



Side Kick (Achieving Kicking Excellence, Vol. 10)

Shawn Kovacich

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Side Kick is the tenth volume in the extremely well written and fully illustrated, *Achieving Kicking Excellence* series of martial arts related books.

Side Kick, along with the other nine volumes in the *Achieving Kicking Excellence* series, goes into intricate detail over all aspects of executing the primary kick, which in this case is the Back Leg Side Kick, and several of its main variations.

Starting with a basic anatomical analysis of this kick, you quickly progress to the basic principles associated with the Side Kick, and then you dive right into learning the proper execution of the primary kick, Back Leg Side Kick.

Once you have finished with this section, you are taken to the variations chapter which builds upon the primary kick, Back Leg Side Kick, by teaching you 10 of its main variations. From here you are taken to the Training and Practice Methods chapter for a look at some very simple, yet effective methods for adding speed and power to your kicks.

Your next chapter takes a question and answer approach to some of the most common problems people have executing the Side Kick and the solutions to correct them.

The next chapter in this book deals with a very brief and basic application section for the Side Kick and each of the variations previously detailed in this book.

NOTE:

The combat/self-defense applications of the Side Kick are discussed and demonstrated in much greater detail in the companion book to this book, *Side Kick: Achieving Kicking Excellence; Volume 10*, which is *Side Kick: Applications in Combat: Achieving Kicking Excellence; Volume 20*. This book goes into intricate detail over all aspects of applying the primary kick, which in this case is the Side Kick, and several of its main variations, against twelve of the most common attacks that you are most likely to face in an actual unarmed self-defense/combat situation.

At the conclusion of this book you are given a sneak preview of the next ten volumes in the *Achieving Kicking Excellence* series, which are the *Applications in Combat* volumes.

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