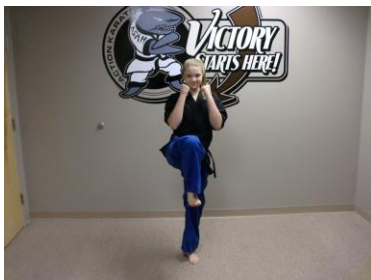


5 Basic Kicks

1) Front Kick

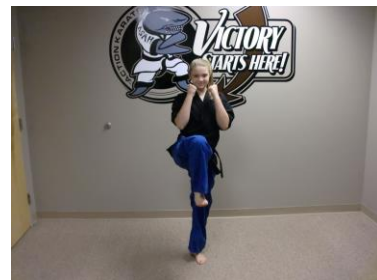
- a. Back leg
- b. Ball of the foot
- c. Chamber toward target- knee points to where the kick should go
- d. Re-chamber the same



Chamber



Kick



Re-Chamber

2) Side Kick

- a. Back Leg pivots to the front
- b. Heel of the foot
- c. Chamber to the side- leg up and down- curl toes up
- d. Kicking foot should be in front of the standing leg when chambered
- e. Curl toes towards your body pushing your heel out when doing the kick



Pivot first then chamber



Kick



Re-Chamber

3) Axe Kick

- a. Back leg- swing straight leg up
- b. Heel of the foot coming down on target
- c. No chamber

4) **Inside/Outside Crescent Kick**

- a. Back leg
- b. Inside Blade/ Outside Blade
- c. Chamber just to the side of the target
- d. Trace rainbow in air with toes up
- e. Re-chamber should be just to the opposite side of the target



Depending on the kick these are the chambers and re-chambers

5) **Wheel Kick/ Roundhouse Kick**

- a. Front leg/ back leg
- b. Laces part of the foot
- c. Chamber so the leg is sideways (foot parallel to knee- point toes)
- d. Re-chamber the same as chamber



Chamber



Kick



Re-Chamber

If you need extra help with any of your basic kicks a private lesson is a great way to improve your technique. Call today to schedule your lesson! 610-746-3600