

**Special Report**

# **Kick My Tummy: Getting The Most From This Exercise**

by  
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# You May Give This e-Report To All of Your Friends In the Martial Arts...

-- As Long As You **Do Not** In Any  
Way Modify It.

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**Warning: Don't share this report with your  
enemies!**



# Introduction

Every once in awhile, you get a gentle reminder that we aren't all the same. We practice different styles and systems.

We train in different ways.

We have different exercises.

This article is a classic example. I just assumed that everyone out there knew and practiced this exercise. Recently, I discovered that it may not be as widely known as I originally thought....



# The Basic Tummy Kicking Exercise

**This is a great exercise.** Why? Any exercise that gives you a bunch of indirect benefits, rolled into one, is worth its weight in “Steve Golden Students.” (Steve taught me this exercise.)

Let’s get on the same track, before we discuss all of this exercise’s features and benefits. And after that, let’s do some exercise modification, OK?

You need a partner for this exercise. And even though you will be kicking to the abdomen (belly), you might want to consider some “lower protection.”

Note: Women need protection too. Some sort of chest protection is in order. Also, please use common sense -- this exercise is not for pregnant women, folks with appendicitis, etc.

You will be lightly kicking your partner in the stomach and vice versa. You don't want to injure each other, right? Use caution.



Even accurate kickers occasionally miss the mark, especially if their kick happens to get deflected into your ... ouch. Enough said.

You have a partner. You are both wearing appropriate clothing and protection. You are ready to practice. So, let's kick.

**Both of you take the same lead.** Either go right lead to right lead, or left lead to left lead.

If you have the benefit of a full class of students to choose from for your practice partner, might I suggest picking someone with about the same length legs as you. Getting someone about your height works.

It makes the exercise smoother and more efficient.



OK. You match leads. For this exercise, you won't be using your hands, so get them out of there.

Put them behind your back — or hold your hands in the air. Or touch your thumbs to your ears. Any position that leaves your stomach **unprotected** works.

Now, set your distance. You want your lead foot to be able to snap a kick to your partner's tummy. The toe, or ball of foot should extend to the center of your partner's midsection.



So, you snap out a kick, and just **touch** your partner's belly. When you finish kicking, your partner responds with the exact same kick to your stomach.

You kick your partner, and then your partner kicks you. And that's the exercise ....

**But wait!**

Don't rip up this report in disgust, or kick your computer monitor, if you haven't printed out this report ... yet.

**There is a lot more to this exercise than meets the eye.**



# Working Speed

You both are snapping those kicks as fast as you can, right? But have you considered the **lag time** in-between kicks?

There is a heck of a lot of space between when the kick is fired out, and when it is replaced to the ground, after contact is made.

Note: You do need to bring that kick **all the way back to the ground**. Part of this exercise's benefit is to get you to snap from the ground to the stomach very quickly. You cheat yourself out of a good exercise, when you just draw your foot back, and hold it in the air.

Once, I saw a student do a set of rapid-fire snap kicks. He must have fired 10 speed kicks, while he rotated around in a circle. The audience was very impressed.

Later, we “played.” Those kicks were all fluff.

So, he could kick in a circle for a demonstration. Big deal. He didn’t have any practical application.

Don’t you make the same mistake.



To make this an even stronger exercise, **start your response kick, as soon as you feel your partner’s toes** (or ball of the foot) touch your tummy. And likewise, your partner then responds with a fast kick, as soon as your toe is felt.

You get ever faster. You respond to you partner’s speed, and your partner responds to yours. You build off of each other.

It’s almost like a **Van Damme** movie, where his kicks start getting so fast, that he fires of two kicks for every one that his opponent lands on him. Here, you won’t try to land double kicks, although that could be a viable future exercise.

While you’re speed kicking, consider the position of your partner’s kicking foot. Does it get in the way of your kick? Does it seem like you are kicking too fast, when this happens?

Will you need to change the timing, or pick a different target for a real-life situation?



# Building Endurance

An added benefit of an exercise like this, is that the students get engrossed in the exercise. They love tapping each other's tummies. And they forget that **an exercise like this does have some aerobic value.**

Often, when I just tell my students to kick in the air, the beginners tire very fast. With this exercise, those very same beginners will kick over a 100 times longer than when working on their own.

Until we get those beginners hooked on the martial arts, it's nice to have an exercise that they can get into. Also, for some reason, this exercise feels like **real martial arts training** to a beginner. It's what they expect to do in a martial arts class, I guess.

Use this feeling to your advantage. Encourage their practice.



# Toughening That Tummy

Ahem. Uhhh, we are kicking each other in the stomach. Even though we are just tapping, we are still making contact.

With this exercise, you are teaching your students to tighten the tummy just before impact. You probably will also have the chance to tell them to **breathe out** (exhale) as they receive the kick to the stomach.

And you can even get them to **K'ya** (The martial arts “yell”). It's very effective for this application. Do the following experiment:

Have them receive a kick in silence, then have them receive a kick while they give that short yell. That yell lessens the sting — it also gets them breathing out at the correct time.

You can have them gradually put just a wee bit more oomph into each kick. Don't hurt each other.

And if you are a teacher, don't allow your students to get too ambitious with this exercise.

Note: If you are new to shouting, yelling, or grunting during your technique, you could always write me for some suggestions on the proper technique.

By the way, I am not the only martial artist with an opinion on the web. You should also look to the following experts for their advice:

[Sean Madigan](#)

[Rick Kirkham](#)

[Randy LaHaie](#)

All have something unique to bring to martial arts on the web. Sometimes, I like to bounce ideas off of them. **I value their opinions.**



# The Threat

One year, I **wanted my students to really build some strong abdominal muscles**. So, I assigned them exercises to do at home. We modeled them in class, then I told them to continue practicing at home.

When they returned after the weekend, I noticed that **nobody** had practiced. They hadn't improved at all. And they all looked guilty, when I asked who had practiced.



So, assigned the same homework of crunches, leg raises, etc.... When they returned, I could tell that only one student had practiced.

It was time for them to take this training seriously. So, I warned....

“We will be kicking to the tummy at the next class. I sincerely advise everyone to take these tummy exercises seriously. Those who don’t, will be sorry.”

My little threat worked — sort of. About half of my students did the stomach exercises.



Now, I have no idea if that small amount of conditioning actually helped. But the 1/2 who did the exercises **felt** that it did (placebo effect?).

And those who did not do the exercises, I am sure, imagined more pain than they were actually feeling.

So, the practicers felt they had an advantage, and the **lazy bums** (I mean the rest of the students) ... swore to themselves that they would start conditoning their tummies from now on.

### **Lesson learned.**



# Modifying The Exercise With Your Hands

To change this exercise a bit, do something with your hands:

- \* Have the hands guard the face. Slip the kick in under the elbows
- \* Put your hands in a guard position, but leave a small opening for your partner to find — right about at the stomach.
- \* Try to catch each other's legs as they kick. How do you have to change your original technique?



# Leg Modifications

You can start playing with distances with this exercise. Could you increase the distance, so as to force your partner to take a small step to reach your tummy?

What about the kick itself? If you are snapping, then **you should only be kicking in one motion** (single motions are my preference for most of my kicks).



I have found that a modified roundhouse is the perfect kick for snapping to the tummy.

If you have read my **Speed e-book**, then you know that I favor **Bill Shaw's** idea of rounding the corners off your kicks. The closer you can get to traveling a straight line, the faster your kicks will be.

So, in my (**Steve Golden's** or **Bruce Lee's**) modified roundhouse, I don't throw the knee out to the side before the foot turns in on its attack path.

I want my knee as close to centerline as possible before my foot crosses over it into the attacker's tummy.

I am a big guy (with a belly). I need every extra advantage, that I can get. So, a more efficient roundhouse is imperative **"for me."** I might never land the kick otherwise.



# Picking Different Targets

Tired of kicking to the tummy? Where else could you exchange kicks with your partner?

- \* The chest (at the sternum)
- \* The inner thigh
- \* Our JKD low-line kicks to the exposed leg
- \* The arm pit (ouch -- just for aim. Don't make contact!)



# So, What's The Next Step?

You and your partner are kicking back and forth. You are really catching some speed.

Then, all of a sudden, **your hands are tied up**. You have been locked down. Maybe with a trap. Maybe with a joint lock.



I am referring to follow-up moves. If you were to really kick an attacker in the stomach, what would be some natural responses? Would your attacker:

- \* bend over in pain?
- \* get thrown backwards by the snap of the kick?

- \* stand there looking mean?
- \* immediately kick back, like in this exercise?
- \* punch at you, as you close the distance?
- \* reach for you, by extending the lead hand?



Think about your response to each of his/her responses. What would you do?



Of course, if you are looking for some follow-ups that gain control of your opponent, you might want to give my first book a try.

**Wrist Locks: From Protecting Yourself to Becoming an Expert** offers some of the best advice out there (in my humble opinion) on controlling your attacker ... especially when you are in range for a reaction from your attacker.

It even outlines some of the times when you definitely should NOT attempt a Wrist Lock. Write for more information:

**locks@kerwinbenson.com**



If you aren't ready to splurge for a new martial arts book (**with a complete money-back guarantee, I might add**) — you should definitely check out our free e-zine, **Martial Arts Mastery: A Tell-All of Tips, Tactics, and Techniques**.

**Free** is a very good price.

You can find out more about this e-zine at the [Kerwin Benson Publishing Website](#). And while you are there, read some of the **Free Reports**.

Just go to:

<http://www.kerwinbenson.com/?tummy>



## Are You A Black Belt and/or a Martial Arts Teacher?

This **Tummy Report** is being released just as we are about to publish our new e-package.

**Secrets of Teaching Martial Arts More Effectively** is going through its final editing process.

If you would like more information on this new e-package, just send a blank e-mail to:

[secrets@kerwinbenson.com](mailto:secrets@kerwinbenson.com)



With all of that in mind, get out there and start kicking some tummies. And, as usual, e-mail me with any comments, concerns, additions, deletions, and or completions:

[kpascal@kerwinbenson.com](mailto:kpascal@kerwinbenson.com)

Good training!

