

MARTIAL FURY

Weekly Newsletter

Kicking is found in almost every martial art. It's very invigorating to be able to use your legs as reliably as your arms in a fight.

But before you can rely on them, you must make sure you master the tips below.



Height is important when kicking – but not so much that you sacrifice your balance for it.

Many practitioners stand on their toes when kicking to gain height, and this leads to a lack of power and balance.

This is common amongst Taekwondo practitioners, and usually, people don't notice when they do it, but losing your balance is the same as losing the fight.

Dropping the guard when kicking is also a problem. This mostly happens due to instinctively swinging your hands down to generate momentum. But this leaves you way too exposed to counters.



Dropping your hands also leads to telegraphing your kick. Notice how Anderson Silva's guard remains mostly the same when executing a front kick.

These are some basic tips to make sure you can apply your kicks in sparring whilst minimizing the chance you'll get countered.

Reduce the chance of losing your balance and focus on keeping your guard up when kicking, to protect yourself from being countered.

I hope you enjoyed reading this short article as much as I enjoyed writing it. Be sure to tune in every Sunday for more bite-sized articles like this!

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