

Cardio-kickboxing

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Benefits

With proper intensity, duration, and frequency, the following physiological responses may occur:

- A reduction in blood pressure
- A reduction in resting heart rate
- A decrease in total cholesterol
- An increase in aerobic capacity
- See GENERAL HEALTH CARE TOPICS for more cardiovascular health benefits.

Actions

1. Combine various punches (jabs, hooks and upper cuts) with various kicks (front, side and round house) for a complete cardiovascular workout.
2. Jabs: stand in proper fighting stance with one leg forward, making a fist, jab front arm straight out leading with your first two knuckles (index finger and middle finger) palm down.
3. Hooks: stand in proper fighting stance with one leg forward, making a fist, draw front arm back and out from the side (like hugging a tree) leading with fist palm in.
4. Upper cuts: stand in proper fighting stance with one leg forward, making a fist, pivot the body forward drawing back arm from the waist upward toward head level.
5. Front kick: stand in proper fighting stance with one leg forward. Kick back leg forward, with knee bent at 90 degrees, pulling toes back, snapping lower leg forward, striking with the ball of the foot.
6. Side kick: stand in proper fighting stance with one leg forward. Pivot on front foot while bending and drawing back leg up to the front. Facing sideways, extend bent leg straight out striking with the heel or out side end of foot.



Position 1

7. Round house kick: stand in proper fighting stance with one leg forward. Kick back leg forward and out to side while pivoting on the back ball of the foot of the front leg, striking with the top of the foot.

Tips

- Because of the importance of proper technique, seek a qualified instructor.
- View the stretching exercises to assist with improving performance with kicking.



Position 2



Position 3



Position 4



Position 5