

The 10 Best Kicking Techniques for Martial Arts, MMA, and Self Defense

Kicking techniques are an essential part of martial arts, MMA, and self-defense. They not only allow you to strike your opponent from a distance but also provide powerful and effective attacks. Whether you are a beginner or an experienced practitioner, mastering these 10 kicking techniques will undoubtedly enhance your skills and give you an edge in combat.

1. Front Kick

The front kick is one of the most basic and fundamental kicking techniques in martial arts. It involves thrusting your foot forward, aiming to strike your opponent's midsection or groin area. This technique provides both power and speed, making it an excellent choice for both offense and defense.

Alt attribute: Illustration of a martial artist performing a front kick.



The 10 Best Kicking Techniques for Martial Arts, MMA and Self-Defense (The 10 Best Series Book 7) by Sammy Franco(Kindle Edition)

★★★★☆ 4.1 out of 5

Language : English

File size : 736 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 150 pages

Lending : Enabled

Screen Reader : Supported



2. Roundhouse Kick

The roundhouse kick is a versatile and widely used kicking technique. It involves a circular motion, where you lift your leg and pivot on your standing foot, striking your opponent with the upper or lower part of your shin. The roundhouse kick is known for its power and the ability to deliver devastating blows.

Alt attribute: Illustration of a martial artist performing a roundhouse kick.

3. Side Kick

The side kick is a powerful and effective technique that utilizes the force generated from the hip rotation. It involves extending your leg sideways and striking your target with the heel or the outer edge of your foot. The side kick can be easily delivered at close range and is especially effective in close-quarters combat.

Alt attribute: Illustration of a martial artist performing a side kick.

4. Axe Kick

The axe kick is a unique and powerful kicking technique that involves a downward motion. This kick aims to strike your opponent's head, shoulder, or collarbone with the heel or the lower part of your foot. The axe kick can catch your opponent off guard and inflict significant damage.

Alt attribute: Illustration of a martial artist performing an axe kick.

5. Hook Kick

The hook kick is a deceptive and unpredictable technique that can confuse your opponent. It involves a circular motion, where you kick your leg in an arcing motion to strike your opponent's head, neck, or torso. The hook kick is known for its speed and the ability to change direction at the last moment.

Alt attribute: Illustration of a martial artist performing a hook kick.

6. Spinning Back Kick

The spinning back kick is a flashy and powerful technique that requires agility and control. It involves spinning your body around and striking your opponent with the heel or the lower part of your foot. The spinning back kick can generate tremendous force and catch your opponent off guard.

Alt attribute: Illustration of a martial artist performing a spinning back kick.

7. Crescent Kick

The crescent kick is a versatile and unorthodox technique that involves a circular motion. It requires you to swing your leg in a curved path, aiming to strike your target with the instep or the lower part of your foot. The crescent kick can be used to target various areas of your opponent's body, making it a valuable technique in combat.

Alt attribute: Illustration of a martial artist performing a crescent kick.

8. Push Kick

The push kick, also known as the front teep or front push kick, is an effective technique for creating distance between you and your opponent. This kick involves pushing your foot forward to strike your opponent's chest or abdomen,

forcing them to step back or lose balance. The push kick can be used defensively or as a setup for other attacks.

Alt attribute: Illustration of a martial artist performing a push kick.

9. Switch Kick

The switch kick is an advanced technique that requires coordination and quick footwork. It involves switching your stance and delivering a kick with your opposite leg, aiming to strike your opponent's head, torso, or legs. The switch kick can surprise your opponent and create openings for further attacks.

Alt attribute: Illustration of a martial artist performing a switch kick.

10. Flying Kick

The flying kick is a spectacular and high-risk technique that involves launching yourself into the air to strike your opponent. It requires explosive power and precise timing to execute effectively. The flying kick can be used to target various areas of your opponent's body, but it should be used sparingly and with caution.

Alt attribute: Illustration of a martial artist performing a flying kick.

Learning and mastering these 10 kicking techniques will not only improve your martial arts, MMA, or self-defense skills but also provide you with a wide range of options during combat. Remember to practice under the guidance of an experienced instructor and always prioritize safety. Train hard, stay focused, and become a formidable martial artist.

The 10 Best Kicking Techniques for Martial Arts, MMA and Self-Defense (The 10 Best Series Book 7) by Sammy Franco(Kindle Edition)



★★★★☆ 4.1 out of 5
Language : English
File size : 736 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 150 pages
Lending : Enabled
Screen Reader : Supported



WANT DEVASTATING KICKING TECHNIQUES!

Dramatically increase your fighting skills with Sammy Franco's battle tested kicking techniques. THE 10 BEST KICKING TECHNIQUES FOR MARTIAL ARTS, MMA, AND SELF-DEFENSE gives you the winning edge you'll need in both the ring and the streets. In this one-of-a-kind book, you'll learn simple and effective bone crushing kicks that will drop any opponent of any size.

THE 10 BEST KICKING TECHNIQUES FOR MARTIAL ARTS, MMA, AND SELF-DEFENSE is ideal for:

- Mixed martial arts (MMA)
- Martial arts
- Kickboxing
- Self-Defense/Street Fighting Survival
- Personal fitness

TURN YOUR LEGS INTO DEADLY PISTONS!

This easy to follow book covers the entire spectrum of practical and efficient kicking techniques. Learn how to throw the perfect "destroyer kick", turn your legs into virtual pistons, discover the hidden secrets of explosive kicking skills, and learn some of the best kicking training tips.

THE 10 BEST KICKING TECHNIQUES FOR MARTIAL ARTS, MMA, AND SELF-DEFENSE will show you that it's not size or strength, but kicking form and technique, timing and proper footwork that will turn your feet into lethal power pistons. By following the special techniques outlined in this book you'll dramatically improve your fighting skills regardless of your size, strength, or level of training experience.



Everything You Need To Know About Building Referral Revenue Online

Are you looking for ways to boost revenue for your online business? One effective strategy to consider is building referral revenue. Referral revenue, also known as...



Is It Still Cheating If You Don't Get Caught?

When it comes to morality and ethics, the line between right and wrong can sometimes become blurry. One such situation that often...



The Fascinating History of Afro Uruguay - Unveiling the Untold Stories

Afro Uruguay refers to the rich and diverse history of African descendants in Uruguay. From cultural contributions to political struggles, the Afro Uruguayan community has...



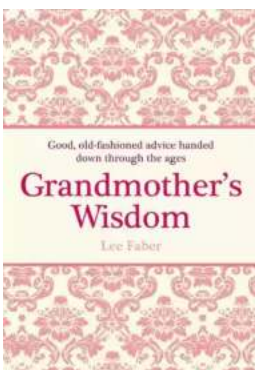
Reflections From Stubborn Son: A Journey of Self-Discovery and Growth

Have you ever encountered a stubborn son who challenged your every attempt to guide and teach him? If you have, then you may find solace and inspiration in this...



Discover the Revolutionary World of Protein Modelling: The Story of Andrew Gamble

Protein modelling is an essential field of study in molecular biology that offers insights into the structure, function, and interactions of proteins. In recent...



The Best Old Fashioned Advice: Timeless Wisdom Passed Down Over Generations

Have you ever turned to your grandparents, parents, or even older friends for advice? There's something magical about the wisdom that comes from their lips – advice that has...



Embark on an Unforgettable Journey: The Sword and Sorcery Fantasy Adventure That Will Leave You Breathless!

Are you ready to be transported to a land of magic, fierce battles, and incredible wonders? Prepare yourself for an unforgettable experience as we dive into the...



The Enchanting World of Wendy Darling Comes Alive in Volume Stars by Colleen Oakes

Step into the magical world of Neverland and get ready to embark on an unforgettable adventure with Wendy Darling, the beloved character from J.M. Barrie's timeless classic,...