Drills and exercises for Side Kicks, 2019-08-05

1 Side Kicks

1. Extended wide squat Fit & NU



2. Side to Side Lunges <u>Darebee</u>



3. Chamber side kick BCMATKD



4. Leg hold side kick Gary Foster

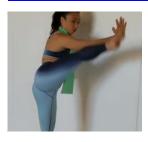


5 Leg circles side kick <u>Donato Nardizzi</u>



6. Leg swing side kick

Michelle Waterson the Karate Hottie



7. Leg up-down side kick Gary Foster



8. Pushing side kick Simon Scher



9. Piercing side kick Donato Nardizzi



10. Side kicks Darebee

