

# Han Moo Kwan Tae Kwon Do

## 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 basic Side Kick is executed from an Attack 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:

- 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

### Execution:

- Instructor calls: Side Kick
  - Enter Attention Stance
  - Instructor calls: Ready
1. Start by stepping (to the right and back) into a 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 right side as an example):
    1. Right 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
    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 into Attack Stance with arms in the guard position

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