

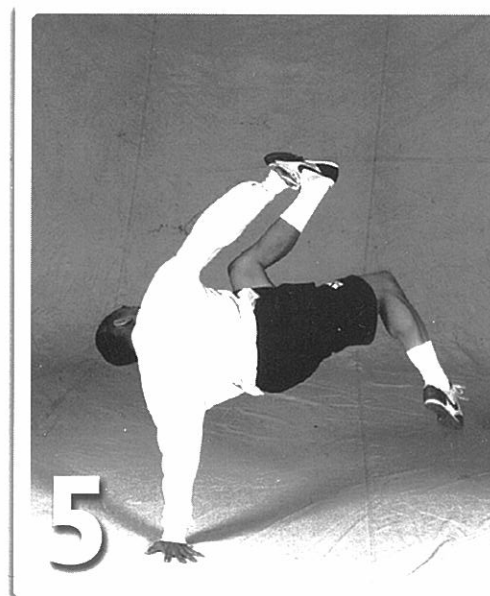
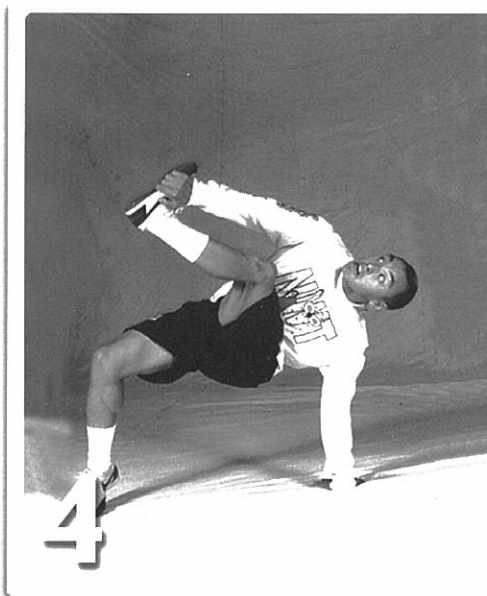
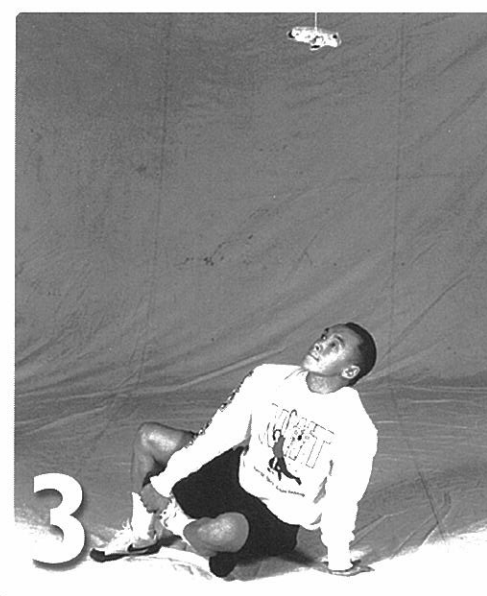
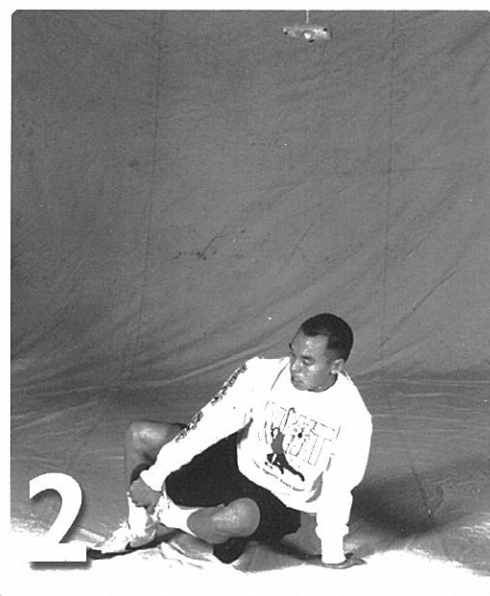
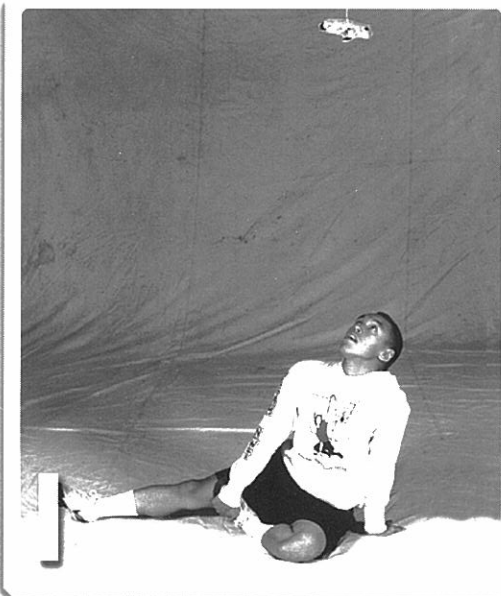
# Alaskan High Kick

## The Game

The Alaskan High Kick requires little equipment and can be played in any space available. It is one of the most difficult traditional games, requiring a combination of power, strength and flexibility, as well as a well-developed sense of balance. The Alaskan High Kick is also a 'mind game:' You must be able to focus and block out external distractions.

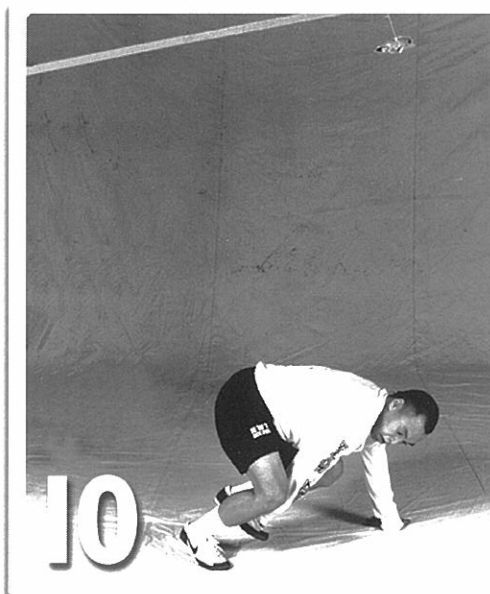
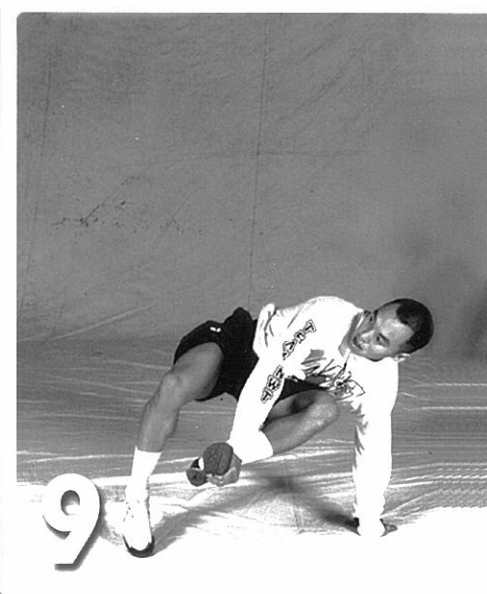
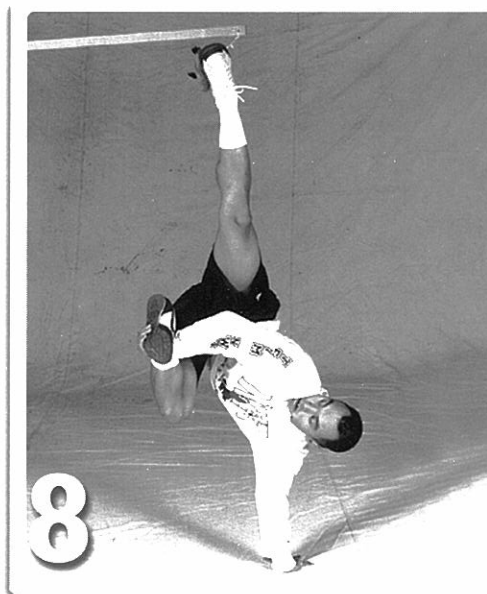
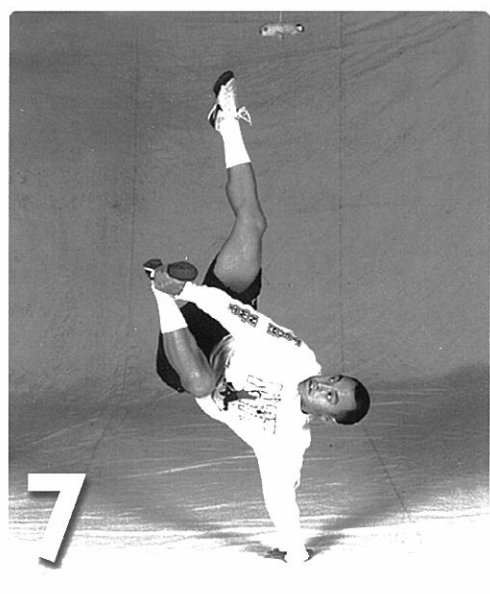
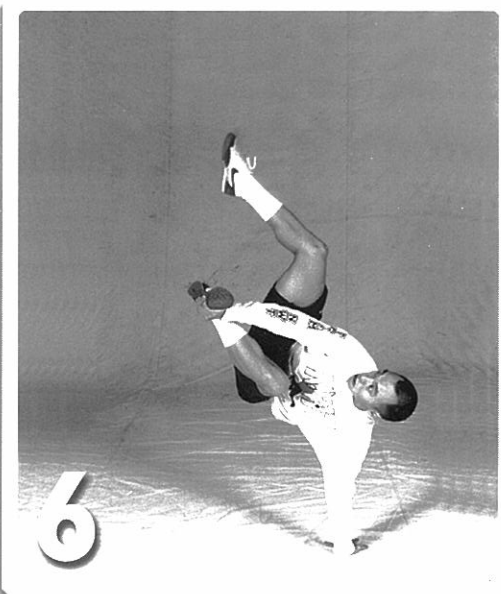
## How to Play

While supporting yourself on the floor with one hand only, you have to touch a target suspended overhead, with your foot. You must land on the kicking foot only, and demonstrate good control and balance. To make the game even more difficult, you have to grasp your opposite foot with your free hand and must not let go of your foot at any time.



(#1): Position yourself on the floor below the target. The distance from the target depends on the kicking height. (#2): Place the supporting hand flat on the floor, the thumb points away from the body. The free hand grasps the opposite foot in an overhand grip. Bend the kicking leg to about 90 degrees. (#3): Raise your buttocks off the floor. You may swing the lower body to generate momentum, but the heel of the kicking foot must not break contact with the floor.

(#4+5): In one smooth motion, strongly lift your hips, pull upward on the grasped foot, and push your kicking leg upward.



Your body rises by rotating about the shoulder of the supporting arm. Now begin to bend your hip.

Next, quickly straighten the kicking leg while extending the ankle to increase the height of your kick.

When you touch the target, your kicking leg should be as straight as possible, the toe points upward.

Lower the body back down by rotating about the shoulder again. **No swing or bicycle kicks** – you must kick **straight up** and move **straight down!** (#10): You must land on the kicking foot only. Display balance after landing.