



# Mighty Mites & Ninja Niños



## Red Belt / Gold Stripe – Yellow Belt / Green 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.

### Reverse Inside elbow strike :

Similar to a reverse punch but instead of attacking with the fist, you hit with the point of the elbow. The fist stays close to the body all the time, ending up in front of your chest.

The strike can be aimed at the ribs or the chin.

### Mid section pushing palm block, reverse inside elbow strike :

From the reverse strike, the blocking hand will be the same one used to strike but the lead leg will have changed. As you step forward, pull the striking hand back to the hip, then perform a pushing palm block, as normal.

Once the block has completed, the other hand throws a reverse inside elbow strike (as above), while the blocking hand returns to the hip.

### Rising elbow strike

The target for this strike is directly under your opponent’s jaw. As you throw the strike, open the fingers of the striking hand. This allows the hand to go past the side of your head, instead of punching yourself in the eye. To help with this, you will also need to turn your body slightly. Like most strikes, the non-striking hand pulls back to the hip just as fast as the striking hand moves, opening up the hips and chest, generating more power.

### Guarding 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.

### **Side kick**

This is the most difficult of all the kicks you will learn. It is the kick to which grading panel judges will pay the most attention. However, in its simplest form, this kick is merely a side-on version of a push kick.

This is a 2 stage kick. Treat it as 2 distinct strikes.

The first movement is the chamber position for the kick. It is the same movement as a short range knee strike to an opponent standing beside your lead leg. As you lift the knee, twist on your standing foot. The whole of your body needs to follow suit, so that you are completely sideways on. The heel of the kicking leg should now be directly underneath your bottom. Ideally, you should also cross your arms in front of your chest. This allows you to open up the whole body, when throwing the kick itself. This completes stage 1.

Stage 2 is the execution of the kick, itself. Twist the standing foot to face behind you. Without dropping the knee at all, your heel should follow in a straight line from chamber position to final impact. The higher you want the kick to go, the more you will need to lean your body back, to counter-balance it and to open out the hips. At the point of impact, there should be a straight line from your shoulder to your heel.

If you have crossed your arms at the chamber position, you fully un-cross them as the kick is thrown.

### **Chopping kick**

The Chopping Kick (or Axe Kick) begins in a similar way to the pushing kick. The knee is raised as high as possible, with the back straight and the knee bent. Do not lean into the chambered leg, as this will make your own head more of a target. Also, do not lift the leg straight. This will put your leg muscles under too much tension, both slowing down the kick and increasing the risk of injury.

The idea of this kick is to throw it above your opponent's head / face then drop it back down onto your opponent.

As you start to extend the leg, then you start to lean backwards, in order to push the hip motion into the kick, as you drive it down.

**Taegeuk 1**

**Taegeuk 2**