

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

1 Side Kicks

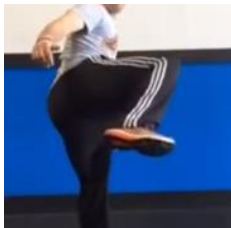
1. Extended wide squat
[Fit & NU.](#)



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



3. Chamber side kick
[heat0079](#)



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](#)

