



KICKS

Kicking techniques are classified in piercing kicks, thrusting kicks, smashing kicks, pressing kicks, pushing kicks, straight kicks, sweeping kicks, consecutive kicks and flying kicks.

The common principles of all these kicks are:

- The maximum use of the kneespring of the stationary leg must always be used.
- To prepare oneself for the next motion and to prevent the leg from being grabbed, the kicking foot must always be withdrawn immediately after the kick with a few exceptions.
- Bodyweight must be shifted to the kicking leg at the point of contact, then shifted back to the stationary leg.
- A strong stance must be maintained with the stationary foot.
- Once the kick to be delivered is decided, the body must be adjected to the target.
- Do not allow the stationary foot to pivot at the moment of impact.
- Never raise the heel of the stationary foot at the moment of impact.
- The knee of the stationary leg must be bent slightly to maintain the balance at the moment of impact, except in the case of a pressing kick.
- The range and point of focus must be calculated exactly. An adjustment must be made for the opponent who is either too close or too far from the attacker.
- With few exceptions, every movement must begin with a backward motion to gain momentum, increasing mass and velocity.

FRONT SNAP KICK (AHPCHA BUSUGI)

This technique is designed to attack an opponent in the front. The face, solar plexus, abdomen, scrotum, armpit and floating ribs are the targets. It is performed with the ball of the foot, instep, toes and knee, and is broken down into low and middle front snap kicks as far as the ball of the foot and toes are concerned.

The common principles of this kick:

- The stationary leg must be relaxed at the moment of impact.
- The knee of the kicking leg must be brought sharply toward the chest prior to kicking.
- These two motions must be co-ordinated in one smooth, swift action.
- The attacking tool must reach the target in a straight line. The kicking foot must be withdrawn immediately after the kick, then brought back to the floor.
- The toes of the stationary foot should point to the front at the moment of impact.
- The stationary foot must not pivot throughout the kicking.

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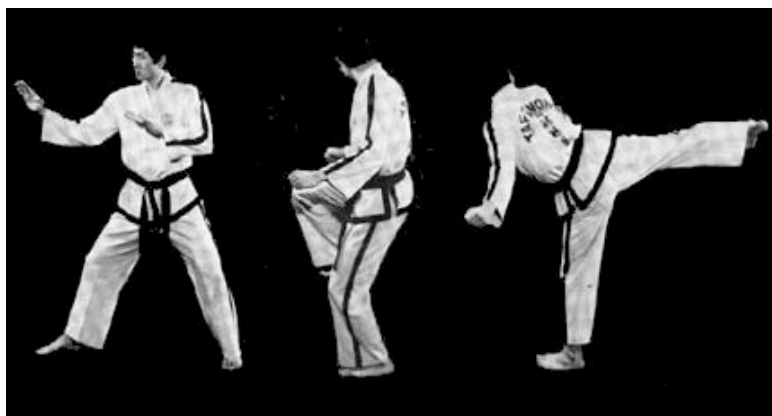
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BACK KICK (DWI CHAGI)

This kick is quite effective for attacking an opponent approaching from the rear. The foot sword is used as an attacking tool. The advantage of this technique is the ability to reach a long distance even without changing the direction of the body. Keep the toes of the stationary foot pointed to the front with the ankle of the kicking foot bent at a 45-degree angle at the moment of impact.



DOWNWARD KICK (NAERYO CHAGI)

This kick is useful for attacking an opponent by passing over an obstacle such as another person. The back heel reaches the target in a downward line from the apex of the kick. The point of focus should not be lower than the attackers own solar plexus because this may cause loss of power. The skull is the main the target, with the clavicle the secondary target





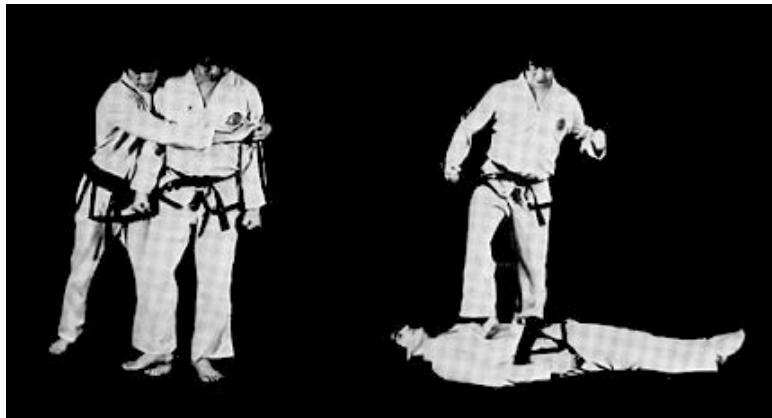
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STAMPING KICK (BAP CHAGI)

This kick is used to attack the opponent's foot. This is the case in a situation where the defender is being held or clinched. The technique can also be used against an assailant approaching from the front. Moreover, it is highly effective against a floored opponent. The back of the footsole is used for this technique, and in some rare case the side of the foot.



GRASPING KICK (BUTJABO CHAGI)

This technique is only used to attack two attackers at the same time. One opponent can be kicked with one or two foot while the other is being grasped with one or two hands.



TWISTING KICK (BITURO CHAGI)

If the attacking tool approaches the target area describing an out curved line the kick can be defined as a twisting kick. The kick is divided into low, middle and high twisting kicks. The foot should be vertical to the target at the moment of impact except for the case of a high twisting kick.



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SIDE KICK (YOP CHAGI)

This is one of the most effective techniques for attacking an opponent at the flank. The footsword is the attacking tool. The vital spots are the temple, armpit, floating ribs, neck artery, philtrum, point of the chin, and solar plexus.

The main principles of this kick are:

- The attacking tool must reach the target in a straight line with a revolving motion.
- Regardless of the stance, the footsword must be brought to the innerknee joint of the stationary leg prior to delivering the kick.
- Keep the toes of the kicking foot faced slightly downwards and the toes of the stationary foot pointed about 75 degrees outwards at the moment of impact.
- For the maximum height, lean the body away from the kick as far as possible while still maintaining balance.
- Unless advised otherwise by an instructor, execute a high punch using a right fist with a right foot and vice versa.
- The stationary foot pivots allowing the hip to rotate with the kick.

TURNING KICK (DOLLYO CHAGI)

The turning kick is ideal for attacking an opponent positioned at the side front, and is usually performed with the ball of the foot, instep and knee, however, the toes can be used if wearing shoes. This kick is normally executed from the rear, though occasionally the front foot. This technique is classified into low, middle and high turning kicks.

The main principles of the kick are:

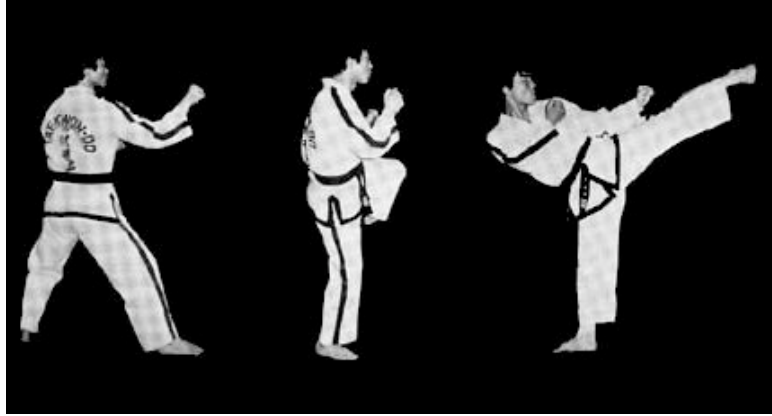
- The hip must be swung forward to enable the foot to reach the target in an arc.
- The ball of the foot must be vertical to the target at the moment of impact.
- The foot must have reached the apex of the kick shortly before contact so the toes are pointed slightly downward at the instant of contact.
- The toes of the stationary foot should point 45 degrees outward at the moment of impact.
- The kicking leg must not be bent more than absolutely necessary at the moment of impact.
- The arms must be kept within sight while kicking.



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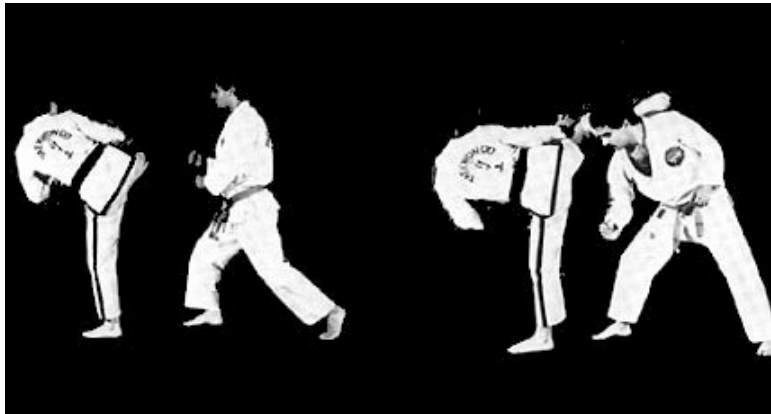
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REVERSE HOOKING KICK (BANDAE DOLLYO GORO CHAGI)

This is a variation of a reverse turning kick, and has dual purposes. One is to kick and the other is to hook the opponent who moves in during the execution of the kick.

- Bring the heel close to the body soon after the kick.
- Bend the kicking leg properly during the kick.



REVERSE TURNING KICK (BANDAE DOLLYO CHAGI)

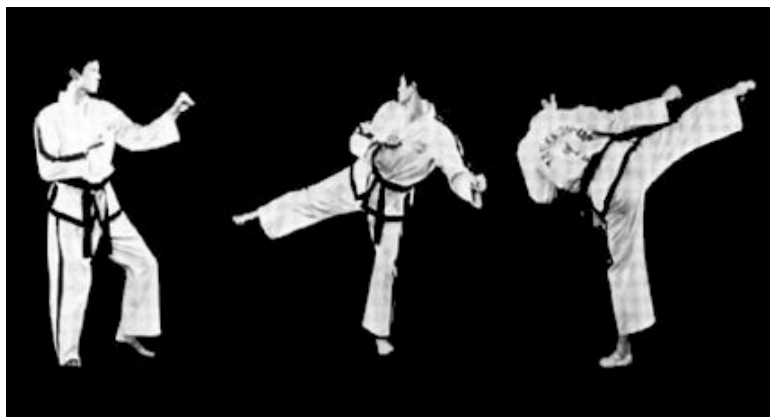
This is a reverse form of a turning kick used against an opponent at the side rear. It is mainly performed with the back heel but occasionally the ball of the foot is used. This technique can be performed with either front or rear foot as far as the stationary foot is concerned, because the effectiveness of this kick depends on maximum speed while turning. Special care should be taken to maintain balance and posture. It is broken into low, middle and high reverse turning kicks.



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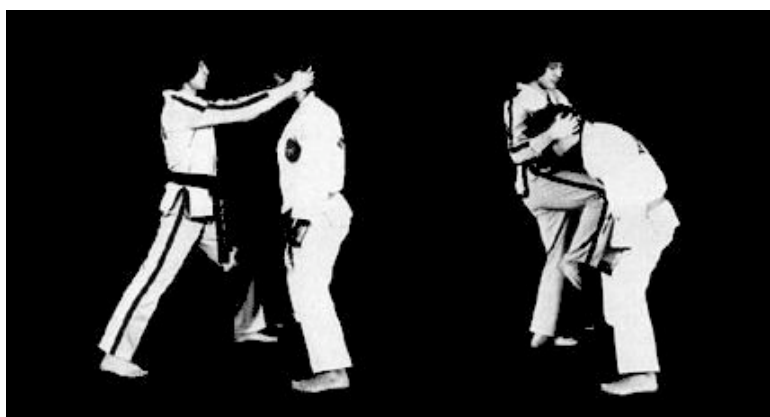
SWEEPING KICK (SUROH CHAGI)

The sweeping kick is an effective weapon to disturb the opponent's balance. Usually the technique is aimed at the ankle of the opponent. The side of the footsole and the back of the heel are correct attacking tools.



UPWARD KICK (OLLYA CHAGI)

This technique is used in attacking the solar plexus or chest at close range with the knee. Be sure to pull down the opponent's head or shoulder with both hands while kicking.





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VERTICAL KICK (SEWO CHAGI)

This technique is employed in attacking the target from a 90-degree angle. It is performed mainly with the footsword and occasionally with the reverse footsword. The foot must be vertical to the target while bending the leg about 30 degrees at the moment of impact. The attacking tool reaches the target in an arc.



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