

HEAD KICK FLEXIBILITY

13 TIPS AND STRETCHES TO LAND A BRUTAL HEAD KICK



13 TIPS AND STRETCHES FOR THROWING A BADASS HEAD KICK

It doesn't get much sweeter than landing a flush roundhouse to your opponent's dome!

Unfortunately for many of us, being able to lift our legs that high and deliver a head kick can be extremely difficult due to flexibility and/or technique issues. The good thing is that there are ways to improve your flexibility and technique so you are able to kick your opponent in the head and feel like a total badass once you land it!

I'm assuming you want to be able to throw some sick head kicks right? Well, the tips and stretches below are a great place to start to learn how to improve your high kick technique and flexibility so one day you can land a head kick just like Mirko Cro Cop!

7 TIPS FOR GETTING THE BEST, FASTEST RESULTS

Warm Up

Stretching tight muscles can easily lead to injury. Starting every session with a warm up that engages your entire body and gets your blood flowing is essential for preventing injury and getting the most out of your session. With that in mind, doing dynamic stretches (active movements that bring forth a stretch but are not held in a position) and other body weight movements are great options for starting any type of workout.

Stretch Often, Every Day

If throwing a head kick and improving your flexibility is important to you, make sure it's a top priority by implementing it into your daily routine. Whether you are training or not, you should be setting a time aside for some type of stretching every day. The great thing about stretching is that you can do it anywhere, even sitting on the couch and watching TV! At the bare minimum, make sure to have 4-5 quality stretching sessions a week.

Breathe Into The Stretch

Holding your breathe during a stretch is a sure way to hurt yourself and get light headed. On the other hand, if you're able to control your breathing and ease into your stretch, then you will get a much deeper, intense stretch that will get you much better results.

Consider Assisted Stretching

It can be difficult getting into certain positions, especially if you are new to the whole stretching scene. Having a partner assist you with certain poses and stretches can be tremendously beneficial and help speed up the process even more. That being said, make sure you are verbal with your partner and let them know at what point to hold the stretch.

Don't Neglect Other Muscle Groups

Forgetting about muscle groups other than the ones that help with high kicks (mainly your hips and hamstrings) will result in an imbalance. If you neglect to stretch out all the muscles in your body, especially the antagonist muscles (quadriceps and glutes) then it can very easily lead to injury. Make sure you involve your entire body!

Practice Your High Kick Technique Every Day

Flexibility is super important in being able to land a head kick, but even more important is the technique. Knowing and perfecting the proper kicking technique can help improve your flexibility and overall ability to throw a head kick. [Here is a solid tutorial by Rob McCullough on the technique of a head kick.](#)

Mix in a Yoga Practice

Yoga is awesome. Plain and simple. Not only will it help improve the flexibility throughout your entire body, but it will also improve your balance, coordination, awareness, strength and so much more. If you're able to mix in 1-3 yoga classes a week, you'll notice a different in no time. Oh yea, and if you're a guy like me, being in a room full of women is an additional bonus. If you haven't yet, [read my post on how beneficial yoga can be to your training and your life.](#)

THE BEST 6 STRETCHES FOR HIGH KICK FLEXIBILITY

Dynamic Leg Swings - Do controlled movements to the front, side, and back. *Do not swing uncontrollably!* Make sure you are in control of the movement. Use a pole, heavy bag, or something sturdy to balance while you do the leg raises. (or be a badass and do it just with your balance) Do sets of 10 on each leg until you feel like you've reached your entire range of motion. This is a great warm-up as well as a cool down after sessions. [Here is a basic idea for how to do the swings](#) (except you'll want to kick a little bit higher if possible)

Kneeling Lunge Stretch - Begin by kneeling on one leg and make sure your front knee doesn't extend over the toe. Square your hips with your back leg stretched out straight and your knee touching the floor. Gently stretch forward and hold for 20-30 seconds on each leg.



Pigeon Pose - Start by kneeling on the ground and stretching your right leg out behind you while bending your left knee so that the foot is near your right pelvic bone. Use your hands for balance as you lean forward into the pose.



Butterfly Stretch - Sit down and put your feet together. Drop your knees to the side, keep a straight back, and lean forward from your hips. Keep your abs inward to give yourself room to move forward. Grab your feet with your hands and gently pull yourself forward.



Frog Stretch - Come to the ground so you are supporting yourself with your elbows and knees. Keep your palms flat and make sure your shoulders, hips, and knees are aligned. Walk your knees out as far away from each other as you can. Keep your ankles inline with your knees and flex your feet to protect your ankles. As you exhale press your hips back and relax into the stretch.



Center Split - Get down in a low squat position and place your hands on the ground in front of you. Gradually walk your feet away from each other until you feel a deep stretch.



FINAL WORDS

Successfully throwing and landing a high kick will take some time, but if you commit to stretching and practicing your head kick technique, it will be a matter of time until you land one. With these basic stretches and tips on how to improve your flexibility, I'm confident you'll see results if you stay consistent with a stretching routine.

Also keep in mind that there are plenty of YouTube videos made by other martial artists that have some useful tips, advice, and other stretches that you can implement into your routine if you'd like. So keep an eye open and an open mind when it comes to learning new stretches or techniques to improve your high kick. [Click here to check out one of the more popular martial arts stretching videos.](#)

Lastly, if I were to recommend one stretching program that you should consider trying, it would be [Eric Wong's Hip Flexibility Solution](#). He's had a ton of people have tremendous success through his program especially since it's made specifically for Muay Thai and MMA fighters to improve their hip flexibility and head kicks. So if you're serious and want a detailed, thorough program to follow along with that guarantees results, definitely check out [The Hip Flexibility Solution](#).

Best of luck on your journey to kicking people in the head! Let me know how these tips help you and definitely let me know when you land your first head kick!

