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Technique Review – The Stepping Side Kick

Stepping Side Kick is an excellent technique to use for Sparring and for Power Breaking demonstrations.

The technique is designed to help you generate explosive kicking power while closing the distance between you and your opponent.

The Kick is delivered in two ways:

- Stepping to the front foot (fig. 2)
- Stepping behind the front foot (fig. 2A)
- From Side Fighting Stance swiftly bring the back foot to the front foot or behind it in a skipping motion. (figs 1 – 2A)
- Bring the kicking leg up in a straight line with the knee bent and the heel of your foot tucked as close as possible to the buttock. (The hip and the heel must be in line with your target. The higher you want to kick the higher you should bring the knee). (fig. 3)
- Extend the kicking leg towards the target in a straight fast motion and lean the upper body slightly away from the target. (fig 4)
- Retract the kicking leg in the same way you delivered the kick. (It is important to retract the leg before you land).

By Instructor Murray Forbes

Fig 1



Fig 2



Fig 2A



Fig 3

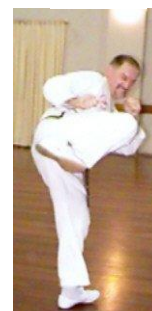


Fig 4



Improve the power of this kick by:

- Using a punching bag and or a kicking shield with the help of a partner.
- Doing side leg raising practices against the wall.

