Basic Skill Development

MAWASHI GERI

Exercises to develop Mawashi Geri (refer to DVD for Demonstrations)

1. Front Leg Mawashi Geri
2. Bag Work – Developing distance, target, zanshin and power
3. Moving Target – Developing correct distance and timing
4. Knee lift Exercise 1 – Developing correct form, leg strength and flexibility
5. Knee lift Exercise 2 – Developing correct form, leg strength and flexibility
6. Leg Strength – 3 Kick leg strength combination
7. Leg Strength – 5 Kick leg strength combination
8. Leg Strength – 7 Kick leg strength combination
9. Leg Speed – Kicking from the front and the back leg. Maximum kicks in 30 seconds
10. Individual Practice – Develop your technique using the same front foot and back leg sequence

Front View

Key Points of Mawashi Geri

- Maintain basic form, "up, out, back, down"
- Extend your hips until your body is completely side on at the point of impact
- Avoid excessive change in posture
- Maintain your guard ensuring hands move naturally with the hips, rather than in the opposite direction
- Use the instep to make contact just above the belt, avoiding your opponent's elbow