

# Han Moo Kwan Tae Kwon Do

## Jump Front Kick



Front kick is a very fast, forceful kick using the ball of the foot and a piston action. The ball of the foot is used and toes are pulled back for protection. It is an effective technique when your striking range is too far to use hand strikes. Front Kick can be performed from any of the basic stances. Front Kick is used in Kibon 3, Kibon 4, Pyung Ahn 2, Pyung Ahn 4, and No Pe Hyung. Jump Front Kicks are used to perform a faster front kick and/or to close the distance. The Jump Front Kick is performed from a Cat Stance. For basics, this kick is expected to be executed at the student's own belt height, although all heights (ankle to head) should be practiced.

### Key Attributes:

- Relies on Cat Stance
- Performed with a 'jump'\*
- Kicking knee rises up as far as possible
- Knee drops down and the ball of the foot pushes out linearly towards the intended target
- Kicking leg knee is locked at impact
- Toes are pulled back to expose the ball of the foot and to protect the toes.
- Head up/chin level throughout kick
- Eyes/gaze will be forward, to the horizon, throughout kick
- Back stays straight and upright throughout kick

### Benefits:

- Arm position is such to be able to protect upper body if required
- Front kick is a very fast, powerful kick using the ball of the foot.
- Piston action kick is faster; harder to stop, harder to catch
- Piston action kick is linear so force is all in one direction resulting in a more powerful kick
- Ball of the foot used and toes pulled back to protect toes
- Allows for faster kicks and closing the distance

### Execution:

- Instructor calls: Cat Stance Left Foot Forward
- Enter Attention Stance
- Instructor calls: Ready
- 1. Start by stepping left foot forward into Cat Stance Attack
- Instructor calls: Jump Front Kick
- For each count from the Instructor (using left side as an example):
- 1. Perform the "jump"\*
- 2. Left Kicking knee rises up as far as possible
  - Weight bearing leg should remain bent for stability
  - Left foot flex; with ball of foot extended and toes pulled back
- 3. Left knee drops down and the ball of the foot pushes out towards the intended target
  - Back stays straight and upright throughout kick
  - Hands remain in Cat Stance Attack position throughout motion
- 4. Knee extends with a piston action (pronounced knee drop should be seen);
  - Ball of the foot used and toes pulled back to protect toes
- 5. Left leg extended and knee locked at impact; Kick is extended through the target
- 6. Retract left knee up to as high as possible (should be close to initial knee up position)
  - Retraction is of equal force/focus as kick itself
- 7. Set left foot back on ground in Cat Stance Attack

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\*NOTE: The expectation of how the “jump” is performed evolves over time as the student improves their balance, flexibility, and mechanics

- At the beginner level, the “jump” for Jump Front Kick is taught more as a step
  - Hips shift forward transferring weight forward to initiate the jump
  - Rear foot shifts to the side of the front foot
- At the intermediate level, the “jump” for Jump Front Kick is evolves to
  - Rear foot replaces front foot
    - Heel of rear foot should move under and replace heel of forward foot
- At the advanced level, the “jump” for Jump Front Kick continues to evolves such that more advanced students will place the foot further forward

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