



Training Tip

Resource Library

May, 2001 Using the Back Kick in Competition

The following article is excerpted from the video: **Advanced Attacking Skills Sparring** by Sang H. Kim, Ph.D.

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The back kick is one of the most powerful kicks in taekwondo, but it is often neglected because it can be risky if done incorrectly. Using the back kick as a counterattack against a roundhouse or axe kick is an excellent means of scoring. This article will describe a few of the most popular offensive and defensive uses of the back kick in taekwondo competition.

Step-in Back Kick (Open Stance)

Technique #19 on the Advanced Attacking Skills tape is step-in back kick from open stance.

The Korean term is hanbal naga dwi chagi. Hanbal naga is one step forward, dwichagi is back kick.

The first step is to read your opponent's opening (such as a change in stance or indecision in attacking) and step in with your rear foot. The second step is to execute an immediate back kick while your opponent is hesitating or preparing to counter.

The primary target for step -in back kick is the trunk section. In competition, be prepared to defend against a rear leg counter roundhouse kick from your opponent by covering your stomach with your rear arm and your face with your other hand.

In-place Back Kick (Closed Stance)

The Korean term for in-place back kick is Jejari dwi Chagi. Jejari means in-place, Dwi chagi is back kick.

In-place back kick is generally used as a counterattack when your opponent is moving toward you and you choose not to back up. The first step is to pivot your front foot, rotate your body, and spot the target over your shoulder. The second step is to chamber your kicking knee and kick deeply into the target. The primary target is the middle section.

In competition, you must be always prepared against a counter attack. The most common counterattack against in-place back kick is roundhouse kick. The second most common technique is pushing kick.

Skipping Jump Back Kick (Closed Stance)

The Korean term is apbal joogo twio dwi Chagi. Apbal joogo means front foot feinting skipping motion, twio dwi chagi is jump back kick.

The first step is to bring your rear foot to your front leg creating a skipping motion. As you do this, throw your body into the opponent's safety zone. The second step is execute a jumping back kick with the rear leg, without losing your balance. To do so, align your body in the air so that you don't rotate excessively.

The primary target is the middle section. The secondary is the head which may result in a knockout if done correctly and with sufficient force. In competition, you must do this technique confidently. Once you start, there is no way back. Relax your muscles just before you jump and follow through with firm conviction.

360 degree Jump Back Kick (Open Stance)

The Korean term is Dwibal dwitgo twio dwi Chagi. Dwi bal is rear foot, ditgo is stepping, twio dwi chagi is jump back kick.

The first step is to lightly place your rear foot on the opponent's trunk. The second step is to rotate in the air and make a precise back kick to the face. The primary target is the face or head. In competition, this technique is highly effective against an opponent who tries to get close to you from long distance by stepping in.

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