

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

1 Front Kicks

1. Deep lunge

[Sears.](#)



2. Deep squat stretch

[William Richards](#)



3. Walking high kicks

[Vinh Tran](#)



4. Lunge step-ups

[Darebee](#)



5. Chamber front kick

[MyShotokan: Shotokan Karate Videos](#)



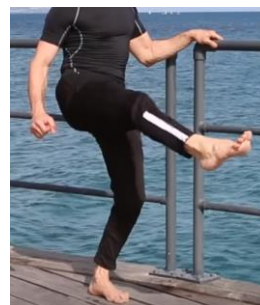
6. Lying front kick

[Donato Nardizzi](#)



7. Front Kick extension

[Donato Nardizzi](#)



8. Front kicks

[Darebee](#)

