

Han Moo Kwan Tae Kwon Do Roundhouse Kick



The Roundhouse Kick is not a common kick used in Han Moo Kwan for self-defense or sparring, but can be effective when the situation arises. Force is generated from the rotating motion of the whole body as well as the snapping motion of the kicking knee. The striking surface is the top of the foot. Roundhouse Kick can be executed from different stances.

www.hanmookwan.org

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