

How to.... Spinning Kick

How to do the correct execution of a Spinning Kick

A Spinning kick is martial arts kicking technique where artist turns their body 360 degrees before landing the heel or the ball of the foot to the target.

The main target is usually the head of the opponent, but the technique has also been used to target the leg of the opponent instead, the kick can also be used to target the side of the body of an opponent which wraps leg and the foot around the midsection of the opponent hitting him/her behind the ribs and the guard. In this case the heel often hits the lower part of the ribcage outside the liver area of the opponent.



The spinning kick strikes with the heel from the side (or flat of the foot in sparring). In sparring always hit with the ball of the foot. Here are for 5 good reasons both physiological and in terms of pure performance for doing that rather than the (side of the) heel, keeping the foot at 90° to the ankle:

1. **Better reach:** having the foot extended it increases your range by nearly the full length of your foot ensuring you will hit, from the same position, targets that would not be reachable if you bend your foot.
2. **Stronger impact:** if the angular speed of the leg moving is constant having a longer weapon (by the length of the foot) increases the speed of the foot itself, build up a higher momentum and delivers a stronger kick.
3. **Safer for you:** the Achilles' tendon is a weak point and if you squash it against a skull it will hurt your foot to the point you might not be able of walking for some time. Even if the impact is not straight on the Achilles' tendon it can still hit the many nerves that are exposed both on the internal and external part of the hill, moving toward the ankle. The ball of the foot is very well padded and can bear much stronger impact than the edge of the hill.
4. **Improve flexibility:** with the foot fully extended the natural flexibility of the leg is highly helped; to the contrary trying to extend a leg while the tibia (shin) muscles are tensed in order to keep the ankle at 90° will have some groups of muscles that are fighting against the direction of your kick getting the muscles behind the leg less prone to extend

5. **Faster:** if all muscles involved in the movement are pushing in the same direction and the others are simply relaxed the overall speed will be improved.

A spinning kick is a variation of a reverse hook kick. It is performed by spinning 360 degrees and closes distance to your opponent by the width of your hips and then perform motion like a hooking kick.

Start in fighting stance you will kick with your rear leg.

Step your front foot to the side and round so that it is facing away from your target, or undertake a feint or a turning kick.

Then let your head come round, then your shoulders and torso, then your hips with you rear leg chambered like a side kick or back kick.

Thrust you leg out just to the side of the target, and then drag the heel or flat of the foot through the target.

Once you have finished the strike, continue the hip motion moving through a total of 360 degrees and allow your supporting foot to pivot after the strike.

Start off low and slow and then build it up slowly.

If you are losing your balance you may be falling over for a few reasons.

You may be trying to kick too high too early, if so you will probably be falling backwards as you are leaning back to get height.

If you are falling to the side then it may be because you are spinning from foot up rather than the head down. The balance goes as the head is being whipped round rather than the foot.