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# The Joy of Breaking

## The Power Reverse Turning Kick

by Master Wiz

The Reverse Turning Kick (RTK) is often confused with reverse hooking kick. However, they are incredibly different. The hook kick is designed to bend at the knee and strike the opponent's head in a snapping motion, pulling it towards your gluteus. A reverse turning kick is a straight leg kick used wherever devastating power is required.

When done properly, the power generated from the straight leg of a RTK can generate as much power on impact as a sledgehammer!



In order to generate this kind of power, a straight leg must be maintained throughout the strike. However, the knee joint must be kept very slightly bent but locked rigid by the surrounding muscles in order to protect it from being forced backwards on impact and being injured.

The impact point/striking tool is the area BETWEEN the bottom of the heel (the part you walk on) and the back of the heel. The easiest way to landmark the striking tool is to sit on the floor with your legs stretched out in front of



you, and allow your foot to point forward slightly. The part that is touching the floor is the striking tool.

In order to not injure the ankle on impact, the ankle **must** be flexed and locked into place by the surrounding muscles. It is vital that impact is made with the proper striking tool. Otherwise, impact with the Achilles tendon can occur and cause damage or even severe injury.

As with a sledgehammer, stepping into a swing increases power and spinning increases power even more so but requires more practice to ensure accuracy. For this article, we will focus on step behind RTK.

Height-angle-distance: The middle of the board should be approximately one fist below the solar plexus. If breaking with the right leg, stand at approximately a 45-degree angle from the right corner of the board, facing away from the board in a sitting stance (horse stance) far enough away that your right hand can just touch the corner of the board. Create more distance by stepping away from the board by bringing the right foot to the left foot and move the left away into a left L-stance maintaining the 45-degree angle to the board.

While maintaining your eye on the board, step with the left leg approximately one shoulder



width behind the right leg towards the board. At the same time, pivot the left foot so that the toes point away from the board and the heel points towards the corner of the board. Pivoting the toes away from the board causes the right hip and torso to rotate away from the board to pre-stretch the core muscles.

To increase power, swing both arms at shoulder level away from the board as you step behind.

Once maximum stretch has been reached in the core, lift the (locked straight) right leg up to



the height of the top of the board while maintaining its 45-degree angle to the board.

Swing the outstretched arms towards the board and simultaneously contract the core muscles to rotate the

upper body in the same direction. Leave the kicking leg in its previous position as long as possible in order to generate a pre-stretch in the right gluteus and hamstring.

Once the maximum stretch has been reached in the leg, contract the gluteus and hamstring and muscles in order to accelerate and **pull** the striking tool towards the board. The leg will pass the torso in its acceleration, but the torso must continue to contract and rotate towards the board (**pushing** the leg into the target).

When the striking tool is approximately two shoulder widths from the board, direct the swing slightly downward so that the striking

tool impacts the board in the center. Ensure proper foot position on impact, and continue to rotate both the upper body and the leg and smash the striking tool through the board(s).



*Master Terry Wisniewski is a 7th-degree black belt in ITF Tae Kwon Do, founder of Tien Lung Tae Kwon Do. He is a full-time professional Tae Kwon Do instructor with three schools.*

*He has trained world champions in patterns, self-defense and power breaking.*

