



KINETIC

TAE KWON-DO

A FOCUS MARTIAL ARTS SCHOOL

FLYING KICKS

It is very obvious that the most exceptional flying techniques can only be found in Taekwon-Do. No other martial art can come close in number or technique to the various kicks used in Taekwon-Do. Certain detractors claim that flying techniques are both impractical and vulnerable, but the words are usually uttered through ignorance or as an insult or their own lack of flying techniques. Numerous Taekwon-Do instructors, with years of experience, can testify that a well-executed flying kick, conducted with speed, is not only extremely devastating, but has the added advantage of surprise. The student who has taken the time to master a flying kick is able to spring into the air with any number of kicks from a stationary stance, even without the benefit of an additional step.

Flying kicks have a number of advantages: they perfect balance, develop co-ordination, condition muscles and are invaluable for attacking the high section of the body with the foot as well as developing timing and focus. They are also effective for vaulting obstacles without exposing oneself to an attack, for leaping over a pole, club or knife attack, and for stopping an onrushing or fleeing opponent, closing distances, and driving through an encirclement of several opponents. A flying kick is performed with either one motion from the spot or several motions while running: the former is most practical at a closest distance, the latter at further distances.

The following principles must be observed with all flying kicks.

- The kick must be executed when the body reaches the apex of the jump.
- With few exceptions, the back must be straight at the moment of impact.
- The non-kicking foot must be tucked and not drooped at the moment of impact.
- Immediately after kicking, resume a good posture and balance.
- Proper stance must be regained at the moment of landing.

FLYING FRONT KICK (TWIMYO AHP CHAGI)

This kick is usually performed in two motions. The first kick not only adds momentum, but is also used to kick aside the blocking hand while the opposite kick attacks the face. Flying kicks can be executed from nearly any stance, though the rear foot and L-stances are favored. The ball of foot is the attacking tool.





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FLYING BACK KICK (TWIMYO DWI CHAGI)

The principle of this technique is the same as that of a back pushing kick except the flying motion.



FLYING DOWNWARD KICK (TWIMYO NAERYO CHAGI)

The method of kicking is the same as that of the downward kick except the flying motion.



FLYING TWISTING KICK (TWIMYO BITURO CHAGI)

The method of kick is the same as that of twisting kick except the flying motion.



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FLYING SIDE KICK (TWIMYO YOP CHAGI)

This type of flying kick is divided into three different ways of performing: flying side pushing, flying side thrusting and flying side piercing kicks:



FLYING SIDE PIERCING KICK (TWIMYO YOPCHA JIRUGI)

The principles of the technique are exactly the same as those of the side piercing kick except the flying motion, The following constants apply.

- The instant the attacking leg straightens out the supporting leg should be tucked sharply while bending its ankle backwards
- Bring the knee of the attacking leg to the chest immediately after contact to prepare a correct and balanced landing.



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FLYING SIDE PUSHING KICK (TWIMYO YOPCHA MILGI)

The purpose of this technique is the same as the side pushing kick. The procedures of kicking are as follows.

- Attacking leg should be bent properly at the moment of the kick.
- Keep the attacking foot pushing the target momentarily



FLYING SIDE THRUSTING KICK (TWIMYO YOPCHA TULGI)

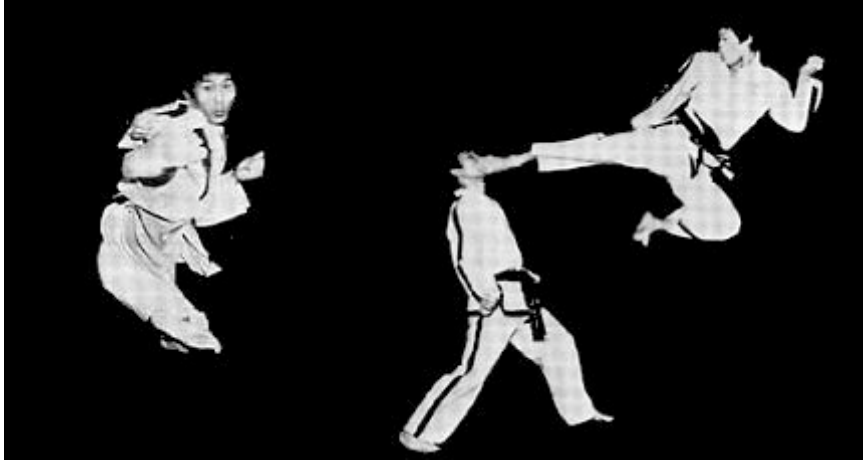
The procedure of kicking is the same as that of the flying side piercing kick though the ball of the foot is used instead of the footsword. The attacking tool must be vertical to the target at the moment of impact.



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FLYING TURNING KICK (TWIMYO DOLLYO CHAGI)

The method of kicking is the same as that of a turning kick except that the arm is extended in the opposite direction at the moment of impact. The ball of the foot is the prime weapon, though the toes and instep can be used in rare cases.



FLYING REVERSE KICK (TWIMYO BANDAE DOLLYO CHAGI)

The method of kick is also the same as that of a reverse turning kick except the flying motion. Back heel is the primary tool though ball of the foot is occasionally used. This technique is performed with the near foot only.



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FLYING SCISSOR SHAPE KICK (TWIMYO KAWI CHAGI)

The purpose of this technique is to take down the opponent by trapping the body or the leg. This is also effectively used while holding a second person with both hands.



FLYING CRESCENT KICK (TWIMYO BANDAL CHAGI)

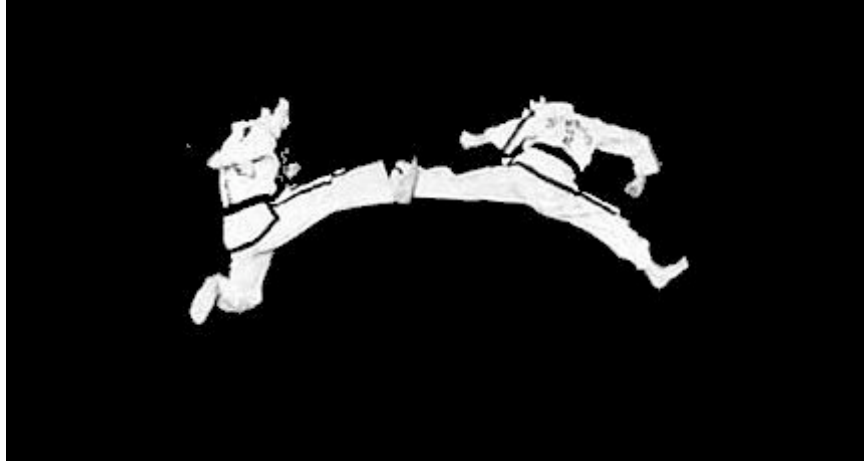
The purpose of this technique is to block the opponent's attacking hand or foot while flying. The method of kicking is the same as that of the crescent kick except the flying motion.



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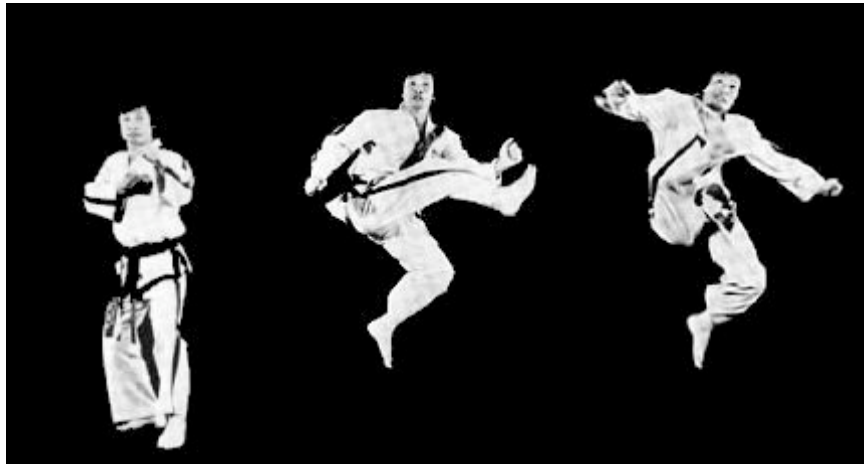
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FLYING HOOKING KICK (TWIMYO GOLCHO CHAGI)

The purpose of this technique is to block the opponent's attacking hand or foot while flying. The method of kicking is the same as that of the crescent kick except the flying motion.



FLYING VERTICAL KICK (TWIMYO SEWO CHAGI)

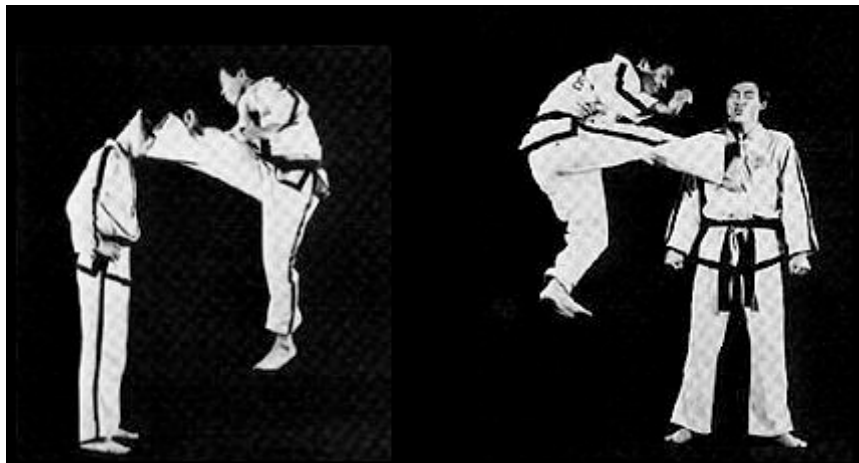
The principles of this technique are the same as those of a vertical kick except the flying motion. It is classified into flying inward and outward kicks.



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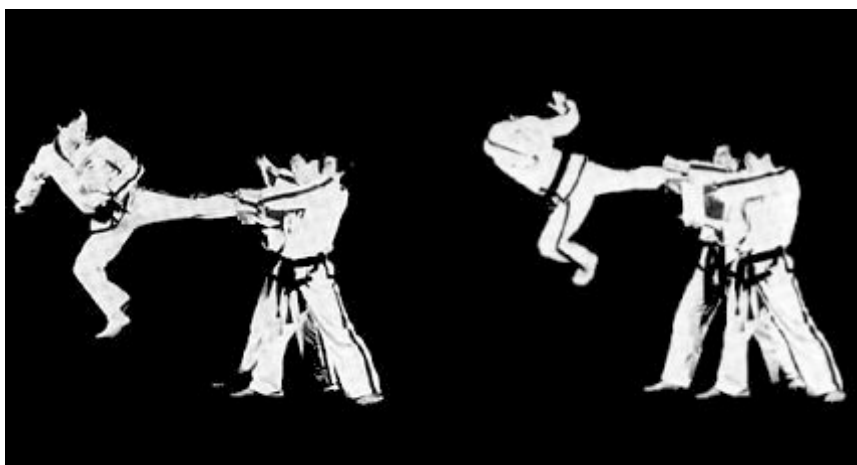


FLYING TWIN FOOT TURNING KICK (TWIMYO SANGBAL YOP CHAGI)

Only the ball of the foot is used for this technique, and the position of the foot is higher than the hip at the moment of impact.

FLYING SPIRAL KICK (TWIMYO RASONSIK CHAGI)

This technique can be performed in two ways side and back kick or side and side kick. In any case the second kick must be executed while rolling in the air.



FLYING TWIN FOOT SIDE PIERCING KICK (TWIMYO SANGBAL YOP CHAGI)

This is a useful technique in attacking two targets simultaneously. The side sole is the attacking tool for the lower leg which must be slightly bent at the moment of impact.



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FLYING TWIN FOOT MIDDLE TWISTING KICK (TWIMYO SANGBAL KAUNDE BITURO CHAGI)

This is a very effective technique in attacking both sides simultaneously while flying. The ball of the foot is used as the attacking tool which should be vertical to the target at the moment impact.

*Source "Taekwon-Do" (The Korean Art of Self Defense)
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