

## Deep Skill Training

One Hand Swing            Heavy sets of 10  
Front Kick                 Kick to Body sets of 10 each  
*Kick slowly to learn lines of force not power*

### Swing/Kick

Bring energy from ground

Root deeply and be aware of pushing into the ground

Linkage

Explosive straightening of knee and hip—joint compression through max tension

Equal awareness of both legs (kicking and base)

Control head position, eliminate excess torso movement

Snatch                    5 per side  
Reverse Punch         10/side to mitt  
One R Lead, one L lead, mitt on lead hand close to  
face

### Snatch/Punch

Drive hard into the ground

Linkage—bell moves as fast as your hips

True core exercise

Feet to hands

Shoulder sucks into socket

Arm locks hard

Same breathing

Armor the body

Focused tension

Focused awareness

Final Drill: combine both kettlebell techniques and both strikes

10 reps total Left arm, alternate swing and snatch

R Lead

Alternate Left leg front kick and reverse punch