

Han Moo Kwan Tae Kwon Do

Jump Side Kick



Side Kick is a very forceful kick, since it utilizes the more massive leg and gluteal muscles. It is an effective technique when your striking range is too far to use hand strikes. Contact with the foot will be on the outer edge near heel; toes pointed toward the ground. Side Kick can be executed from different stances. The Jump Side 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
- Hips rotates and leg extends linearly towards the intended target
- Kicking leg knee is locked at impact
- Contact with the foot will be on the outer edge near heel; toes pointed toward the ground
- Looking over the shoulder as extend leg and impact target
- Extension of leg and retraction are of equal force
- Arms remain in front of body for protection

Benefits:

- Arm position is such to be able to protect upper body if required
- Side Kick is a very powerful kick using hip rotation to drive the leg forward.
- Linear action is faster; harder to stop, harder to catch
- Linear action provides force all in one direction resulting in a more powerful kick
- 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 Side Kick
- For each count from the Instructor (using left side as an example):
 1. Perform the "jump"*
 1. Left leg knee lifts straight up in front of body; foot is flexed
 2. Turn 90 degrees to the left on the ball of the base foot
 3. Cock the hip (tilting it upward slightly)
 4. Extend flexed foot toward target as rotate hip; upper body will naturally lean as extend kick
 - Support foot rotates on ball of foot until heel points toward the target
 - Contact with the foot will be on the outer edge; toes pointed downward toward floor
 - Shoulder should drop and look back over it at the target
 - Arms are brought in towards the body, slightly
 5. Retract leg back towards body; upper body will become upright as retract kick
 6. Turn 90 degrees to the right on the ball of the base foot; so leg is bent in front of body
 7. Set foot back down; reset into Cat Stance Attack

*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 Side Kick is taught more as a cross step
 - Shift forward in Cat Stance Attack with rear foot crossing behind the front foot; turning the body 90 degrees to the left on the balls of the feet

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- At the intermediate level, the “jump” for Jump Side Kick 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 Side Kick continues to evolve such that more advanced students will place the foot further forward and the actual motion of the kick itself is more fluid like a corkscrew.

www.hanmookwan.org

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