

UNITING THE WORLD THROUGH **MARTIAL ARTS**

TKD *TaeKwonDo* TIMES

SEPTEMBER 2013

EXCLUSIVE PREVIEW:
DR. HE-YOUNG KIMM'S
TAEKWONDO HISTORY

THE CURIOUS WAY OF
MASTER KAREN EDEN

MARTIAL ARTS

GAINING A COMPETITIVE
ADVANTAGE IN SPARRING

7-DAY SUPPLEMENTAL WEIGHT TRAINING REGIMEN
TO OPTIMIZE COMPETITIVE TAEKWONDO SPARRING

GM TAE YUN KIM

REACHING OUT AND INSPIRING THE YOUTH

WORLD

MASTER ON
A MISSION

THE UNITED KINGDOM'S
DONATO NARDIZZI

MASTER
JASON
WADLEY

HARNESSING THE
POWER OF NETWORKING



Use Breaking to Develop a DEVASTATING SIDE KICK

The breaker stands sideways to the board, steps towards the board (with the foot that is the furthest away from the board) and behind the front foot and in one smooth motion, lifts the front foot up, knee to chest (chambering it) and shoots the leg

out to smash the target with the heel.

Sounds simple but many martial artists have sidekicks that wouldn't slow down a determined attacker. This is usually due to improper chambering by poor body alignment (knee and lower



SIDE KICK BREAKING TIPS



1. The middle of the board should be approximately 1 fist above the height of the belt. If the breaker cannot position their breaking foot and knee slightly above the crack when chambered properly...lower the board.

Jon: "This is optimal because the elevated sideways position of the hip while kicking, and the slight downward angle of hip to heel on impact, allows body mass to add impact."

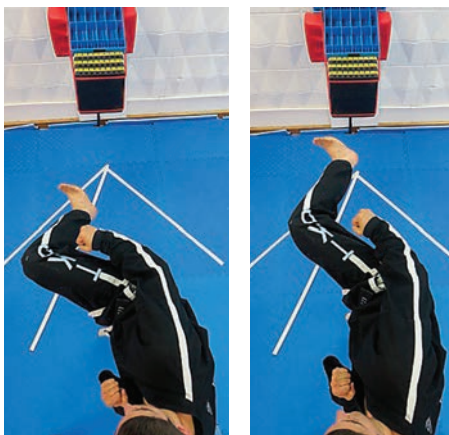
POSITION BOARD ONE FIST ABOVE BELT

2. The breaking foot should be pulled backwards towards the kicker and chamber in front of the body. Chamber the breaking knee as far as possible in front of the chest (NOT by the buttocks) towards the opposite shoulder away from the board. Keep the toes pointing upwards and maintain an approximate 90 degree angle between the thigh and calf. *Jon: "Keeping the leg at a 90 degree angle of flexion at the knee and hip during the chambering phase allows the glute and hamstrings to generate force, THEN the quadriceps will follow with the extension of the knee. With this technique, you utilize all three major leg muscles, the quads, glute and hamstrings to generate maximal force."*



3. Chamber the leg in an elliptical motion and kick without pausing or stopping. *Jon: "Science supports this as muscles have an elastic component to them called the stretch shortening cycle (SSC). Pulling the breaking foot backwards towards the body, called the eccentric movement, creates the SSC then immediately shooting it towards the board, called the concentric movement, utilizes the stretch. Stopping the movement will dissipate the SSC, reducing both speed and power."*

PROPER CHAMBERING



PROPER EXTENSION TOWARDS BOARDS

4. Throughout the extension of the kick, the breaking foot should angle towards the target and NOT come into line with the hips and shoulders until the last 6-12". Keep the breaking toes pointed upwards until the very end to help position the knee joint. *Jon: "This allows for the most beneficial sequences of muscle contraction and maximal muscle recruitment which will increase power."*



CORRECT - ROTATION INTO THE STRIKE



INCORRECT - KNEE POINTING DOWN

5. In the final stage, the supporting foot must rotate so that the toes point away from the board, simultaneously the breaking foot rotates toes downward. As the toes point down, the entire leg rotates on an axis (imagine a chicken rotisserie skewer) rather than the knee dropping and pointing down. *Jon: "The external rotation of the hip on the base foot will assist in getting full extension of the pelvis to produce the maximum amount of force."*


by Master Terry Wisniewski

Breaking should be a regular part of school curriculums because it's one of the best ways to develop devastating capabilities. There is a distinct difference between pushing a technique into a soft target that will never damage anything or anyone and snapping one out that can save your life.

In my three schools in Canada, students break every week. As they progress they learn strikes using most tools. The Side Kick is one of the most powerful and useful techniques in a martial artist's arsenal. A good side kick is devastating at full extension but it can also break ribs as close as a foot away. It can be fast like a jab or hit like a sledge hammer.

Proper technique for the side kick is based on the laws of motion and biomechanics. We'll keep the physics simple. To explain biomechanics we are lucky to have Jonathan Cheung, a high performance strength and conditioning coach.

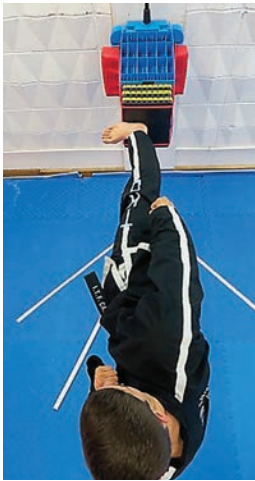
Here's How to Develop a DEVASTATING Side Kick! **TKD**



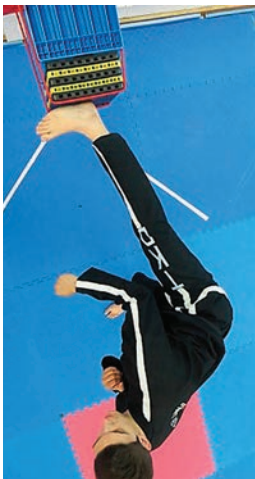
• Master Terry Wisniewski is a 7th degree Black Belt in ITF Taekwon-Do, founder of Tien Lung Taekwon-Do. He is a full time professional Taekwon-Do instructor with three schools. As a 9-time coach for Team Canada he has trained World Champions in Patterns, Self Defense & Power Breaking.

Photos courtesy of Terry Wisniewski

FEATURED ITEMS

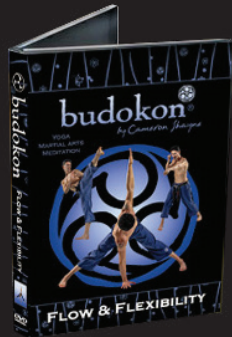


CORRECT - STRAIGHT LINE AT IMPACT



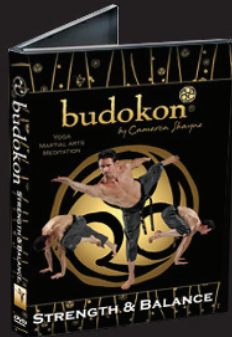
INCORRECT - BENT AT HIP

6. On impact make a straight line from shoulder to heel with all the joints locked (back, hips, knee, ankle) and stomach contracted. *Jon: "The greatest amount of force the body can produce will always be in a straight line as the only way we can produce pushing force is to extend every joint. If there is a bend in the torso or any joint there will be a loss in generated power which will decrease the amount of force transferred from the foot to the board. In addition the opposing force from kicking the board will be absorbed more efficiently when the body is straight which will keep the athlete balanced and stable once they have completed the kick."*



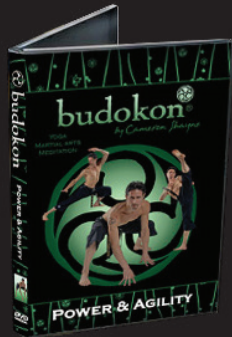
FLOW AND FLEXIBILITY

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