

## “The Most Dangerous Kicks of la Savate”

from Henry Bagge’s article from the February, 1908 issue of Fry’s Magazine

### Le Chassez-bas

This kick can be delivered with either the left or the right foot, but it is always given as in the chassez-bas with the leg that happens to be foremost at the time. Thus, if a man is boxing in the English fashion; boxing, that is to say, with the left leg and left arm in front, naturally the left leg is the one he uses.

This kick is the only really practical one of the whole lot, and entails no alteration in our usual methods of boxing – of course, always excepting the use of the feet for kicking purposes. The following is the best way of administering this kick –



1. Throw the weight of the body on the right leg.
2. Shorten the left leg, then suddenly shoot it down as if in the act of stamping with the foot crosswise, aiming at the desired spot.

Most vulnerable spots are the following: (1) the toes; (2) the instep; (3) the shinbone; (4) the kneecap.

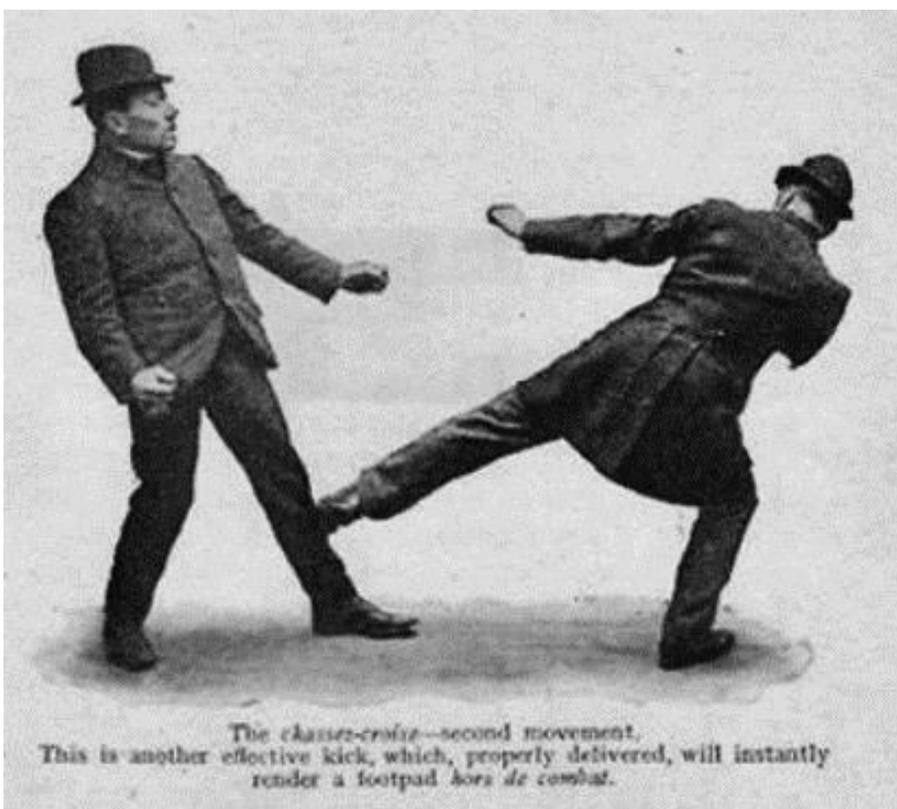
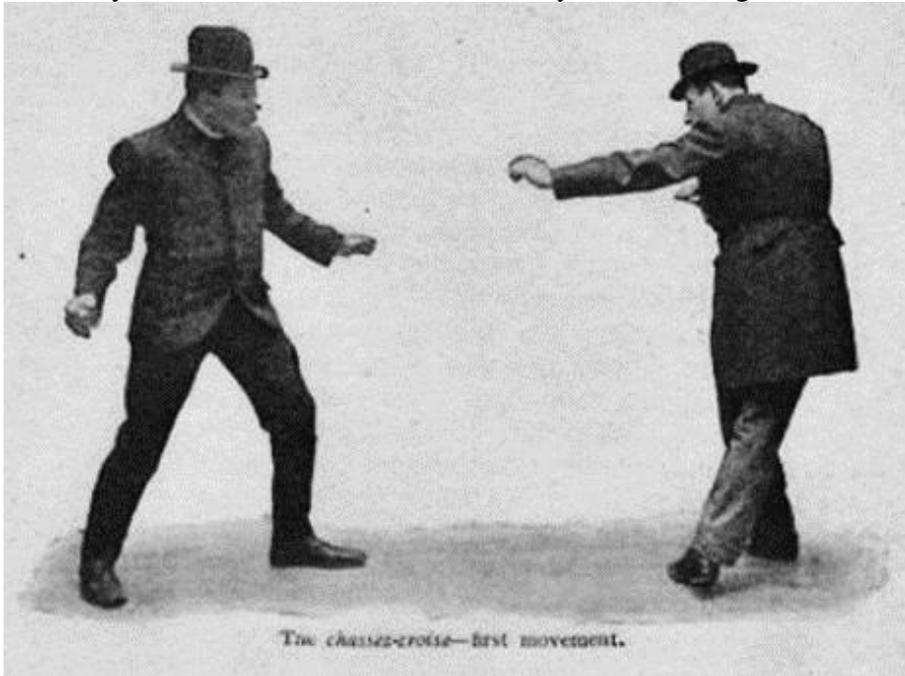
The man who has been only slightly hurt on any of these spots is very chary of another experience, and wisely keeps at a distance.

The *chassez-bas* is really very useful, even if only used as a means of defense it makes one’s adversary very uneasy, practically mows down his base, and opens the way to sudden rushes, which, if a man is uneasy, practically take him off his guard.

### Chassez-croisé

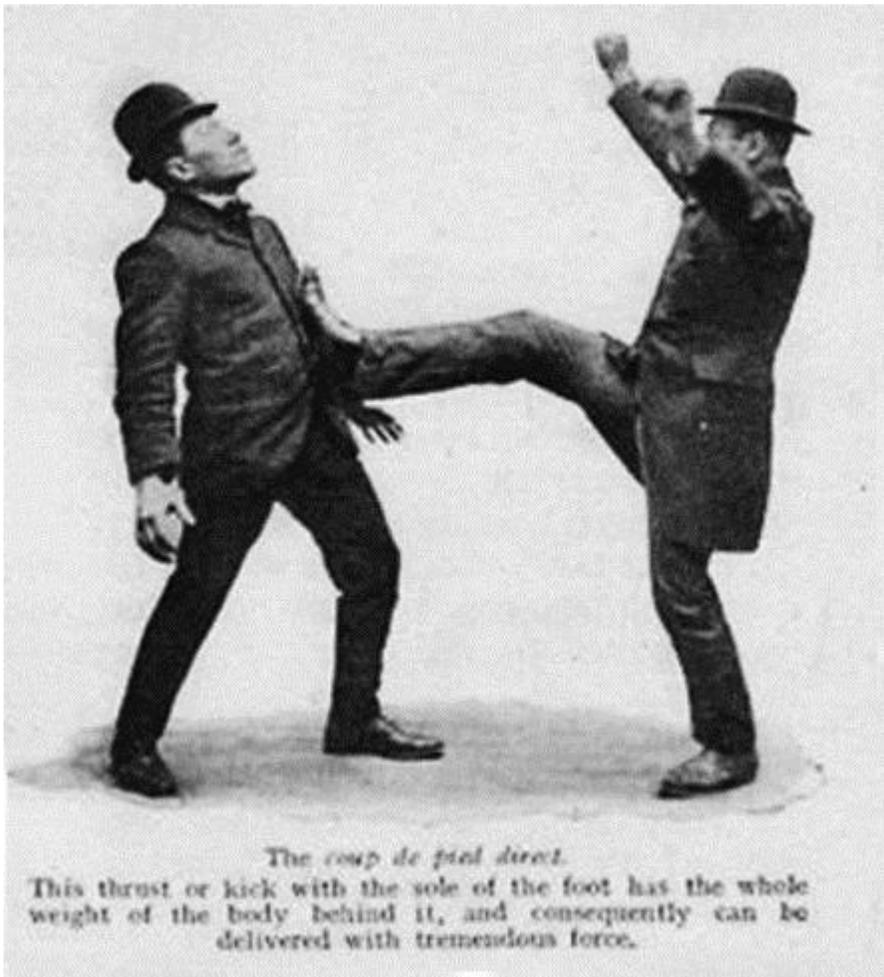
This kick is delivered in exactly the same way as the preceding one, only the one word *croisé* (to cross), practically explains the act.

Thus, if a man is out of range of his adversary, naturally, as long as he keeps out of the way, he has nothing to fear. If he wishes to still keep at this distance, and yet to deliver an attack, the only way in which this can be done is with the feet, the leg landing on his opponent's legs. The first thing is to get a little nearer to your adversary; and to deliver the kick effectively the following method should be employed –



Place the point of the right foot beside the outer anklebone of the left foot, draw up the left leg, and strike as in the *chassé-bas*. If, instead of placing the point of the right foot on the outside of the left ankle, you place it with a jump very much in advance of it, you get all the closer to your adversary to deliver your kick.

## Coup de Pied Direct



Left leg and left arm in advance;

1. Shift the weight of the body forward onto the left leg.
2. Strike a swift jab forward, with the sole of the foot, full in the chest.

The whole weight of the body being behind this kick, the force is tremendous.

## Coup de Pied de Pointe



Left leg and arm in front.

1. Carry the weight of the body lightly on the left leg.
2. Kick forward with the point of the right foot either at the knee-cap or in the stomach.
3. This kick should be given with a quick, sharp stroke, and the foot should at once be replaced behind the left one after delivery.

The best way to use this kick is to aim only at the kneecap, as one, well delivered, will knock out the strongest man with ease and quickness that is amazing.