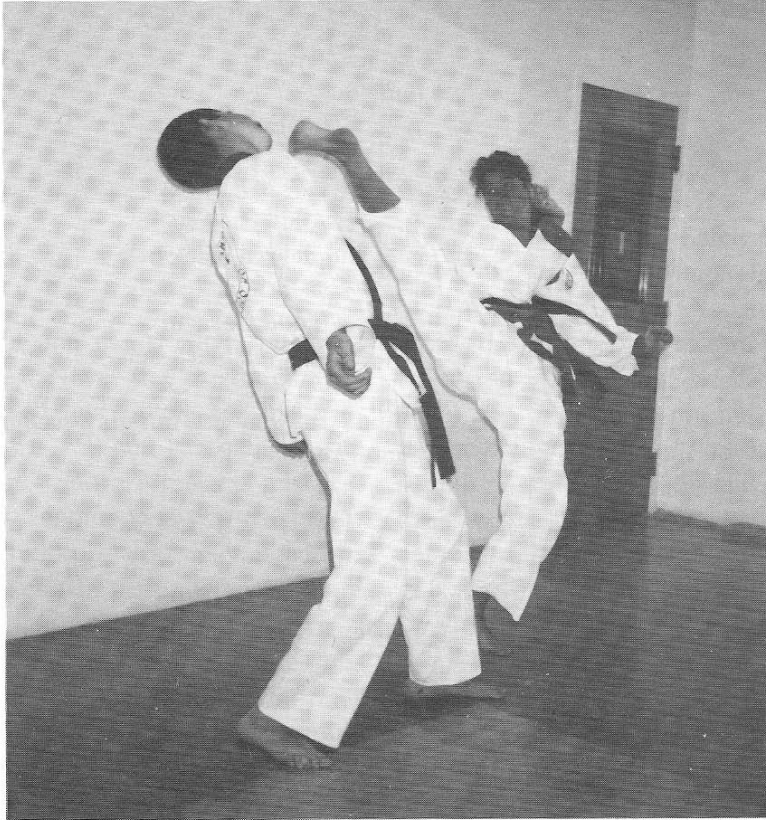


# PEET CHA GI (REVERSE ROUND KICK)

by Brian Bouchard



**Black Belt Sam Varnavas demonstrates a high reverse round kick**

angle towards the inside of the body. The delivery of the kick is similar to a lateral inside to outside crescent kick. Instead of your foot being in an upright position, turn it towards the outside of your body, kicking towards your opponent with the toes pulled back, striking with the ball of the foot.

This kick is most effective during a fighting situation when your opponent is set up correctly. By first throwing multiple inside to outside crescent and front kicks, the element of surprise will be the greatest. Since these two kicks (the crescent and front) are the most expected in this loaded position using your back leg, your opponent will be caught off guard. You then suddenly turn your foot over and strike just above the belt or between your opponents guard, landing the attack at the mid-section. The peet cha gi, when

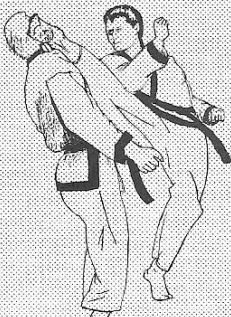

The inverted round kick (Peet Cha Gi) is also called reverse round kick. As its name implies, one can think of this kick as the opposite of a round kick. The positioning of the body, hips and foot as well as the direction of turning the body make this a truly unique and difficult kick to execute. For this reason, peet cha gi is usually reserved for the higher ranks in order to reduce the chance of injury if the kick is performed improperly.

When performing a peet cha gi you must load as you would a front kick but with your knee at a 45 degree

**VIKING KARATE ACADEMY**  
312-318 SHIRLEY STREET \* SUITE 105 \* WINTHROP MA 02152  
Home Phone: 617-286-1350

Learn:  
**Self Defense  
and Discipline**  
Gain:  
**Confidence**  
Instructor: 3rd Dan  
**Brian Bouchard**

**Class Schedule:**  
Adults: Mon 7:30 - 9:00, Tues & Thurs 6:00 - 9:00  
Children: Mon 6:00 - 7:00 (ages 5 to 14)





**Starting position in fighting stance**



**Tucking the knee up to the inside of the body**

used in this manner would allow you the advantage over your opponent.

The technique of this kick would come more naturally to a dancer or athlete with great flexibility because it is done with the foot turned outward. No other kick radiates toward the outside of the body. This is what makes peet cha gi an exception to the rule.



**Reverse round kick delivered to mid-section using ball of foot**

About the author: Brian Bouchard is a 3rd Dan who teaches in Winthrop MA.