

Andriana Lytvyn

KICKBOXING



ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

CONTENTS

Кафедра української та іноземних мов

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«КІКБОКСИНГ»

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з англійської мови**

*для самостійної та аудиторної роботи
з теми*

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*для студентів III курсу
денної та заочної форми навчання
за напрямками підготовки «фізичне виховання» та «спорт»*

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CONTENTS

Text A. Kickboxing	4
Text B. Kickboxing history	11
Text C. Basic Rules	14
Glossary	17
Philosophy of Martial Arts	21
Reference list	22

KICKBOXING

Text A

Pre-text exercises

1. Read and learn the active vocabulary.

martial-arts-style	стиль бойового мистецтва
boxing-style punch	удар кулаком, який застосовується у боксі
combatant, <i>n</i>	боєць, поборник
be bare chested	бути з оголеними грудьми
mouth-guard	захист рота
wrap a hand	обгортати руку
boxing gloves	боксерські рукавиці
groin, <i>n</i>	хрестове склепіння
shin-pads	подушки для гомілки
kick-boots	бутси для ударів
optional protective helmet	необов'язковий захисний шолом
elbow strike	удар ліктем
head butts	головна ціль, мішень
body armor	захисні снаряди
padding, <i>n</i>	захисна подушка
torqueing motion	обертаючий рух
downward-cutting of the kicks	зменшення ударів
dispute, <i>v</i>	чинити опір
tentative name	спокусливе ім'я
spare a partner	битися з супротивником, боксувати супротивника
distinguish from, <i>v</i>	відрізнити від
to be repealed	бути анульованим, скасованим
sanctioning body	санкціонований, затверджений орган
broadcast, <i>v</i> on TV (radio)	транслявати по телебаченню (радіо)

amateur contests	аматорські (любительські) змагання
submission quit	звільнення
expire, v	видихати, втрачати силу, закінчуватися.

2. Translate without using the dictionary.

Announce, associate, dispute, fitness, general form, industrialization, knockout, limit, opponent, perform, pioneer, practice, principle, project, promoter, protection, sanction, standard, stipulation, term, variant, version.

3. Read and translate the text.

Kickboxing

Kickboxing refers to the sport of using martial-arts-style kicks and western-boxing-style punches to defeat an opponent in a similar way to that of standard boxing. Kickboxing is a standing sport and does not allow continuation of the fight once a combatant has reached the ground. All punches and kicks must land above the belt.

Kickboxing is often practiced for general fitness, or as a full-contact sport. In the full-contact sport the male boxers are bare chested wearing kickboxing trousers and protective gear including: mouth-guard, band-wraps, 10oz boxing gloves, groin-guard, shin-pads, kick-boots, and optional protective helmet (usually for those under 18). The female boxers will wear a tank top in addition to the male clothing/protective gear.

Kickboxing is often confused with Muay Thai, also known as *Thai Boxing*. The two sports are similar, however, in Thai Boxing, kicks below the belt are allowed, as are strikes with knees and elbows. Also, Thai Boxing matches are fought with no shin guards (only leg wraps), unlike kickboxing, where leg protectors are used.

Arts labelled *kickboxing* include:

- Adithada (Indian kickboxing). A form of kickboxing that uses knee, elbow and forehead strikes.

- Lethwei (Burmese kickboxing). Traditional Burmese martial arts of which has now grown into a popular kickboxing event with strong emphasis on knee, elbow strikes and head butt. Any part of the body may be used to strike and be struck. It is also known as Bando kickboxing.
- Pradal Serey (Khmer kickboxing). A possible predecessor of Muay Thai
- Muay Thai (Thai boxing). Traditional Thai martial art of which has now grown into a popular kickboxing event with strong emphasis on knee and elbow strikes.
- Japanese kickboxing. Similar to Muay Thai, but different point system is taken.
- American kickboxing. Similar to Japanese kickboxing and Full contact karate, but different point system is taken.
- Full Contact Karate. Most of the time padding and in some cases body armor is used and is the applicable component of karate like many other styles which also include routines training.
- Savate (French kickboxing). Allows the use of shoes.
- Sanshou/Sanda (Chinese kickboxing). The applicable component of wushu/kung fu of which takedowns and throws are legal in competition as well as all other sorts of striking (use of arms and legs).
- Shoot boxing. A Japanese form of kickboxing which allows throwing and submission while standing similar to San Shou.
- Yaw-Yan (Filipino kickboxing). Sayawng Kamatayan (Dance of Death) is the proper name for Yaw-Yan, a Filipino martial art developed by Napoleon Fernandez. The art resembles Muay Thai in a sense, but differs in the hip torquing motion as well as downward-cutting of its kicks.

There are many additional derivatives of these forms, as well as combined styles which have been used in specific competitions. The rules of kickboxing also vary between these different styles.

The term *kickboxing* is disputed and has become more associated with the Japanese and American variants. It must be noted that many of the above styles do

not consider themselves to be *kickboxing* as such, although the public uses the term generically to refer to all these martial arts. The term itself was created by the Japanese boxing promoter Osamu Noguchi for a variant of Muay Thai and Karate that he created in the 1950s.

(Originated from <http://en.wikipedia.org/wiki/Kickboxing>)

Post-text exercises

4. Give Ukrainian equivalents to the following phrases.

- 1) martial-arts-style kicks
- 2) western-boxing-style punches
- 3) to defeat an opponent
- 4) continuation of the fight
- 5) full-contact sport
- 6) bare chested boxers
- 7) optional protective helmet
- 8) elbow and forehead strikes
- 9) applicable component
- 10) additional derivatives

5. Match the definitions to the following notions.

- | | |
|--------------|---|
| 1) martial | a) the equipment or clothes needed for a particular activity; |
| 2) to defeat | b) to make sb unable to think clearly or understand sth; |
| 3) combatant | c) to win against sb in a war, competition, sport game; |
| 4) punch | d) the part of the face above the eyes and below the hair; |
| 5) gear | e) to accept the authority, control or greater strength of sb/sth; |
| 6) confuse | f) a person or a group involved in fighting; |
| 7) strike | g) to send sth from your hand through the air by moving your hand or arm quickly; |
| 8) forehead | h) a hard hit made with the fist; |

- 9) to throw i) an act of hitting or kicking sth/sb;
10) to submit j) connected with fighting or war;

6 Combine the following words and translate them.

- | | |
|-----------------------------|---------------|
| 1) western-boxing-style | a) the ground |
| 2) to reach | b) strikes |
| 3) full-contact | c) armour |
| 4) protective | d) punches |
| 5) shin | e) guards |
| 6) knee, elbow and forehead | f) component |
| 7) martial | g) gear |
| 8) body | h) boxing |
| 9) applicable | i) sport |
| 10) shoot | j) art |

7. Insert prepositions where necessary.

Of (2), in (2), with (3), for (2), to, from, by

1. Kickboxing deals the usage martial-arts-style kicks and western-boxing-style punches to defeat an opponent.
2. This kind sport does not allow continuation the fight once an opponent has reached the ground.
3. Kickboxing is usually performed general fitness, or as a full-contact sport.
4. addition to the male clothing/protective gear, the female boxers will wear a tank top.
5.Thai Boxing kicks below the belt are allowed, as are strikes with knees and elbows.
6. Thai Boxing matches are fought no shin guards (only leg wraps), unlike kickboxing, where leg protectors are used.

7. Any part of the body in Burmese kickboxing may be used strike and be struck.
8. The rules of kickboxing differ other sport styles.
9. The term *kickboxing* is associated the Japanese and American variants.
10. The name of this sport event was created the Japanese boxing promoter Osamu Noguchi a variant of Muay Thai and Karate.

8. Insert the necessary collocations.

1. Kickboxing refers to the sport the main goal of which is in a similar way to that of standard boxing.
2. In the the male boxers are bare chested wearingand including: mouth-guard, hand-wraps, 10oz boxing gloves, groin-guard, shin-pads, kick-boots, and optional protective helmet (usually for those under 18).
3. Although in Thai Boxing (Muay Thai), kicks are allowed, as are strikes with knees and elbows, kickboxing is often confused with this style.
4. Unlike kickboxing, where leg protectors are used, Thai Boxing matches are fought with no (only leg wraps).
5. A form of kickboxing that uses is called Adithada (Indian kickboxing).
6. Japanese kickboxing is similar to Muay Thai, but it has
7. A Japanese form of kickboxing which allows throwing and submission while standing similar to San Shou is called
8. There are many of kickboxing styles which have been used in specific competitions.
9. The term *kickboxing* is generically referred to all
10. Osamu Noguchi, the Japanese, created the term of kickboxing.

9. Match two parts of the sentences.

- | | |
|--|---|
| 1. Kickboxing refers to the sport of using western-boxing-style punches ... | a) ... with Muay Thai, also known as <i>Thai Boxing</i> . |
| 2. Kickboxing is a standing sport and does not allow ... | b) ... with the Japanese and American variants. |
| 3. All punches and kicks must land ... | c) ... to defeat an opponent in a similar way to that of standard boxing. |
| 4. In the full-contact sport the male boxers are ... | d) ... throwing and submission. |
| 5. Kickboxing is often confused ... | e) ... between these different styles. |
| 6. Shoot boxing is a Japanese form of kickboxing which allows ... | f) ... continuation of the fight once a combatant has reached the ground. |
| 7. The rules of kickboxing also vary ... | g) ... the American variant. |
| 8. The term <i>kickboxing</i> is disputed and has become more associated ... | h) ... for a variant of Muay Thai and Karate. |
| 9. The term itself was created by the Japanese boxing promoter ... | i) ... above the belt. |
| 10. This term was later used by ... | j) ... bare chested wearing kickboxing trousers and protective gear. |

10. Answer the following questions.

1. What does kickboxing refer to?
2. What is the main rule of kickboxing?
3. What is the reason of kickboxing practicing?
4. How are the male boxers dressed in full-contact sport?
5. How are the female boxers dressed in full-contact sport?
6. What other style of martial art is kickboxing confused with?
7. What difference between kickboxing and Thai Boxing can you name?
8. What arts does kickboxing include?

9. Are the rules in these arts different?
10. What is the origin of the term *kickboxing*?

11. Finish the following sentences.

1. Kickboxing refers to the sport of using martial-arts-style kicks and western-boxing-style punches ...
2. Kickboxing is a standing sport and does not allow ...
3. In the full-contact sport the male boxers are bare chested and wear ...
4. The female boxers will wear ...
5. Unlike kickboxing, where leg protectors are used, Thai Boxing matches are fought with no ...
6. Yaw-Yan (Filipino kickboxing) — Sayawng Kamatayan (Dance of Death) is the proper name for Yaw-Yan, a Filipino martial art developed ...
7. Yaw-Yan resembles Muay Thai in a sense, but differs in ...
8. Many of the kickboxing styles do not consider themselves to be *kickboxing* as such, although ...
9. The term itself was created by ...
10. In my opinion kickboxing is ...

Text B

Kickboxing History

1. Read the text and find the information about:

- 1) the fundamentals of kickboxing;
- 2) the value of Karate-do in establishing kickboxing;
- 3) the contribution of the karate fighters in kickboxing development;
- 4) the first kickboxing event in the world;
- 5) the spread of kickboxing to Europe, Australia, North America and New Zealand;

On December 20, 1959, a Muay Thai match among Thai fighters was held at *Tokyo Asakusa town hall* in Japan. Tatsuo Yamada who had established *Nihon Kempo Karate-do* was interested in Muay Thai because he wanted to perform Karate matches in Full-contact rules since practitioners are not allowed to hit each other directly in Karate matches. At this time, it was unimaginable to hit each other in Karate matches in Japan. He had already announced his planning which was named "The draft principles of project of establishment of a new sport and its industrialization" in November, 1959, and he put forward a new sport "Karate-boxing" which was a tentative name then. It is still unknown that Thai fighters were invited by Yamada, but it is clear that Yamada was the only "karateka" who was really interested in Muay Thai. Yamada invited a Thai fighter who was the champion of Muay Thai formerly as his son Kan Yamada's sparring partner, and started studying Muay Thai. At this time, the Thai fighter was taken by Osamu Noguchi who was a promoter of boxing and was also interested in Muay Thai. For example, the Thai fighter's photo was on the magazine "The Primer of Nihon Kempo Karate-do, the first number" which was published by Yamada. There was "Karate vs. Muay Thai fights" February 12, 1963. The three karate fighters from Oyama dojo (Kyokushin later) went to the Lumpinee Boxing Stadium in Thailand, and fought against 3 Muay Thai fighters. The three karate fighters' names are Tadashi Nakamura, Kenji Kurosaki and Akio Fujihira (as known as Noboru Osawa). Japan won by 2-1 then. Noguchi and Kenji Kurosaki (Kyokushin karate instructor) studied Muay Thai and developed a combined martial art which Noguchi named *kick boxing*. However, throwing and butting were allowed in the beginning to distinguish from Muay Thai style. This was repealed later. The Kickboxing Association the first kickboxing sanctioning body was founded by Osamu Noguchi in 1966 soon after that. Then the first kickboxing event was held in Osaka, April 11, 1966. Tatsu Yamada died in 1967, but his dojo changed its name to *Suginami Gym*, and kept sending kickboxers off to support kickboxing. Kickboxing boomed and became popular in Japan as it began to be broadcast on TV. Tadashi Sawamura was an especially popular early

kickboxer. However, the boom was suddenly finished and became unpopular after Sawamura was retired. Kickboxing had not been on TV until K-1 was founded in 1993. In 1993, as Kazuyoshi Ishii (founder of Seidokan karate) produced K-1 under special kickboxing rules (no elbow and neck wrestling) in 1993, kickboxing became famous again. The sport has spread through North America, Europe, Australia and New Zealand. Jan Plas, the Dutch kickboxer, founded *Mejiro Gym* with some Muay Thai pioneers in the Netherlands in 1978, after he learned kickboxing from Kenji Kurosaki in Japan. Plas also founded NKBB (The Dutch Kickboxing Association), which was the first kickboxing organization in Netherlands, in 1978. The sport took off in the U.S. with the popularity and success of Bill “Superfoot” Wallace in the 1970s.

2. Are these statements true or false? Correct any false statements.

1. A Muay Thai match among Thai fighters was held at Tokyo Asakusa town hall in China on June 2, 1995.
2. A man who had established “Nihon Kempo Karate-do” was interested in Muay Thai because he wanted to perform Full-contact rules matches in Karate.
3. “The draft principles of project of establishment of a new sport and its industrialization” was the aim of Tatsuo Yamada, a man who had established “Nihon Kempo Karate-do”.
4. The reason why Yamada invited a Thai fighter who was the champion of Muay Thai was the revenge for the death of his son.
5. On February 12, 1963 there were “Karate vs. Muay Thai fights”.
6. 3 karate fighters from Thailand went to the Lumpinee Boxing Stadium in Kyokushin, and fought against 3 Muay Thai fighters.
7. The 3 karate fighters’ studied Muay Thai and developed a combined martial art which Noguchi named kick boxing.
8. Kickboxing boomed right after its invention and became popular in Japan as it began to be broadcast on TV.

9. The founder of Seidokan karate produced K-1 under special kickboxing rules (no elbow and neck wrestling) and in 1993 kickboxing became famous again.

10. Jan Plas, the Dutch kickboxer, founded a school with some Muay Thai pioneers in the Netherlands in 1978, after he learned kickboxing from Kenji Kurosaki in Japan.

3. Divide the text into paragraphs and give headings to them.

4. Answer the questions.

1. Which country is considered to be the Motherland of kickboxing?

2. What kind of sport caused the development of kickboxing?

3. What was illegal to do in Karate matches in Japan?

4. Whose idea was to establish a new sport?

5. Why did Tatsuo Yamada employ a Thai fighter who was the champion of Muay Thai.

6. Were such sport styles as Karate and Muay Thai competitive? Why/Why not?

7. When was the first kickboxing event held?

8. What was the first kickboxing sanctioning body?

9. What was the reason of the sudden failure of the kickboxing?

10. What are the future perspectives of kickboxing?

5. Title the text and write an abstract of it.

Text C

1. Read the text. Translate it in a written form.

Basic Rules

Japanese Kickboxing

This is almost same as Muay Thai but there are differences between them.

- Similarities
 - time: three minutes × five rounds
 - allowed to attack with elbow
 - allowed to attack with knee
 - allowed to kick the lower half of the body except crotch
 - allowed to do neck-wrestling (folding opponent's head with arms and elbows to attack the opponent's body or head with knee-strikes)
 - head butts and throws were banned in 1966 for boxers' safety.
- Differences
 - no Thai music during the match
 - interval takes one minute only as same as boxing
 - point system:

In Muay Thai, kicking to mid-body and head are scored highly generating a large number of points on judges' scorecards. Moreover, kicking is still judged highly even if the kick was blocked. In contrast, punching is worth fewer points. In kickboxing punches and kicks are held in closer esteem.

American-style kickboxing

These are rules used in American and Australian Full Contact Karate.

- Opponents are allowed to hit each other with fists and feet, striking above the hip
- Using elbows or knees is forbidden and the use of the shins is seldom allowed.
- Bouts are usually 3 to 12 rounds (lasting 2 - 3 minutes each) for amateur and professional contests with a 1-minute rest in between rounds.

This is in contrast to Muay Thai where the use of elbows and knees are allowed; in fact some Muay Thai practitioners consider kickboxing a “watered down” version of Muay Thai. Fighters and promoters can agree to various rules including kicks only above the waist, kicks anywhere, no knee strikes, knees only to the body, and so on. American Kickboxing is essentially much a mixture of Western Boxing and Karate. The round durations and the number of rounds can vary depending on the stipulations

agreed to beforehand by each fighter or manager. A winner is declared during the bout if there is a submission (fighter quits or fighter's corner throws in the towel), knockout (KO), or referee stoppage (Technical Knock Out, or TKO). If all of the rounds expire with no knockout then the fight is scored by a team of three judges. The judges determine a winner based on their scoring of each round. A split decision indicates a disagreement between the judges, while a unanimous decision indicates that all judges saw the fight the same way and all have declared the same winner.

European-style kickboxing

Originally, European style kickboxing was formed with Muay Thai and Japanese kickboxing.

- time: 3 minutes × 5 rounds
- not allowed to attack with elbow
- allowed to attack with knee
- allowed to kick the lower half of the body except crotch
- allowed to do neck-wrestling but frequency is limited.
- headbutts and throws are not allowed.

2. Compile a vocabulary of kickboxing terms.

3. Make up a presentation of kickboxing.

Glossary

Basic Terms

Kick Box – An interval workout using changes in speed and resistance to provide the proper work/active rest duty cycle to provide a training effect.

Interval Training – An interval workout is one where the intensity of the work is alternately brought into a high intensity Work Phase and a low intensity Recovery Phase.

Center Position – Feet parallel and shoulder's width apart. Knees slightly bent with core muscles contracted. Fists held at cheek level with palms facing each other, elbows down, forearms perpendicular to the floor) and against the body.

Left Foot Forward – Left leg and shoulder forward. Right leg back and to the right in a square stance. Knees slightly bent with core muscles contracted. Fists held at cheek level with palms facing each other, elbows down (forearms perpendicular to the floor) and against the body.

Right Foot Forward – Right leg and shoulder forward. Left leg back and to the left in a square stance. Knees slightly bent with core muscles contracted. Fists held at cheek level with palms facing each other; elbows down (forearms perpendicular to the floor) and against the body.

Boxer's Shuffle – Shift of body weight in any one of the three basic positions. Center, Left Foot Forward, or Right Foot Forward. It uses a concentric push phase followed by an eccentric catch phase.

Boxer's Movements

Side-to-side Crunch – A series of alternating side bends from the waist to the left and to the right side.

Forward/Backward Crunch Motion - A series of forward and backward alternating bends from the waist.

Bob and Weave – A series of half squats that cause dynamic sustained contraction of the quadriceps.

Side Step Motion – This movement can be initiated in either Center Position, Left Foot Forward, or Right Foot Forward. Stepping to the side motion. Left foot steps out of center position moving left, right foot slides-in to resume center position moving left. Can also be performed with the right lead.

Forward/Backward Step – From Right or Left Foot Forward, the lead foot moves forward and the rear foot slides forward to resume forward stance position. Then the rear foot moves backward and the lead slides backward to resume the forward stance position.

Alternating Knee – Supporting leg is kept slightly bent as the knee raise exercise is performed with the other leg. Raise the knee to where the thigh is parallel to the floor and lower leg is perpendicular to the floor. Foot of the raised knee is dorsiflexed. Bring the leg down and repeat to the other side. This move is used as a warm-up or preparation for kicks.

Alternating Straight Punches – From Center position, alternating left and right punches, extending arms outward in a forward motion, rotating fist j turn inward. Arms return to ready position.

Jab – Punch performed off the lead leg either Left foot Forward or Right Foot Forward.

Cross – Power punch performed off the rear leg. The rear foot can be in a heel up or heel down position. To generate power the rear leg is pivoted up to 90 degrees on the ball of the foot to rotate the hips forward.

Hook – Power punch performed of the lead leg. For the hook punch, the lead foot can be in a heel up or heel down position. To generate the power of the hook, both the lead leg and lead arm pivot up to 90 degrees. The lead forearm (of the punching arm) parallel to the floor at shoulder height with the forearm supinated until the palm is

towards the face. There is an isometric contraction of all the muscles of the shoulder girdle and the arm. There is no elbow extension. Note: There is no rear leg hook.

Advanced Upper Cut – Power punch performed either of the lead leg or rear leg.

Rear Leg – Bending from the knees, bob downward and crunch sideward towards the rear leg. Pivot up to 90 degrees on the ball of the foot of the rear leg; drive the body upward with the punching arm supinated towards the face (palms towards face). Rotate and flex the obliques to the punching side and to end the punch at chin level. Be careful NOT to extend the elbow that remains in an isometric contraction.

Lead Leg – Bending from the knees, bob downward and crunch sideward towards the lead leg. Pivot up to 90 degrees on the ball of the foot of the lead leg; drive the body upward with the lead forearm supinated towards the face (palms towards face). Lead leg punch terminates at chin level.

Front Kick – Begins with a knee raise (thigh parallel to the floor) and lower leg perpendicular to the floor. The knee extends and the foot points forward in a straight motion. The knee flexes back. Foot returns to the floor. Can be performed in Center Stance, and right or Left Foot forward Stance with either the Lead or Rear Leg.

Side Kick – Begins with a knee raise (thigh parallel to the floor) and lower leg is perpendicular to the floor. Push the heel/foot of the kicking leg and calf (lower leg) outward to the side turning the hip of the kicking leg slightly forward extending the knee so that the kicking leg is straight. Flexed the knee to return. Lower the leg and foot back to the floor. Can be performed in Center Stance, and Right or Left Foot forward Stance with the lead leg.

Round House Kick – Begins with a knee raise (thigh parallel to the floor) with toes (of kicking leg) pointed. Abduct the leg (knee) at an angle slightly forward. Extend the knee of the kicking leg so that the kicking leg is straight. Flexed the knee to return. Lower the leg and foot back to the floor. Can be performed in Center Position, and Right Foot Forward or Left Foot Forward Stance with the lead leg.

Step Over Front Kick – Begin in either a Right Foot forward or Left Foot Forward Stance. Rear leg steps forward past the front foot (the kicking leg). Raise the knee of the kicking leg in preparation for the Front Kick. Execute the front kick and return to starting position.

Step To Side Kick – Begin in Center Position. Support leg steps towards the kicking leg in the direction that the kick will be executed. The knee of the kicking leg raises up to execute a Side Kick. The kicking leg returns to starting position and the support leg returns to Center Position.

Philosophy of Martial Arts

In their development, many of the martial arts were influenced by Eastern philosophical and religious thought, particularly Buddhism and Daoism (Taoism). Buddhism emphasizes the role of individual seeking and effort to attain self-mastery, self-realization, and enlightenment. Daoism advocates the use of certain physical exercises and breathing exercises directed to the same end. The martial arts therefore require students to develop both their bodies and their minds. Because the martial arts give specific attention to both elements, they differ from most other sports and physical activities, which usually focus on purely physical training.

Serious martial arts students believe that the martial arts are not about fighting, but about living – that is, the principles students learn in the martial arts help provide guidance on how to act outside the training hall. In the end, martial arts schools aim to produce students who practice the martial arts to better themselves, not to dominate others. The martial arts can also produce intangible benefits for students. Studies have shown that many of those who practice the martial arts differ from the general public in that they have a lower level of anxiety, an increased sense of responsibility, and a higher level of self-esteem.

(Originated from Microsoft ® Encarta ® 2006. © 1993-2005 Microsoft Corporation.)

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