

Metadata: <https://www.youtube.com/watch?v=3x0iA45Mpfg>

So our next technique now will be our lead front kick or our teeth kick. Very important here that we don't give up territory here. So this front kick I would sort of equate to the jab. It's the exact same sort of mechanics, it's the exact same use. Sort of finding my range and stopping my opponent when I need to, breaking his rhythm. So the way we're going to do this, our hands are up nice and tight, I'm going to raise my front leg, my knee up. As I do that, see I transfer my weight, so I'm going to transfer my weight, bring my knee up. If I don't bring my knee up, my leg's going to flick. If I try to just kick like this, it's going to be a flick, and then there's no stopping power. So watch, I'm going to pull my hips back, latch onto my back leg, supporting leg, knee up, and then I'm going to extend from my hip, like a donkey kick, and I'm going to reset. Make sure that your toes are pointed at your partner, so that you're not hitting with the flat of your foot, you're going to hit with the toes and stab the stomach. Up, knee comes straight up, and I'm going to extend my hips, deep, reset to the same spot. I don't want to give up ground. If Rich is pushing forward, and I front kick and I go back, my front kick now becomes pointless. I want to keep my ground. He steps forward, I stop him right there. He steps forward, I stop him right there.