

Han Moo Kwan Tae Kwon Do

Front Kick



Front Kick is a very fast, forceful kick using the ball of the foot and a piston action. The ball of the foot is used and toes are pulled back for protection. It is an effective technique when your striking range is too far to use hand strikes. Front Kick can be performed from any of the basic stances. Front Kick is used in Kibon 3, Kibon 4, Pyung Ahn 2, Pyung Ahn 4, and No Pe Hyung. In the Han Moo Kwan style, the basic Front Kick is performed from a Natural Stance. For basics, this kick is expected to be executed at the student's own belt height, although all heights (ankle to head) should be practiced.

Key Attributes:

- Kicking knee rises up as far as possible
- Knee drops down and the ball of the foot pushes out linearly towards the intended target
- Kicking leg knee is locked at impact
- Toes are pulled back to expose the ball of the foot and to protect the toes.
- Head up/chin level throughout kick
- Eyes/gaze will be forward, to the horizon, throughout kick
- Back stays straight and upright throughout kick

Benefits:

- Arm position is such to be able to protect upper body if required
- Front kick is a very fast, powerful kick using the ball of the foot.
- Piston action kick is faster; harder to stop, harder to catch
- Piston action kick is linear so force is all in one direction resulting in a more powerful kick
- Ball of the foot used and toes pulled back to protect toes

Execution:

- Instructor calls: Front Kick
 - Enter Attention Stance
 - Instructor calls: Ready
1. Step to the left Feet approximate shoulder width apart in a Natural Stance; Legs slightly bent
 2. Arms bent at approximately a 90 degree angle with closed fists (palms inward) in front of shoulder
 - Arm position is similar to the Medium Block end position with palms facing inward
 - For each count from the Instructor (using right side as an example):
1. Right kicking knee rises up as far as possible
 - Weight bearing leg should remain bent for stability
 - Foot flex; with ball of foot extended and toes pulled back
 2. Right knee drop downs and the ball of the foot to push out towards the intended target
 - Target height for basics is belt height
 - Arms remain in same position
 - Leg extended and knee locked at impact
 3. Retract right knee up to as high as possible (should be close to initial knee up position)
 4. Set foot back on ground to a Natural Stance with arms in the guard position

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