



Training Tip

Resource Library

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The following article is based on the video: **Ultimate Kicking Drills** by Sang H. Kim Special thanks to Turtle Press for the use of this article.

Many students enjoy heavy bag training, but the uses of the heavy bag are often limited by the number of students in the class. Conventional heavy bag training is done with one student hitting the bag repeatedly for a set period of time. Many instructors have adapted this to fit group classes by letting the students form a line and take turns striking the bag with one or more strikes per turn. This is a good solution for allowing everyone a turn at the bag, but it can get boring over time. This article will look at a few drills you can use for partners or small groups to break up the monotony of heavy bag training.

- Drill 1: Two students face each other on opposing sides of the heavy bag. At the instructor's command, they both begin executing right leg roundhouse kicks until the instructor's command to stop. The students should kick as quickly as possible while trying to maintain a synchronized rhythm.
- Drill 2: Two students face each other as in Drill 1, but in this drill they will both use footwork to move 90 degrees to their right after each kick. The partners must work to synchronize their kicks as well as their footwork. This drill is good for advanced students and competitors.
- Drill 3: Three to six students surround the heavy bag. At the instructor's command, all begin throwing combination punches. As the bag begins to swing, each student will have to work to hit the moving bag while remembering to dodge it when it swings toward them. The more students around the bag, the more wildly it will swing and the more difficult the drill will become. Arrange groups according to the students' size and skill level.
- Drill 4: Two to four students surround the heavy bag. At the instructor's command, they begin the following combination: right punch, left punch, right punch, left punch, right palm strike. The punches should be done as quickly as possible and the palm strike with maximum power. The group continues without stopping until the instructor's command.
- Drill 5: One partner faces the bag for striking and the other holds the bag by the bottom or sides. The student holding the bag controls the pace by moving the bag forward, backward, side to side, or swinging it at the attacking student. The attacking student must adjust to these movements and try to strike the bag continuously. The holder can also move around the bag, forcing the attacker to use footwork to follow him. The attacker should always try to stay directly opposite the holder. The holder can swing the bag at the attacker once in a while to test the attacker's defensive reactions and reflexes.