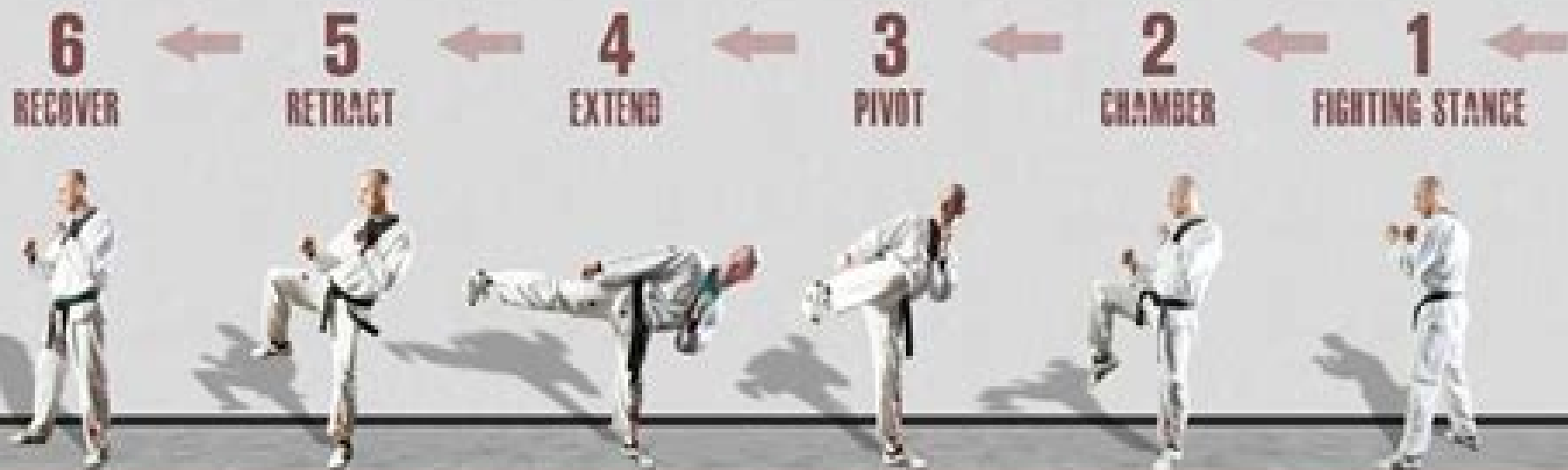


# SIDE KICK BASIC STEPS



## STEP 6.

Immediately after retracting your leg, you should recover as soon as possible. Do this by quickly dropping the kicking foot to the ground and right into another fighting stance.

Depending on your desired outcome, you might want to drop the kicking leg in front and into an opposite fighting stance or retract the kicking leg all the way back behind you and into your original fighting stance position.

## STEP 5.

After impact with the target you will want to recover as quickly as possible in order to execute a follow up technique. Do this by retracting your kicking leg after the desired force has been delivered to the target.

Based on circumstances, you may want to retract your leg back, all the way towards your body or just slightly, before lowering it to the floor and preparing yourself for another technique.

## STEP 4.

From your pivot position, begin to shift your body weight towards the target while simultaneously extending your kicking leg to drive your heel into it. As you extend and thrust your leg, turn your hip downward to employ the powerful gluteus maximus muscles.

Keep your heel lined up and drive straight through the target. If you do not shift your body weight in the direction of the kick, you might not achieve the maximum force possible and your body may be thrown back upon impact.

## STEP 3.

Lift your grounded heel slightly and pivot your hip (and body) sideways, in relation to the target, using the upward momentum of the chamber. Keeping your leg bent at the knee, continue to pivot while looking at the target until you can point your kicking foot's heel where you want to strike.

Control how much you pivot by driving your elbow on the same side as the kicking leg, in the opposite direction of the kick. By doing this, you can use your torso to counter the pivot and adjust it. You have loaded your side kick.

## STEP 2.

Drive your kicking knee upward in a straight line towards the direction of the target as if you were going to throw a knee strike instead of a side kick. The force applied to the chamber sets the tone for the entire kick.

A slower chamber requires you to apply more muscular energy during the pivot and loading phase of the kick and a fast chamber requires less energy to pivot and load up. Simple physics. Apply it now or later, it's up to you.

## STEP 1.

Prepare yourself for the kick! Position your body into a balanced fighting stance suitable for the situation and the technique.

Just before executing the kick you may choose to shift some of your body weight onto the kicking leg in order to push off the floor with it instead of just lifting it upward.

# Manual Taekwondo Techniques

**ML Morrison**



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