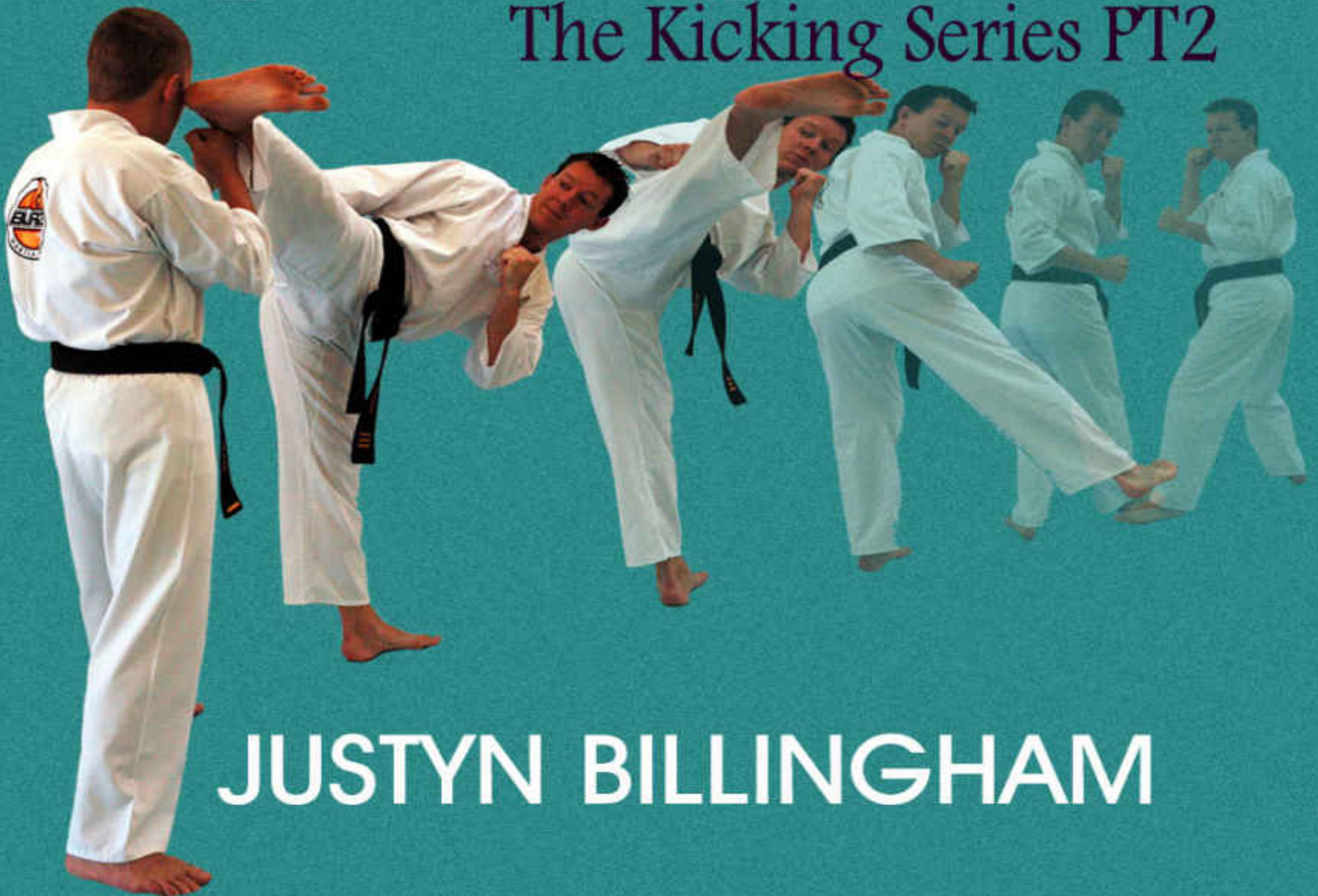


# Martial ARTS

## For Beginners

### Spinning Kicks

The Kicking Series PT2



JUSTYN BILLINGHAM

# **Martial Arts for Beginners**

## **The Kicking Series**

### **Part 2 -- The Spinning Kicks**

**By Justyn Billingham**

**Dedicated to all my students**

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# Introduction

I'd like to welcome you to my third eBook in the '*How to get even better at doing Martial Arts*' series.

Admittedly that's not actually the official title, although that is essentially what the series is.

If you've already read my previous two eBooks available on Amazon:

1. '*How to Develop the BOX splits*'

And

2. '*Martial Arts for Beginners -- the Kicking Series PT 1 -- the Basic Kicks*' (yes I know, quite a long title).

Then **THANK YOU** for purchasing this one as well.

If you haven't, then don't rule them out.

They contain thirty years of martial arts knowledge, training and experience from someone that actually knows what they're talking about and can prove this by actually showing you (that's me on the front cover of my '*How To Develop the BOX Splits*' book and also '*The Basic Kicks*' book as well) and all for the bargain price of less than a pint of beer.

So, on to **Spinning Kicks**....

In *my* opinion the spinning kick is by far the most impressive of all the martial art techniques.

It's the kick that always gets a great reaction from the crowd in any competitive martial arts style fight.

Especially if it lands.

And even more so if it knocks someone out!

It's the kick that is used the most in pretty much all the action movies.

Often with a jump attached (although that of course technically makes it a *jumping* spinning kick).

And it is one of the most difficult kicks to master.

Which I like.

A lot!

I like it because you can't just inject yourself with some illegal performance enhancing substance, or pop a few pills and in a very short space of time be able to pull off a spinning kick like a true ninja warrior.

No, in order to be able to perform a spinning kick of a high enough calibre that you can join all the other martial artists, gymnasts and ballerinas (with their silhouetted splits jumps) on the beach once the sun goes down and instantly gain their respect as someone that actually knows (and looks like they know) what they are doing, you have to invest A LOT of time and effort.

THAT'S what I like.

There's NO fast track route to being good at martial arts.

It's quite simply a case of time served.

Let me repeat that....

*It's quite simply a case of time served.*

Oh, and a shed load of perseverance.



Plus a NEVER give up or quit attitude.

But please don't let that put you off.

You see, one of my other eBooks (I won't tell you which one in case it's YOU that wrote the review) attracted quite a lot of reviews. The vast majority were positive... but there was one negative.

As you'd expect.

Now I don't really worry too much about the odd negative review as you only have to look at Trip Advisor or even the App stores to very quickly realise that some people have nothing good to say about anything -- regardless of how good it is... but anyway, someone purchased one of my other eBooks and then left a negative review.

Now I'll admit I write a lot.

For example, I write for the number one Martial Arts magazine in the UK and have done for the past ten years (little bit of a self credibility boost there so you may now have a little more confidence in the fact that I may perhaps know what I'm talking about and your £1.99 hasn't been wasted).

I have also written several paperback books on Martial Arts (priced at £16.99 plus) and in one of those books I just happened to touch on the same subject that I then went on to write a scaled down version of in an eBook.

In fact if you're reading this bit now using the Amazon '*Look Inside*' feature, know that if you already own my paperback book '*Kickboxing from Beginner to Black Belt*', what you're about to read also features in that.

So DON'T buy this!

Anyway the scaled down version *wasn't* actually a diluted version of what I'd written about in the book.

In fact if anything, due to the fact that I was re-creating a new book entirely based on this subject matter I actually padded it out more.

In fact what I did was take that one subject out of the main book, focus on it, and leave the rest of the subjects still in the book.

That way, if someone didn't want to part with £16.99 but still wanted to learn how to do this one specific thing, they could, and for a lot less money.

Anyway someone having bought the paperback, full on, extended (and more expensive) version also bought the scaled down eBook version of the *exact* same subject, read it and then wrote a negative review about the eBook they had just bought and stated that it was pretty much the same as the (much more expensive) paperback version.

Of course it was.

There was nothing *new* about the subject matter.

No newly discovered technique that all of a sudden made it much more effective or even easier to do.

If I wanted to learn how to boil the perfect egg, I'd buy a book on how to boil the perfect egg.

And once I'd discovered how to boil the perfect egg, I wouldn't then go on to buy a second book on how to also boil the perfect egg (and I especially wouldn't do it if it was by the exact same author).

I'd have the secret to boiling the perfect egg from the first book so I'd just get started on boiling the perfect egg.

So....

And here's my rhetorical question....

If you already had the information.

The EXACT same information that told you how to achieve something.

And that's not me making the particular subject matter up by the way.

That's me *designing* it and using myself and my thirty years in martial arts as the guinea pig to prove that what I'm saying actually works with photos of me doing it and showing that it works....

Why then spend even *more* money on yet *another* 'book' that simply tells you the exact same thing?

And expecting it to be different?

What's that saying.... '*The definition of madness is doing the same thing over and over and expecting a different result each time?*'

Something like that.

Well I'll tell you why someone would buy the eBook as well as the original paperback book (and yes, I appreciate that *was* a rhetorical question but I'm still going to tell you the answer).

It's because sometimes, *some* people think that by simply *buying* something that promises to somehow change your life, or even make you better at something, is enough.

Or worse, buying something that promises to make your life even better and hoping to open it up and *discover some magical formula* that will make you instantly better over night.

Life's just not that simple.

However, I am happy to tell you that I *have* discovered '*the magic formula*'.

And I'm happy to share it with you now.

And it's actually VERY simple.

It is...

Bloody hard work and a NEVER quit attitude!

That's it.

As long as you have *the capabilities* to achieve what it is that you want to achieve (I'd love to be able to fly by simply flapping my arms but it's never going to happen), NEVER giving up and working as hard as you possibly can to achieve it WILL eventually mean you'll achieve it.

The problem is very few of us have that mentality.

That will power.

That level of determination.

In my younger years I bought a lot of those '*how to make a million pounds by just visualising a million pound*' style books.

And I mean a lot.

And I followed their instructions to the letter.

Writing down my goal.

Reading it out loud every morning.

Every evening.

Visualising it for 30 mins a day in a quiet room.

All that kind of stuff.

And despite doing everything I was told to do, no one ever came knocking on my door with a million pounds for me.

What pretty much most of those books failed to mention was that you actually had to go out and physically do whatever was required in order for you to earn a million pounds.

EARN it!

Through having a great idea for example, then working very hard at it, overcoming ALL the obstacles that life simply throws at you in an attempt to stop you from achieving what you want -- no matter how impossible the next obstacle seems and NEVER, EVER giving up!

Just like Winston Churchill said when he made that famous speech that earned him a three minute standing ovation.

‘NEVER, EVER, EVER... GIVE UP!’

And that’s all he said but those five words had more impact than an hour long waffly speech!

So basically, despite the fact that it seems we’ve gone right off track, actually we haven’t.

Actually the point I’m trying to make is that if you’re the kind of person that thinks this book is going to contain a magic formula that will help you nail all those spinning kicks and join those twenty year olds re-enacting the same moves from the latest Van Damme movie on your next beach holiday.

Or allowing you to patiently wait for the muscle bound steroid monster to stop (badly) hitting the punchbag at your local Virgin Active so you can step in and with one swift spinning back kick rip the bag off the wall....

Then you’re in luck.

It does.

It does contain the magic formula.

And guess what....

You've just learnt it -- (I hope!).

# The Spinning Kick

So we've established that spinning kicks are pretty cool.

And they look great.

But... and this may be where I lose you and you simply fire off a negative review about how I insisted that you actually had to start practicing spinning kicks in order to get good at doing spinning kicks before logging back on to Amazon and simply buying the next book on '*How to nail a Spinning Kick*'... they *ARE* quite hard to do.

But we can make them easier by ensuring that first of all we actually know how to do them.

And do them properly.

And I don't mean the way some overweight, can't even touch his toes, martial arts instructor is (badly) trying to show you how to do them.

And there are a lot of them out there.

All asking you for a lot more money than £1.99 as well.

I mean taught by someone that not only knows how to perform them correctly, but can actually *show* you how to perform them correctly as well.

And this is where I, this eBook and my YouTube channel come in to play.

And so let me reassure you that with a *good* understanding of technique, spinning kicks *can* be used with incredible effect.

I've seen it.

And I've done it.

I've hit people with spinning kicks and knocked them out.

They *do* work, despite a lot of people (that can't do them) saying they don't.

Ignorance is no excuse... or even justification.

I had a Black Belt from another local martial art school swagger in to '*check out*' my school once, insisting he dropped into our advanced session as he was, afterall, a 'Black Belt'.

It just so happens that not only was I happy to oblige him but I was also teaching some combos that night and one of those combos involved a spinning kick.

And he'd never seen it before.

And I don't mean his instructor just called it by a different name but it was essentially the same kick.

Or that this swaggering Black Belt just wasn't very good at the kick.

I mean he'd never even SEEN it before.

And from my excellent knowledge of this student's previously chosen martial art that he was a Black Belt in, that particular spinning kick actually features very highly.

So that got me thinking.

And the most likely reason he'd never been taught this spinning kick before that does actually feature in his art form was....

... That his instructor (black belt I assume) obviously couldn't do it himself therefore didn't (or rather couldn't) teach it to his students, so instead simply decided to just leave it out.



Why else would he have *not* taught it?

Even if *he* thought the kick was flawed, he should have still taught it as it formed a part of the syllabus and it may well work for one of his students.

You still get instructors teaching Kata (set sequences of martial art moves) in this day and age that have no clue as to what the actual moves are for... but they still teach it.

And this student *did* come from a martial art school that taught Kata.

Being a man, despite how lost I may be in my car, I don't ever intend on asking anyone for directions -- but at least I have that option, that choice, if I wanted to use it.

So there are loads of spinning kicks in martial arts.

Some easy to do.

Some quite difficult to do.

And some in this book that I'm pretty sure you will have never seen before.

But I'm still going to show them to you.

I'm going to teach you how to perform all the spinning kicks that I know.

And if there's a spinning kick that is missing (I can't think that I've missed any), it's because I genuinely didn't know it existed, and NOT because I couldn't do it so thought I'd leave just it out.

And so what we'll do in this eBook, much like in the previous one, is look at the most popular of all the spinning kicks that we have at our disposal and then I'll take you on a magical journey into the world of the lesser seen spinning kick.

Just so that YOU then know how to perform it should you ever want to.

And all with the usual, clear and concise breakdowns and step by step full colour photographs and videos to help you get the best out of each one.

And, just so no one can actually say '*It's just the same as his (much more expensive) paperback book*' I'm going to go much deeper into the breakdown and descriptions in this eBook pulling on all the photos I have in my archives to make this as easy to understand, comprehend and follow as I possibly can for you.

How kind am I?

# A (Quick) Word on Stretching

So I just need to have a quick chat with you about this little subject and yes, I did also feature this in my previous eBook and no I'm not just trying to get you to buy another book so close that (negative) review page but, here's the thing....

... If you can't touch your toes at the moment you *may* just struggle to kick all that high and that may hinder some of the spinning kicks your about to learn and mean you're going to struggle with getting them head height.

Now (as in my previous book) I'm not suggesting you *have* to start a full on '*Flexibility Enhancement Programme*' as I don't want you to think that there's yet another thing you have to consider doing, but if you *do* decide to start developing your flexibility a tad more, not only will (should) it greatly enhance your overall general mobility, but it will also mean that you'll start to find those spinning kicks become a litter easier to do.

It's true.

I'd love to say that a spinning hook kick is just as effective to the ankle as it is to the head but the truth is it's not.

And I'm not going to lie to you.

So a little enhanced flexibility can't actually be a bad thing.

And as I say to all my students... if you can watch TV, you can stretch.

Seriously, I developed my incredible level of flexibility while watching the TV.

I'm not lying!

And please don't confuse developing your flexibility with just stretching out your legs as part of your warm up, which I *am* going to advise you to do before you start each training session -- of course... as this is much different.

And on the off chance that you don't currently have your own '*Flexibility Enhancement Programme*' or even remotely know what to do and / or how to do it, then at least have a little look at my other eBook '*How To Develop The BOX Splits*', also available on Amazon, and this will show you how (*with simple to follow exercises you can do in the comfort of your own home -- and the TV*) to start improving your flexibility.

Oh, and as I previously mentioned that's me on the front cover showing off by the way so you can clearly see that the *Flexibility Enhancement Programme* I designed *does* actually work!

# How To Use This Book

If you read my other book on basic kicks you'll know that my intentions with this book are all good.

Yes I earn a little bit of money out of it but seriously, I've spent the last thirty years studying many different styles of martial arts to very high levels.

I am considered to be an authority on stretching and kicking.

And I've been teaching students for the past twenty years.

In fact have a look at this quickly -- <https://youtu.be/XYtOT6gzb8M>

Hopefully you can now see that for me, it's about giving people the same life changing experience that the martial arts have given me.

Passionately helping to make people realise their full potential.

I know it sounds cliché and corny but if you watched the video you should be able to tell that it's all true.

So why didn't I just make it free I hear you ask?

Well first of all I can't on Amazon as they won't let me.

And is £1.99 for my whole life's work really too much to ask?

It's less than a pint of beer.

A glass of wine.

Plus, from experience, if it's completely free there's no value to it... and you may not yet realise the power of what you hold here.

I certainly didn't when I was just starting out.

So... *how* to unleash the power!

Think of this book like a reference manual.

You can start at the first kick, and I might actually advise you do as I've listed them in order of easiest to hardest, but you can also just flick through, pick a kick you like and then confidentially start learning it safe in the knowledge that you didn't have to master the previous one first.

I'll explain *how* to perform each of the kicks *properly*.

I'll back this up with loads (too many in fact) of photos that you can follow through step by step.

And as a special bonus I've even uploaded videos of me doing most of the kicks to my YouTube channel for you (don't rush ahead -- I'll tell you when to look) so you can now actually see how the kicks *should* look as it's one thing seeing them bit by bit and move by move in a series of photos but that in itself can sometimes still be confusing.

The danger you do have with no video to follow is that if you don't understand something and then start training it wrong, not only will you have no one there to correct you, but you may also *always* do it wrong.

One thing that I might suggest is that if you really start to enjoy this (and why wouldn't you -- you're doing spinning kicks!), at some point you might want to consider searching out the services of a *good* instructor.

You don't have to of course as I appreciate that will cost money.

And if you do decide to go down that route, be sure to do your research very well (check out the next chapter).

But just to be clear, what this book won't be able to do for you is turn you into the next Raymond Daniels -- if that's what you're hoping for.

For that, you *will* need the services of a qualified and experienced instructor.

Or Raymond Daniels!

# Seeking out Professional Services

So... read this through now and just keep it in the back of your mind promising yourself that you'll come back to it again and read it a bit more carefully if (and when) the bug hits you.

You see, I was never any good at Martial Arts when I first started out. I had to work really hard at it.

If you've watched the previous video you'll already know my life story so there's no need to bore you with it all again.

Needless to say, before my attack I loved to watch all those really bad ninja movies that you used to be able to hire from Block Busters.

And once the movie had finished, I'd re-enact some of the scenes where the ninja would rescue the stereotypical helpless young maiden from the clichéd arms of her would be kidnapper.

And despite never being able to kick anything like the silver screened hero I'd just been watching, I used to have loads of fun living in my imaginary martial arts world.

And as I was so desperate to wear a black belt round my waist I did in fact enrol in a local Karate school.

For all of two nights.

And I hated it.

The instructor wasn't very good.

There were no other kids in the school.

We were doing pushups on knuckles.



250 star jumps.

Kata.

That kind of thing.

But it was all I had at the time as back in the 80's martial arts instructors were few and far between so you just had to make do with what you had.

Now-a-days however there are martial arts school *everywhere*.

With instructors teaching martial arts that even I've never heard of.

KickBoxFu was one I recently came across which was a mixture of kicking, boxing and kung fu. And the instructor was giving out black belts in it.

Everyone seems to have jumped on the band wagon and because of this there are some, not all, but some, instructors that... well, aren't all that good.

So, how do you know if your instructor isn't very good?

Well when you don't really know what you're looking for you probably don't.

And (with the greatest of respect), most people that don't move in the martial arts world all that much, don't really know what to look for.

I have a son.

He's now ten.

When he was about six he started doing gymnastics.

And his gymnastics club was very competitive.

So he got entered into a competition.

And he trained really hard for this competition.

And on the day he performed really well.

Far better than all the other competitors in his category.

And he came sixth.

Out of seven.

And my wife and I couldn't understand it.

Which was the problem.

As neither of us had ever done gymnastics, neither of us knew what the judges were looking for on that day and so despite the fact that we thought he had done really well....

... He clearly hadn't.

I recently received a phone call from a mother enquiring as to '*how much we charged*' for our classes.

She was short, sharp and to the point.

Despite all my attempts to find out a bit more about what she was looking for or even get out of the classes for her son, her only interest was in HOW MUCH IT COST!

Therefore, I thought I might offer the following guidance in this chapter should you, yourself, consider joining a martial art school....

Unlike the identical digital camera or DVD player you have just found for £50 cheaper on the internet, martial arts instructors offer a service, not a

product and because of this, the quality of the training you receive is a direct reflection of the ability and knowledge of the instructor.

Let me say that again.

It's quite possible that the Tae Kwon Do school 5 miles down the road is completely different to the Tae Kwon Do school on the other side of town if it is taught by a different instructor.

And, having studied and worked with other instructors for many years one thing stands out time and time again....

The students' skill and ability is a reflection of their instructors own knowledge and proficiency and the ability this Instructor has in passing that knowledge on.

A bit like that swaggering black belt I mentioned earlier.

When looking for an instructor check out how good they are.

Can they (and do they) do everything themselves?

And if they do, do you think *'that's not all that impressive'*.

I appreciate if you're new to this (like I was watching my son do his gymnastic competition), you may not know a good round kick from a bad one just as I didn't know a good handstand from a bad one, but get an overall feel.

How much knowledge, understanding and experience do they have... and you find this out by asking questions.

I once asked my Tae Kwon Do instructor why we did a certain move as I didn't think it was all that effective and he just said 'because we do so don't question it'.

How wrong he was.

Question EVERYTHING and see how they respond.

If they respond like my Tae Kwon Do instructor did, find a new school.

I did.

In most cases their knowledge, understanding and experience can be priceless as it is something that can only be gained through time and a true understanding of what they have learnt and what they are now teaching so question *everything* and listen to their answers.

Also ensure that the instructor has good interpersonal and communication skills.

Just because they are a Black Belt 10<sup>th</sup> Dan, World Champion or technically the best in their field, doesn't necessarily mean they are great instructors.

Find out as much as you can about an instructor and be very wary of the multi level marketing Martial Art schools that are now slowly cropping up around the country as just because they may wear an Instructor badge or have taken a crash course in '*How to obtain a Black Belt*', some of these instructors may only have a few months more experience than the total beginner.

Most importantly, however, don't make the mistake of thinking that all instructors are the same.

Just because the one down the road is cheaper, doesn't necessarily mean you will be getting good value for your money.

And talking of money... I think it's now time for me to earn mine so enough chat, let's get started!

# Spinning Kicks

Let's take a look at the most popular ones to start with.

*Oh and please make sure you are fully warmed up and stretched properly before you start* in order to reduce the risk of injury associated with this kind of training.

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## The Spinning Back Kick

Without a doubt, this is one of the most powerful techniques in the martial arts.

It is ideally used to attack front on and works equally as well close range as it does at a distance.

It is also both an excellent defensive and offensive technique that can stop an opponent dead in their tracks.

Despite its name however, if you *do* actually spin with this kick you are likely to get it wrong as the footwork for the spinning back kick actually requires more of a *twist* than a spin.

For the ease of understanding, I'll show you it in a left lead (left leg in front), kicking with the right (rear) leg.

If possible, while you are perfecting this kick, try to find yourself a straight line on the floor that you can use as a guide.

It's not essential, but it will help prevent any mistakes being made in the early stages.

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## **The Striking part**



You can either use the heel of the foot with the toes pulled back.



Or the side or edge of the foot, also known as the foot sword.



Try both and see which one works best for you.

I personally prefer the heel over the foot sword.

## **The stance**

Due to the nature of the kick, the most effective stance to work this from is a side facing stance.



A side stance involves placing the heels of both feet on the same line so that the toes point more or less sideways.

Place your kicking leg at the back and place your rear fist on your chin (rear guard).

In a side stance you need to ensure that you're not exposing the side of your body so your front arm (lead guard) is used to cover this area of your body (as shown in the photo above).

Try not to bring the fist of your lead guard any further back than the knot of your martial art belt, the buckle of your normal belt or your belly button (if you're not wearing a belt).

Any further back and it pulls the arm too far round to the back and risks exposing the side of the body (which *you* may not actually notice).

It also has further to travel should you need to use it to attack.

***In brief** -- your dominant hand is the most powerful one so that goes at the back and is (generally) used as the power (knockout style) punch as it will generate more energy and force as it travels. Whereas your weaker hand is generally kept at the front and therefore closer to the opponent and so is used for speed with which to stun an opponent allowing you to send that big knockout punch.*

*The same principle works for the kicks.*

### **The breakdown**

Ideally for this kick to land in the early stages of your development you need to be relatively close to your opponent or target.

I'd aim for touching distance, so from your side stance, you could just about touch your target with the tips of your fingers on your lead hand.

Once you become more proficient with this kick you can increase and decrease the range.

1. Start facing your target (or opponent) in your side stance as shown (below).



2. Twist your feet so that your whole body now faces the other direction and your target is behind you. Just be sure that when you perform the twist, you don't obstruct your right leg with your left leg. Check out the next photo below to see what I mean.



3. Turn your head so that you can look over your right shoulder to ensure the target hasn't moved.



4. Slide the right leg back along the floor in a completely straight line.

*This simple manoeuvre will ensure that the kick hits the target dead centre and will prevent the spin-off effect that occurs when the body mechanics are wrong.*



5. As the leg passes your body, lift it up and strike the target using the heel or foot sword





### **Hints & Tips**

The temptation for many people is to drop the guard when performing kicks.

This is a bad habit to get into and one that can be difficult to break once the foundations have been set, so avoid doing this at all costs.

Remember to also focus on the position of the foot to ensure the kick works to its maximum.

The foot of the supporting leg should be facing away from the target at this stage to ensure the body mechanics are correct.

Once the kick has connected, you can choose to either land the leg in front for a possible second attack or step back into your original stance.

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**Check out my YOUTUBE video to see this kick in action --**  
**<https://youtu.be/p8BbqTrLwjI>**



# The Reverse Round Kick

There are many different names for this kick and each one will differ depending on the art studied or even the country you live in.

Regardless of what you choose to call it, the elements of the kick will no doubt remain the same and for that reason, this kick can be found in many other fighting arts due to its versatility and effectiveness.

The striking part for this kick is the same as for the hooking kick (see '*Martial Arts for Beginners – PT1 – The Basic Kicks*') )

It is best performed from a side on stance.

It is also designed for attacking the side of an opponent and due to the motion of the kick, is an incredibly powerful technique.

It can be used low, mid or high section therefore, can be adapted for use by almost anyone, regardless of flexibility.

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**The striking part**

Before we look at the reverse round kick it helps to understand which part of the foot we use to strike with.

Quite simply, there are two main parts of the foot that you can use.

1. The heel of the foot -- generally used for destruction.







2. The flat or ball of the foot -- generally used when sparring.



### **The stance**

Due to the nature of the kick, the most effective stance to work this from is naturally a side on stance.

### **Front facing view**



## Side facing view



### ***A quick note on stances***

*If you've read my previous eBook you may have started to realise that with pretty much all the standard spinning kicks the best and most efficient stance to start in is a side stance when doing them in isolation and particularly when you first start learning them.*

*The reason a side stance is so much easier to begin in is because you are already half way there.*

*If you start in a front (facing) stance you have to move yourself into a side (facing) stance and then continue with the kick.*

*Common sense should naturally dictate then that a side stance removes a large part of the (unnecessary) movement.*

*However... you CAN do a spinning kick from ANY stance it's just that you will have to do a little bit more work -- which is fine, but my thoughts are, firstly, let's make it as easy as we possibly can for you to understand, and then of course as easy as we can for you to actually perform each spinning kick.*

*And secondly, if you have to do more work it's going to take longer to perform (and although we may only be talking milliseconds, that may just be enough for an experienced opponent to defend and counter it) and consequently runs the risk of telegraphing what you are going to do.*

*Trust me, I'm at a stage now (having done this for the past thirty years) where I can often tell what my opponent is going to do well before they do it simply by how they're stood, how they move and how they hold themselves.*

*Add to that a few unnecessary steps plus the sheer complexity of a spinning kick (and let's not mess about now, they are a lot slower than the static, 'basic' style kicks) and there's no chance that spinning kick will ever land in a fight.*

*As we progress through these spinning kicks however I will also show you the kick from alternative stances.*

*When I fight or spar, I particularly like to fight (or spar) from an angled stance as this seems to work better for me so most of the time I will competently throw a spinning kick from more of an angled stance.*

-----

## **The breakdown**

To start with we'll focus on the lead leg side kick.

1. Face your partner in your fighting stance.



2. Twist your feet so that your whole body now faces the other direction and your target is behind you.



3. As you start to spin, use the energy created from this momentum to lift your kicking leg off the floor.





4. Keep the leg locked straight and allow it to travel in a completely circular line.



5. And whip your hips and upper body round to add additional energy to the kick and at the same time drive the kicking leg through to find its target.



### **Hints & Tips**

Once you have executed the kick, try to land with the kicking leg back where it came from in order to put you back into your original lead.

You will also find that this will help should you wish to execute a second technique as well as assisting you with your balance.

Keep the leg straight throughout the kick and ensure you keep your body as upright as possible.

Finally keep the guard tight throughout and avoid the common mistake people tend to make with this kick and drop the rear hand leaving the face unprotected.



# The Spinning Hooking Kick

This kick is an enhancement of the previous one (the reverse round kick) and was developed in order to produce a spinning circular kick that didn't have the restrictions of a straight leg kick.

When the leg remains straight the speed of the spin is slightly reduced allowing for a greater opportunity to counter attack.

Plus the locked position of the leg can also make the kick somewhat cumbersome to execute.

The spinning hook kick allows the body to spin at a much faster rate by keeping the leg coiled until the very last minute and additional energy is added to the technique through the whipping motion at the end.

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**The striking part**

As with the previous kick, this one is also designed to attack the side of the body with the same striking tools.

1. The heel of the foot -- generally used for destruction.



2. The flat or ball of the foot -- generally used when sparring.





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## **The breakdown**

To start with we'll focus on the lead leg hooking kick.

1. From your preferred fighting stance.



2. Twist your feet so that your whole body now faces the other direction and your target is behind you. Be sure to look over your right shoulder for focus at this point.



3. As you start the momentum of the spin, lift your rear foot off the floor and keep your knee high.



4. Then whip your hips and upper body round and extend the leg.



5. As the kick finds its mark hook the leg through whipping it to add extra energy.



6. And continue back round.



7. And into your stance again.





## Hints & Tips

Once you have executed the kick, try to land with the kicking leg back where it came from to put you into your original lead.

You will find that this will help should you wish to execute a second technique as well as assist your balance.

Keep your body as upright as possible during the main parts of this kick and keep the guard tight to avoid the common mistake people tend to make by dropping the rear hand leaving the face unprotected.

Notice the position of the supporting foot at the main point of contact.

The most common mistake people make for a vast majority of kicks (basic or advanced) is to not fully understand how the supporting leg works.

In order to get the body in the correct position for the kick to have maximum effect, make sure the heel of the supporting foot faces the target. This will open up the hips and assist greatly with balance.

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Check out my YOUTUBE video to see this kick in action --

<https://youtu.be/wjRiYhw3Kv0>

# The Spinning Round Kick

This particular spinning kick is good for covering distance and works equally well when aimed at the body as well as to the head.

It is designed to attack the side of the body in a circular motion.

As with most of these spinning kicks the faster you spin the more effective the kick will be so to increase the speed of attack, use it from either an angular stance with good footwork or a side stance.

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**The striking part**

Before we look at the actual kick it's important to understand which part of the foot we use to strike with.

Quite simply, there are two main parts of the foot that you can use with the spinning round kick.

1. The ball of the foot -- generally used for destruction.



2. The instep -- generally used when sparring.



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## The breakdown

The spinning round kick can be performed several different ways.

Due to the complexity of the spinning kicks we'll look at what I consider to be the easiest version here.

1. Face you opponent in your preferred stance.



For the demo I'm in a left lead (so my left leg is in front). Remember at this stage of your training you can either choose a side on stance or an angled stance. To be honest, based on the next move, it doesn't really matter which one you start in as you'll end up in exactly the same position.

2. Step *behind* your front leg with your rear leg so the rear leg lands in front but your body stays facing the same direction. This move is also known as '*cross stepping*' as you are stepping across the back of your front leg and also making a '*cross*' with your legs.



3. From here begin to unwind the body (clockwise) in preparation for the kick. Be sure to whip your head round as fast as possible so you don't lose sight of your opponent. Remember as you spin, you also change your lead (your right leg is now in front) so be sure to change your guard around as well.



4. Continue to spin and raise (chamber) the knee as you do in order to set up the kick. From this point it's just a case of deciding where you're going to kick based on the target available to you.



5. As the spin winds out and your kicking leg comes back round to the front use the momentum you have generated at this point to land the kick with maximum power.



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### **Hints & Tips**

The further through you bring the rear leg as you cross step (at the start of the kick), the further forwards you will travel, so this kick can be used very effectively to cover distance as well as generate a great deal of speed due to the wind up motion at the start.

Although the kick is broken down in great detail for ease of understanding, the faster you spin the better.

Also just be aware that turning your back on an opponent, even for a second, is always risky so be sure to fully commit to this kick as soon as you start.

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Check out my YOUTUBE video to see this kick in action --  
<https://youtu.be/dpYNiydu9-4>

# The Spinning Outside Crescent Kick

As mentioned in my last book (*Martial Arts for Beginners -- the Kicking Series Pt 1 – Basic Kicks*) the crescent kicks were originally designed for close range fighting and the spinning versions are no exception to this rule.

They are also unique in the fact that they are one of few spinning kicks where the body is kept completely upright throughout, and it's because of this they work exceptionally well when used at close range.

The only downside you may find with this kick is that to generate the power required for it to be effective, the body needs to fully rotate, which then momentarily leaves it susceptible to a counter attack.

As such, you don't tend to see spinning crescent kicks used that much in comparison with a spinning hooking kick for example, as fighters have become better at reading them and, therefore, more able to avoid or counter them.

---



**The striking part**

The striking part for this version is the outside of the foot -- in particular, the outside of the heel.





## The breakdown

To help you understand the body movement required for the spin you need to imagine you have a pole running vertically through the centre of your body (from head to toe) and into the ground.

This will help you to maintain the correct body position throughout the full movement of this kick

1. From your fighting stance.



2. Spin your body clockwise keeping as upright as possible. Note that for a very brief second you won't be able to see your target (or your opponent in this case) so make this move quite a quick one.



3. Whip the head round to look over your opposite shoulder and focus on your target as you continue the backwards spin



4. Transfer your balance and body weight to your lead (left) leg which now acts as a pivot point.



5. As your right shoulder comes into line with the target, start to lift your kicking leg off the floor. If done correctly, the speed and momentum of the initial spin will cause the leg to whip round.





6. All you then need to do is control your balance, maintain the spin and hit the target.



---

### **Hints & Tips**

If done correctly, the speed and momentum of the initial spin will cause the leg to whip through so focus on the spin as opposed to trying to drive the leg around.

To help you understand this, hold a stopwatch by the string at arm's length and then spin round fast. The momentum of the spin will (if done right) cause the stopwatch to lift up. That's what you want to be achieving with this kick.

You may find that your supporting leg bends slightly when you kick and / or you rise up onto the ball of your foot. This is perfectly natural when performing this type of kick, as the supporting leg will act like a shock absorber and help your balance and rotation.

It is also quite possible that your kicking leg will bend as you start the kick. Again, this is perfectly normal providing the kick is fully extended at the point of impact. If done correctly, the leg will straighten on its own as the spin reaches maximum velocity.

Don't bring the kicking leg off the floor until the absolute last second. This will speed up the kick and help with your balance.

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Check out my YOUTUBE video to see this kick in action --  
<https://youtu.be/YN5mChMWAZ8>

# The Spinning Inside Crescent Kick

The principle for this kick is similar to the '*Spinning Outside Crescent Kick*' but using the *inside* part of the foot to attack with this time and adding in an additional step to compensate for the change of striking tool.

The Spinning Inside Crescent Kick relies on momentum from the spin to generate the power for the kick and at the same time cover distance, therefore, the spin for this particular technique is of great importance.

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**The striking part**

The striking part for this version is the inside of the foot -- in particular, the inside of the heel.



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### **The breakdown**

I'm going to demo this in an angled stance from a left lead (left leg in front) but you might find a side stance better to begin with as you do need to add in an extra movement for this kick to work and an side stance might make this easier to do.

See how you get on.

Also adapt the same 'pole through the body' principle as above for this kick to help you understand the correct movement.

1. From your fighting stance.



2. Twist your body backwards (clockwise).





3. So your rear leg (right leg) comes round and lands in front.



4. As you land, use this leg (the one you have just landed in front -- the right one) as a pivot and continue the spin so that your left leg raises (chambers) up in preparation for the kick.



5. As the kick reaches the centre line, straighten the (left) leg to ensure it hits with its full potential.



6. And allow the energy of the kick to continue through, landing the leg naturally and going back into your stance.



## Hints & Tips

As you start the spin, be sure to look over your shoulder to enable you to focus on the target, as demonstrated in the second image above.

You may also find that as the kick lands, your rear supporting leg may bend slightly. This again is a natural part of this kick, as the rear leg acts like a shock absorber in the same way as it does for the previous kick.

As long as it doesn't affect your balance, it shouldn't actually hinder the kick in any way.

Speed is key with this kick so although we've broken it down quite considerably, the faster you can spin the more chance you have of it actually landing.

But... it's quite a long, drawn out kick so in practice, I'd almost suggest that you set it up well with something basic first and when you have your opponent on the back foot (moving backwards) then try using this kick so you can chase them and attack all at the same time.

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Check out my YOUTUBE video to see this kick in action –  
<https://youtu.be/e3SmW-jIyQA>

# The Spinning Axe Kick

The spinning axe kick is generally used for attacking either the front of the opponent in a downward manner or, if done correctly, due to the motion of the kick it can also be used to attack the opponent at an angle (as demonstrated in the 'Martial Arts for Beginners -- The Kicking Series -- Pt 1The Basic Kicks' eBook).

It is normally used for a high section attack (unless the opponent is bent over) and as such, flexibility is key with this technique.

The principles for the spinning axe kick are the same as for the static version and it is most effective when used to attack the blind side of an opponent.

As such it is a great technique to use against a fighter that prefers an opposite lead to yours or one that switches lead throughout the fight, as you no longer need to switch with them in order to attack their blind side.

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**The striking part**

The striking part for this version is the heel of the foot -- generally used for destruction.





Or the flat of the foot -- generally used for sparring



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## The breakdown

1. From your preferred stance



2. Twist your feet in a clockwise motion so that your whole body now faces the other direction and your target is behind you. Be sure to look over your shoulder for focus at this point.



3. As you start the momentum of the spin, lift your rear foot off the floor keeping your knee high to assist with the motion of the kick.





4. Extend the leg as you continue the spin.



5. And as you turn back round to face your opponent, drive the kick straight down in a vertical motion.



## Hints & Tips

Due to the awkwardness of this kick, understanding the control required to bring the leg up, hold it and drive it down is paramount.

For speed purposes, keep the knee bent as you spin and only straighten it as you start the turn to face the opponent.

The kick needs to be at such a height that it will pass over your opponent's shoulder as you spin, otherwise it's likely to hit the shoulder or miss altogether if you are too far away.

Once you reach the centre line, stop the spin and drive the kick straight down.

The alternate to this is to change the angle of your hips slightly so that the kick now comes down at a slight angle with your target being the side of the face.

You will need to train this kick slowly at first to understand it, however, be careful with the spinning axe kick as it does need an incredible amount of speed, timing and training to actually work in a realistic situation.

Once you have this, however, it's incredible!

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Check out my YOUTUBE video to see this kick in action --  
<http://youtu.be/KSpYj8e80wk>

# The Spinning Side Kick

This kick is also most effective when used to attack the mid section.

The motion for this kick is very similar to the motion used for the spinning back kick except that you take the spin a quarter turn further which puts you into a side on position rather than a reverse position.

The striking part is the same as for a standard side kick and the leg moves in much the same way once the spin is complete.

Because you spin further round for this kick it might be worth starting in more of a side stance rather than a front stance as this will be easier to begin with and also reduce the time it takes to complete the spin.

There are also two versions of this kick and we will look at both in turn.

---

### **The striking part**

The striking part for this version is the heel of the foot.



Or the side or edge of the foot also known as the 'Foot Sword'.



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## The breakdown

1. As mentioned above, the best stance to send this kick from is probably a side on stance.



2. Keep the feet where they are and twist your body all the way around in a clockwise motion so that the right shoulder faces the target





3. Bring the kicking leg up into a chambered position.







4. Extend the leg out in a perfectly straight line striking the target with the correct part of the foot.



---

### **Version 2**

In the last version we used the rear leg to kick with.

This time we are going to perform a spinning side kick but strike with the lead leg instead.

This second example will also allow you to use the kick from a greater distance and have the added advantage of enabling you to instantly switch between either style, based on the reaction of your opponent.

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## The breakdown

1. Working from a side on stance in a left lead.



2. Use the front foot as a pivot this time and spin in a clockwise (backwards) motion so you land the rear leg in front.



3. Using the motion of the spin, bring the left leg (which will now be your rear leg) into a chambered position



4. And continue to spin so that your kicking leg lines up with the target and your body is now side on once again.





5. From here extend the kick straight out towards the target striking with the correct part of the foot



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### **Hints & Tips**

The Spinning Side Kick is sometimes confused with the Spinning Back Kick and although the movement is similar, there is actually a vast difference between the two kicks.

If you compare the two kicks in this eBook you'll notice that the body position for the spinning side kick is more side on as it would be for a traditional side kick whereas with the spinning back kick, the body position is completely different.

Note also that the hip position for both kicks are also different, although possibly not that noticeable if you don't know what you're looking for.





# The Spinning Front Kick

Due to the nature of the kick, the spinning front kick is generally used for attacking the front of the body.

It is designed for a mid section attack but can also be used for a high or a low level attack as well.

There are several ways to work this kick and we'll look at each one in turn.

-----

## **The striking part**

There are three main parts of the foot that you can use to strike with for this kick.

1. The ball of the foot with the foot fully extended.



2. The heel with the foot pulled back.



3. Or you can use the flat of the foot.



## **The Breakdown**

1. In your fighting stance.



2. Step behind your front leg with your rear leg so that the rear leg lands in front but your body stays facing the same direction.



3. Twist the body round to unwind yourself so you once again face the target.



4. Chamber the leg .





5. And execute the front kick striking with the correct part of the foot.



-----

**Version 2**

In this second version, instead of stepping through with your rear leg as you did for the last kick we're now going to use the rear leg to kick with.

You may actually find this version slightly tricky at first due to the way you spin, stop and kick, however, a little practice and a lot of perseverance will help.

## **The breakdown**

1. Working from your fighting stance once more.



2. Use your front leg to pivot on and twist your body backwards looking over your shoulder at the same time.



3. As you do, bring the kicking leg into a chambered position.



4. Continue the spin so you once again face the target



5. And execute the kick.



---

### **Hints & Tips**

When you complete the initial spin, be sure to land the rear leg clear of the kicking leg, otherwise this may obstruct the kick when it's in mid flow.

Despite the height of your intended attack, ensure you bring the knee up high and stab the kick out in order to penetrate the target.

This should be different to how you would kick a football and more of a thrusting or stabbing motion using the hips -- imagine trying to kick a door open.

Keep the guard high and ensure it moves with the kick e.g. the left hand should be on the chin and the right hand out in front when the right leg is in



front but as you kick with the left leg, the right hand moves to the chin and the left hand moves out.

# The Spinning Back Round Kick

This is probably the most awkward of all the spinning kicks to master which is why we have saved it until last.

By now you should be fairly comfortable with spinning and up to this point the spins and the kicks should have complemented each other and fitted together quite nicely.

With the spinning back round kick this all changes.

It is a spinning kick in the true sense of the word however, what you have with this kick is two opposite forces working together e.g. a spin travelling in one direction and a kick travelling in the other.

For this reason it may be one of the more challenging of the spinning kicks to master and may need a little more time dedicated to it.

Don't be put off by this, however, as it is a very effective kick and the motion of the spin combined with the trajectory of the kick can lead an opponent into a false sense of security and force them to make a mistake which can end in your favour.

As with the previous round kicks we have looked at, the striking part of the foot is the same, however, you may just find the instep a little easier to use with this one when first starting off.

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## The breakdown

1. From either an angular stance or a side on stance.



2. Start to twist the body backwards (anti clockwise) as if performing a spinning back kick



3. As you turn your back on your opponent look over the lead shoulder to focus on the target.



4. From this reverse position bring your kicking leg through on a perfectly straight line and chamber the leg.



5. From here it's just a simple case of snapping the kick out towards the target and striking with the correct part of the foot.



### **Hints & Tips**

As you will see when you practice this kick, due to the way the body spins, the opponent is fooled into thinking a spinning hook kick or similar directional attack is on its way.

As they prepare to defend the appropriate side of the body, the defences on the other side are often relaxed which is of course where the kick actually lands.

# Training Drills

By this point your training should be progressing well and you should be fairly competent with regards to training the techniques covered so far in this eBook and possibly even the techniques covered in my first eBook (*Martial Arts for Beginners -- the Kicking Series Pt1 -- The Basic Kicks*) if you bought it.

Your main training aids should be a punch bag, either free standing or fixed, a kick shield, a pair of focus pads and a partner.

Naturally you can invest in as much high tech training equipment as your budget will allow but without going too overboard, a good full length punch bag will do the job all on its own if a training partner is not available to you and, if you have space to hang or store it, will be available to train with you at a moment's notice any time you are ready.

What the punch bag can't offer however, is feedback and movement and although you can dance round it all day long, it is still pretty stationary and of course won't hit you back.

Along with the training drills already covered in my previous book, below are some new drills that you can try to incorporate into your training using all of the kicks detailed so far.



## **Shadowing**

When developing the spinning kicks a degree of shadowing (or shadow work as it is also known) is important.

Shadowing simply involves practicing the techniques in mid air against an imaginary opponent.

Anytime a mid air kick (or punch) is used it is advisable to reduce the speed and power slightly so as to avoid any long term damage that could occur through snapping out the joints.

The occasional little burst of speed may not hurt but the occasional little burst of speed over ten years may take its toll, so the best advice when shadowing is to focus more on technique rather than speed and power.

Work through each of the spinning kicks covered in this eBook and shadow them for between one and five minutes depending on your level of fitness.

Although you probably won't be out of breath at the end of a shadowing session your muscles may well be tired if you are not yet used to the training so adjust your time according to how you feel as you shadow.

As a complete beginner to this type of training it might be advisable to start off for one minute in a left lead, rest for thirty seconds and shadow the same technique again for another minute off the right lead.

As you grow stronger, increase the time in durations of thirty seconds and in turn increase the rest period in durations of fifteen seconds, providing of course you don't cool down too much as you rest.

## **Mirror work**

The mirror is a great training aid and if you have access to a full length one as found in most gyms, then certainly take advantage of it.

What the mirror will do is give you feedback.

You of course need to interpret the feedback and make the necessary adjustments to improve your techniques; however, most people that use the mirror as a training aid are surprised at how truthful it can be.

For mirror work you remain fairly stationary and perform each technique at the same speed as you would when shadowing but observe your every movement.

Notice how you hold your guard, where the gaps in your defences are, how your footwork complements the technique, how your body moves, how you land and recover and basically put yourself in the shoes of your opponent as you will effectively be seeing what they see.

Also be your best critic.

Be truthful to yourself and if you think there is need for improvement then work on the areas that are weak as this will help to strengthen the overall technique and as always build good solid foundations.

## **Video Camera**

This training method can be used in conjunction with the previous two or if a mirror is not available to you then set up a camcorder or similar recording device and video your training instead.

You can then watch and review your performance and in the same way as with the mirror, record the areas you need to develop and make a conscious effort to work on these at your next training session.

As you begin training with a video camera start off simply by working individual techniques at different angles.

This will give you an advantage over the mirror as you can see how you move from all angles.

Start your drills off by facing the camera. Then you can repeat the same drill but this time face left, then right and then backwards.

Once you become comfortable with this type of training you can start to video any bag work you do and even introduce it when working with a partner.

Many competitive fighters will video their training sessions and use this to help them improve.

And don't forget that every sports person will almost certainly video their tournaments and competitions and use this to review and improve their performance or perhaps even review the performance of their competitors for potential bouts in the future.

## **Smash Boards**

Smash boards or break boards as they are also known are a great way of developing targeting.

They are designed to work along similar lines to the Karate or Tae Kwon Do wood breaking power tests that are often seen at demonstrations or competitions and are a great way of ensuring your technique is correct.

Unlike a block of wood which will generally break regardless of where you strike it, the smash boards will only break along the centre line, therefore, unless you connect exactly on this mark, using the correct striking part and correct technique, there is a very high probability that the board won't break.

The advantage the user then has with a successful break is that unlike wood, these boards can be slotted back together again and used once more.

When using a smash board it is recommended that you use a sturdy framed holder that in turn is either wall mounted (ideal when training alone) or supported by a training partner.

These holders aren't cheap, mainly because they are not sold all that regularly so the price remains quite high and, although it is possible for someone to hold the smash board for you, they run the risk of getting fingers injured or broken and most of the time are unable to hold the smash board as rigidly as a frame or holder can, therefore a great deal of energy is lost when the arms of the person holding them buckle.

Smash boards are certainly worth investing in as not only do they offer a great training aid, they can also be great fun and if you are unable to invest in a holder as well, it might be worth commissioning someone to make one for you or asking several people to hold the boards for you, otherwise you might just be wasting your money.

The colours vary depending on the type of smash board you buy, however, you need to consider that there are varying degrees of toughness ranging from beginner (easy) to intermediate (for the more experience student) through to advanced (very hard).

A common practice, once you start finding the advanced board too easy is to group two boards together.

This adds a whole new perceptive on this type of training method and will certainly ensure your technical ability and targeting reaches a new level. Just be sure the holder you purchase can accommodate two or more boards before you buy it.

## **The ping pong ball**

A relatively inexpensive and yet incredible effective training aid.

Simply attach one end of a piece of string to a ping pong or table tennis ball and attach the other end to a ceiling or similar platform and you have a great training aid to help you develop your targeting.

Although it can be used for developing many different techniques, this training aid is particularly useful for developing multiple kicks as well as jumping kicks and jumping spinning kicks.

The length of the string can be varied according to the technique and target area you are training and as your ability improves, particularly with the kicking drills, the string can be shortened to ensure your flexibility and jumping ability gets continuously pushed to its max.

## **Non contact sparring**

Admittedly for this type of training you will need a partner to work with although it doesn't necessarily have to be someone that understands kickboxing to the same level as yourself.

Sparring is quite simply the process of fighting in a controlled manner.

There are many forms of sparring that you can practice ranging from non contact, where no contact is made at all, to semi contact, where the power exerted is reduced so the actual amount of contact made is a lot less than it could be in a real life situation, to full contact, where the power exerted is as hard as the fighter can deliver.

The type of sparring that is used in kickboxing will vary depending on the rules that the particular style adheres to and it is not uncommon for kickboxing to fall into either the semi contact or full contact sector.

Non contact sparring is generally the chosen method when first starting out as it allows both fighters to spar in the same way as if contact had been introduced but reduces the risk of either fighter getting injured.

There are many different ways that non contact sparring can be done and below are some of the training methods that can be used

- One person attacks only using a set technique (i.e. just using a jab) and the other person simulates the appropriate defences for that technique. Ensure the techniques fall short of the training partner and vary the time from one minute to three minute rounds.
- One person attacks only, using multiple techniques (either punches, kicks or both) and the other person defends accordingly. Follow the same guidelines as above.
- Both attack and defend at the same time aiming at any gaps in the defences of the opponent but again without actual contact. Simulate

defending the attacks as you see them and isolate punches, kicks and individual techniques as well as free play (i.e. anything goes).



# Final Word

You get out of life what you put in.

You've probably been told this a thousand times and if not, then you probably already know this anyway.

But it's true.

I got into martial arts because I got attacked when I was a teenager.

It was an horrific experience and at one point I thought that one of my two attackers (much older youths) was going to stab me.

He made a big thing about it but luckily for me when he pulled his hand back out of his inside jacket pocket he was only holding some kind of CS gas or pepper spray -- but getting sprayed full force in the face with that is no pleasant experience I can certainly tell you.

I thought it was acid and I thought they had blinded me.

It took me several hours and a trip to A&E before I could finally see properly again.

Afterwards all the skin peeled off my face (much to the amusement of all my school friends!).

Not only that but it happened in a busy town centre with people walking past and (get this) no one stepped in to help.

Not one person.

They all had a good look as they past though.

The memory of it all stays with me to this very day

When I finally recovered from my beating, I decided to start studying the martial arts.

And I'll be honest, I hated it.

You see I was a very lazy, overweight kind of kid.

I loved watching Ninja movies and always wanted to be able to do all the moves they did on screen but I couldn't be bothered to actually put the effort in, if the truth be known.

I started a Karate class once when I was about twelve but it was tough and I quit after only two lessons.

And then I got attacked four years later and my life changed forever.

Training was very different and very tough back in 1984 but no matter how tough it was and no matter how much I hated it, I refused to quit because I never wanted to be in THAT situation again.

Adopting that mentality has helped me in so many areas of my life.

Getting told I couldn't do something and then proving people wrong is the most satisfying feeling in the world.

But it's not easy and it's not for free.

And I mean, you pay in time and with blood sweat and tears (cliché I know but it's true).

So what I'm basically trying to tell you is this....

You've bought this book (yes I know it cost you less than a glass of wine, pint of beer or, if you're a teenager, then less than a trip to the cinema, but you still made an investment to yourself and what you can potentially get

out of it is a whole lot better for you than those other three things) so why not give it a go.

And don't just half heartedly '*give it a go*'.

I mean give it a *proper* go.

I'll be honest... you may well go through the exact same stages that I went through (and that everyone else goes through) and get bored and then want to quit and then convince yourself that everything I've just taught you is pretty rubbish as you were actually hoping that this book would simply present you with that magic secret that would instantly give you black belt abilities (everyone is searching for that quick, easy fix as opposed to simply good old fashioned hard work -- which is why performance enhancing drugs are so popular) and then maybe even leave a really bad review but remember this....

Sticking at something, especially something that takes a lot of effort is tough.

But anything worth achieving is certainly worth the effort.

And, you have something now that really does have the potential to change your life... if you'll let it.

Or, you could just go and buy yourself another pint.

When I got attacked I had seven of my closest friends with me.

They ALL ran off and left me.

They ALL joined Tae Kwon Do with me as my attack terrified them as well.

They ALL quit within three months telling me (or perhaps just trying to convince themselves) that it was boring (what it really was was hard and demanding and a great way of filtering out the winners from the wannabes).

I still keep in touch with a few of them and thirty years on they regularly tell me how they wish they had never quit as they'd be where I am now (feel free to Google me if you want to see where that is).

One of them has even recently taken up Tae Kwon Do again.

I'll give him three months!

You, on the other hand....

... Well how badly do you want it?

And I mean **REALLY** want it?