

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

Power Attack Choreography

- ▶ Choreography
- ▶ Music
- ▶ Cueing

Power Attack Warm Up

- ▶ Types of Stretching
- ▶ What Muscles to Stretch

Power Attack Form and Technique

- ▶ Breathing
- ▶ Technique and Form



The Ready Stance



- ▶ Technique
- ▶ Common Mistakes

Ready Stance (Side View)



- ▶ Technique
- ▶ Common Mistakes

The Ready Stance (preparing for the JAB)



- ▶ Technique
- ▶ Common Mistakes

JAB (Front View)



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

Jab (Side View)



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

The Cross



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

The Cross-Side View



- ▶ Hips
- ▶ Feet

The Hook-Phase 1



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

The Hook-Phase 2



- ▶ Cueing
 - ▶ Technique
 - ▶ Common Mistakes

Hook-Phase 3



- ▶ Cueing
 - ▶ Technique
 - ▶ Common Mistakes

Upper Cut-Phase 1



- ▶ Cueing
 - ▶ Technique
 - ▶ Common Mistakes

Uppercut-Phase 2



- ▶ Cueing
 - ▶ Technique
 - ▶ Common Mistakes

Upper Cut-Phase 3



- ▶ Cueing
 - ▶ Technique
 - ▶ Common Mistakes

Front/Push Kick



- ▶ Cueing
 - ▶ Technique
 - ▶ Common Mistakes

Front/Push Kick-Phase 2



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

Front/Push Kick (Side View)



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

Front/Push Kick-Phase 3



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

Front/Push Kick-Phase 3 Side View



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

Modified Side Kick-Phase 1



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

Modified Side Kick-Phase 1



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

Modified Side Kick-Phase 2



- ▶ Cueing
 - ▶ Technique
 - ▶ Common Mistakes

Round House-Phase 2a



- ▶ Cueing
 - ▶ Technique
 - ▶ Common Mistakes

Modified Round House Kick-Phase 2b



- ▶ Cueing
 - ▶ Technique
 - ▶ Common Mistakes

Modified Round House Kick-Phase 3



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

Dig-Phase 2



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

Dig-Phase 2 (Side View)



- ▶ Cueing
- ▶ Technique
- ▶ Common Mistakes

Modified Crescent Knee-Phase 2



- ▶ Cueing
 - ▶ Technique
 - ▶ Common Mistakes

Modified Crescent Knee-Phase 3



- ▶ Cueing
 - ▶ Technique
 - ▶ Common Mistakes

Strikes



- ▶ Cueing
 - ▶ Techniques
 - ▶ Common Mistakes

Strikes



- ▶ Cueing
 - ▶ Technique
 - ▶ Common Mistakes

Power Attack Safety

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