

Exercise to improve your kicking
By Mr Robert Fernandes 4th Degree
A.I.M.A.A Jersey



A good and effective kicking exercise should build flexibility, speed, strength, balance and coordination, in a way that is relevant and beneficial to your martial art.

Tae Kwon Do is known for its kicking techniques and that is what separates it from other martial arts. We all know that the leg is the longest and strongest muscle in the human body. Therefore using your kicks effectively and to their full potential, will give you an advantage and a weapon that can be used at varying distances and against multiple targets with devastating consequences.

Here are a few exercises, which will make your kicking more effective and dynamic. The following exercises should be performed once you are properly warmed up and stretched out.

Front Snap Kick

Keeping your knee as high as possible rapidly execute your front snap kick and re-chamber, this can be done with one hand against the wall for balance, or free standing and you should do around 50 kicks on each leg.



This exercise can also be done while moving forward, this is done by hopping forward and simultaneously executing the front snap kick.

You can also make the exercise more difficult by adding resistance; this is done by placing your leg against your partners hip or body, they in turn hold onto your ankle area, you then start executing the front snap kick, pushing against their body, your partner steps back slowly adding enough



resistance for you to complete the kick in a slow and controlled manner, then you hop forward which re-chambers your kick and start again, this exercise should be done at least 25 times on each leg.

Side Kick

Exercises for improving your side kick, include standing against a wall and executing your side kick say 60 times, 10 times slowly paying close attention to good technique, by standing as upright as possible, keeping your knee pointing upwards and with your foot facing towards your target and 10 times fast, working on speed and explosive power. You can also stay in the side kick position, leaving your foot out for a minimum of 1 minute to improve your side kick.



This exercise can also be done while moving forward, this is done by hopping forward and simultaneously executing the side kick.

Resistance can be created by placing your foot on your partners hip or body, while you are up against a wall, they in turn keep hold of your belt, you then execute the side kick, pushing against their body, your partner steps



back slowly adding enough resistance for you to complete the kick in a slow and controlled manner, your partner then re-chambers their kick and you start again. this exercise can also be done moving forwards, this is done by hopping forward and simultaneously executing the side kick, while pushing your partner back in a slow and controlled manner, again this exercise should be done at least 25 times on each leg. Another exercise to improve your side kick is to stand right next to a chair, you chamber your kick and execute your side kick over the chair and re-chamber next to the chair.



Roundhouse Kick

Roundhouse kicks can be improved by standing against a wall and executing your roundhouse kick say 60 times, 10 times slowly paying close attention to good technique, by standing as upright as possible, keeping your knee pointing upwards towards your target, with your standing foot facing the opposite direction to your target and 10 times fast, to improve speed and explosive power.



This exercise can also be done while moving forward, this is done by hopping forward and simultaneously executing the roundhouse kick. Resistance can be created when you are up against a wall, by your partner pushing against your shin area while you execute your roundhouse kick in a slowly and controlled manner.



Axe Kick

Exercises for the axe kick, include continuously executing the kick, up and down the floor without dropping the kick on the floor, to make this exercise more difficult and for more advanced kickers, you can do the same exercise from a stationary position, have your partner crouched on the floor and complete the same exercise of continually executing the axe kick without touching your partners back,



it can also be done using a chair. This exercise should be done around 20 times

These exercises need to be practiced regularly, at least 3 times per week. The more you practice and train, the better you will become. The secret to martial arts training is hard work, keep pushing yourself, that is the key. To quote Grandmaster Hee Il Cho “Be critical of yourself and strive for a continuous improvement in your character and ability”.