

Han Moo Kwan Tae Kwon Do

Vertical Crescent Kick



The Vertical Crescent 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. The strike is conducted in two parts – initial strike is to the ankle or shin of the opponent followed by a vertical motion straight up the opponent’s body line to strike the head.

www.hanmookwan.org

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