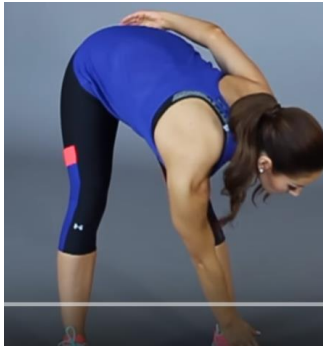


Drills and exercises for kicking

1 Side Kicks

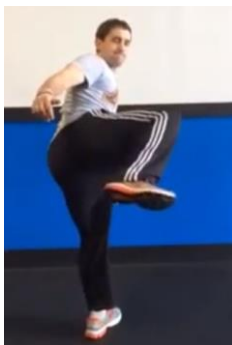
A1. Alternate Toe Touch
[Jennifer Van Barneveld-Pe.](#)



A2. Side to Side Lunges
[Darebee](#)



A3. Chamber side kick
[heat0079](#)



A4. Leg hold side kick
[Gary Foster](#)



A5. Leg swing side kick
[Michelle Waterson the Karate Hottie](#)

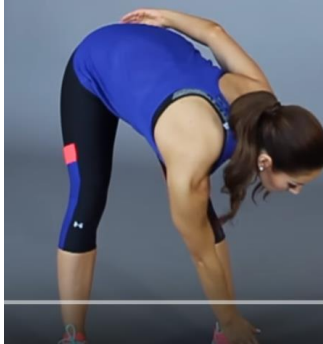


A6. Side kicks
[Darebee](#)



2 Front Kicks

B1. Alternate toe touch
[Jennifer Van Barneveld-Pe.](#)



B2. Deep squat stretch
[William Richards](#)



B3. Chamber front kick
[MyShotokan: Shotokan Karate Videos](#)



B4. Lunge step-ups
[Darebee](#)



B5. Lying front kick
[Donato Nardizzi](#)

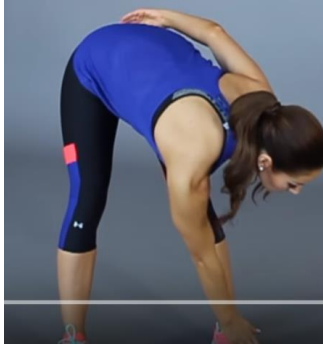


B6. Front kicks
[Darebee](#)



3 Turning kicks

C1. Alternate toe touch
[Jennifer Van Barneveld-Pe.](#)



C2. Walking high kicks
[Vinh Tran](#)



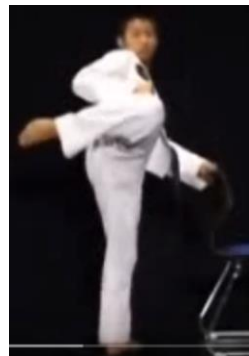
C3. Lying kick
[Joann Teo](#)



C4. Chamber turning kick
[BCMATKD](#)



C5. Waist turn turning kick
[Joann Teo](#)



C6. Turning kicks
[Darebee](#)

