

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

## 1 Side Kicks

1. Extended wide squat

[Fit & NU](#)



2. Side to Side Lunges

[Darebee](#)



3. Chamber side kick

[BCMATKD](#)



4. Leg hold side kick

[Gary Foster](#)



5 Leg circles side kick

[Donato Nardizzi](#)



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](#)

