

Han Moo Kwan Tae Kwon Do

Stamping Side Kick



Stamping Side Kick uses the edge of the foot similar to the Side Kick. Stamping Side Kick is effective against the lower leg. Stamping Side Kick can be executed starting from different stances. Stamping Side Kick is used in Pyung Ahn 3, Pyung Ahn 5, Mepojan 1, Mepojan 2, and Mepojan 3.

www.hanmookwan.org

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