

SIDE KICK = LE CHASSE

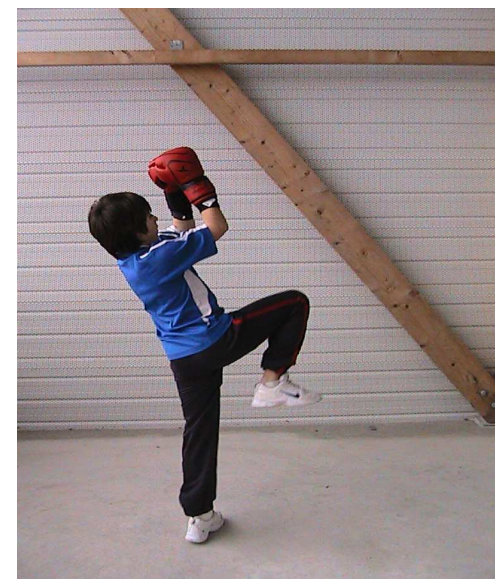
Find the order of these pictures:

A = Ready position before a kick

C = Touch the opponent

B = Pivot on one foot

D = Come back to the ready position



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Now, try to do the same kick.

One boxer at a time.

1). Without moving.

2). Move, one boxer offers a target (actually, his glove) in front of his trunk when he wants, and the second boxer try to touch his partner with this kick.

3). In turn.