

Module #3

Kicking mythology / Moving Basics Off the Line

- The power of the instep kick (this kick is one of my favorite due to it being blind to the opponent or predator)
- The roundhouse kick (remember to properly pivot or what we deem a to open up the none kicking foot. My favorite is the power roundhouse due to its power which is usually performed with the back leg. We call loaded roundhouse “generating loads of power!” Putting combo’s together
- The stump kick is probably the easiest kick in any system, “Simply Put” Just stump!! If I should choose the stump kick, I would probably stump, then deliver a blow to the upper extremities (that way), all the opponent’s energy (or Chi) has just been delivered entirely to his/her foot, leaving the upper body exposed with no defense.
- Back kick and/or spinning back. The back kick is very effective weather it’s the regular back kick from the interview stance or to spin with it as I am demonstrating it to you in this module #3
- The oblique elbow strikes
- Putting all 6 elbow strikes together (explaining the power of the elbows)
- 6 Count elbow drill with your knees (from contemplating stance and from the interview stance
- Attack combo’s: Jab/Elbow—Jab/Elbow/Elbow—Jab/Elbow/Knee—Jab/Elbow/Elbow/Knee/Elbow—
- Attack Combo’s continue: Jab/Cross/back leg front kick—Jab/Cross/back leg front Kick/Horizontal Elbow/Vertical Elbow—Jab/Elbow/Elbow/Knee/instep kick--- Jab/Elbow/Elbow/Knee/instep kick/Oblique Elbow

Practice and Reputations are the greatest teacher!