## Kick and Leg Strengthening Drill

**Note:** It is very important to stay consistent with this routine. You need to do this exercise from beginning to finish ever day Monday through Friday! Rest on the weekend. Do not take a week off or even a day or else you will need to start the routine over again. Show you have what it takes to become a Black Belt with your determination to finish this routine!

### Week One:

Kick drills

**Wall front kick**

Hold a front kick fully extended at the knee level for 5 seconds. Re-chamber and rest for 5 seconds

Repeat 4 more times on the left leg.

Repeat on the right leg

Goals: Can be done on the wall or off for balance and core engagement. Don't forget to chamber, kick, and re-chamber each time. Just don't let your foot drop each and every time. You want to mimic a kicking motion. Also pay attention to your ankle and kick with the ball of the foot each time

**Wall sidekick**

Hold a sidekick fully extended at the knee level for 5 seconds. Re-chamber and rest for 5 seconds

Repeat 4 more times on the left leg.

Repeat on the right leg

Goals: Can be done on the wall or off for balance and core engagement. Don't forget to chamber, kick, and re-chamber each time. Just don't let your foot drop each and every time. You want to mimic a kicking motion. Also pay attention to your ankle and kick with the heel and keep the foot turned towards the wall. Make sure to be in a full pivot with your back foot. Also, keep your shoulder, hip and foot in line.

**Wall front kick**

Hold a front kick fully extended at the knee level and raise and drop your foot a couple of inches for 45 seconds. Keep your leg locked and fully extended the whole time. Re-chamber and rest for 5 seconds

Repeat on the right leg

Goals: Can be done on the wall or off for balance and core engagement. Don't forget to chamber, kick, and re-chamber each time. Just don't let your foot drop each and every time. You want to mimic a kicking motion. Also pay attention to your ankle and kick with the ball of the foot each time. Please note that you do not want to drop your foot to the floor. You only want to change the height of your foot by a couple of inches.

**Wall sidekicks**

Hold a sidekick fully extended at the knee level and rotate your foot in a circular pattern for 45 seconds. Keep your leg locked and fully extended the whole time while making sure your toes stay pointed to the wall. Do not turn your hips forward in this exercise. Re-chamber and rest for 5 seconds.

Repeat on the right leg

Goals: Can be done on the wall or off for balance and core engagement. Don't forget to chamber, kick, and re-chamber each time. Just don't let your foot drop each and every time. You want to mimic a kicking motion. Also pay attention to your ankle and kick with the heel each time. Please note that you do not want to drop your foot to the floor. You only want to change the height of your foot by a couple of inches in a circular pattern.

**Partner round kicks**

Get into your left foot guard stance and use your front leg to do a front leg round kick.

Hold your partner's front hand and lift your leg to kick at the knee level of your partner.

Hold for 5 seconds,

Re-chamber and kick at the stomach level.

Hold for 5 seconds,

Re-chamber and kick at the face level.

Hold for 5 seconds.

Repeat this 2 more times

Repeat this drill on the other side

Goals: Try not to rely on partner. Try the same routine without a partner. Don't forget to chamber, kick, and re-chamber each time. Just don't let your foot drop each and every time. You want to mimic a kicking motion. Also pay attention to your ankle and kick with the shoelaces each time. Please note that you do not want to drop your foot to the floor.

**Figure 8 front kicks**

45 second Drill

Partner kneels down and holds their hands straight in front of them at your knee level. Note: One hand will point to your left leg and the other will face your right leg.

Hold a front kick fully extended at the knee level. Swing your foot in a sideways figure eight motion for 45 seconds keeping your toes pointed towards the ceiling at all times. Swing your foot up and under your partner's hands. Re-chamber and rest for 5 seconds

Repeat on the right leg

Goals: Can be done on the wall or off for balance and core engagement. Don't forget to chamber, kick, and re-chamber each time. Just don't let your foot drop each and every time. You want to mimic a kicking motion. Also pay attention to your ankle and kick with the ball of the foot each time

**Figure 8 sidekicks**

45 second Drill

Partner kneels down and holds their hands straight in front of them. Note: One hand will point to your belt and the other will face your knee. Hold a sidekick fully extended at the knee level. Swing your foot in a figure eight motion for 45 seconds keeping your toes pointed towards the wall at all times. Swing your foot over and under your partner's hands. Re-chamber and rest for 5 seconds

Repeat on the right leg

Goals: Can be done on the wall or off for balance and core engagement. Don't forget to chamber, kick, and re-chamber each time. Just don't let your foot drop each and every time. You want to mimic a kicking motion. Also pay attention to your ankle and kick with the heel each time. Please note that you do not want to drop your foot to the floor. You only want to change the height of your foot by a about a foot in a circular pattern.

**Week Two:**

All 5 second drills are now 10 seconds each time.

All 45 second drills are now 60 seconds each time.

**Week Three:**

All drills are back to 5 seconds but each drill now increases the height from the knee to the thigh.

All 45 second drills are back to 45 seconds but each drill now increases the height from the knee to the thigh.

Please note the partner round kick drill stays at the same height variance. Just modify the times according to the week you are on.

**Week Four:**

All 5 second drills are now 10 seconds each time at the thigh level.

All 45 second drills are now 60 seconds each time at the thigh level.

Please note the partner round kick drill stays at the same height variance. Just modify the times according to the week you are on.

**Week Five:**

All drills are back to 5 seconds but each drill now increases the height from the thigh to the hip.

All 45 second drills are back to 45 seconds but each drill now increases the height from the thigh to the hip..

Please note the partner round kick drill stays at the same height variance. Just modify the times according to the week you are on.

**Week Six:**

All 5 second drills are now 10 seconds each time at the hip level.

All 45 second drills are now 60 seconds each time at the hip level.

Please note the partner round kick drill stays at the same height variance. Just modify the times according to the week you are on.

**Week Seven:**

All drills are back to 5 seconds but each drill now increases the height from the hip to the solar plexus.

All 45 second drills are back to 45 seconds but each drill now increases the height from the hip to the solar plexus..

Please note the partner round kick drill stays at the same height variance. Just modify the times according to the week you are on.

**Week Eight:**

All 5 second drills are now 10 seconds each time at the solar plexus level.

All 45 second drills are now 60 seconds each time at the solar plexus level.

Please note the partner round kick drill stays at the same height variance. Just modify the times according to the week you are on.

**Week Nine:**

All drills are back to 5 seconds but each drill now increases the height from the solar plexus to the chest.

All 45 second drills are back to 45 seconds but each drill now increases the height from the solar plexus to the chest.

Please note the partner round kick drill stays at the same height variance. Just modify the times according to the week you are on.

**Week Ten:**

All 5 second drills are now 10 seconds each time at the chest level.

All 45 second drills are now 60 seconds each time at the chest level.

Please note the partner round kick drill stays at the same height variance. Just modify the times according to the week you are on.

**Week Eleven:**

All drills are back to 5 seconds but each drill now increases the height from the chest to the face.

All 45 second drills are back to 45 seconds but each drill now increases the height from the chest to the face.

Please note the partner round kick drill stays at the same height variance. Just modify the times according to the week you are on.

**Week Twelve:**

All 5 second drills are now 10 seconds each time at the face level.

All 45 second drills are now 60 seconds each time at the face level.

Please note the partner round kick drill stays at the same height variance. Just modify the times according to the week you are on.

**Note:** It is very important to stay consistent with this routine. You need to do this exercise from beginning to finish ever day Monday through Friday! Rest on the weekend. Do not take a week off or even a day or else you will need to start the routine over again. Show you have what it takes to become a Black Belt with your determination to finish this routine!