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Martial Arts Speed Kicking

By Joe Driscoll

If I was to ask you what was the most important kick in the Martial Arts, what would you say? If

you're a fan of flashy kicks or extreme Karate, you'd probably tell me some flashy spin or jump kick.

But the fact is the most important kick you'll ever have for fighting in the Martial Arts is the lead leg kick. Depending on your style or stance, the lead leg is always the closest leg to your opponent. From a side stance, or point sparring stance, it would be the lead leg side kick. From a Muay Thai or kickboxing stance, it would be the lead leg front kick.

Before you say that's a simple kick and anyone can do it, let's go over a few things.

It's much more the timing, speed and ability to throw this kick from any position on the floor or ring than it is anything else. A great lead leg front kick will allow you to beat superior opponents.

Why does this kick need to be one of the best in your repertoire?

1. It's the closest limb to your opponent and therefore can get from point A to point B faster than any other technique
2. It's a defensive kick that can be used to stifle your opponents techniques
3. It's an offensive weapon use to beat down your opponent to open up prime striking opportunities later in the fight

Developing the Lead Leg Kick

Whether your lead leg kick is the Side Kick or the Front Kick, rebounds are an excellent way to develop the speed, power and timing needed for this kick.

To do Rebounds, you must use a hanging heavy bag. Stand close enough to the bag to throw a lead leg kick, drop your foot to the ground and spring off the floor into another kick. Start slowly in sets of 2 repetitions, but you can move to as many repetitions as you feel comfortable with.

The closer you stand to the heavy bag, the more resistance you'll be faced with, and therefore you'll be

training more for strength along with speed and timing.

Joe Driscoll is a former Martial Arts world champion and the author of "Conditioning and Beyond", "Underground Speed Kicking Secrets" and several other books on fitness, conditioning and Martial Arts Training. Find out more about Joe and his training concepts at

<http://www.FightingShape.com>

Martial Arts

By John Gibb

Martial arts are currently studied worldwide from a variety of cultures. Martial arts can improve your fitness levels and muscular condition immensely. Depending on the martial art you choose to do, you may even learn some effective self–defense techniques.

There is a major debate as to whether martial arts are effective as self–defense. My personal experience has taught me it is best to study as many styles as you can and question what works.

What I have done is take techniques, which I find work from a few styles and then design a fighting system and practice based on me.

To simplify the above choose the best techniques from each style and use them in your own practice. This probably goes against the culture of martial arts, however for self–defense you cannot possibly expect to be held down to a set form. That is like a brick in water. Think if you are on the street, do you honestly think you are going to have time to pull off a full–blown technique and fancy kicks? I don't think so. That's why it is best to be open to all techniques and styles.

Studying martial arts for me is not even about self–defense. If I wanted self defense I would learn to be a street fighter. It is more about developing my body to its full potential. By this I mean getting as physically fit as I can. Not only is there the fitness aspect, there is very deep meaning to the martial arts. It is a way to express your self through movements. This is why I personally see it as an art. The martial arts are an honest form of exercise and discipline. They can help you in your weight lifting, as after a while you become more aware and feel a strong spirit within. This can help in any exercise program.

Visit

<http://www.weight–lifting–4u>

for more self improvement guides.

John Gibb is the webmaster of several websites.

<http://www.weight–lifting–4u.com>

is his latest addition.

Martial Arts

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