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Los Saltos en Sensei David





Hwa Rang Do Jumps are spectacular!

perform an jump (flying) kick in order to keep their opponent on a greater distance. If a jump (flying) kick is successfully performed, it has a devastating impact because the weight of the person who performs it adds up to its strength, as well as a certain kinetic power.

Jump (flying) kicks techniques are performed in many martial art styles, such as Korean styles of hap ki do, hwa rang do, tang so do and especially in the skill of tae (jump kick) kwon do as well as in various styles of karate, kung fu and even in jiu jitsu and aikido where it is called Tobi ashi (jump techniques). Jump kicks are also used in other styles, for example, in Muay Thay (the famous jumping knee punch), capoeira, kalaripayatt and many other.

The most frequently performed are- jump front kicks (tobi mae geri / twio ap chagi), jump roundhouse kick (tobi mawashi geri / twio dolyo chagi) and the most visually attractive jump or flying side kick (tobi yoko geri / twio yop chagi). Jump front kick is also performed in katas (poomsae), as in, for example, a tae kwon do form Tae geuk pal jang. The jump can also be comprised of different hand or fist punches.

In 1977, the Korean tae kwon do (hwa rang do) master Dr Yoo Bang Lee performed an incredibly high jump (flying) kick that reached 3.66 meters. It happened in America in front of witnesses. Even today many martial arts masters perform jump (flying) kicks that are over 3 meters high. Being able to make a jump (flying) kick of such a height is truly impressive, especially since we know that the world record in high jump is 245 cm held by a Cuban athlete called Javier Sotomayor. Having in mind that the average height of masters performing the kicks is between 172 cm and 178 cm, the fact

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