

LOW KICKS

**Advanced Martial Arts
Kicks for Attacking the
Lower Gates**



A Comprehensive Study of the Art of Realistic Kicking Below the Belt

by MARC DE BREMAEKER

With hundreds of applications from Karate, Krav Maga,
Muay Thai, Tae Kwon Do, MMA, Kung Fu, and more...

Low Kicks Advanced Martial Arts Kicks For Attacking The Lower Gates

Annelies Wilder-Smith



Low Kicks Advanced Martial Arts Kicks For Attacking The Lower Gates:

Low Kicks: Advanced Martial Arts Kicks for Attacking the Lower Gates Marc De Bremaeker, 2013-08-18 Revised re edited and expanded third Edition Low Kicks are powerful fast and effective exactly what you need to defend yourself in a real life confrontation And because they are seldom used in sport fighting they can be a surprising and valuable addition to your free fighting arsenal While they may seem easy to execute not all low kicks are simply low versions of the basic kicks There are specific attributes and principles that make low kicks work Marc de Bremaeker has collected the most effective low kicking techniques from Martial Arts like Krav Maga Karatedo Capoeira Wing Chun Kung Fu MMA and Muay Thai In this book he analyzes each kick in depth explaining the proper execution and outlining applications and variations from self defense sport fighting and traditional practice Hundreds of examples illustrated by one thousand photographs and illustrations will help you master the important skill of low kicking and become a better and more well rounded fighter regardless of style The first Edition of the book was reviewed and rated 4 5 stars by Amazon customers A representative review went Excellent resource by Loren W Christensen I like martial arts books that present a fighting concept in package form and that is exactly what Marc De Bremaeker has done with Low Kicks The many photos illustrate clearly the various kicks and targets that can easily be used by all martial arts systems such as karate krav maga muay Thai TKD kung fu and so on The exception being styles with a sport slant One particular aspect I like is how the book is sprinkled with quality drawings of techniques Some techniques show up best on the page when drawn That is the case here Low Kicks discusses and illustrates in photos and drawings single techniques combinations and against hand held bags As a guy who has been teaching and training in the martial arts since 1965 I highly recommend Low Kicks

Sacrifice Kicks Marc De Bremaeker, 2016-05-17 Sacrifice Kicks will comprehensively present the most important Martial Arts Airborne Kicks Flying Kicks Hopping Kicks Jumping Kicks and Suicide Kicks They have been dubbed Sacrifice in the spirit of Judo s redoubtable Sutemi Takedowns in which one sacrifices his balance in order to throw his opponent down Flying Kicks are not about showmanship they are very effective techniques when used judiciously They need not be necessarily high and spectacular they can be surprising Jumping Kicks and Hopping Kicks executed long and low And Suicide Kicks take the Sacrifice principles a little further they are extremely unexpected techniques delivered airborne but with little hope of landing on one s feet unlike classic Flying Kicks All these realistic maneuvers coming from Karate Krav Maga Kung Fu TaeKwonDo MMA Capoeira Muay Thai and more are described with applications and training tips Over 1000 Photos and Illustrations will help you develop your airborne kicking skills regardless of your personal style

Black Belt, 1994-05 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of

Bruce Lee the best known marital arts figure in the world *36 Deadly Bubishi Points* Rand Cardwell,2019-03-26 Learn how to target the weaknesses of an attacker and effectively exploit them in order to defend yourself The 36 Deadly Bubishi Points explains the pressure point techniques found in the Bubishi the ancient Bible of Karate and how recognizing them allows you to defend yourself against such attacks This book closely examines these vital points and the science behind them and the author fills a gap in general understanding of how the 36 vital points found in the Bubishi can be targeted using pressure point fighting techniques While much has been written about the vital points and their medicinal importance thanks to the popularity of practices such as acupuncture martial research on the subject has been lacking Cardwell discusses the vital points from the perspective of an experienced martial artist including how the body s vital points are related to the 8 extraordinary vessels and 12 meridians which circulate energy throughout the body Through detailed step by step instructions and over 96 photographs and illustrations The 36 Deadly Bubishi Points shows how this knowledge can be employed in self defense

Black Belt ,1994-03 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world

Ground Kicks Marc De Bremaeker,2015-01-09 Ne Geri Waza The Art of Fighting from Down Under **Ground Kicks: Advanced Martial Arts Kicks for Groundfighting** Marc De Bremaeker,2017-10-06 Whether you are on the ground by choice or you have been taken down whether your opponent is standing or is on the ground with you whether you are a good grappler or you are trying to keep a good grappler at bay whether you were caught unawares sitting on the floor or you have evaded down on purpose whether you are a beginner or an experienced martial artist this book has the right kick for the situation In *Ground Kicks Advanced Martial Arts Kicks for Ground fighting from Karate Krav Maga MMA Capoeira Kung Fu and more* Marc De Bremaeker has created a comprehensive collection of ground kicks with hundreds of applications for sport fighting and self defense situation Packed with over 1200 photographs and illustrations *Ground Kicks* also includes specific training tips for practicing each kick effectively and detailed information on safely transitioning to and from the ground as well as the important art of moving on the ground Being on the ground is certainly not being vanquished in fact it is often an advantageous situation against a standing adversary whose groin and knees are easy targets Not only are *Ground Kicks* efficient and surprising techniques for both sport and self defense they are also great drills for serious improvement of the corresponding standing kicks Training with *Ground Kicks* will make you a better fighter regardless of style The first edition of this book was reviewed and rated at 4 3 stars by Amazon customers A representative review reads as follows *Ground Kicking By Master 1* A lot of variation of ground kicking Very Well put together *Essential Book of Martial Arts Kicks* Marc De Bremaeker,Roy Faige,2012-04-17 A well placed kick can mean the difference between victory and defeat in a

fight This illustrated guide to martial arts kicks provides the reader with a wealth of information on 89 different types of kicks from various styles This martial arts book features kicks from Karate Muay Thai Taekwondo Kung Fu Kempo Capoeira Jeet Kune Do and more In a self defense situation there is no room for defeat Readers will learn how to unleash a devastating barrage of kicks to throw their opponents off guard and leave every match in victory The Essential Book of Martial Arts Kicks has one purpose to help readers hone their kicking proficiency so that they can readily deploy the most powerful tool in the fighter s repertoire It contains thousands of photos and diagrams to show readers exactly how to perform all of the 89 kicks inside this book Packed with full color photos detailed diagrams and a companion DVD featuring 50 of the most powerful kicks this book is required reading for every martial artist who wants to sharpen and expand their kicking skills You ll learn all about Front Kicks Side Kicks Roundhouse Kicks Back Kicks Hook Kicks Crescent Kicks And many more *“The” Illustrated London News* ,1854 Stop Kicks Marc De Bremaeker,2014-04-23 Stop Kicks are among the most effective sophisticated kicks a fighter can use And because they hit your opponent at his most vulnerable they are also the safest way to pre empt or counter an attack Stop Kicks are delivered just as your opponent is fully committed to an attack physically or mentally meaning it is too late for him to change his mind Hitting an opponent in mid attack gives you the added advantage of using his attacking momentum against him This book presents a well organised array of stop kicking techniques from a wide range of martial arts Learn Pushing Kicks Timing Kicks Cutting Kicks Obstruction Kicks and Block Kicks from the hard hitting styles of Muay Thai Karatedo Krav Maga Tae Kwon Do MMA Kung Fu and more Regardless of the Art you practice Stop Kicks will become the secret weapon of your arsenal and will make you a better and a more sophisticated fighter To paraphrase a well known author the most dangerous fighter the one you should fear is the one who waits patiently for you to make a mistake Marc De Bremaeker will teach you how to be that fighter The Compact Edition of the Oxford English Dictionary Sir James Augustus Henry Murray,1971 Micrographic reproduction of the 13 volume Oxford English dictionary published in 1933 **Low Kicks** Fred Hutchinson,2001-05-01 If you want to acquire the skills needed to defend against larger stronger adversaries without devoting a lifetime to martial art study this book offers a viable solution become an expert low kicker The anatomical targets emphasized in most self defense programs eyes throat testicles are stunningly effective if you can hit them But that s often easier said than done when your adversary is big mean and coming at you with both fists flying By comparison the knees shins and insteps are relatively easy to hit even without extensive training or above average strength In fact the average person even the average woman has enough lower body strength to deliver a punishing kick to these vital targets In this book Fred Hutchinson author of *The Modern Swordsman* offers basic instruction on stance kick chambering weight shifting and footwork He then teaches specific training drills and methods for throwing chambered and unchambered kicks practicing proper kicking form training for agility speed accuracy and power maximizing your kicking power through lower body conditioning and employing low kicks tactically Practice them consistently and you will

become adept at dealing out destruction with your feet and knees should the need arise Essential Book of Martial Arts Kicks Marc de Bremaeker, Roy Faige, 2010 **Joint Kicks: Destruction of the Opponent's Limbs** Marc De Bremaeker, 2018-05-08 Joint Kicks are probably the most effective way to neutralize an assailant in real life situations By attacking the opponent's articulations you ensure that they will not be able to keep on the fight they will not be able to punch you with a damaged arm and they will not be able to run after you with a busted leg Joint Kicks are basically regular kicks to be delivered towards specific targets and with the focused intention to cause damage This is Martial arts in their purest sense and not sport techniques In real life you could easily encounter an assailant with a high resistance to pain It could be the high adrenalin levels alcohol intoxication or drugs But it will be very different from free fighting in the dojo If he is impervious to the pain of your blows only by destroying the attacker's infrastructure will you be able to overcome him The book reflects on the mindset behind Joint Kicks and presents numerous examples of their use With over 800 Photos and Drawings Focusing Martial Arts Power David Nelson, 2004-01-01 The goal of this manual is to provide an unbiased example of how to execute and apply basic martial arts techniques and improve physical performance **Advanced Explosive Kicks** Chong Lee, 1978 Explains how to execute single kicks complex kicks sitting kicks and take downs *Advanced Dynamic Kicks* George Chung, Cynthia Rothrock, 1986 Learn how to build a personal kicking system for competition and self defence from two members of the Black Belt Hall of Fame George Chung a taekwondo stylist and Cynthia Rothrock an expert in northern Shaolin kung fu as they demonstrate the impeccable kicking skills that made them tournament kata champions Complete Kicking Sang H. Kim, 2009 This is a comprehensive guide to the kicks of Taekwondo from white belt to black belt and beyond Sang H Kim shares his expert knowledge of fundamental jumping spinning and multiple kicks You will get in depth instruction for over 40 kicks including the purpose of the kick key points to pay attention to when practising step by step execution of the kick the best targets for each kick applications for sport fighting and self defence plus the most common kicking mistakes and how to fix them As you progress you will also learn exercises designed to improve your kicking flexibility power speed and balance This book goes beyond the basics and explains the concepts behind awesome kicks including how to generate power using your whole body in every kick how to generate maximum impact how to use body mechanics to kick higher and how to get the most out of every practice session This is the ultimate reference for martial artists of all styles who want to master the art of kicking Kicks included Front Kick Roundhouse Kick Side Kick Knee Kick Raising Kick Outside Crescent Kick Inside Crescent Kick Axe Kick Whip Kick Twist Kick Pushing Kick Flying Side Kick Back Kick Turn Kick Spin Whip Kick Hopping Kicks Jumping Kicks Jumping Spin Kicks Multiple Kicks Combination Kicks **Secret Defenses Against Kicks** Gary D. Hinkle, Master Dutch Hinkle, 2014-02 Imagine SECRET self defense techniques that 99% of self defense experts have NO knowledge Imagine SECRET specialized techniques that stop kicking attacker dead in their tracks Learn how to arm yourself with SECRET pressure points that

immediately stop kicking attackers who have training in Tae kwon do Korean form of Karate Savate French Foot Fighting Oriental Kick Boxing MMA Mixed Martial Arts Learn SECRET knowledge reserved only for Martial Arts Masters and was NEVER to be released to the public Learn from a Master Instructor of over 45 years with many Advanced Black Belts that shows you how to level the playing field against ALL attackers using the power of kicking against you 135 pages over 300 color pictures

Low Kick Zhang Wei Ming (张维明), 2024-04-04

In the realm of martial arts the utilization of low kicks has a rich historical tapestry that spans across cultures and epochs From ancient combat traditions to modern day combat sports the significance of leg strikes has endured the test of time Our journey begins with an exploration of the origins of low kicks tracing back to ancient civilizations where warriors honed their techniques for battle Through the annals of history various cultures developed unique styles and methodologies each contributing to the evolution of leg strikes as a formidable combat technique Our objective is to delve deep into the art of low kicks unveiling their multifaceted nature and practical applications We aim to equip practitioners with the knowledge and skills necessary to wield leg strikes with precision and efficacy Throughout our discourse we will dissect the mechanics of leg strikes from the biomechanics of the human body to the strategic targeting of vulnerable areas Moreover we will elucidate the defensive aspects of low kicks elucidating how they can be employed not only as offensive weapons but also as shields against incoming attacks In our exploration we will embark on a comprehensive journey through various aspects of low kicks We will begin by laying the groundwork with an introduction to the fundamental principles of leg strikes providing a solid foundation for subsequent discussions From there we will delve into the intricacies of executing low kicks exploring a myriad of techniques tailored for different scenarios and opponents Additionally we will unravel the art of strategic targeting illuminating the anatomical vulnerabilities that can be exploited for maximum impact Furthermore we will elucidate the defensive applications of low kicks demonstrating how they can be leveraged to fend off adversaries and create openings for escape Through a series of training drills and exercises we will empower practitioners to refine their skills and enhance their combat proficiency Moreover we will explore the synergistic potential of combining low kicks with other striking techniques amplifying their effectiveness in combat situations As our discourse unfolds we will delve into the psychological aspects of leg strikes highlighting their ability to instill fear and uncertainty in opponents We will also examine the adaptability of low kicks across different fighting styles showcasing their versatility and universal applicability Additionally we will address the importance of conditioning and injury prevention ensuring that practitioners can engage in sustained training without compromising their physical well being Moreover we will shed light on the role of low kicks in competitive environments offering insights into their strategic significance and tactical advantages Through a series of case studies and real world examples we will illustrate the successful implementation of leg strikes in combat scenarios Finally we will conclude our discourse by synthesizing the key takeaways and emphasizing the transformative potential of mastering the art of low kicks In essence our endeavor is to provide a comprehensive and

insightful exploration of low kicks equipping practitioners with the tools and knowledge needed to excel in the realm of martial arts Through a meticulous examination of technique strategy and application we aim to empower individuals to unlock the full potential of leg strikes and elevate their combat prowess to new heights Join us on this journey as we unravel the secrets of low kicks and unlock the path to martial mastery

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