



How to Do a Roundhouse Kick (Targeting the Head or Face)

Doing a roundhouse kick isn't as easy as Chuck Norris would make it out to be, but it can easily be mastered in a few easy steps.

Steps

- 1 Start in a fighting position, where your arm is near to your chest.** As you prepare to kick, lift your back leg (left foot or right foot) up to your waistline in a horizontal direction, knee pointing upward, standing on one leg.
- 2 As you prepare to deliver the kick, you must pivot your foot 45 degree angle (the foot that is standing) and along with your hips, twisting the suspended leg also in a 45 degree angle (make sure you have a good balance on a strong leg).**
- 3 Keep your balance.** The suspended leg (the part of the knee up to the foot from which it is suspended) will extend going up and simultaneously lean back a little for additional momentum. Maintaining your balance is crucial in delivering this kick. Stretching and conditioning are highly important in developing the ability to balance.
- 4 After you have executed the kick, recoil back in a reverse manner or procedure, or follow through in a full circle.**

Tips

- You need a lot of practice and patience to develop this kick with accuracy, speed, power and timing to deliver a devastating blow to the head.
- In doing a roundhouse kick you have two ways or parts of the foot to use. The instep of the foot or the ball of the foot.

Warnings

- In real situations, round(house) kicks are not always the ideal technique, due to the fact that you are putting yourself much more off balance than punches or grappling.
- Practice using a punching bag, or with a partner holding pads. If this is not done, proper power and speed will not be developed. Also, remember Newton's third law (of motion!), if you can deliver a powerful kick, you may knock yourself onto the ground if you have not practiced with proper resistance.