

What is Kickboxing? A Complete Guide to the Famous Combat Sport Kickboxing is a dynamic combat sport that blends punching and kicking techniques. It combines elements from Muay Thai, boxing, and karate, creating a full-body workout that improves strength and endurance. Whether for fitness, competition, or self-defense stress relief kickboxing offers multiple benefits. This article explores what is kickboxing, its history, techniques, and benefits. If you're curious about this sport, keep reading to discover why it's one of the most popular combat sports. It involves punching and kicking. It is a full body workout. Not only that, but it improves fitness and self-defense skills. Kickboxing originated in the mid-20th century. It was developed as a mix of Thai boxing (Muay Thai) and karate. Fighters wanted a sport that allowed full-contact strikes but had structured rules like professional boxing. Muay Thai, also known as Thai Muay, is often confused with kickboxing follows full contact rules, kicks, and knee strikes, but Muay Thai, also known as Thai Muay. limiting clinch time and removing elbow strikes. These modifications make kickboxing a faster-paced sport. Find the Best Kickboxing burns calories fast. A one-hour session can burn over 700 calories, making it excellent for better fitness weight loss. Many fitness programs now include kickboxing-based workouts to improve endurance and muscle tone. Learning kickboxing improves self-defense stress relief skills. It teaches how to block attacks and strike back efficiently. The high-intensity training also reduces stress by releasing endorphins. Kickboxing is a popular combat sport with different competition levels. Fighters compete in weight divisions, from amateur to combat sports and professional boxing events. International Muay Thai and kickboxing championships attract top athletes worldwide. Many MMA styles use kickboxing for superior striking base. Fighters in mixed martial arts styles often train in kickboxing for superior striking skills. Start Your Kickboxing Journey Today! Kickboxing uses a combination of boxing gloves, footwork, and powerful strikes. Here are the core techniques: Jab - A quick, straight punch for controlling distance. Cross - A powerful punch delivered upward, targeting the chin. Roundhouse Kick - One of the most powerful strikes. strikes in kickboxing. Front Kick - A defensive kick used to keep opponents at a distance. Side Kick - A straight kick that delivers force from the hips. Spinning Kick - An advanced kick that delivers force from the hips. techniques for close-range combat. Start Your Kickboxing Journey Today! This version follows full contact rules, allowing punches and kicks to the head and body. Fighters wear boxing gloves and compete in rings similar to professional boxing matches. points for clean strikes instead of trying to knock out their opponent. Some organizations allow more Muay Thai techniques, including knee strikes and clinching. This version is closer to Thai Muay Boran, an ancient form of Thai boxing. Many gyms offer kickboxing for fitness, focusing on sports activity and endurance. These classes don't involve sparring but still provide an intense workout. Find the Best Kickboxing Classes Near You! To train safely, fighters use specialized gear. Some of the must-have equipment includes: Protection during Muay Thai and kickboxing training. Black shin guards offer extra padding. Essential for protecting teeth and preventing concussions. Many brands offer sports clothing world options for fighters. Lightweight shorts and breathable shirts improve movement. The Kickboxing has grown in North America, thanks to major fighters. Lightweight shorts and breathable shirts improve movement. international Muay Thai have helped popularize the sport. Many gyms now offer Thai Muay and kickboxing classes. Making them accessible to anyone interested in learning. Train Like a Fighter - Join Now! Kickboxing isn't just a sports activity—it offers real-life benefits: The high-intensity nature of kickboxing increases heart rate and improves endurance. Training includes resistance exercises that enhance superior accuracy in strikes. Many kickboxing techniques require flexibility, helping improve overall mobility. Fighters develop unbeatable value in their skills, increasing self-confidence. Following best practices in training instills discipline, making kickboxing a great activity for kids and adults. False! Many people practice kickboxing purely for better fitness weight loss and fun. Kickboxing can be safe with proper training, protective gear, and best practices. Not exactly. While Muay Thai is a form of Thai boxing, kickboxing has different rules, especially regarding clinching and elbow strikes. Start Your Kickboxing Journey Today! Look for a gym that specializes in combat sports. Many offer beginner classes. Invest in boxing gloves, shin guards, and proper clothing from trusted brands in the sports clothing world. Start with fundamental strikes and footwork before moving to advanced techniques. improvements. You can train for fun or prepare for amateur competitions in your weight division. Kickboxing requires some basic equipment. Here's what you'll need: Gloves protect your wrists and knuckles. A mouthguard protects your teeth. It is essential for sparring. Shin guards protect your legs. They are used during sparring. Wear comfortable workout clothes. Some prefer kickboxing is a great fitness activity. Here's why: Kickboxing is a great fitness activity. Here's why: Kickboxing is a high-intensity cardio workout. It improves heart health. It builds muscle strength. It tones the arms, legs, and core. Kickboxing improves flexibility. It includes dynamic stretches and movements. It enhances coordination. It requires precise movements and timing. Kickboxing builds endurance. It improves stamina and energy levels. Find the Best Kickboxing Classes Near You! Kickboxing is also a self-defense system. Here's how it helps: Kickboxing teaches effective strikes. These can be used in self-defense. It includes blocks and dodges. These help avoid attacks. Kickboxing is also a competitive sport. Here's what it involves: Competitions have rules. These ensure safety and fairness. Fighters compete in weight classes. This ensures balanced matches. Matches are divided into rounds. Each round lasts a few minutes. Points are scored for clean strikes. The fighter with the most points wins. Safety gear is mandatory. This includes gloves, mouthguards, and shin guards. Find the Best Kickboxing is great for beginners can start with basic techniques. These are easy to learn. Gyms and classes are welcoming. Instructors provide guidance. Beginners can start with basic techniques. These are easy to learn. Gyms and classes are welcoming. Instructors provide guidance. keeps you motivated and engaged. Beginners quickly see health benefits. These include fitness and weight loss. Train Like a Fighter - Join Now! Advanced kickboxers use complex moves. These include spinning kicks and advanced punches. Sparring is a key part of advanced training. It simulates real fights. Advanced kickboxers often compete. They teach others the art. Kickboxing is popular among women. Here's why: Kickboxing teaches self-defense. This is empowering for women. It is a great workout. It helps with weight loss and toning. Kickboxing is a great stress reliever. It helps women unwind and relax. Train Like a Fighter - Join Now! Kickboxing is also great for kids. Here's why: Kickboxing teaches discipline. Kids learn to follow rules and respect others. It keeps kids active. It improves their physical health. Kickboxing is fun. Kids enjoy learning new skills and making friends. Start Your Kickboxing Journey Today! Kickboxing is also suitable for seniors. Here's why: Kickboxing can be low impact. It is gentle on joints. It improves balance. This reduces the risk of falls. It boosts mental health. It reduces stress and improves mood. Kickboxing classes offer social interaction. Seniors meet new people and make friends. Train Like a Fighter - Join Now! Now you know what is kickboxing has relief, or compete, kickboxing is a great choice. Whether you are a beginner or an advanced practitioner, kickboxing has something for you. It is a fun and engaging way to stay fit and strong. It connects you to a global community of enthusiasts. If you're interested, find a local gym, get the right gear, and start training today! Kickboxing helps with fitness, strength, and self-defense. It's also a great stress reliever. Kickboxing includes both punches and kicks, while boxing only uses punches. It depends on personal preference. Yes, but professional training provides better safety and techniques. No! Many beginners start with no martial arts background. Start Your Kickboxing Journey Today! Founder, Owner, and CEO of TaekwondoKing. He is one of the top 100 martial artists in Bangladesh and among the top 20 referees in Bangladesh. Ehatasamul Alom is an esteemed Taekwondo 3rd Dan Black Belt with over 15 years of experience in this dynamic martial art. Born in Rajshahi, Bangladesh. Ehatasamul's journey with Taekwondo began at the tender age of seven. His passion led him to compete at national and international levels, where he has bagged numerous awards and honors. He is also a member of the Taekwondo National Referee Panel. With a Bachelor's degree in Sports Science from the prestigious Rajshahi University, Ehatasamul has a deep understanding of the technical and scientific aspects of martial arts and some other martial arts. In 2022, Ehatasamul created the "TaekwondoKing.com" blog to share his knowledge and experiences. His articles focus on Taekwondo training techniques, competition strategies, and the art's rich history and philosophy. He also writes about the importance of mental fortitude and discipline, key aspects of his teaching philosophy. His goal is to inspire both beginners and seasoned
practitioners worldwide through insightful and engaging content. If you've decided to try your hand (or foot) at kickboxing, congratulations! You've chosen a form of fitness that will work your body and benefit your mind. But since kickboxing isn't an everyday activity for most of us, you may come to your first class with questions about what to expect. Here's what to know about starting kickboxing in a group fitness setting: Great news: you don't have to have any prior experience with punching, kicking, and jabbing to attend a kickboxing class. Even beginners don't need to feel this type of exercise is out of reach. "Kickboxing is an option for nearly all fitness levels," says certified level III kickboxing instructor and licensed social worker Paige Harnish, LISW. "The most important part of kickboxing is listening and observing to learn proper form." If you have concerns that you might get overwhelmed at your first class, simply let your instructor know you're just starting out. That way, they can show you modifications to make as you master the moves and gain confidence. "As beginners build stamina and strength, they may focus on form over the span of several classes prior to adding more power and speed," explains Harnish. "In a kickboxing class, there's a major emphasis on your core, 's ays NASM certified personal trainer and kickboxing instructor Josh Vela of Daily Burn Fitness. In addition to the muscles, depending on the moves a workout involves. Even the small muscles in your hands and feet may get worked as you jump and jab. Besides strengthening individual muscles, kickboxing is also a high-energy form of cardiovascular exercise. As your heart gets pumping, you can expect to torch calories by the hundreds. Every kickboxing class will look a little different. Before you get kicking, it's up to you to determine what type of class you're looking for. "If you are new to kickboxing, know that there are many different styles, so take the time to determine what type of class with an authentic 'fighter' experience? Or are you perhaps a more rhythmic soul who would enjoy kicking and punching to upbeat music?" Your personal preferences and goals will determine which type of kickboxing class suits you best. There's also the question of equipment. If you opt for a class that uses a punching bag, make sure your gym supplies this crucial item. Most gyms provide them for class, but it's always best to find out for sure. The same applies to boxing gloves—find out beforehand whether you'll need to bring your own or if the gym has gloves available to use or rent. Of course, it's smart to account for the length of time your class will span, too. If you're not used to a 60-minute cardio and strength session, you may prefer to start with a shorter class. And before you punch it out, take some time to warm up. A few full-body stretches like a downward-facing dog or toe touches can limber your muscles and help prevent injuries. Finally, don't forget to dress the part! A wardrobe of comfortable, fitted clothing is best for kickboxing, such as comfortable workout leggings. "Baggy clothing may catch, fall down, or reveal private areas during the fast-paced kickboxing moves," notes Harnish. Get a good, affordable pair of leggings from Amazon. "Moisture-wicking or aerated fabrics are also ideal. Most women will wear spandex capris and a tank top, and most men will wear shorts with spandex underneath and a lightweight top." Kickboxing not only works your muscles and gets your blood pumping—it may have a unique impact on your mental health as well. "Kickboxing is an excellent form of stress management," Harnish points out. Challenging the body physically helps to tap into inner power, outwardly expel stress, and gain keen mental focus. Kickboxing can lead to a sense of accomplishment, control and discipline, which can be very motivating. — Paige Harnish, LISW Some people have found that kickboxing helps release anger and aggression, or even allows them to tap into and overcome past trauma. If you have a history of trauma or domestic abuse, be aware that you may experience some powerful emotions as you use your physical power to fight an invisible opponent. For most people, kickboxing is a safe and fun workout. However, with any high-energy exercise—especially one that involves a punching bag, you may incur injuries to body parts that make contact with the bag. And if you get too close to a fellow class member, you could find yourself with an accidental black eye. Be sure to follow these safety tips when participantsHydrate throughout your classStop kickboxing if you feel light-headed or dizzy, or if you experience pain performing any moves Always follow your instructor's guidance Consult with a health care professional before your first class if you have a health condition you think may impair your ability to kickbox. After your first kickboxing class, hopefully you'll experience a sense of energy and empowerment. Cardiovascular exercise releases endorphins—the body's natural mood boosters—so if kickboxing leaves you feeling like you can take on the world, enjoy! On the other hand, you may also feel sore. "Don't be surprised if you notice soreness in multiple muscle areas after class," says Harnish. "If anything hurts, be sure to touch base with an instructor to ensure you are practicing proper form." And remember that, most of the time, soreness is an indicator of an effective workout. It's normal, too, to feel like you didn't master everything in your first class. Don't worry too much if you uppercutted when you should have cross-hooked—or even if you fell down while trying to roundhouse kick. Between listening for cues, learning new moves, and using multiple muscle groups, there's a lot to take in during a kickboxing class. Give yourself some credit for trying something new and challenging, then get back at it in your next class. How can financial brands set themselves apart through visual storytelling? Our experts explain how.Learn MoreThe Motorsport Images Collections captures events from 1895 to today's most recent coverage. Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of Editors' Picks. Browse Editors' Favorites How can financial brands set themselves apart through visual storytelling? Our experts explain how. Learn More The Motorsport Images Collections captures events from 1895 to today's most recent coverage. Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of Editors' Picks. Browse Editors' Favorites How can financial brands set themselves apart through visual storytelling? Our experts explain how. Learn MoreThe Motorsport Images Collections captures events from 1895 to today's most recent coverage. Discover The CollectionCurated, compelling, and worth your time. Explore our latest gallery of Editors' Picks. Browse Editors' Favorites Full-contact hybrid martial art and combat sport "Kickboxer" redirects here. For the Jean-Claude Van Damme film, see Kickboxer (1989 film) KickboxingA kickboxing matchFocuspunching, kicking, strikingHardnessFull-contactCountry of originAncient history, possibly prehistoric[1] unknownFamous practitionersSee list of kickboxersDescendant artsShootboxing, Vale Tudo, mixed martial arts, Combat SamboSportCharacteristicsContactFullMixed-sexNoTypeHybrid martial or regionWorldwideOlympicNoWorld Games2017 (invitational), 2022 Kickboxing (/'kikboksin/ KIK-boks-ing) is a full-contact hybrid martial art and boxing type based on punching and kicking. Kickboxing originated in the 1950s to 1970s.[2] The fight takes place in a boxing ring, normally with boxing gloves, mouth guards, shorts and bare feet to favor the use of kicks. Kickboxing is practiced for self-defense, general fitness, or for competition.[3][4][5][6] Some styles of kickboxing include: full contact karate, Muay Thai, Japanese kickboxing, Lethwei, Sanda, and Savate. Although since the dawn of humanity people have faced each other in hand-to-hand combat, the first documentation on the use of kicking and punching in sports combat is from ancient Greece[1] and ancient India.[7] But nevertheless, the term kickboxing originated in Japan, in the 1960s, and developed in the late 1950s from karate mixed with boxing, having some influence,[8][9][10][11] with competitions held since then.[12][13][14][15] American kickboxing originated in the 1970s and was brought to prominence in September 1974, when the Professional Karate Association (PKA) held the first World Championships. Historically, kickboxing can be considered a hybrid martial art formed from the combination of elements of various traditional styles. since the 1970s, and since the 1990s, kickboxing has contributed to the emergence of mixed martial arts via further hybridization with ground fighting techniques from Brazilian jiu-jitsu, and folk wrestling. There is no single international governing body, although some international governing body is further hybridization with ground fighting techniques from Brazilian jiu-jitsu, and folk wrestling. Organizations (also known as WAKO), World Kickboxing Association, International Kickboxing Association, International Kickboxing Association, International Kickboxing world Kickboxing Association, International Kickboxing Association, International Kickboxing Rederation, and WKN - World Kickboxing Association, International Kickboxing Rederation, International Kickboxing Rederat championship, and champion titles are issued by individual promotions, such as Glory, K-1 and ONE Championship among others. Bouts organized under different governing bodies apply different rules, such as allowing the use of knees or clinching etc.[16] Kickboxing training in Ebisu, Tokyo. The term "kickboxing" (キックボクシング, kikkubokushingu can be used in a narrow and in a broad sense. The narrow use is restricted to the styles or rules such as shootboxing, i.e., Japanese kickboxing,
i.e., Japa kicking, including those mentioned above, Sanda, Muay Thai, Lethwei, Savate, Adithada, Musti-yuddha, and certain styles of karate (especially full contact karate). The term itself was introduced in the 1960s as a Japanese anglicism by Japanese boxing promoter Osamu Noguchi[15] for a hybrid martial art combining Muay Thai and karate which heads a Japanese boxing promoter Osamu Noguchi[15] for a hybrid martial art combining Muay Thai and karate which heads a Japanese boxing promoter Osamu Noguchi[15] for a hybrid martial art combining Muay Thai and karate which heads a Japanese boxing promoter Osamu Noguchi[15] for a hybrid martial art combining Muay Thai and karate which heads a Japanese boxing promoter Osamu Noguchi[15] for a hybrid martial art combining Muay Thai and karate which heads a Japanese boxing promoter Osamu Noguchi[15] for a hybrid martial art combining Muay Thai and karate which heads a Japanese boxing promoter Osamu Noguchi[15] for a hybrid martial art combining Muay Thai and karate which heads a Japanese boxing promoter Osamu Noguchi[15] for a hybrid martial art combining Muay Thai and karate which heads a Japanese boxing promoter Osamu Noguchi[15] for a hybrid martial art combining Muay Thai and karate which heads a Japanese boxing promoter Osamu Noguchi[15] for a hybrid martial art combining Muay Thai and karate which heads a Japanese boxing promoter Osamu Noguchi[15] for a hybrid martial art combining Muay Thai and karate which heads a Japanese boxing promoter Osamu Noguchi[15] for a hybrid martial art combining Muay Thai and karate which heads a Japanese boxing promoter Osamu Noguchi[15] for a hybrid martial art combining Muay Thai and karate which heads a Japanese boxing promoter Osamu Noguchi[15] for a hybrid martial art combining Muay Thai and karate which heads a Japanese boxing promoter Osamu Noguchi[15] for a hybrid martial art combining Muay Thai and karate which heads a Japanese boxing promoter Osamu Noguchi[15] for a hybrid martial art combining Muay Thai and karate which heads a Jap had introduced in 1958. The term was later also adopted by the American variant. Since there has been a lot of cross-fertilization between these styles, with many practitioners training or competing under the rules of more than one style, the history of the individual styles cannot be seen in isolation from one another. poings (literally "feet-fists-boxing") is also used in the sense of "kickboxing" in the general meaning, including French boxing (Savate) as well as American, Dutch and Japanese Kickboxing, and Burmese and Thai boxing, any style of full contact karate, etc. Arts labelled as kickboxing in the general meaning, including French boxing (Savate) as well as American, Dutch and Japanese Kickboxing in the general meaning, including French boxing (Savate) as well as American, Dutch and Japanese Kickboxing in the general meaning, including French boxing (Savate) as well as American, Dutch and Japanese Kickboxing in the general meaning, including French boxing (Savate) as well as American, Dutch and Japanese Kickboxing in the general meaning, including French boxing (Savate) as well as American, Dutch and Japanese Kickboxing (Savate) as well as created in Japan, and origin of the term "kickboxing". Any style of Full contact karate Sanda (Chinese kickboxing) — The applicable component of wushu/kung fu of which takedowns and throws are legal in competition as well as all other sorts of striking (use of arms and legs).[17] Shootboxing — A Japanese form of kickboxing which allows throwing and submission while standing, similar to Sanda. American Kickboxing — a style originating in the United States. Dutch Kickboxing, Muay Thai, Boxing, and Kyokushin style of Karate. French Savate — a historical sport which developed in the 19th century.[18] It is mostly known for its foot kicking techniques. Ukrainian Combat Hopak is mostly built around punching and kicking techniques. Indian Musti yuddha (also known as Muki boxing) and Adithada, a form of kickboxing that uses knee, elbow and forehead strikes in South Korea which is a mixture of Boxing and Taekwondo.[19] The Southeast Asian family of kickboxing sports (also known as the ethnic neutral term of "muay" at the Southeast Asian Games[20]) including: Thai Muay Boran (Ancient boxing) — Predecessor of Muay Thai, allows the use of headbutts. Thai kickboxing or Muay Thai — a modern Thai martial art that allows punching, kicking, knee and elbow strikes. [21] Burmese Lethwei — a traditional Burmese martial art of which has now grown into a popular kickboxing event that allows headbutts, knees and elbow strikes. [22] Head butt, choking and throwing techniques are also used. The fighting intensity and momentum is also considered faster. No boxing gloves are used. There is also no scoring system and knockout is the proper name for Yaw-Yan, a Filipino martial art developed by Napoleon Fernandez. The art resembles Muay Thai in a sense, but differs in the hip torquing motion as well as downward-cutting nature of its kicks and with strong emphasis on delivering attacks from long range. Since kickboxing is a broad term, understanding the history can be somewhat difficult, since combat is an inherent part of being human. Kicking and punching as an act of human aggression have probably existed throughout the world since prehistory.[23] The earliest known depiction of any type of boxing comes from a Sumerian relief in Iraq from the 3rd millennium BC. Forms of kickboxing existed in ancient India. The earliest references to musti-yuddha come from classical Vedic epics such as the Ramayana and Rig Veda, compiled in the middle of the 2nd millennium BC. The Mahabharata describes two combatants boxing with kicks, finger strikes, knee strikes, knee strikes and fighting with kicks, finger strikes and fighting with kicks, finger strikes and fighting with kicks, finger strikes and fighting with kicks and fighting with ki and headbutts.[7] Mushti Yuddha has travelled along the Indosphere and has been a preceder and a strong influence in many famous martial arts of Southeast Asia such as Muay Thai and Muay Laos. In the Pankration, a mixed martial arts of southeast Asia such as Muay Thai and Muay Laos. extremity to hit. In addition, it is debated whether kicks were allowed in ancient Greek boxing, and while there is some evidence of kicks, [24][25][1] this is the subject of debate among scholars. [26][27] Old picture of la boxe française The French were the first to include boxing gloves into a sport that included kicking and boxing techniques. In 1743 modern boxing gloves were invented by Englishman Jack Broughton. [28] Frenchman Charles Lecour was a pioneer of modern savate or la boxe française. He created a form where both kicking and punching was used. [30] Lecour was the first to view savate or la boxe française. defense system. The French colonists introduced European boxing gloves into the native Asian martial arts in French Indochina. The use of European boxing gloves spread to neighboring Siam. It was during the 1950s that a Japanese karateka named Tatsuo Yamada first established an outline of a new sport that combined karate and Muay Thai. This was further explored during the early 1960s, when competitions between karate and Muay Thai began, which allowed for rule modifications to take place. In the middle of the decade, the first events with the term kickboxing were held in Osaka. By the 1970s and 1980s, kickboxing expanded beyond Japan and had reached North America and Europe. It was during this time that many of the most prominent governing bodies were formed. In Japan the sport was widely popular and was regularly broadcast on television before going into a dark period during the 1980s. In North America the sport had unclear rules so kickboxing and full contact karate were essentially the same thing. In Europe the sport found marginal success but did not thrive until the 1990s. Since the 1990s kickboxing has been mostly dominated by the Japanese K-1 promotion, with some competition, there has been an increased amount of participation and exposure in the mass media, fitness, and self-defense. Tatsuo Yamada (left) and his master Choki Motobu (right), 1926 On December 20, 1959, a Muay Thai because he wanted to perform karate matches with full-contact rules since practitioners are not allowed to hit each other directly in karate matches. He had already announced his plan which was named "The draft principles of project of establishment of a new martial art and its industrialization" in November 1959, and he proposed the tentative name of "karate-boxing" for this new art.[31] It is still unknown whether Nak Muay was invited by Yamada, but it is clear that Yamada was the only karateka who
was really interested in Muay Thai. At this time, the Thai fighter was taken by Osamu Noguchi who was a promoter of boxing and was also interested in Muay Thai.[14][32] The Thai fighter's photo was on the magazine "The Primer of Nihon Kempo Karate vs. Muay Thai fights" on February 12, 1963. The three karate fighters from Oyama dojo (kyokushin later) went to the Lumpinee Boxing Stadium in Thailand and fought against three Muay Thai fighters. The three kyokushin karate fighters' names are Tadashi Nakamura, Kenji Kurosaki and Akio Fujihira (also known as Noboru Osawa). The Muay Thai team were composed of only one Thai-born fighter.[33] Japan won by 2-1: Tadashi Nakamura and Akio Fujihira both KOed opponents by punch while Kenji Kurosaki, who fought the Thai, was KOed by elbow. The only Japanese loser Kenji Kurosaki was then a kyokushin instructor rather than a contender and temporarily designated as a substitute for the absent chosen fighter. On June of the same year, karateka and future kickboxer Tadashi Sawamura faced against top Thai fighter Samarn Sor Adisorn, in which Sawamura was knocked down 16 times and defeated.[33] Sawamura would use what he learned in that fight to incorporate in the evolving kickboxing tournaments. Noguchi studied Muay Thai and developed a combined martial art which Noguchi named kick boxing, which absorbed and adopted more rules than techniques from Muay Thai. The main techniques of kickboxing are still derived from a form of Japanese full contact karate where kicks to the legs are allowed, kyokushin. In early competitions, throwing and butting were allowed to distinguish it from Muay Thai. sanctioning body, was founded by Osamu Noguchi in 1966 soon after that. Then the first kickboxing event was held in Osaka on April 11, 1966. Tatsu Yamada died in 1967, but his dojo changed its name to Suginami Gym, and kept sending kickboxing.[34] Kickboxing.[34] Kickboxing boomed and became popular in Japan as it began to be broadcast on TV.[35] By 1970, kickboxing was telecast in Japan on three different channels three times weekly. The fight cards regularly included bouts between Japanese (kickboxers) and Thai (Muay Thai) boxers. Tadashi Sawamura was an especially popular early kickboxer.[36][37] In 1971 the All Japan Kickboxing Association (AJKA) was established and it registered approximately 700 kickboxers. The first AJKA Commissioner was Shintaro Ishihara, the longtime Kyokushin practitioner Noboru Osawa won the AJKA bantamweight title, which he held for years. Raymond Edler, an American university student studying at Sophia University in Tokyo, took up kickboxing and won the AJKC middleweight title in 1972; he was the first non-Thai to be officially ranked in the sport of Thai boxing, when in 1972; he was the first non-Thai to be officially ranked in the sport of Thai boxing and abandoned it. Other popular champions were Toshio Fujiwara and Mitsuo Shima. Most notably, Fujiwara was the first non-Thai to win an official Thai boxing title, when he defeated his Thai opponent in 1978 at Rajadamnern Stadium winning the lightweight championship bout. By 1980, due to poor ratings and then infrequent television coverage, the golden-age of kickboxing in Japan was suddenly finished. Kickboxing had not been seen on TV until K-1 was founded in 1993, as Kazuyoshi Ishii (founder of Seidokaikan karate) produced K-1 under special kickboxing rules (no elbow and neck wrestling) in 1993, kickboxing became famous again. [40][41] In the mid-1980s to early 1990s, before the first k-1, Kazuyoshi Ishii also partook in the formation of glove karate as an amateur sport in Japan. Glove karate is based on knockdown karate rules, but wearing boxing gloves and allowing punches to the head. In effect, it is oriental rules kickboxing with scoring based on knockdowns and aggression rather than the number of hits. As K-1 grew in popularity, Glove karate for a while became the fastest-growing amateur sport in Japan. Further information: Full contact karate § American Hook-punch Count Dante, Ray Scarica and Maung Gyi held the United States' earliest cross-style full-contact style martial arts tournaments as early as 1962. Between 1970 and 1973 a handful of kickboxing promotions were staged across the US. The first recognized bout of this kind occurred on January 17, 1970, and came about when Joe Lewis, a Shorin Ryu stylist who had also studied Jeet Kune Do with the legendary Bruce Lee, and noted champion in the Karate tournament circuit, grew disillusioned with the point-sparring format and sought to create an event that would allow martial artists to fight to the knock out. Enlisting the help of promoter Lee Faulkner, [42] training in boxing and combining the techniques of boxing and combining the techniques of boxing and combining the techniques of boxing and combining the help of promoter Lee Faulkner, [42] training in boxing and combining the techniques of bo who had defeated two opponents in years pasts. Lewis won the fight by knockout in the second round. The event was advertised as "Full contact" but the announcers referred to it as Kickboxing, and rules included knees, elbows and sweeps.[43] Lewis would defend his U.S. Heavyweight champion title 10 times, remaining undefeated until he came back from his retirement. In the early days, the rules were never clear; one of the first tournaments had no weight divisions, and all the competitors fought off until one was left. During this early time, kickboxing occurred with the formation of the Professional Karate Association (PKA) in 1974 and of the World Kickboxing Association (WKA) in 1976. They were the first organised body of martial arts on a global scale to sanction fights, create ranking systems, and institute a development programme. The International Kickboxing Federation (IKF) and the International Sport Kickboxing Association (ISKA) have been the only organizations to have thrived in the modern era. The International Kickboxing Federation (IKF) was founded in 1992 by Steve Fossum and Joe Taylor of Ringside Products created the first amateur open North American tournament for Kickboxing and Muay Thai, now the IKF World Classic. After ending its venture with K-1 in 2006, ISKA co-operated the World Combat League with Chuck Norris, and Strikeforce MMA in partnership with Silicon Valley Entertainment (SVE), an investor group who also own the San Jose Sharks. Norris passed the WCL to his son-in-law Damien Diciolli in 2007, and it has since become inactive. Strikeforce MMA was sold to UFC in 2011. The ISKA expanded into sport (tournament) martial arts about 15 years ago, [when?] and is a co-operator along with WAKO and Global Marketing Ventures (GMV) in the global Open World Tour (OWT) the first worldwide pro circuit of sport karate professional competitors. It sanctions and assists in the annual US Open & ISKA World Championships is broadcast live on ESPN2 and ESPN3 each year. Other kickboxing sanctioning bodies include World Association of Kickboxing Organizations (primarily amateurs) and KICK International. A kickboxing match in München. Further information: World Association of Kickboxing Organizations In West Germany, American-styled kickboxing was promulgated from its inception in the 1970s by Georg F. Bruckner, who ir 1976 was the co-founder of the World Association of Kickboxing Organizations. The term "kickboxing" as used in German-speaking Europe is therefore mostly synonymous with American kickboxing went mostly unnoticed in German-speaking Europe before the launch of K-1 in 1993. By contrast, in the Netherlands kickboxing was introduced in its Japanese form, by Jan Plas and Thom Harinck who founded NKBB (The Dutch Kickboxing World Muay Thai Association) and the EMTA (European Muay Thai Association) in 1984. The most prominent kickboxing gyms in the Netherlands, Mejiro Gym, Chakuriki Gym and Golden Glory, were all derived from or were significantly influenced by Japanese kickboxing and kyokushin karate. Dutch athletes have been very successful in the K-1 competitions. Out of the 19 K-1 World Grand Prix championship titles issued from 1993 to 2012, 15 went to Dutch participants (Peter Aerts, Ernesto Hoost, Remy Bonjasky, Semmy Schilt and Alistair Overeem). The remaining four titles were won by Branko Cikatić of Croatia in 1993, Andy Hug of Switzerland in 1996, Mark Hunt of New Zealand in 2001 and Mirko Filipović of Croatia in 2012. A new era in Kickboxing was established in 2018 with the launch of the World Grand Prix is creating the next generations of world class athletes. With over 90 countries in representation throughout WKO the World President Jon Green continues to strive for the credibility and legitimacy of the sport. Main article: List of kickboxing organizations Some of the notable kickboxing promoters in the world are: Chatri Sityodtong - ONE Championship Eduard Irimia - Superkombat Kazuyoshi Ishii - K-1 Pierre Andurand - Glory Joe Corley - PKA Sadaharu Tanikawa - Fighting and Entertainment Group Jon Green - WKO World Grand Prix Hamid Amni fighting at the Asian Indoor and Martial Arts Games 2017 in Full-contact style with full-contact pants. Kickboxing has a number of different rulesets. For example, Oriental/K-1 rules allow punches, high and low kicks only above the belt (high kicks). In the first two decades of the 21st century, several larger kickboxing promotions such as Glory, One Championship and Bellator KickboxingFocusStrikingHardnessFull-contactCountry of originJapan, 1950s-1960sFamous practitionersSee belowParenthoodKyokushin Karate, Muay Thai, BoxingDescendant artsShootboxingOlympic sportNo Oriental rules (also known as K-1 rules or unified rules, [47][48] and sometimes referred to as Japanese kickboxing" in 1966, later termed "Japanese kickboxing" as a retronym. [13] Since the 1990s, many of the largest kickboxing promotions such as K-1, ONE Championship, Glory and Bellator Kickboxing adopted this ruleset.[44][45][46][49] Oriental
rules began to be developed by the Japanese boxing promoter Osamu Noguchi and Karate practitioner Tatsuo Yamada, and it was initially intended as a mix of Karate and Muay Thai,[50] but it was later affected also by the Dutch rules, which were first formalised in the Netherlands in the 1970s. The primary difference between Muay Thai and Oriental Kickboxing was the prohibition of elbow strikes and throws. In addition, the amount of clinch fighting is drastically decreased. These changes were aimed at reducing injuries and making bouts more accessible to TV viewers. Oriental rules bouts were traditionally fought over 5, 3-minute rounds but 3 round bouts have since become popular. The male kickboxers are bare-chested wearing shorts (although trousers and karate gis have been worn) and protective gear including: mouth-guard, hand-wraps, shin-wraps, 10 oz (280 g) gloves. Notable fighters under K-1 rules include Semmy Schilt, Badr Hari, Ernesto Hoost, Albert Kraus, Masato, Peter Aerts, Remy Bonjasky, Giorgio Petrosyan, Buakaw and Andy Souwer. Rules: Fighters are allowed to strike their opponent with punches, kicks, including kicks below the waist, except for the groin, sweeps and knees (only to the body). Elbow strikes are forbidden. Very limited or no clinch fighting is allowed (in some competitions clinching is completely illegal,[51] in others only one single strike is allowed [49]). Throws and headbutts are not allowed. Bouts are 3 to 5 rounds (lasting 3 minutes each) with a 1-minute rest in between rounds. Gwon Gyokdo, also known as Kun Gek Do and Kyuk Too Ki is a style of Kickboxing from Korea which was founded by Jung Mo-Do. It is a hybrid style of Taekwondo, but also adds typical Muay Thai techniques, as well as footwork and dodging tactics of Western Boxing. Rules:[53] [54] [55] [56] Punches and kicks are allowed. Elbow strikes and kicks are allowed. Elbow strikes and kicks are allowed. Spinning techniques are allowed. Elbow strikes and kicks are allowed. Spinning techniques are allowed. Elbow strikes and kicks are allowed. Spinning techniques are allowed. Spinning techniques are allowed. Elbow strikes and kicks are allowed. Spinning techniques are allowed. Spinning techniques are allowed. Elbow strikes and kicks are allowed. Spinning techniques are allowed. Spinning States, 1960s-1970sFamous practitionersSee belowParenthoodShotokan Karate, Boxing, Tang Soo Do, Kyokushin KarateOlympic sportNo Full Contact (also referred to as American Kickboxing) is essentially a mixture of Western boxing and traditional karate.[57] The male kickboxers are bare-chested wearing kickboxing trousers and protective gear including: mouth-guard, hand-wraps, 10 oz (280 g) boxing gloves, groin-guard, shin-pads, and kick-boots and protective helmet (for amateurs and those under 16). Female kickboxers will wear a sports bra and chest protection in addition to the male clothing/protective gear.[58] Notable fighters under full contact rules include, Dennis Alexio, Joe Lewis, Rick Roufus, Jean-Yves Thériault, Benny Urquidez, Bill Wallace, Demetrius Havanas, Billy Jackson, Akseli Saurama, Tony LoCoco, Pete Cunningham, and Don "The Dragon" Wilson Rules: [59] Opponents are allowed to hit each other with punches and kicks, striking above the waist. Elbows and knees are forbidden. Clinch fighting and grappling are forbidden, sweeps are legal boot-to-boot. Bouts are usually 3 to 10 rounds (lasting 2 minutes each) with a 1-minute rest in between rounds. The Referee is responsible for fighter safety and keeping to the rules; judges count legal techniques and note the points on the scoring card or with the help of the electronic system. A Semi Contact match Semi Contact or Points Fighting, is the variant of American kickboxing most similar to karate, since it consists in fighting for the purpose of scoring points with an emphasis on delivery, speed, and technique. Under such rules, fights are held on the tatami, presenting the belts to classify the fighters in order of experience and ability. The male kickboxers wear shirts and kickboxing trousers as well as protective gear including: mouth-guard, hand-wraps, 10 oz (280 g). boxing gloves, groin-guard, shin-pads, kick-boots, and headgear. The female kickboxers will wear a sports bra and chest protection in addition to the male clothing/protective gear. Notable fighters under semi-contact rules include Raymond Daniels, Michael Page, Stephen Thompson and Gregorio Di Leo. Rules: [60] Fighters can score through punches or kicks and foot sweeps are awarded 1 point. Kicks to the head or jumping kicks to the body are awarded 2 points. Jumping kicks to the head are awarded 3 points. Hook kicks and Axe kicks are allowed but must be executed with the sole of the foot. The use of the shins is seldom allowed, save for jumping and spinning techniques. Elbows, knees and spinning backfists are forbidden. Bouts are usually 3 rounds (lasting 2-3 minutes each) with a 1-minute rest in between rounds. Dutch KickboxingFocusStrikingHardnessFull-contactCountry of originNetherlands, 1970sFamous practitionersSee belowParenthoodJapanese Kickboxing) came about when Japanese kickboxing and Muay Thai were first introduced in Holland in the 1970s. European rules began to be developed by the Netherland Kick Boxing Bond in the 1970s when the late Jan Plas brought the sport from Japan to his native country. The primary difference between Dutch rules and full Muay Thai rules was the prohibition of elbow strikes and the limited knees strikes (only to the body). However, elbows were allowed when both parties agree to it. These changes were aimed at reducing injuries and making bouts more accessible to TV viewers. Like the Thai counterpart, the fights are accompanied with the traditional Thai music during a battle. The Dutch kickboxing rules were instrumental to the development of the K-1 rules. Notable fighters under Dutch rules include Alistair Overeem, Bas Rutten, Melvin Manhoef, Gegard Mousasi, Remy Bonjasky and Peter Aerts. Rules:[61] Rounds are up to 3 and they last 3 minutes. Punches and kicks are allowed. Elbow strikes are illegal, but can be allowed if both fighters agree to use them. Knees are illegal when they're striking the head, but are legal when they're striking the body. Throws, Sweeps and Trips are forbidden, Clinching is allowed for 5 seconds at best and it's only legal if it's used to cause damage to the opponent. A teenager Low Kick kickboxing match International rules, or freestyle kickboxing (also known as Low Kick in the United States), contrast with full contact rules in that it also allows low kicks. The male kickboxers are bare-chested, wearing kickboxers are bare-chested, wearing kickboxers will wear a sports bra and chest protection in addition to the male clothing/protective gear.[62] Notable fighters under international rules include Ricks, including kicks below the waist, except for the groin. Elbows are forbidden. Throws and sweeps are forbidden. Clinch is allowed only for 5 seconds. Bouts are 3 to 5 rounds for professionals, all rounds for professionals, all rounds lasting 2-3 minutes each. Each round has a 1-minute rest in between rounds. WKO Kickboxing is a style promoted by the World Kickboxing organisation, and uses a mixture of Japanese Karate & Queensbury Boxing to create the style of Kickboxing and Full & Light Contact versions of 5 x 2 minute rounds. The contestants must wear uniforms approved by WKO, tapes and bandages approved by the organisation. The contestants also wear groin protectors, mouthpieces. Standard fouls are illegal. Special foul rules are used for spinning back fists, and it often results in penalties. Knee Strikes, elbow strikes, headbutts, palm strikes, and it often results in penalties. Knockout is declared of the fighter doesn't stand up after an 8 count. A points win decision is declared through a majority decision WKA Kickboxing and Full Contact Kickboxing moves and rulesets. [64] Rules: World Title bouts consist of 12 rounds, continental bouts consist of 10 rounds and national bouts consist of 5 rounds. The contestants must wear uniforms, tapes and bandages approved by the association. The contestants also wear groin protectors, mouthpieces and hair stays. Standard fouls (eye gouges, groin shots, bites, insults, etc.), are illegal. Knee Strikes, elbow strikes, back fists, clubbing strikes, headbutts, palm strikes, anti-joint techniques, grabbing the opponent's legs and arms, holding a clinch for too long during the fight are warned by the referee. A Knockout is declared of the fighter doesn't stand up after an 8 count. ISKA Kickboxing is a style promoted by the International Sport Kickboxing association from Europe, and it's a blend of Full Contact, Japanese, Muay Thai and Freestyle Kickboxing rules.[65] Rules: Fighters must be worn by all fighters while the use of shinpads, elbowpads and forearm pads isn't allowed. The use of grappling techniques, except sweeps are forbidden. Standard fouls are illegal. A knockout is declared after the fighter doesn't get up suring an 8 count. Surpassing a specific number of Knockdowns during the bout don't determine a TKO win. Main article: Muay Thai and male fighters bare-chested wearing shorts and protective gear including: mouth-guard, hand-wraps, shin-wraps, 10 oz (280 g) boxing gloves, groin-guard and sometimes prajioud arm bands. 4oz MMA-style, open-finger gloves are sometimes used.[66] The female Clothing/protective gear. Muay Thai is unique in that it is the only style of kickboxing that allows elbows, knees clinch fighting, throws, sweeps and low kicks.[67][68][69] Groin strikes were allowed until the 1980s in international Muay Thai and are still partially allowed in Thailand itself (though the boxers wear cups to lessen the impact).[70] Kicking to mid-body and head are scored highly generating a large number of points on judges' scorecards. Moreover, kicking is still judged highly even if the kick was blocked. In
contrast, punching is worth fewer points. Notable fighters under Muay Thai rules include Apidej Sit Hrun, Buakaw Por. Pramuk, Changpuek Kiatsongrit, Rob Kaman, Ramon Dekkers, Coban Lookchaomaesaitong, Dieselnoi Chor Thanasukarn, Saenchaimuaythaigym, Samart Payakaroon and Yodsanklai Fairtex. Rules: Fighters are allowed to strike their opponent with punches, kicks, including kicks below the waist, elbows and sweeps are allowed (however hip throws and sweeps are allowed (losting 3 minutes each) with a 2-minute rest in between, but 3 round fights with a 1-minute rest are used in some promotions. Main article: Lethwei Lethwei A to promotions. Main article: Lethwei I is fought bareknuckleFocusStrikingHardnessFull-contactCountry of originMyanmarOlympic sportNo Lethwei is a type of kickboxing originating from Myanmar that features minimal rules and protective equipment. Lethwei not only allows the use of headbutts but actually emphasizes it, and fighters wear no gloves. Bouts can only be won with a knockout, either a proper or a technical. Uniquely, after one knockout and two minutes rest, the knocked out fighter may still choose to continue the fight once, unless they are knocked out in the final round. There are no points; if no knockout happens before the end of the fifth round, the fighters are bare-chested and wear shorts. Protective gear consists of a mouth-quard, groin-quard, and wraps around hands and feet. Female fighters wear a sports bra and chest protection in addition to the male clothing and protective gear. Notable fighters under Lethwei rules include Tun Tun Min, Too Too, Dave Leduc and Soe Lin Oo. Rules: Opponents are allowed to strike each other with punches, kicks, including kicks below the waist, elbows, knees and headbutts. Clinch fighting, throws and sweeps are allowed. Bouts are 5 rounds (lasting 3 minutes each) with a 2-minute rest in between rounds. Main article: Sanda (sport) Sanda fighter attempts a double leg takedown on his opponent. Uniquely among kickboxing styles, Sanda allows fighters to perform takedowns and throws Sanda or Sanshou (also known as kickboxing originally developed by the Chinese military based upon the study and practices of traditional Kung fu and modern combat fighting techniques; it combines traditional kickboxing, which include close range and rapid successive punches and kicks, with wrestling, takedowns, throws, sweeps, kick catches, and in some competitions, even elbow and knee strikes. The male fighters are bare-chested wearing shorts and protective gear including: mouth-guard, hand-wraps, 10 oz (280 g) boxing gloves and groin-guard. The female kickboxers will wear a sports bra and chest protection in addition to the male clothing/protective gear. Notable fighters under Sanshou rules include Wei Rui, Fang Bian, Jia Aoqi, Muslim Salikhov, Pat Barry, Zhang Tiequan, Liu Hailong, Cung Le, Shahbulat Shamhalaev and Shamil Zavurov. Rules: Fighters are allowed to strike their opponent with punches and kicks, including kicks below the waist, except for the groin. Elbows and knees are forbidden (with the exception of some competitions). Clinch fighting, throws and sweeps are allowed. Bouts are 5 rounds (lasting 3 minutes each) with a 1-minute rest in between rounds. Main article: Shootboxing popular in Japan that utilizes standing submissions such as chokeholds, armlocks and wristlocks in addition to kicks, punches, knees and throws. The male fighters are bare-chested wearing skin tight trousers and protective gear including: mouth-guard. The female kickboxers will wear a sports bra and chest protection in addition to the male clothing/protective gear. Notable fighters under shootboxing rules include Rena Kubota, Kenichi Ogata, Hiroki Shishido, Ai Takahashi and Andy Souwer. Rules: Opponents are allowed to strike each other with punches, kicks, including kicks below the waist, except for the groin, and knees. Elbows are forbidden (since 2001). Clinch fighting, throws and sweeps are allowed. Standing submissions are allowed. Bouts are 3 rounds (lasting 3 minutes each) with a 1-minute rest in between rounds. Draka, also known as Russian Kickboxing, is a hybrid style of Kickboxing, is a hybrid style of Kickboxing which was developed and founded by Igor Ejov in 1992, and its mainly promoted by the World Wide Draka Federation (WWDF) and the International Kickboxing Draka Federation (IKDF). The first event where this style was featured, was held in the U.S. by Ejov in association with World Wide Kickboxing Promotions. This style particularly resembles Sanda and Shoot Boxing, Sambo, Judo and Wrestling techniques added to the mixture. Fighters are allowed to use kicks, knees, punches and elbows. The use of takedowns, throws and sweeps is also allowed. Groundfighting and chokeholds are forbidden. [71] [72] [73] [74] Xtreme GladiatorFocusHybrid, Striking, GrapplingHardnessFull-contactCountry of originUnited StatesParenthoodBoxing, Kickboxing, Kickbox Gladiator is a hybrid style of Kickboxing created by the International Kickboxing Federation, which is a mixture of Boxing, Muay Thai, Sanshou, Wrestling and Judo techniques. Just like Shoot Boxing, it's also one of the only styles who allows submission techniques. there is a 30-second or 1 minute limit time for groundfighting. Rules: [75] Closed. Hemmer. Open Handed fists and strikes are legal. Forearm strikes are legal. Forearm strikes are legal. Standing foot stomps are legal. Forearm strikes and end of strikes are legal. are legal. Every tipe of throw, slam and takedown is allowed. Chokes and Joint Locks are legal. Downed stomps are illegal. Yunching techniques are very much identical to boxing punches, including Jab - straight punch from the front hand. The arm extends from the side of the torso which is quickly turned concurrently with this action. A jab may be directed at an opponent's head or body, and is often used in conjunction with the cross. Cross - straight punch from the back hand Hook - rounded punch to either the head or body in an arching motion, usually not scored in points scoring Uppercut - rising punch striking to the chin Backfist usually from the front hand, reverse-back fist and spinning back-fist both usually from the back hand - are strikes to the head, raising the arm and bending the arm punch struck usually from the rear hand, the combatant hops on the front foot, kicking back with the rear foot and simultaneously extending the rear hand as a punch, in the form of "superman" flying through the sky. Overhand (overcut or drop) – a semi-circular and vertical punch thrown with the rear hand. It is usually performed when the opponent is bobbing or slipping. The strategic utility of the drop relying on body weight can deliver a great deal of power. Bolo punch - a combination of a wide angle punch similar to a hook, but instead of getting power from body rotation, it gets its power from its large loop. It is considered an unsophisticated punch, and leaves one open to a counter. Roundhouse kick or circle kick - Striking with the front of the foot or the shin to the head or the body in a chopping motion Front kick or push Kick/high Kick - Striking face or chest on with the balls of the foot Side kick - Striking with the heel of the foot with leg parallel to the ground, can be performed to either the head, leg or body Semi-circular kicking techniques, including spinning kicks, jumping kicks, and other variants such as Hook kick (heel kick) - Extending the leg out to the side of the body, and hooking the leg back to strike the head with either the head or base heel (typically the base heel) Back kick - is a stomp out kick or axe kick. The stomp kick normally travels downward, striking with the side or base heel) Back kick - is a stomp out kick or axe kick. heel of the foot. Sweeping - One foot or both feet of an opponent may be swept depending upon their position, balance and strength. Spinning versions of all kicks. The knee techniques in Japanese kickboxing, indicative of its Muay Thai heritage, are the main difference that separates this style from other kickboxing rules.[76] See ti khao for details. Straight knee (long-range knee kick or front heel kick). This knee strike is delivered with the back or reverse foot against an opponent's stomach, groin, hip or spine an opponent's stomach, groin, hip or spine an opponent forward by the neck, shoulder or arm. Flying knee - can be delivered with the front or back foot. It makes an explosive snap upwards to strike an opponent's face, chin, throat or chest. Hook knee - can be delivered with the front or back foot. It makes a half circle spin and strikes the sides of an opponent. Side knee - is a highly-deceptive knee technique used in close-range fighting. The knee is lifted to the toes or lifted up, and is snapped to left and right, striking an opponent's sensitive knee joints, insides of thighs, groin. There are three main defensive positions (guards or styles) used in kickboxing. Within each style, there is considerable variation among fighters, as some fighters, as some fighters may have their guard higher for more head protection while others have their guard lower to provide better protection against body punches. Many fighters vary their defensive style throughout a bout in order to adapt to the situation of the moment, choosing the position best suited to protect them. Slip - Slipping rotates the body slightly so that an incoming punch passes harmlessly next to the head. As the opponent's punch arrives, the boxer sharply rotates the hips and shoulders. This turns the chin sideways and allows the punch to "slip" past. Muhammad Ali was famous for extremely fast and close slips. Bob and weave - bobbing moves the head laterally and simultaneously shifts the body either slightly right or left. Once the punch has been evaded, the kickboxer "weaves" back to an upright position, emerging on either the outside arm is called "bobbing to the outside". To move outside the
opponent's extended arm is called "bobbing to the outside". to the inside". Blocking - defender's hard blocks to stop a strike in its path so preventing it reaching its target (e.g. the shin block described in more detail below) Parry/Block - Parrying or blocking uses the kickboxer's hands as defensive tools to deflect incoming attacks. As the opponent's punch arrives, the boxer delivers a sharp, lateral, openhanded blow to the opponent's wrist or forearm, redirecting the punch. The cover-up - Covering up is the last opportunity to avoid an incoming strike to an unprotected face or body. Generally speaking, the hands are held high to protect the head and chin and the forearms are tucked against the torso to impede body shots. When protecting the body the kickboxer rotates the hips and lets incoming punches "roll" off the guard. To protect the head, the kickboxer presses both fists against attacks from below. The clinch - Clinching is a form of standing grappling and occurs when the distance with the forearms parallel and facing outwards. between both fighters has closed and straight punches cannot be employed. In this situation, the kickboxer attempts to hold or "tie up" the opponent's shoulders, scooping back under the forearms to grasp the opponent's arms tightly against his own body. In this position, the opponent's arms are pinned and cannot be used to attack. Other forms of clinch involve getting control of opponent's arms are used. See also

Chronic traumatic encephalopathy Knocking a person unconscious or even causing a concussion may cause permanent brain damage.[77] There is no clear division between the force likely to kill a person.[78] Also, contact sports, especially combat sports, are directly related to a brain disease called chronic traumatic encephalopathy (CTE). This disease begins to develop during the life of the athlete, and continues to develop even after sports activity has ceased. In addition, repetitive and subconcussive blows to the head, and not just concussions, cause CTE.[79][80][81][82][83][84] Boxing (disambiguation) Kickboxing weight classes List of kickboxing organizations List of male kickboxers List of female kickboxers Women's kickboxing ^ a b c Zorzos, Gregory. Pyx Lax (Kick-Punch) Kick Boxing: Ancient Greek Martial Arts. ISBN 1441461477. ^ "Is it just karate without the philosophy?". 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