

# Lesson 3 - Front Kick

There are three types of front kick that we learn as a white belt.

The names of these are our **'Words of the Week'**:

Front Rising Kick - **Apcha Olligi**

Front Kick - **Ap Chagi**

Front Snap Kick - **Apcha busigi**

## Front Rising Kick

This kick is not used in patterns or sparring, but is generally used as a warm up exercise to help loosen up the leg muscles. Not all of us are as flexible as this grand master.

However, learning to do good, high front rising kicks will help with later techniques and the more flexible you become, the better your other techniques will be.



The kick is executed from walking stance. When we first learn this exercise, we hold our arms out to the sides for balance and, keeping the leg locked straight at the knee joint, we swing our back leg up straight in front of us and back down to end back where we started in the same walking stance. As you do this kick, imagine your legs are stiff like these guys!



This is normally repeated, trying to stretch higher each time. This technique will be examined at the white belt grading.

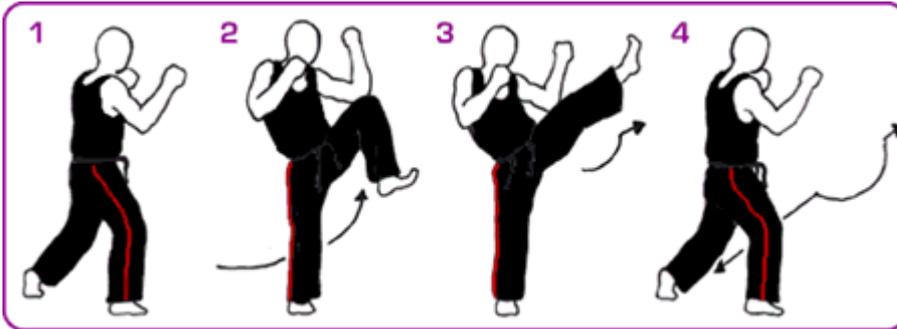
## Front Kick

A good front kick is a strong way of pushing our opponent away from us during sparring. Again, we will learn the kick beginning in walking stance, looking to kick using the rear leg.

Breaking the kick down is a useful way of learning. First the rear leg is brought forward and tucked up high in front of the chest into the 'chamber' position.

Next, pulling the toes back as far as we can, we push forward with the foot at the target, looking to strike with the ball of the foot (the part of the sole immediately behind the big toe).

We simultaneously push the hips forwards to increase the force of the kick.



Having hit the target, we then pull back to the chamber position before either placing the leg back to where it began, or putting it down forwards as directed.

This technique may be required during the first belt grading.

## Front Snap kick

A front snap kick is technically similar to a front kick, except this time we shift our weight back so that we can lift the front leg into the chamber position and kick. This is much faster, making it more useful during sparring.

This technique is not tested at the first grading.

This is [a comprehensive video tutorial on the basic front kick](#).

(Sorry for the American accent, but the tutor's technique is very good.) Please note that in Tigers we **always** kick with the ball of the foot for front kicks, so please disregard the short bit about kicking to the groin with the instep.