

# Han Moo Kwan Tae Kwon Do

## Jump Turnaway Kick



Turnaway Kick is an effective kick when used against the head and joints of an opponent. It is also effective when used for maneuvering techniques and sweeps. Turnaway Kick is good for quick, close in strikes up towards the head (sneaking in below opponent's line of site), lower back, or to sweep an opponent off his feet. Turnaway Kick can also be used to deflect an opponent's kicking leg or guarding arms. Contact with the foot will be on the outer edge. As an advanced kick (intermediates and advanced students), this kick can be used against the head or a sweep to take down an opponent (target location depends on range and opponent's position). As an advanced kick (intermediates and advanced students), Turnaway Kicks can be used to deflect or alter attacks (knife thrust, Front Kicks, Side Kick, Turnaway Kick). Turnaway Kick can be executed from different stances. Jump Turnaway Kicks are used to perform a faster turnaway kick and/or to close the distance. The Jump Turnaway Kick is performed from a Cat Stance. For basics, this kick is expected to be executed at the student's own head height, although all heights (ankle to head) should be practiced.

### Key Attributes:

- Relies on Cat Stance
- Performed with a 'jump'\*
- Kicking leg is locked as it moves upward from floor to in front of opposite shoulder
- Contact with the foot will be on the outer edge
- With hands in a Cat Stance Attack position, arms remain near front of body for protection
- Head up/chin level throughout kick
- Eyes/gaze will be forward, on opponent throughout kick
- Hips and shoulders square; back straight
- Upper body motion should be very conservative (elbows should stay close to the body)

### Benefits:

- Arm position is such to be able to protect upper body if required
- Locked leg generates more force and makes a more effective kick
- Good technique to maneuver or off-balance opponent
- 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 Turnaway Kick
- For each count from the Instructor (using left side as an example):
- 1. Perform the "jump"\*
- 2. Left kicking leg is locked, foot flexed, as it moves upward to in front of opposite shoulder
  - Hips need to turn slightly in direction of the upward motion of the kicking leg
- 3. Left kicking leg makes a slight arc motion as it comes across the body (head height)
  - Contact with the foot will be on the outer edge of the foot
- 4. Left kicking leg moves downward behind the weight bearing leg, directly under your center of gravity
- 5. Reset into Cat Stance Attack with opposite foot forward after finishing motion of kick

\*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 Turnaway Kick is taught more as a step
  - Hips shift forward transferring weight forward to initiate the jump

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- Rear foot shifts to the side of the front foot
- At the intermediate level, the “jump” for Jump Turnaway Kick evolves to
  - Attack with the front hip; rotating hips approximately 45 degrees; transferring weight forward to initiate the jump
  - 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 Turnaway Kick continues to evolve such that more advanced students will place the foot further forward

[www.hanmookwan.org](http://www.hanmookwan.org)

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