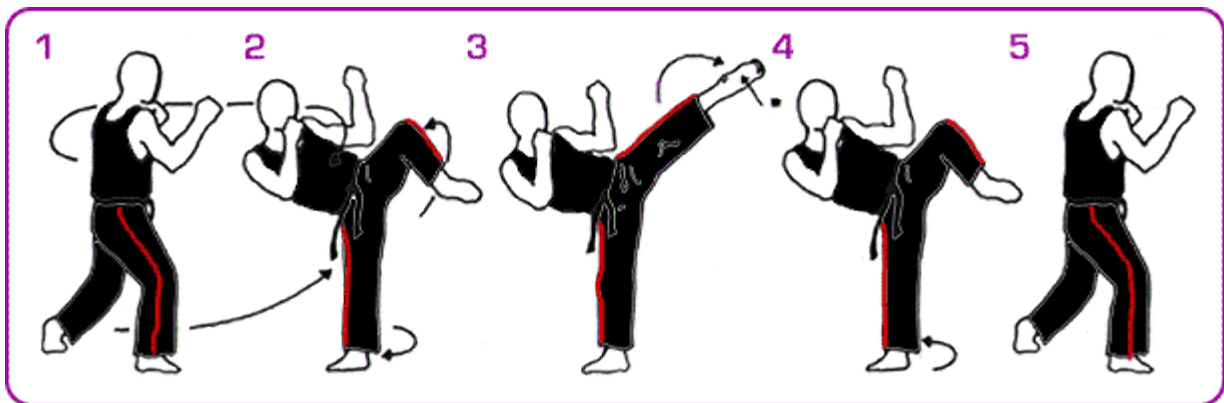


How to.... Turning Kick

How to do the correct execution of a Turning Kick

From fighting stance (1) use either leg in any direction; from fighting stance the body is turned side-ways from the target, the leg is chambered with the knee and foot parallel to the floor (2). The leg is extended from below the knee in a flicking motion (3) once the kick has hit the target it recoils to the starting position(4), and finally back into fighting stance (5). Impact is made with the top of the foot for speed when sparring during lessons, but the ball of the foot is used for power and penetration.



Face forward with one leg ahead of the other to perform a front-leg turning kick. Bend the forward knee while keeping the back leg straight. Make sure both heels touch the floor. Keep your legs shoulder-width apart (front stance).

Keep your fists in front of you to guard your midsection.

Lift the front leg and bend the knee 90 degrees, shifting your weight to the rear, supporting leg. Keep your thigh parallel to the floor. Point the toes of your striking foot.

Begin to pivot the supporting foot around to the rear as you bend the kicking leg.

Twist your hips and snap the leg from the knee as if snapping a whip from the side to a target. Your supporting foot will pivot 180 degrees during the full extension of the kick.

Strike the target with the top (instep) of the foot. Bend your striking leg at the knee 90 degrees and return to your original position, your supporting foot pivoting around 180 degrees.

How to perform the jumping turning kick

As with most kicks used in the martial arts, you will want to begin in fighting stance.

Lift your left leg, pouring your momentum toward the intended target. Keep your left leg from deviating to the left or right, as throwing off your momentum to either side will greatly impact the effectiveness of your kick.



As your left leg begins to move forward, bring your right (or back) leg up while tilting our body to the left. The primary objective of a turning kick is to bring the top of your right foot or shin into the impact surface of your intended target. In order to achieve such a goal, your body must be turned into the target.

First, extend your right leg with your shin hidden behind your thigh and knee. After your knee is pointed forward at its intended target, extend your shin, striking through your intended target. After impact has been completed, bring your right back to its starting position. Remember, the right foot should touch the ground before the left foot.

Return to your fighting stance, preparing to deliver another kick or defend against an opponent's onslaught.

A turning kick executed by the front leg is faster, and it is more effective during fast attack. However turning kicks executed with the back leg have greater velocity. The turning kick executed by the back leg requires the waist to turn more than that of the front leg. The turning of waist causes trunk rotation which can be taken as a small spin before kicking.