

DAY 1:

This of course assumes that you have not watched ANY of the videos, and you're starting the program completely fresh.

Step #1: Watch [this introductory](#) video which introduces you to Shovel Head and your "Front Kick" Simultaneously.

Step #2: Watch the [Long Distance Weapons](#) video so you understand your front kick form.

Step #3: Watch the [Chambered Kicks Drill](#) video and the [Front Kick Workout](#) video so you know what the hell is going on in the front kick workout video that you're about to do.

I will paste that workout on this video, so you have it right in your inbox, but it's also available as a PDF download... I hope that makes you happy in some way.

FRONT KICK DRILLS

(just so you know what you'll be doing)

1. Leg Swings
2. Knee Tucks
3. Kicks on the air, increasing in height
4. Kicks on a bag (optionally increasing in height)
5. Kicks "In The Chamber"

FRONT KICK WORKOUT

You will most likely be sore the day after this. DON'T push through any sharp pain in the hamstring or hip during you kicks... work at your own pace. If your body is not used to this kind of training at all, go easy and be attentive to your body.

20 Right Leg Swings

20 Left Leg Swings

15 Right Knee Tucks

15 Left Knee Tucks

20 Right Front Kicks Increasing in height

20 Left Front Kicks Increasing in height

3 x 2 Minute Rounds of freestyle Front Kicks on a heavy bag

If you have one... and try to get an even mix of right and left kicks. If you don't have one, then kick the air or find *something* you can kick.

1 through 5 Left Kicks "In The Chamber"

Ideally on a heavy bag... work up to 10 and you're a beast

1 through 5 Right Kicks "in The Chamber"

Ideally on a heavy bag

4 minutes of constant Hip Flexor & Hamstring Stretching, alternating every minute.

Google search these stretch types if you have no idea what I'm talking about... all of the videos that I found were painful to watch. Why do people sound like robots when you stick them in front of a camera? makes no sense to me...

In two days, do it again from the opposite stance. If you were in a "righty" stance, you will now be in a "lefty" stance. (I am starting to teach people both stances from the beginning these days.) If you are not used to this type of dynamic movement stretching your hamstrings and such, you will be *very sore*. This is normal, but it's why I don't want you to switch your stance right away, and push too far. If you're not too sore the next day, you can run through the workout twice in the same session and switch your stance on the second run through.