

Kickboxing Aerobic Moves

The Jab Punch

- Front stance to target
- Chin tucked in.
- Aim through the target not at target surface.
- Align the first two knuckles with the target.
- Maintain straight line up the arm to the shoulder.
- Extend shoulder and hips into the punch for power.
- **TARGETS:**
 - Just below nose
 - Solar Plexus - center of ribcage below chest bone

The Round House Punch

- Front stance to target
- Chin tucked in.
- Aim through the target not at target surface.
- Align the first two knuckles with the target.
- Maintain an arc up the arm to the shoulder.
- Extend shoulder and hips into the punch for power.
- **TARGETS:**
 - Side of the head (temple, rear of jaw)
 - Side of abdomen near kidneys

The Power Punch

- Oblique stance to target, one foot back
- Chin tucked in.
- Punch with rearward arm.
- Aim through the target not at target surface.
- Align the first two knuckles with the target.
- Maintain straight line up the arm to the shoulder.
- Rotate hips forward and extend shoulder towards target.
- **TARGETS:**
 - Just below nose
 - Solar Plexus - center of ribcage below chest bone

The Left Hook Punch

- Left leg forward, boxing stance.
- Transfer weight to front leg.
- Arm forms a tight 90-degree angle.
- Twist the whole upper body forward, rotating left foot.
- Extend left arm to punch across the front of body
- Extend punch all the way through to the right side.
- Keep right hand at the defense position.

- **TARGETS:**

- Jaw
- Ribs (opponents right side)
- Nose

The Front Kick - Forward Leg

- One foot forward, the other 8 - 12 inches behind.
 - Feet about shoulder width.
 - Transfer weight to the rear leg.
 - Look at target.
 - Lift knee to highest position.
 - Lean back slightly at the waist.
 - Extend leg, but do not hyperextend the knee.
 - Strike with the ball of the foot.
 - Return foot to forward position.
- **TARGETS:**
 - Shin
 - Just below kneecap
 - Groin
 - Above waist (hand, face) only for the advanced student

The Front Kick - Rearward Leg

- One foot forward, the other 8 - 12 inches behind.
 - Feet about shoulder width.
 - Transfer weight to the forward leg.
 - Look at target.
 - Lift knee to highest position.
 - Lean back slightly at the waist.
 - Extend leg, but do not hyperextend the knee.
 - Strike with the ball of the foot.
 - Return foot to behind position.
- **TARGETS:**
 - Shin
 - Just below kneecap
 - Groin
 - Above waist (hand, face) only for the advanced student