

The Workout

Warmup -

Start with 20 Heel Tucks on each leg... progressively raising your shin and heel, higher and higher. ...*shadow box for 10 seconds* Hold a Static Heel Tuck in place for 30 seconds on each leg. Try to keep your torso vertical and your obliques tightly flexed the entire time. ...*shadow box for 10 seconds, or until your abs stop burning*

Execute 2 x 3 Minute Rounds of Shadow Boxing...

While throwing a *minimum* of 15 'Kick Misses' on each leg, per round.

Ok... now you're 'warm'.

1a.) Execute a set of 20 Roundhouses on Each Leg, on an object that will 'condition' your shins.

Experienced guys should kick the very base of a heavy bag... where it's ridiculously hard. DO NOT kick trees, poles, or anything else idiotic.

Beginner guys should kick the soft part of a heavy bag.

If you don't have a heavy bag, just find something to kick. Put your couch cushions against a wall and tee-off on them; we will condition your shins later.

1b.) Execute a set of 50 Roundhouses on each leg FULL POWER

Now that your 'shin conditioning' is out of the way, we build the kick itself. On your lead leg I want 25 Switch Kicks and 25 Lead Leg Roundhouses (video up by tomorrow).

On the Rear Leg, just swing away.

Rest until you're fully recovered...

2a.) Execute 30 seconds of 'The Bag Dance' -

Force yourself to fire a kick on every 'return step'.

Hold your Left Leg in The Chamber and fire 5 kicks...

...Returning to the chamber, and never letting your leg drop. (Do not wind up!)

Shadow box for 15 seconds while you recover...

2b.) Execute 30 seconds of 'The Bag Dance' -

Force yourself to fire a kick on every 'return step'.

Hold your Right Leg in The Chamber and fire 5 kicks, *returning to the chamber, and never letting your leg drop. (Do not wind up!)*

Shadow box for 15 seconds while you recover...

2c.) Execute 60 seconds of 'The Bag Dance' -

Force yourself to fire a kick on every 'return step'.

Hold your Left Leg in The Chamber and fire 5 kicks

...Returning to the chamber, and never letting your leg drop. (Do not wind up!)

Shadow box for 30 seconds while you recover...

2d.) Execute 60 seconds of 'The Bag Dance' -

Force yourself to fire a kick on every 'return step'... *sprint the last 15 seconds.*

Hold your Right Leg in The Chamber and fire 10 kicks...

Returning to the chamber, and never letting your leg drop. (If your standing leg is not burning... do 10 more)

Rest for 60 seconds, or Shadow Box for 60 seconds while you recover...

Go drink a glass of water.

Then...

3a.) Build Your 'Sweeps'

Throw 15 Extra Low Roundhouses that would 'sweep under your opponent's shield' on each leg, on the air.

3b.) Build Your 'Mule Kicks'

Throw 15 Extra Low Roundhouses that you stop early, and then throw the 'Mule Kick' off of them.

3c.) Tie It All Together

Execute a 3 Minute Round of Shadow Boxing, in which you throw 1 or 2 roundhouses, to bait your opponent into shielding, and then fire the 'Mule Kick'... on the air. Feel free to throw any other technique from this week while you move around. DO NOT STOP.

Execute a 3 Minute Round on a heavy bag (or some target) where you intentionally sweep low and miss your roundhouse, but throw the *hardest Mule Kick* you can. Feel free to throw any other technique from this week while you move around. DO NOT STOP.

***Just for a little extra ninja control, try LANDING your Roundhouse, but still firing the Mule Kick.

This will be *very* difficult, you will have almost *no* space, but try to make it work. Then, when you return to normal distancing, it's going to feel *easy*.

Hey... you're done! Nice work.