

The 10 Best Kicking Techniques For Martial Arts, MMA, and Self Defense

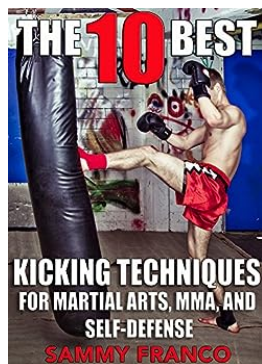
Kicking is one of the fundamental skills in martial arts, MMA, and self-defense. Whether you are a beginner or an experienced practitioner, mastering proper kicking techniques can significantly improve your performance and increase your effectiveness in combat situations. In this article, we will explore the top 10 kicking techniques that are widely hailed for their efficiency, power, and versatility.

1. Roundhouse Kick

The roundhouse kick is a versatile and powerful technique used in various martial arts disciplines such as Muay Thai, Taekwondo, and Kickboxing. It involves rotating the hip and extending the leg in a circular motion, striking the target with the shin or the ball of the foot. The roundhouse kick can be delivered to various targets, including the head, body, and legs.

2. Front Kick

The front kick is a quick and effective technique that aims to create distance between you and your opponent. It involves lifting the knee and extending the leg forward, striking the target with the ball of the foot. The front kick can be directed towards the midsection, groin, or face, depending on the situation.



The 10 Best Kicking Techniques for Martial Arts, MMA and Self-Defense (The 10 Best Series Book

7) by Sammy Franco (Kindle Edition)

★★★★☆ 4.1 out of 5

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Enhanced typesetting: Enabled

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Print length	: 150 pages
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Screen Reader	: Supported



3. Side Kick

The side kick is a powerful technique that utilizes the force generated from the hip and the supporting leg. It involves extending the leg sideways, striking the target with the heel or the outer edge of the foot. The side kick can be delivered to the midsection or used as a defensive technique to keep the opponent at bay.

4. Axe Kick

The axe kick is a highly effective technique that aims to strike the opponent from an overhead angle. It involves raising the leg vertically and then bringing it down forcefully, striking the target with the heel or the ball of the foot. The axe kick is commonly used to target the head, shoulders, or collarbone.

5. Hook Kick

The hook kick is a deceptive and unpredictable technique that combines spinning and kicking movements. It involves pivoting on the supporting foot while swinging the leg in a circular motion, striking the target with the heel or the back of the foot. The hook kick is often used to target the head or the side of the opponent's body.

6. Push Kick

The push kick, also known as the teep, is a versatile technique that focuses on creating distance and disrupting the opponent's balance. It involves thrusting the leg forward, striking the target with the ball of the foot. The push kick can be

directed towards the midsection or used as a defensive measure to keep your opponent at bay.

7. Spinning Hook Kick

The spinning hook kick is an advanced technique that requires flexibility, timing, and precise execution. It involves spinning the body while swinging the leg in a hooking motion, striking the target with the heel or the back of the foot. The spinning hook kick is often used as a surprise attack against an unsuspecting opponent.

8. Crescent Kick

The crescent kick is a flashy and versatile technique that is commonly seen in martial arts forms and demonstrations. It involves swinging the leg in a circular motion, striking the target with the instep or the top of the foot. The crescent kick can be directed towards the head, body, or legs, depending on the situation.

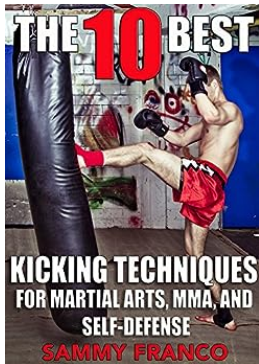
9. Back Kick

The back kick is a powerful technique that utilizes the force generated from a quick rotation of the body. It involves turning the body away from the target and kicking backward, striking the opponent with the heel. The back kick is often used as a counter-attack against an opponent approaching from behind.

10. Hooking Roundhouse Kick

The hooking roundhouse kick is a combination technique that combines the power of a roundhouse kick with the surprise factor of a hook kick. It involves swinging the leg in a hooking motion, followed by extending the leg in a circular motion, striking the target with the shin or the ball of the foot. The hooking roundhouse kick is often used to confuse the opponent and land a powerful strike.

Mastering these 10 kicking techniques can greatly enhance your martial arts, MMA, and self-defense skills. However, it is important to remember that proper training, technique, and practice are crucial for utilizing these kicks effectively and safely. Always seek guidance from a trained instructor and engage in regular training sessions to perfect your kicking abilities.



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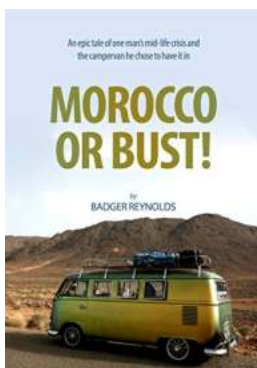
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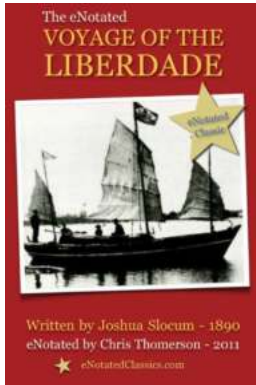
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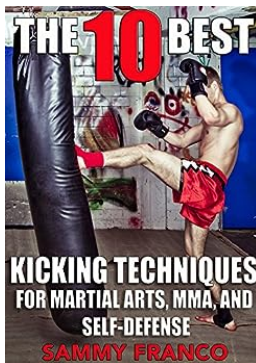
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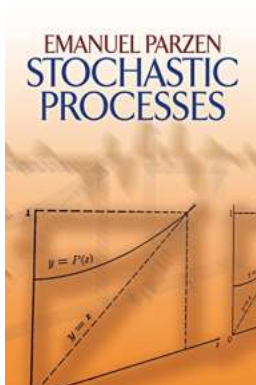
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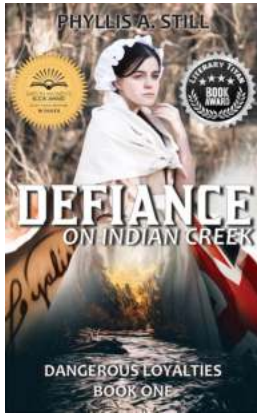
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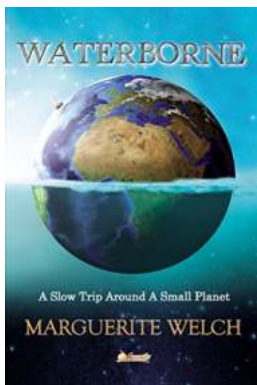
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