



## Taekwondo Kicks

**Roundhouse Kick** - This basic Taekwondo kick is probably the most frequently used kick in Taekwondo, esp. for sparring.

**Push Kick** - The push kick is a great defensive Taekwondo kick in order to knock your opponent off balance.

**Front Kick** - A front kick is useful for hitting your opponent in the groin or doing a snap kick to the chin.

**Axe Kick** - A high axe kick is useful to striking your opponent's head or collar bone.

**Back Kick** - The back kick is my favorite Taekwondo kick. Very powerful.

**Side Kick** - A Taekwondo side kick is an effective self-defense kick, especially if it is aimed at the knee.

**Hopping or Step Behind Side Kick** - The Taekwondo step behind side kick is a great way to close the distance with an opponent & land a powerful kick

**Spinning Hook Kick** - If done correctly, the Taekwondo spinning hook kick is a very deceptive and devastating kick.

**Spinning Roundhouse Kick** - The spinning roundhouse kick is a more powerful version of the regular roundhouse kick.

**Tornado Kick (or Jumping Spinning Roundhouse Kick)** - Here are some video instructions for a tornado kick. If used properly, this Taekwondo kick can result in some spectacular knockouts during sparring (see the video on this page).

**Jumping Double Roundhouse Kick** - The jumping double roundhouse kick is a very effective Taekwondo kick for sparring. Less useful in real life.

**Jumping Back Kick** - A jumping back kick is a useful counter kick for sparring.

**Jumping Spinning Hook Kick** - I always find this Taekwondo kick very difficult to execute.

**Knee Strikes** - You can not use knee strikes during Taekwondo sparring. However, knee strikes are very effective in "real life" combat.