



Mighty Mites & Ninja Niños



Yellow Belt / Green Stripe – Green Belt / Gold Stripe

High Stance

This is, effectively, the same as a normal, everyday walking pace. The same as you would whilst walking along the street.

high section spreading block :

The purpose of this block is, essentially, the same as an out-side forearm block. The second arm is there for 2 reasons. One is to act as a guard, to stop your opponent from throwing a second strike. The second reason is to have your hands in position to be able to grab the head, for a follow up knee-strike.

The arms cross, in front of the chest and with the wrists facing toward you, with the arm corresponding to what will be the lead leg, being the lead arm in the cross. Turn slightly, with the stepping movement, to allow for hip motion in the block.

Un-cross the arms, with the wrists facing outwards, stopping at shoulder-width.

Inside knife-hand strike

Treat the basic movement as if it were a high-section punch. Only at the last instant does the technique change to the knife-hand strike..

The movement goes in a straight line to the target, as this is the fastest technique.

The target is the side of the head (jaw, temple), the neck or the collar-bone.

The technique varies, slightly, dependent on the target. Just before the point of impact, the hand position changes, as does the angle of attack.

For the collar bone, the angle stays roughly the same, with the fingers open and pointing up. The middle finger should be bent slightly.

When attacking the head or neck, the hand twists and the hips open up, to change the attacking angle.

In each case, the majority of the power is generated from the hips and the legs (driving forward), not from the arm movement.

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.

High section 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. In this case, the 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 solar plexus. 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.

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.

Chopping kick, half turning 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. The kicking leg steps down in front, to allow the other leg to throw the half turning kick.

As you start to extend the leg, come up onto the ball of your standing foot and twist on it through 90 degrees. This opens up your hip angle by 45 degrees.

The kick is now delivered at such an angle as to come up and across together, into your opponent's ribs. Your shoulders remain square-on, just like the front kick. Only the bottom half of your body turns.

This kick is only ever thrown to your opponent's ribs.

Sliding half turning kick :

In this case, the kick is delivered from the lead leg. The hip movement is all important, as this is where the power and the speed is generated.

It is, essentially, a half turning kick delivered from a stepping movement.

Take a full step forward, including the full hip movement. The kicking leg has now become the back leg. The kick is now delivered in exactly the same way as the standard half turning kick.

As you get more proficient at this kick, it can be delivered in a faster movement, where the non-kicking leg acts in the same way as with a scissor kick. The hips make a full movement in each direction but the non-kicking leg doesn't touch down until the kick is delivered. For maximum effect, the standing leg touches down at the same time as the kick is delivered.

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