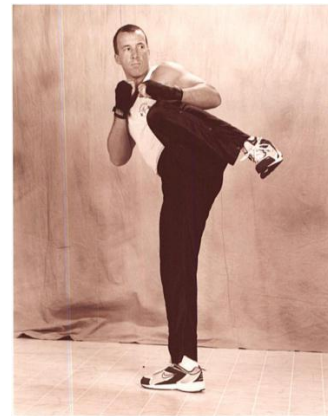
Front leg Side kick.

Pivoting Foot

It is important to pivot the foot that remains on the floor so that the heel of the foot rotates around toward the target. You must develop this habit or run the risk of serious knee injury.

Knee Chamber

The kicking leg lifts with bent knee, straight back and parallel to the floor with the foot formed. The further back you are able to chamber the leg, the greater the power. The foot on the ground will turn completely around during this kick so that as you impact, your heel is pointing towards the target.

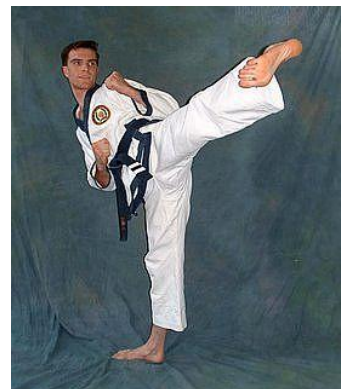


Use Hip to push

Using the hips (rotating the hips into the kick) is what maximizes power through the push. It also extends your reach by the width of your hips.

Pull Back

The kick should recover along the same line as it goes out, the knee returning to a tucked position across the body. There should be no hooking action; it is a straight out and back kick. This is also called a "re-chamber". This helps you keep your balance, keeps your opponent from grabbing your leg and speeds up your kick.



Finish

Don't just drop the leg to the floor like you're dropping a baseball bat. Re-chamber the leg and lower the foot into fighting stance. This allows you to be ready for the next kick and helps complete combination kicks rapidly.

The most common errors are:

- Not chambering.
- Not turning the standing foot.
- Hooking the kick.
- Flicking rather than pushing.



Back Leg Side Kick

Similar movement a control as front leg however starts with a 180 degree rotation before the chamber position. This causes this kick to be slow and best used after a hand or leg combination to allow the kick time to be completed.

Shifting Side Kick

As front leg side kick but during the movement rear leg slide behind front leg so chambering is easier and allows positive hip position.

Jumping Side Kick

The same leg and hip movement as during front leg side kick, the jump add speed and power to the kick allied with the ability to cover distance quickly.

