

Han Moo Kwan Tae Kwon Do

Back Kick



The Back Kick is executed as a thrust using the heel toward an opponent that is behind you. The Back Kick is usually used as a counterattack or a secondary move. The Back Kick lacks the strength of the Side Kick since it does not utilize the hip rotation that makes the Side Kick forceful. Back Kick can be executed from different stances.

www.hanmookwan.org

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