

Han Moo Kwan Tae Kwon Do

Spin Kick



The Spin Kick back kick is executed as a thrust using the heel toward an opponent after a 360 Degree Turn. The Spin Kick is usually used as a counterattack or a secondary move when the opponent has forced you to start a turn. The Spin Kick should be used sparingly since it is only effective in select situations. Mr. Kim would say “Practice. Never use”.

www.hanmookwan.org

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