

## POWER ATTACK



## History of Power Attack

- ▶ Kickboxing
  - Define
  - Origin
- ▶ Power Attack
  - Define
  - Origin

## Power Attack Anatomy

- ▶ Basic Anatomy
- ▶ Human Motion & Structure
- ▶ Anatomical Direction
- ▶ Movement
- ▶ Properties of Muscle Tissue
- ▶ Muscle Fibers
- ▶ Muscular Contraction
- ▶ Roles Muscles Play

## Power Attack Physiology

- ▶ Rate of Perceived Exertion
- ▶ Training Effect
- ▶ Interval Training
- ▶ Terms Related to Interval Training
- ▶ Interval Training Guidelines

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## Power Attack Choreography

- ▶ Choreography
- ▶ Music
- ▶ Cueing

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## Power Attack Warm Up

- ▶ Types of Stretching
- ▶ What Muscles to Stretch

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## Power Attack Form and Technique

- ▶ Breathing
- ▶ Technique and Form

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## The Ready Stance



- ▶ Technique
- ▶ Common Mistakes

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## Ready Stance (Side View)



- ▶ Technique
- ▶ Common Mistakes

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## The Ready Stance (preparing for the JAB)



- ▶ Technique
- ▶ Common Mistakes

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## JAB (Front View)



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

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## Jab (Side View)



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

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## The Cross



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

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## The Cross-Side View



- ▶ Hips
- ▶ Feet

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## The Hook-Phase 1



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

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## The Hook-Phase 2



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

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## Hook-Phase 3



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

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## Upper Cut-Phase 1



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

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## Uppercut-Phase 2



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

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## Upper Cut-Phase 3



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

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## Front/Push Kick



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

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### Front/Push Kick-Phase 2



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

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### Front/Push Kick (Side View)



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

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### Front/Push Kick-Phase 3



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

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### Front/Push Kick-Phase 3 Side View



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

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### Modified Side Kick-Phase 1



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

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### Modified Side Kick-Phase 1



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

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## Modified Side Kick-Phase 2



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

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## Round House-Phase 2a



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

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## Modified Round House Kick-Phase 2b



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

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### Modified Round House Kick-Phase 3



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

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### Dig-Phase 2



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

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### Dig-Phase 2 (Side View)



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

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## Modified Crescent Knee-Phase 2



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

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## Modified Crescent Knee-Phase 3



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

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## Strikes



- ▶ Cueing
- ▶ Techniques
- ▶ Common Mistakes

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## Strikes



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

## Power Attack Safety

- ▶ Cool Down
- ▶ Stretches
- ▶ Factors that influence flexibility