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Kickboxing Technique

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What is essential to know is that when practicing kickboxing, you are working each muscle while at the same time working on stamina and speed and last but not least, technique. Besides this, to achieve full effects it is crucial to think about keeping the proper distance, rules about feinting, defense and not just offense like, for example in boxing and of course sparring.

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Les techniques en kick boxing. On retrouve évidemment les principales techniques de boxe anglaise pour les points, et puis un mix entre le karaté et la savate boxe française pour les jambes. C'est réellement un sport de combat très complet, et c'est généralement ce qui séduit les pratiquants et le public. Techniques de poing

Tou savoir sur le kickboxing : Équipement, règles ...

Kickboxing 9 The Front Kick with Forward Leg Keep one of your foot in forward and other being about 7-12 inches behind. Now transfer the whole weight to the rear leg. Now looking at your target, lift your knee to the highest possible position. At your waist, try to lean backward slightly. Now extend the leg as much

as you can but

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