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The Joy of Breaking

The Six-Inch Power Side Kick Break

By Master Wiz

We have all heard about and or seen the famous one-inch punch performed by Bruce Lee. After watching the demonstration of the power he could generate in such a short space, people automatically started to wonder about how much power he could generate with a normally performed punch done with a full wind-up and with his entire body behind it.

I used this same principle when I developed one of the drills to help my students to generate explosive power in their side kick.

This drill focuses on the final explosive energy that can be generated at the very end of a side kick break by combining the powerful rotation of the foot along with the power gained from extending the leg using core strength to snap the body into a straight line.

First, determine the best height for you to break. This will be determined by your flexibility and strength. Ideally, this height is the middle of the board one vertical fist above your belt (as mentioned in a previous article). However, if your flexibility or strength prohibits you from chambering or holding your leg in the proper static position, lower the board as required.

1. Hold the breaking foot approximately six inches from the board with the toes held upright. Ensure that the knee and toes are pointing up and the hip is mostly vertical. In other words, keep the bum down, not rotated sideways towards the board.

2. Bend the supporting leg so that the knee is “loaded” or “activated” and ready to launch the kicker’s body weight into to break. The base foot should be

positioned parallel to the board to allow proper rotation during the execution of the break.

3. Ensure that the breaking leg’s knee is higher than the breaking foot and that the foot is positioned slightly forward of the intended impact point. A good guideline is that it should be approximately in line with the bent supporting knee.
4. Hold this position as you isometrically tense all the muscles associated with executing a side kick.
5. In one explosive movement, drive the breaking foot/heel forward toward the board. Ensure that the tibia (shin) of the kicking leg rotates horizontally and that the knee does NOT dip towards the floor.
6. Push with the supporting leg, and rotate the supporting foot so that the heel is pointing towards the board on impact.
7. As the kicking leg rotates, the kicking foot will also rotate. On impact, the toes should be almost horizontal. As the foot passes through the board, the toes should finish pointing downward at approximately a 45-degree angle.



