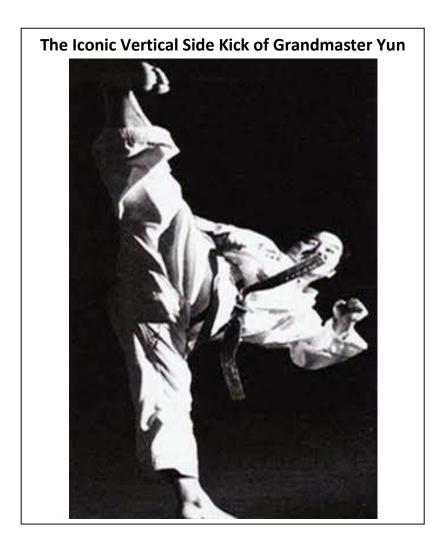
The variations of the side kick



The Side Kick is one of the deadliest Kicks of the Korean martial Arts systems

Variations:

- 1) Lead Leg Side Kick "premptive strike principle"
- 2) Back Leg side Kick (Teaches hip rotation)
- 3)Left Right Punch followed by Back leg side kick combination
- 4) Flick and Kick (Bruce Lee) back handed palm to eyes followed by lead leg side kick
- 5) "Knee jammer" Low twisting side kick to knee
 - * Long version (full twisting motion)
 - *Quick version (less Twist more speed of delivery)
- 6)Side kick lead leg ...x-stance...back fist (another follow up from the pre-emptive lead side

kick)

- 7) Jumping variations
- 8)Dodging variations
- 9)Flying Variations

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