



GM Maurice Elmalem THE POWER OF MARTIAL ARTS KICK & PUNCH

The most outstanding display of all martial artists is the ability to execute perfect kick, from 1-10 preferably 10.

It all starts in practice at school as basic elements of martial arts students. A good instructor will guide the students how to execute perfect kicks even by demonstrating kicks many times over the course of teaching, the display and execution of kicks always involve a good balance. Take off from the ground for flying kicks is very precise to the point of execution, it involves correct distance with right stepping and speed while running or jumping in mid high enough for no miss and have enough time to kick with perfect extension, good display of body motion including leg maneuvering and hand position while in mid air. Have additional time for safe landing when executing a flying kicks. Keep in mind that elements judge your distance up to the inch. Practice on your correct steps, jump high enough to show a perfect kick execution and have enough time to land safe. Practice to coordinate your mind with the body signals, at time even if you know you are about to miss, start over. Don't let your mind control your ability to do the right or the wrong thing. Make the decision instantly and don't give up. Remember the first and last impression with kicking is the way you start and finish. Be strong and work with positive attitude in good environment. Work hard by practicing over and over your kicking techniques to

the ultimate perfection. If you feel that you need to improve, don't be shy to ask for help from your instructor or grandmaster. It takes will power and courage with self confidence to overcome all obstructions in your mind, to mentally be prepared for the explosive display of kicking techniques in order to leave a good memory of a life time to your peers and fellow students and friends. This kind of thinking makes you move on in life with positive attitude and better with all.

What a good, powerful punch that can land a win, win at any moment if fighting. Self Defense and breaking, it is the most outstanding element of the human body. A punch it is very fast movement that can ??? to the opponent from many different positions and score if it is delivered correctly and accurate. Here is how it works:

A punch can be practiced from front stance, back stance, and horse back stance. For breaking, the back stance is most commonly used to utilized body weight behind the strike. Hand and hip movements must be coordinated to the maximum power thrusts to penetrate the target. As the punch is delivered, the back foot pivots and the hip shifts to forward positions distributing 60 degrees of the body weight to the front foot with an additional force behind the punch. The shoulders then face forward from a 45 degree angle of the back stance to 180 degrees front. Keep upper body straight and center shift your gravity forward by pivoting on ball of

back foot and shifting leg to the side, opening up to a front stance. Keeping the fist tight, move fist from hip position, tucked tightly close to body, then extend the arm 80 to 90 degrees forward. Twist your hand into the target palm down, with relaxed shoulder to fully incorporate speed and power behind the punch. The fore finger and middle finger knuckles should be only points of contact, the only knuckles that are in direct line with which to support the wrist and to avoid injury. Do not make contact with the ring finger and the little finger knuckles as it is definitely the wrong way.

I suggest breathing exercises in between each break. Stand with the palms open, raise arms above head, inhaling as you raise your hands. In a wide motion push hands down toward trunk of body and exhale. This releases extra oxygen stored in your body. Repeat this exercise two times in between each break and /or exercise.

The following display of kicking techniques are examples that were collected in span of 44 years practice of Taekwondo, Krav Maga, Combat Hapkido - Budo The Way of the Warrior.

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