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I L L U S T R A T E D

Devastating Low Kicks

Demolish Your Opponent's Foundation!

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Boxers say, "His legs are gone." Wrestlers say, "He lost his base." On the street, however, the situation can be even worse because once you lose your footwork, you can no longer stay out of harm's way. You become a sitting duck at the mercy of your opponent.

Your legs are not only the foundation for launching offensive techniques, but the source for the mobility you need to evade your opponent's assault. In sports such as boxing or wrestling, if one of the combatants loses his foundation because of fatigue or the accumulation of blows, it is usually a short time before the referee stops the contest.

In the martial arts we have a more direct way to win by taking away an opponent's ability to move and attack. We specifically strike his foundation, leaving him defenseless against subsequent attacks. This strategy generally requires much less time than waiting for him to tire out. Through the use of low kicks (or leg kicks), devastating results are fairly easy to

come by. And it is often less risky to throw a low kick than a high kick because it's less likely to be blocked, caught or countered. Add to this the fact that low kicks require almost no flexibility and come in many variations, and you can see how truly practical they are for self-defense.

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If low kicks are so effective, why do so few martial artists practice them and so few organizations allow them in competition? It's because the results



武 Left: Instructor Ron Schulmann (right) delivers a low kick to the outside of his opponent's thigh. Above: Schulmann blasts a low kick to the inside thigh area of his opponent's forward leg. (If you practice this technique on your own, be careful not to strike your partner's groin.)