



Mighty Mites & Ninja Niños



Yellow Belt – Red Belt / Gold Stripe

Long stance

This stance is all about balance, stability and strength. It is the stance which generates maximum power into any movement.

The stance is very “square on”, with your chest facing forward. This ensures that your feet are shoulder-width apart, giving you side-ways stability.

The length of the stance is approximately twice that of a normal walking step. The back foot is facing forward, with the heel on the floor. This ensures the back leg is locked straight, giving you the strength and stability on the stance, to push all the power into the technique.

The front leg is bent just enough for the knee to be directly above the heel. This allows you to shift your balance, if required.

Treble punch

All three punches are designed to do damage, so must be thrown with equal “venom”. The second and third punches are only thrown because the first one did not put your opponent down. Each punch requires full hip movement and speed of delivery. Do not rush the punches. Putting a (very) slight pause between the punches generates more power in each.

The first two punches are aimed at the body, the third is thrown to the face. It must be in this order. The first two punches will bend an opponent forward. At this point the face becomes a target.

Palm heel strike :

This is delivered in much the same way as a walking punch and can be used as an alternative to a punch. The striking hand is open and the fingers pulled back, locking the wrist into position. The thumb needs to be tucked in, out of the way, to reduce the chances of it being broken during the strike. The target is either the nose, the chin or the chest. You aim to land with the meat of the palm, ensuring a straight line from impact point to elbow. This guarantees maximum impact and minimum risk of injuring your wrist.

Low block, reverse palm heel strike :

High block, reverse palm heel strike :

Both movements need to have the same basic technique as they do when performed individually. Each needs hip movement, to generate the speed and the power. Pause (very) slightly between the movements, to ensure that the defensive move has fully completed. This has the effect of ensuring maximum power in both parts.

Once the strike has been thrown, the striking hand will become the blocking hand for the next set.

Be aware that, from the high block, the counter strike **MUST** be to the mid section. It cannot be high, as the attacking arm will be covering the attacker's face.

Sparring stance -

The length and width of the stance is the same as a normal walking stride - a distance at which we should all feel comfortable. Both feet face forward and both knees are slightly bent.

Both arms need to be bent, with the back fist in front of the chin. The front hand needs to be lower, to cover attacks to the body.

Front kick, half turning kick :

Half turning kick, full turning kick :

The point, with these sets of kicks, is two-fold.

Firstly, it is to show that you are able to throw kicks in clusters, moving smoothly between kicks and adjusting the technique while on the move.

Secondly, both sets feature similar kicks. This is to show a difference in angle of attack and, therefore, in technique between the two kicks.

You will need to fully re-chamber the leg and set yourself back into your guarding stance before throwing the second kick. This allows you to adjust your technique for the second.

Taegeuk 1