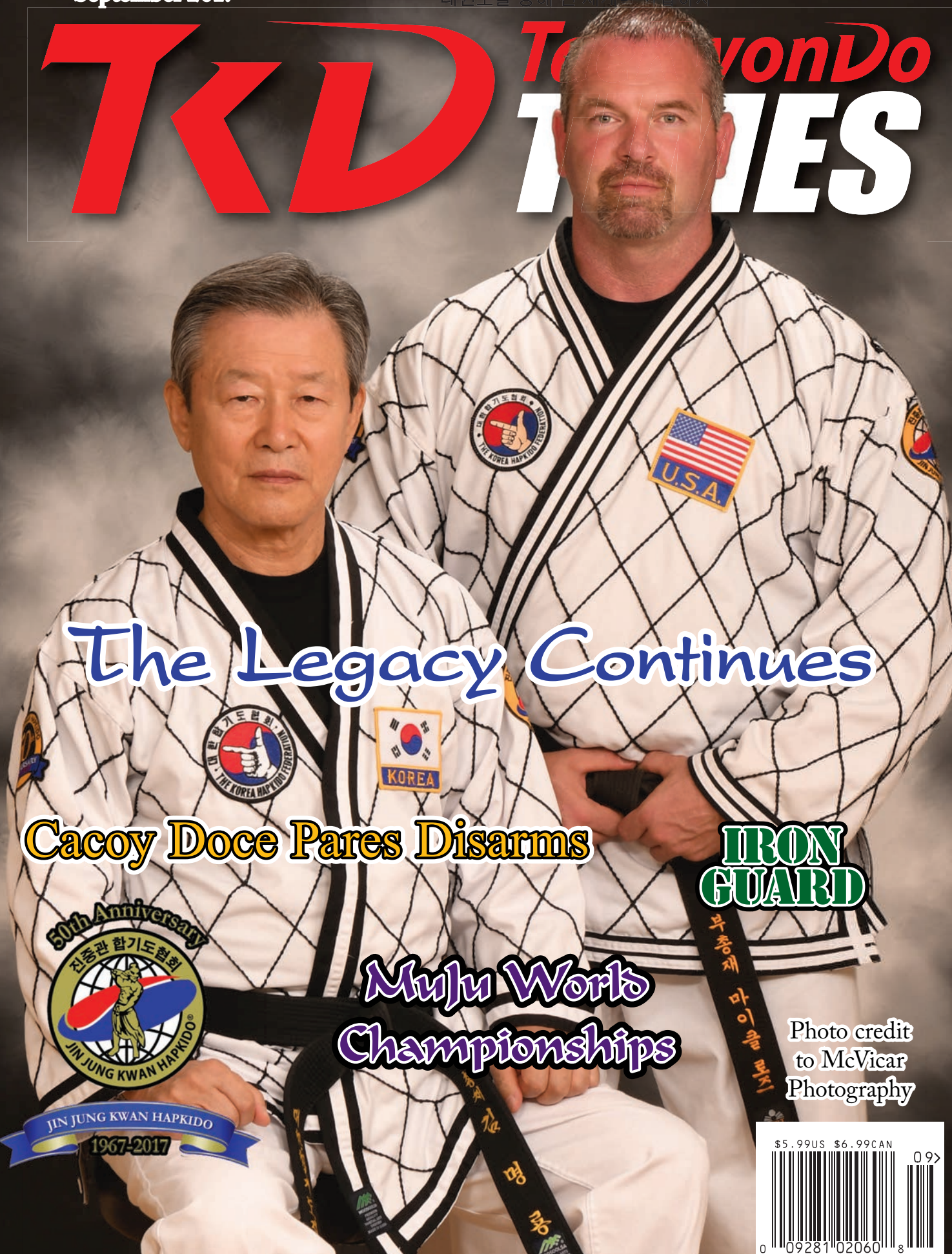


September 2017

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# The Joy of Breaking

## The Not-So-Simple POWER Front Kick

By Master Wiz

The front kick is in almost every fight scene in every movie, and everyone thinks they know how to do it, whether they have had lessons or not. The problem is the simple front kick is not that simple. Although in reality there are many types of front kicks used for different targets in different situations, the main ones are:

**Front PUSH kick** – using the flat of the bottom of the foot. Used to shove the opponent away

**HIGH snap kick** – for up under the jaw

**Front SNAP kick** – to strike a target and quickly withdraw

**POWER front kick** – to destroy the target

For this article I will be focusing on the POWER front kick.

The proper execution of a POWER front kick requires the coordinated usage of the quadriceps (upper muscles of the thigh) and the pelvis in order to create a devastating kick that directs power forward and horizontally.

The biomechanical key to this is ensuring that the base leg drives the hip/pelvis forward, using the gluteus/butt muscle by leaning forward and contracting the abs and core. This has the added advantage of increasing the mass that can be used to increase the power of the kick.

When kickers lean backwards, this extends the spine, and the gluteus muscles of the supporting/pushing leg can no longer be engaged, which reduces the power. In addition, leaning back means there is less mass to include in the strike.



The striking tool for POWER front kick is the ball of the foot, with the ankle locked into an extended position and the toes pulled backwards. A common issue many beginners experience is that when they pull their toes



back, their smallest toe (pinky) flexes forward, which is dangerous. They must practice on focusing the contraction of their big toe (pulling it back) and relaxing the other digits. This will allow the proper positioning of the foot and toes. This can be practiced and checked by sitting on the floor with the legs extended. Flex the ankle(s) forward until locked, pull back the toes, and check the positioning.

The proper height of the kick has the striking point at approximately

at pelvis level. The ideal distance can be measured by standing sideways to the board in a parallel stance with the extended hand of the breaking leg in just touching the top of the middle of the board. Then pivot away from



the board on the supporting leg and step away with the breaking leg into a guarding position. To initiate the break, pivot your body (and



both feet forward) to a full facing position and reach forward with both hands while leaning slightly towards the target.

The breaking leg is then tucked up to the gluteus muscle (butt), with the knee pointed directly at the target and the ankle locked into the extended breaking position and the toes pulled back. Simultaneously, the supporting leg raises up on to the ball of the foot.



Maintaining the forward inclination of the upper body, snap the kicking leg towards the target while simultaneously thrusting forward with the pelvis and PUSHING forward with the supporting leg.

On impact, pull both hands towards the chest to create a reaction force but maintain the forward inclination.

With the supporting leg raised up onto the ball of the foot, more mass will be driven forward into the break as the kick is executed. As the kick is completed, the breaker will actually have to control their body as they “fall” through the destroyed target.

\*\* Be careful not to rotate the supporting foot during the execution of the break, as it will cause a subsequent rotation of the pelvis and reduce power.



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