How to Do a Roundhouse Kick (Targeting the Head or Face): 4 Steps

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Doing a roundhouse kick isn't as easy as Chuck Norris would make it out to be, but it can easily mastered in a few easy steps.

Steps

1. **Start in a fighting position, where your arm is near to your chest.** As you prepare to kick, lift your back leg (left foot or right foot) up to your waistline in a horizontal direction, knee pointing upward, standing in one leg.

2. **As you prepare to deliver the kick, you must pivot your foot 45 degree angle (the foot that is standing) and along with your hips, twisting the suspended leg also in a 45 degree angle(make sure you have a good balance a strong leg).**

3. **Keep your balance.** The suspended leg (the part of the knee up to the foot from which is suspended) will extend going up and simultaneously lean back a little for addition momentum. Maintaining your balance is crucial in delivering this kick. Stretching and conditioning are highly important in developing the ability to balance.

4. **After you have executed the kick, recoil back in a reverse manner or procedure, or follow through in a full circle.**

Tips

- You need a lots of practice and patience to develop this kick with accuracy, speed, power and timing to deliver a devastating blow to the head.
- In doing roundhouse kick you have two ways or part of the foot to used. The instep of the foot or the ball of the foot.

Warnings

- In real situations, round(house) kicks are not always the ideal technique, due to the fact that you are putting yourself much more off balance than punches or grappling.
- Practice using a punching bag, or with a partner holding pads. If this is not done, proper power and speed will not be developed. Also, remember Newton's third law (of motion!), if you can deliver a powerful kick, you may knock yourself onto the ground if you have not practiced with proper resistance.