

Han Moo Kwan Tae Kwon Do

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. The basic Turnaway Kick is performed from an Attack 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:

- 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)
- 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 closed fists, arms remain in front of body for protection

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

Execution:

- Instructor calls: Turnaway 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 kicking leg is locked as it moves upward from floor to in front of opposite shoulder
 - Forward leg may need to bend slightly as foot moves upward to keep leg locked
 2. Hips need to turn approximately 45 degree in direction of the motion of the kicking leg
 - Kicking leg is locked, foot flexed, throughout kick
 3. Right kicking leg makes a slightly arc motion as it comes across the body (head height)
 - Contact with the foot will be on the outer edge
 - Upper body should have minimal motion throughout kick
 4. Right kicking leg is set foot back down into Attack Stance with arms in the guard 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.