

= Soccer kick =

A soccer kick , also known as a soccer ball kick in puroresu and shoot fighting , is a reference to a kick that is similar to kicks used in association football . It is the colloquial term for a kick performed against a prone , kneeling , rising or supine opponent by a fighter who is in a standing or semi @-@ standing position , to any part of a downed opponent . The soccer kick was used in the first match of the Ultimate Fighting Championship at UFC 1 in 1993 . Gerard Gordeau defeated Teila Tuli with a soccer kick , which also knocked out one of Tuli 's teeth . The technique is banned under the Unified Rules of Mixed Martial Arts however other rulesets , including the ones used by Pride Fighting Championships do permit them . Soccer kicks have been regularly discussed as to potential damage . There has been a regular debate on the usage of them within MMA . Some MMA fans and fighters support them while a fight doctor and politicians have opposed them .

= = Description = =

A soccer kick is performed when a fighter is standing to the side or in front of an opponent on the ground and kicks the grounded opponent 's head . This is done in a style similar to an association football player kicking a football . Most practitioners aim to use their shins for the point of impact rather than the foot . While soccer kicks are usually delivered to the head , kicks to other parts of the body in a similar style are also referred to as soccer kicks .

= = In mixed martial arts = =

The soccer kick has been a source of controversy in mixed martial arts since Gerard Gordeau 's usage of one against Teila Tuli in UFC 1 . Dr. Johnny Benjamin stated his belief that soccer kicks could cause serious injury , based on the assumption that an MMA fighter would be able to generate the same amount of force in a soccer kick as a professional association football player . Some MMA fans argue that no @-@ one has ever been seriously injured from a soccer kick and stated that there were already equally dangerous moves allowed in MMA . Dr. Johnny Benjamin argued that soccer kicks could result in broken necks and paralysis if performed with the wrong positioning and high velocity .

In 2000 , the Unified Rules of Mixed Martial Arts were written with the intention of making the sport of MMA appear more acceptable in a wider society . Under those rules , soccer kicks were explicitly banned and classed as a foul defined as " kicking the head of a grounded opponent " . It is noted that while soccer kicks to grounded opponents are fouls , axe kicks , downward strikes with the back of the heel , are not considered fouls if done to any part of a grounded opponent . In the years after the banning of soccer kicks under the Unified Rules , a number of fans and MMA fighters have argued for them to be permitted under the Unified Rules along with face and foot stomps . Their justification is that soccer kicks and foot stomps being disallowed hindered fighters who were used to using them under other MMA rule sets . Mauricio Rua , who mostly used soccer kicks to earn victories in Pride , argued that elbows caused more pain than soccer kicks and claimed that soccer kicks were safer than elbows . Rua also argued that elbows were more dangerous than soccer kicks and yet were allowed under the unified rules . Opponents of soccer kicks argued that they needed to be banned in order for the sport of MMA to move forward . They also argued that in the face of opposition to the sport from politicians such as John McCain , soccer kicks had to be banned in order to ensure that the sport was not viewed as illegal " human cockfighting " and could be sanctioned as legal in the United States by Athletic Commissions .

Although a soccer kick is a foul when delivered to the head in the Unified Rules of Mixed Martial Arts which prevail in North America , the technique was commonly employed in Pride Fighting Championships in Japan . Fighters Wanderlei Silva and Mauricio Rua were notable practitioners of the soccer kick in MMA . Under the Unified Rules , some MMA fighters attempted to use tactics with the " kicking the head of a grounded opponent " rule , which defined a fighter as grounded if they had any part of their body apart from their feet on the ground . This meant that fighters , such as Jon

Jones , would often try to provoke illegal soccer kicks by putting their hand on the ground or as a way to avoid strikes such as the soccer kick after a failed takedown . However , in 2013 , referees were encouraged to interpret the rules that if a fighter is deliberately intending to provoke an illegal soccer kick and one was used , then the referee could decide that it was a legal move .

There are still MMA organizations such as Singapore @-@ based ONE Fighting Championship that allow soccer kicks to the head of downed opponent . ONE Fighting Championship previously had an " open attack " rule , which required fighters to get permission from the referee to use soccer kicks . In 2012 , the company changed its rule set to the rules used by Pride Fighting Championship allowing fighters to use soccer kicks without asking for permission from the referee .

= = In professional wrestling = =

In professional wrestling , some wrestlers use the soccer kick is as a finishing move . A number of professional wrestlers prior to the 1980s professional wrestling boom were taught to use wrestling moves and strikes legitimately . This was due to the likelihood of attacks on the wrestlers from fans . This included the soccer kick , which former pro @-@ wrestler , CM Punk stated was the easiest tactic to use when a fan tried to get in the ring to confront a wrestler . High profile users of soccer kicks as a finishing move includes Katsuyori Shibata , and Randy Orton . In Japan within a 1977 puroresu match between Antonio Inoki and Great Antonio , Inoki started to shoot on Great Antonio after Great Antonio refused to sell Inoki 's offence . Inoki used a takedown on Great Antonio and then used soccer kicks to legitimately knock out Great Antonio .

= = In video games = =

In the 2010 video game , EA Sports MMA , soccer kicks were included in the game . In the 2012 video game UFC Undisputed 3 , soccer kicks are included in the game in the Pride mode . This mode was intended to replicate Pride Fighting Championships . This was different compared with the normal UFC mode which does not include soccer kicks due to UFC following the Unified Rules .

The soccer kick has also been used in professional wrestling video games . It was used in the 1999 Nintendo 64 game , WWF WrestleMania 2000 .