



# Mighty Mites & Ninja Niños



## Green Belt / Gold Stripe – Green Belt

### High stance -

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

### 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.

### Outside knife-hand strike :

Keep the non-striking hand out in front. The striking hand chambers above the other arm with the fingers extended and the finger tips touching the side of the face. Straight-line the technique as much as possible, generating power from both the hip motion and the arm extension. The target is either the side of the head (jaw / temple) or the neck. Like the inside knife-hand strike, bend the middle finger of the hand.

### **Back stance -**

This is a much more defensive stance, allowing you to adjust the position of your body, away from an incoming attack, without moving your feet. Starting from a Long Stance, twist on the ball of the back foot until it points sideways. Push your back knee out, to point in the same direction. Bend the back knee, such that most of your body weight is on this leg. Your body “automatically” moves back by approximately 9” (23cm), giving you more time to defend against the oncoming attack.

As your feet have not actually moved position, you will be able to return to a Long Stance easily, to launch your own counter-attack.

Any adjustment of distance can be done by shifting the amount of your body weight supported by each leg, instead of the need to lean forward or backwards.

Your body position will be sideways on to your opponent, in this stance.

### **Outside forearm block :**

Your arms cross in front of your body, with the centre of the cross just below the solar plexus. The blocking arm must be the front arm in the cross, otherwise you run the risk of your arms catching on each other as you complete the technique.

The blocking arm then comes back across the body again, finishing level with the shoulder. The non-blocking arm pulls back to the hip at the same time as the blocking arm completes the technique. This opens out both the chest and the hips, generating more power in the block.

In Back Stance, the hand finishes in a straight line from the fist, along your shoulder line, with the elbow level with your ribs.

### **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.

### **Back kick :**

Pivot on the balls of both feet, as you spin over your lead shoulder, turning your head to view the target. Do not lift the kicking leg too early. Bring the knees together, then lift the kicking foot, like a “mule” kick. “Punch” the kick out in a straight line to the target. Re-chamber the kick as you finish the spin, to put the kicking leg down, in front.

Back kicks are only ever used for 2 reasons. Either as a counter-attack or as part of a combination, such as the next set.

### **Half turning kick, back 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

As your kicking leg touches back down, onto the floor, perform the back kick, as above.

## **Taegeuk 1, 2, 3**