

Han Moo Kwan Tae Kwon Do Crescent Kick



Crescent Kick is not a common kick used in Han Moo Kwan for self-defense or sparring, but can be effective when the situation arises. The striking surface is the inside sole of the kicking foot. The Crescent Kick is not a strong attack since the striking surface is not sharp enough to focus the energy. The kick can be used as a sweep to an opponent's shin area to take an opponent off his feet. (As a sweep, the kick is low and under the gaze of the opponent so they are not prepared or see the kick coming.) The kick can be used for defensive purposes and can be used to deflect or alter attacking opponent's kick or hand technique. It can also be used as an unconventional attack to confuse a more skilled opponent. Crescent Kick is thrown inward. Crescent Kick can be executed from different stances. Crescent Kick is used in Pyung Ahn 5 and No Pe Hyung.

www.hanmookwan.org

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