

Leg routine

Remember to do a gentle warm up before you begin this routine.

Lie down stretches: In this order.

Calves- Stand up into a long walking stance, bend into the front leg and push the heel of the back foot into the floor behind you.

Hamstrings- Sit up with legs straight out in front of you, toes pointing to the ceiling. Breathe in and as you exhale lean your body forward, try not to roll your shoulders forward.

Lower Back – Lie on your back and hug both knees into your chest, try to keep your hips in line and your lower back pressed into the floor.

Quads- Stand on one leg and bring the other heel up behind you, keeping your knees together and tilting your hips slightly forward.

Hip Flexors- Start in a long walking stance and lower your back knee to the floor tilt you hips forward (you can choose to keep you knee off of the floor or rest it down)

Front Rising Kicks x 10

Remember to control these so that you are not swinging the leg back, this will give your leg too much momentum and therefore not help your leg control.

Side Rising Kicks x 10

Position your feet properly. Standing foot facing in towards the wall, try not to lean sideways too much.

Rear Rising kicks x 10

Angle the foot that is kicking inward slightly so that it kicks straight, don't swing your leg too much, or lean forward to far.

Front snap kick middle section x 5

Aim the ball of the foot towards belt height; you need to do these very slowly to improve your balance and chambering.

Turning kicks middle section x 5

Aim the ball of the foot toward belt height but this time around the rib area, your chamber should not come across the front of your body.

Side kick middle section x 5

Again at Belt height, remember to chamber this kick you need to bring your knee right into your chest and pivot on your standing foot, if this is wrong the kick with b wrong.

Front snap kick high section x 5

Turning kicks high section x 5

Side kicks high section x 5

Use the same techniques as middle section.

You will need to combine these exercises with your regular training, remember it's an overall package, you will need to work on fitness, flexibility, self control and knowledge to be productive in your training!

If you do these kicks properly 2-3 times per week your kicking will certainly improve.