

Han Moo Kwan Tae Kwon Do

High Kick



As an advanced kick (intermediates and advanced students), this kick can be used as an offensive attack or a sweep to take down an opponent. This technique can also be used to maneuver or off-balance opponent as a leg sweep. High Kick can be executed from different stances. The basic High Kick is performed from an Attack Stance. (Some art forms refer to this kick as an Axe Kick).

Key Attributes:

- Hips and shoulders square, back straight throughout kick
- Eyes/gaze will be forward, to the horizon throughout kick
- Head up/chin level throughout kick
- Kicking leg is locked, foot flexed, as it moves upward from floor to in front of opposite shoulder
- Kicking leg moves back to floor with maximum downward force
- Contact with the foot will be on the heel
- With closed fists, arms remain in front of body for protection

Benefits:

- Arm position is such to be able to protect upper body if required
- Good stretch for the legs, especially the hamstring
- For beginner's, good preparation for the Turnaway Kick
- Locked leg generates more force and makes a more effective kick

Execution:

- Instructor calls: High Kick
 - Enter Attention Stance
 - Instructor calls: Ready
1. Start by stepping (to the right and back) into an Attack Stance
 - Rear foot is flexed with pressure on the outer edge
 2. Arms in front with closed fist (approximately fist in front of shoulder)
- For each count from the Instructor (using the right side as an example):
1. Right kicking leg is locked as it moves upward from floor to in front of opposite shoulder
 - Hips need to turn approximately 20 degrees in direction of the upward motion of the kicking leg
 - Forward leg may need to bend slightly as foot moves upward to keep leg locked
 - Kicking leg is locked, foot flexed, throughout kick
 - Contact with the foot will be on the heel
 - Upper body should have minimal motion throughout kick
 2. Right kicking leg moves back to floor with maximum downward force to original starting position

www.hanmookwan.org

Neither the author nor the Han Moo Kwan Association assumes any responsibility for the use or misuse of the information contained within this instructional document.