

# *The Importance of Taekwondo Back Kick Technique and Its Training Method*

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**Abstract:** Taekwondo back kick technique is an important technique in Taekwondo, and it is an important means for the contestants to score effectively in actual combat. This technology has the characteristics of fast speed, strong explosive force and strong crypticity, which is easy to occupy the dominant position in actual combat. However, its learning is also difficult, so it needs correct and appropriate training methods to guide. At present, with the rapid development of Taekwondo, the technology is constantly improving, and the frequency and success rate of Taekwondo used in competitive competitions are also greatly improved. Therefore, it is of theoretical significance to study the importance and training methods of Taekwondo back kick technology for the future.

## **1. Introduction**

Taekwondo is a kind of sports competition with leg technique as the main part. In order to win in actual combat, taekwondo athletes should not only master the key points of theoretical knowledge and technical movements, but also flexibly respond to the challenge and learn to attack each other with the help of leg power. In the leg training, the commonly used movements are front kick, back kick, side kick, horizontal kick, chop down, hook kick and so on. The back kick is a basic leg technique that taekwondo athletes must master. In recent years, many Taekwondo coaches begin to study the technical movements with strong attack power and easy to score, and take the post kick technique as the main training project of athletes in actual combat, so as to promote the athletes to occupy the initiative in the competition.

## **2. The Importance of Kickback Technique in Taekwondo**

Taekwondo, as a sport with both function and charm, can enhance the athletes' physical quality and shape their healthy personality; as a competitive sports event, it can improve their physical sensitivity and win the final victory. With the change of Taekwondo's rules, taekwondo is becoming more and more important in the world. Moreover, according to the statistics of related events at home and abroad in recent years, the utilization rate and success rate of the back kick technique have been rising, which has become another technical action with high utilization rate after the horizontal kick technique. Because it belongs to rotation technology, it can often surprise and occupy the advantage of the competition field, so it is very popular with athletes.

## **2.1 To Be Good for Exercising Flexibility**

The athletes can exercise their flexibility through a series of movements such as rotation, kicking and restoring. On the one hand, in the process of Taekwondo training, especially in the actual competition, athletes need to closely cooperate with their legs and footwork, adjust the positions and actions that can be attacked and defended in time, find the right time, and attack the opponent's head, chest and abdomen with the back kick technique, so as to turn the defeat into victory and reverse the disadvantageous position in the field. On the other hand, a large number of technical movements such as turning, leg lifting and spinning kicks are used in the series of back kicks. Athletes are required to be vigilant at all times and analyze the opponent's attack position and weakness in time to ensure accurate attack. This process requires a strong body flexibility, and a dual combination of strength and speed to win.<sup>[1]</sup>

## **2.2 To Be Good for Occupying the Actual Combat Advantage**

The correct and flexible use of Taekwondo back kick technology in actual combat can reverse the adverse situation and occupy the actual combat advantage. For example, the whole process of Taekwondo's back kick technique, such as preparation posture, turning back and recovery, standing up and kicking, and restoring movement are all laying the groundwork for occupying the actual combat advantage. Due to the relatively long attack time of back kick technology, athletes should plan the route of attack and the change range of leg retraction before the start of preparation posture, and then adjust the action at any time according to the opponent's attack route. The plan is convenient to control the actual situation as a whole. Moreover, when attacking at the same time, as the back kick technique is a straight line attack, other arc attack modes will not affect the conversion of the back kick technology, so as to ensure that one hit to the body.<sup>[2]</sup>

## **3. Research on the Back Kick Technique of Taekwondo**

Taekwondo is a highly antagonistic sport. In order to make the athletes win the confrontation, the first task is to master the technical action essentials of each link, especially the technical action of back kick. The athletes must understand and master the whole process and characteristics of the movement, so as to skillfully use the technology in actual combat.

### **3.1 Combining Attack and Defense**

In Taekwondo competition, the back kick belongs to the active attack technique. Only by combining attack and defense, can it play its unpredictable function. At the beginning of the actual combat, the athlete's feet are rotated 180 degrees inward with the sole of the foot as the axis, and the body is rotated about 90 degrees to the right, and the fists are held in front of the chest. When turning the upper body to the right, the athlete buckle the shoulder and turn the head, push the right foot on the ground to concentrate the foot strength and the upper body twisting force to the greatest extent, and rotate the left foot palm inward for 90 degrees. At the same time, the athlete tighten the right thigh and shank and clamp the thighs, and then kick them back in a straight line. After the attack is completed, the legs will naturally retract to restore the new combat posture. When attacking the opponent, we should pay attention to avoid the opponent's attack, adjust the distance or position through footwork, so as to achieve the purpose of attacking and defending simultaneously.

### **3.2 Seizing the Opportunity**

If athletes want to have advantages in speed, strength and effect in the actual combat of Taekwondo back kick, they need to attack with the help of back kick technology and grasp the attack opportunity. The main criterion is the opponent's action. When the opponent has a small action, the small action can be ignored and the back kick action can be directly selected to attack actively; when the opponent has an active attack or counterattack, the player can use the back kick technique to prepare for counterattack. In this series of processes, the athlete should observe the movements and expressions of the opponent keenly, predict his next action according to the change of the opponent's posture and movement range, and then choose the appropriate attack or counterattack action.<sup>[3]</sup>

### **3.3 Moving Fast**

According to the analysis of the movement characteristics of Taekwondo kicking technique, the different needs and restrictions of rules in competitive competitions make the technique show strong aggressiveness. Moreover, when the technique is used, it needs to be combined with other techniques to attack. The completion of this series of tasks requires the athletes to act simply and quickly. One of the reasons why the back kick can surprise the opponent is its speed. If the speed of the player in the process of using the back kick technology is slow, the corresponding attack power will also be weakened; the strength of the foot will be greatly reduced, and the weakness of the attack will be exposed to the opponent when rotating, thus losing the actual combat advantage.

## **4. Training Methods of Kickback Technique in Taekwondo**

In Taekwondo competition, leg technique occupies an important position in the whole competition, and the back kick technique is to ensure the main technical points of the athletes. As long as the standard of action and the accuracy of attack, the athletes can take the initiative in the competition smoothly. However, it is very difficult to carry out the technology of back kick. If it is not strictly trained and controlled by the opportunity, it is difficult to be successfully applied in actual combat. Therefore, it is necessary to study the systematic training mode of this technology to exert its maximum power in actual combat.

### **4.1 Practical Training Method**

One of the most effective ways to train athletes' kicking skills is the actual combat training method. In addition to arranging events for athletes, coaches can also strengthen the training frequency of actual combat for athletes. For example, athletes can be divided into two groups to conduct simulated confrontation drills by changing positions. The simulation content can be divided into two items: one is to assist other technical action attack, that is to judge the opponent's tactics and ability level through the training of deceptive action; the other is the technique of back kick assisted by other techniques, that is, with the cooperation of other leg techniques and footwork, they can quickly approach the opponent and carry out attack and counterattack. At the same time, in daily training, athletes should be familiar with their own tactical points and rules of use, and understand the opponent's attack strategy and use rules, and carry out targeted training with the accompanying opponents in turn until they can skillfully deal with actual combat.<sup>[4]</sup>

### **4.2 Imagination Training Method**

The feature of back kick technique is fast, accurate and stable. It not only relies on the athletes' inertia and leg strength, but also is closely related to their own psychological construction. From a

psychological point of view, if the brain repeatedly appears in a situation, and similar situations appear in reality, the body will subconsciously make response. Therefore, in addition to the daily technical training, athletes can also think about the best way to use the post kick technique repeatedly before the match or the simulated match before the match. It can not only make the athletes enter the competition state ahead of time, achieve the effect of warm-up before the competition, but also stimulate the inner combat passion and thinking factors, so as to achieve the pre competition effect of physical and mental integration.

### 4.3 Error-Correction Training Method

The training of back kick is very difficult. If athletes want to master this skill, they can also use error correction training method. In the usual training, we can check and make up for the mistakes and improper training methods in time according to the demonstration and guidance of the coach. For example, in daily training, athletes can be randomly divided into two groups for training, or they can find out the basic cause of the wrong movements by looking for a coach for supplementary training. In this way, not only can prevent athletes from making mistakes in actual combat, but also can avoid the damage to the body function caused by the use of wrong movements.<sup>[5]</sup>

## 5. Conclusion

Leg technique is the soul of Taekwondo, and the back kick technique is the core part of the soul. If the athletes master this technique, they can win the victory over the enemy in actual combat and advance courageously. However, if you want to rely on this technique to score, you can't do without the hard training before the match. Therefore, the athletes should fully master the skills of the back kick in the daily training, keep calm in the actual combat, and give full play to the maximum power of the back kick technique.

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