

Kyokushin Kicks

There are four (4) parts to most kicks we perform. Speed and power are achieved after doing many, many kicks correctly. Do not try to kick too fast at the expense of kicking properly.

Always keep in your mind; chamber, kick, rechamber and place foot back on ground. Chamber your foot as high as possible, the higher the chamber the higher you can kick. The knee should be at least parallel to the ground during chamber. Depending on the level of the kick, we will hit the target with the ball of the foot (Chusoku) or instep/shin.

Basic Kicks

Mae Geri (Front Kick); This is usually the first kick that is taught and an excellent weapon. It can be done with either front or back foot. Remember to use your hips for power and kick down the centerline of your body. Chamber to the front of your body, snap your foot out to the target, rechamber and place foot on the ground.



Mawashi Geri (Roundhouse Kick); This second kick comes around from the side and can be used to any height, head, ribs or down to the legs. The chamber for this kick comes from the side of the body. The kick comes around as you pivot on the ball of your foot opening your hips for a powerful kick. If you kick to the head you can use the instep as point of impact, lower kicks, body kicks you should curl the toes back and use Chusoku (ball of the foot).



Yoko Geri (Side Snap Kick); The third kick learned is also an awesome weapon, when used properly. The chamber for this kick comes up in front of the body. As you pivot on the ball of your foot opening your hips you snap the foot out for a powerful kick. You use the knife-edge (Sokuto) of your foot as point of impact for Yoko Geri.



Ushiro Geri (Back Kick); This kick, as the name suggests protects the back of the Karateka. As you look over your shoulder, the chamber kick comes up in front of the body. As you lean forward, you kick straight back (like a mule) and strike behind you. You use the heel (Kakato) of your foot as point of impact for Ushiro Geri, with the toes pointing toward the floor.



The Seven (7) Kicks

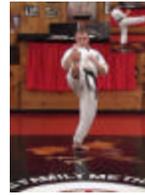
In addition to the basic kicks we have learned a series of kicks known as the Seven Kicks. This is something you should have learned for your Green Belt. As you train for your Brown and later Shodan you should do these kicks very well and be able to instruct other students in the proper application, and structure of these kicks. The Seven Kicks are;

- 1) Kake Geri (Hook Kick)
- 2) Mae (Geri) (Front Kick)
- 3) Hon Mawashi Geri (1/2 Roundhouse Kick)
- 4) Mawashi Geri (Roundhouse Kick)
- 5) Yoko Geri (Side Snap Kick)
- 6) Ushiro Geri (Back Kick)
- 7) Fumi Komi (Heel Stomp)

Kake Geri (Hook Kick); kick around objects in front of you.



Mae Geri (Front Kick) (See pg. 16)



Hon Maswashi Geri (1/2 Roundhouse Kick): Performed like Mawashi Geri w/o the pivot on the toes



Mawashi Geri (Roundhouse Kick) (See pg. 16)

Yoko Geri (Side Snap Kick) (See pg. 17)

Ushiro Geri (Back Kick) (See pg. 17)



Fumi Komi (Heel Stomp); Chamber up and come down with heel striking across your body.



Since your legs are so strong, kicks can be very effective during Kumite. But as a result of having such large muscles and the fact that they support your body, kicks are slower than hand techniques. Work on mixing hand and feet techniques as you spar so that you can set up one with the other. Also, use both front & back legs to perform your kicks.

There are several other kicks you should know at this point, the axe kick, inside & outside crescent kick, spinning back kick, knee kick, groin kick and sweeps. Use them all to become a complete fighter. If you aren't familiar with any of these, ask a Black Belt for help!

Again, be comfortable kicking off your front foot as well as your back foot!