

Week 4. Day 2.

At this point, you know more than enough ways to strike your opponent until his inevitable demise. Adding kicks to the mix should pretty much tie up the stand up fighting portion of this bit (this is a blatant lie... as soon as we add takedowns, a brand new element will be incorporated into your striking).

Anyhow, by taxing our opponent's leg at every available opportunity, we ensure that his movement suffers (if not falters completely), and we continue to be unpredictable/dangerous.

First, you should watch the main video on [tying roundhouse kicks into our gameplan](#). This video is already making the assumption that you know how to throw a good kick. If you don't, you should probably watch this [old school video on roundhouse technique](#) to brush up on your form (one or two details from this video will be visited in the workout). That video is available to you as "extra credit" for today's agenda... as is the video on [Conditioning your Shins](#) to deal with major impact (and pain), and the video which will show you the secret "Sweet Spot" to aim for if you're trying to [end a fight in one single kick to the leg](#).

If you feel like it... you can learn a lot of stuff today (unless you've already seen it)

The Workout

I must admit... I love roundhouse related workouts. Swinging for the fences with big kicks makes me happy.

- 60 Seconds Shadow Boxing
- 60 Seconds Right Roundhouses (super light... super loose)
- 60 Seconds Shadow Boxing
- 60 Seconds Left Roundhouses (super light... super loose)

Walk around until you're fully recovered.

20 Right Roundhouse "Misses"

(Throw a roundhouse on the air and follow through as if your target disappeared. This was shown in the "Basic Roundhouse Technique" video)

20 Left Roundhouse Misses

Let your dizziness wear off if you're experiencing any.

50 Low Right Roundhouses on a Heavy Bag

(by the time you reach your 10th kick, you should be using full power).

Rest until full recovery

50 Low Left Roundhouses on a Heavy Bag

Rest Until Full recovery. If your shins hurt badly, stop kicking the bag and move back to Roundhouse Misses or throw on some shin pads.

50 Body Level Right Roundhouses on a Heavy Bag

Kick at a level which would make impact above your hip if aimed at your own body.

Rest until full recovery

50 Body Level Left Roundhouses on a Heavy Bag

Rest until full recovery

25 Low Right Roundhouses

Returning **To The Chamber** after your kick

25 Low Left Roundhouses

Returning **To The Chamber** after your kick

Rest until full recovery

25 Low Right Roundhouses

Both **starting from**, and **returning** To The Chamber after your kick. (either pause in the chamber before your kick or distinctly pass through it on your way to the bag)

25 Low Left Roundhouses

Both **starting from**, and **returning** To The Chamber after your kick.

Rest Until Full Recovery

2 Minutes Straight of Random Roundhouses...

mix together both right and left kicks, and also change levels between low and mid kicks.

60 Seconds Rest

2 Minutes Straight of Random Roundhouses...

That's good enough to build some kick power... don't overdo it as we will throw a lot of kicks this week.