

## The variations of the side kick

The Iconic Vertical Side Kick of Grandmaster Yun



The Side Kick is one of the deadliest Kicks of the Korean martial Arts systems

Variations :

- 1) Lead Leg Side Kick “preemptive strike principle”
- 2) Back Leg side Kick (Teaches hip rotation)
- 3) Left – Right Punch followed by Back leg side kick combination
- 4) Flick and Kick (Bruce Lee ) back handed palm to eyes followed by lead leg side kick
- 5) “Knee jammer” Low twisting side kick to knee
  - \* Long version (full twisting motion )
  - \* Quick version (less Twist more speed of delivery)
- 6) Side kick lead leg ...x-stance...back fist (another follow up from the pre-emptive lead side)

kick)

7) Jumping variations

8) Dodging variations

9) Flying Variations

Graham Healy

[www.yunjungdo-healy.com](http://www.yunjungdo-healy.com)

Grandmaster Yun

[www.yunjungdo.com](http://www.yunjungdo.com)