



Low Kicks: Aiming Low For Maximum Punishment In Unarmed Combat

Fred Hutchinson

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If you want to acquire the skills needed to defend against larger, stronger adversaries without devoting a lifetime to martial art study, this book offers a viable solution: become an expert low kicker. The anatomical targets emphasized in most self-defense programs (eyes, throat, testicles) are stunningly effective - if you can hit them. But that's often easier said than done when your adversary is big, mean and coming at you with both fists flying. By comparison, the knees, shins and insteps are relatively easy to hit even without extensive training or above-average strength. In fact, the average person - even the average woman - has enough lower-body strength to deliver a punishing kick to these vital targets. In this book, Fred Hutchinson, author of *The Modern Swordsman*, offers basic instruction on stance, kick chambering, weight shifting and footwork. He then teaches specific training drills and methods for throwing chambered and unchambered kicks; practicing proper kicking form; training for agility, speed, accuracy and power; maximizing your kicking power through lower-body conditioning; and employing low kicks tactically. Practice them consistently and you will become adept at dealing out destruction with your feet and knees should the need arise.

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