



Kickboxing: The Front Kick, Roundhouse Kick, and Side Thrust Kick: From Initiation to Knockout: Everything You Need to Know (and More) to Master the Pain Game (Paperback)

By Martina Sprague

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Knowing how to box is not enough if you want to call yourself a kickboxer. Since kickboxing combines kicks and strikes, we will now look at the three basic kicks: the front kick, roundhouse kick, and side thrust kick. Which kick you use depends on your position, on your distance to the target, and on what you are trying to accomplish. The benefit of a kick over a punch is that you can reach any target on your opponent s body. While the hands can be used for punching to the head and body, the legs can be used for kicking to the head, body, and legs. In this sense, kicks are more versatile than punches. All kicks can be thrown with the lead or rear leg. In general, your lead leg is used much like the jab: to gauge distance. Since your lead leg is closer to the target than your rear leg, it is faster and needs less movement. Your rear leg, by contrast, has the potential to create a more powerful kick. Throughout your training, we will explore...



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Reviews

Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Otis Wisoky

This publication is great. It is full of wisdom and knowledge You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).

-- Dr. Everett Dicki DDS