

Pathway to Double Kick



What do you need for an epic Double Kick?

- Hip extension & extensor strength
- Shoulder mobility
- Elbow connection
- Head positioning

Exercise	Focus	Notes
Standing Double Kick arms	Lift chest into throat Keep elbows soft Head on top of spine Leg connection	
Roll down into side bend	Keep weight even in feet Head position	
100	Elbow position Leg connection Feet position	

Exercise	Focus	Notes
Shoulder Bridge	Upper body connection Chest opening Hip extension	
Double Leg Stretch	Arm circles- armpit turn	
Shoulder Bridge	Single leg extension	
Side Kick Series Forwards & Back Up & Down Bicycle	Bottom leg connection Hip extension focus	
Spine Twist	Chest opening Heavy elbows	

Exercise	Focus	Notes
Swimming	Controlled movement	
Double Kick	Hip extension Elbows soft & chest opening	
Cat Stretch	Equality of movement through the body	