

Feet and Leg Kicks Drill 3. **Front Snap Kick**

You can drill the Front Snap Kick to the air or to a target. You'll need a soft target about groin height. You may be able to use the bottom of a hanging body bag in a gym or a friend holding a kick pad horizontally, as in the Knee to Groin drill.

To Decrease Difficulty

- Do fewer repetitions and give yourself adequate time.
- Practice first with one hand resting on a table to improve your balance.
- Use the Knee to Groin or the Hammer Fist instead.

To Increase Difficulty

- Use a smaller cushion or strike pad to refine your targeting abilities.
- Practice with a thrown soccer ball to practice hitting a moving target.

- Add movement by walking toward the strike pad or have your helper walk the pad to you.

Success Check

- Begin in protective stance.
- Hit the target with the top of your kicking foot.
- Keep your hands in protective stance throughout the kick.
- Use your voice with each kick.

Score Your Success

Complete 20 kicks = 1 point per repetition, up to 20 points

Keep your hands up in protective stance = 10 points

Shout *no* with each kick = 1 point per *no*, up to 20 points

SIDE THRUST KICK

The Side Thrust Kick is the meat and potatoes, or the beans and rice, of your self-defense toolbox. This is a powerful technique you can return to over and over again. You can use it to target many vulnerable areas, including knees, groin, and head. It's such an important tool that you'll be returning to this kick in step 10, Delivering Knockout Blows, to refine and develop it. For now, learn the basics.

Unlike in the Eye Strike or the Low Elbow Strike, the defender's alignment for the Side Thrust Kick is extremely important. Taking the time to learn it correctly now will pay off in the future. Begin by lying flat on your left side on the ground. Rest your left forearm and elbow on the ground in front of your face. Bring both hands to rest flat on the ground in front of you.

Leave your legs together and bend both of them at the knee, bringing your feet as close to your bottom as you can. Point your top (right)

knee and toe directly at the ceiling. Your left leg remains on the ground. Plant the toe of your left foot on the ground, anchoring yourself in place. This is the Side Thrust Kick position (figure 4.7).



Figure 4.7 Side Thrust Kick position.

Got it? The feeling is a little odd, isn't it? If you're not working with someone experienced with the Side Thrust Kick, read through these instructions one or two more times before you go on to the drill.

Once you've got your alignment correct, kick out slowly, turning your top hip and shoul-

der over toward the ground in front of you (figure 4.8). Your striking surface is the heel of your right foot. When your leg is fully extended, your toe will point to the ground and you will be looking back over your right shoulder toward the target.

Figure 4.8 Side Thrust Kick

APPROACH

1. Take the Side Thrust Kick position
2. Keep your knee and toe pointed up
3. Keep both hands on the ground in front of you



a

EXECUTION

1. Kick out
2. Roll your hip over toward the ground
3. Keep both hands flat in front of you
4. Shout *NO!*



b

FOLLOW-THROUGH

1. Extend your body in a straight line
2. Face away from the target, but look back over your shoulder
3. Return to the Side Thrust Kick position



c

