MARTIAL ARTS FOR HEALTH & WELLNESS, LLC
November 2026 Newsletter

Breaking Down The Front Middle Kick

One of the first kicks that a new student learns is the front middle kick. Just because it is one of the first kicks does not mean it is a simple kick to master. The front middle kick is however a very important kick that one should master. The initial movement of the leg for this kick is going to be repeated for many other kicks that a student learns in their martial arts journey.

We will look at this kick being delivered with the rear leg from a fighting or sparring stance **(Figure 1)**. The first movement is to flex the hip and knee of the rear leg to chamber the kick. The hip should flex to at least 90° coming straight up so the knee is pointed at the target **(Figure 2)**. Sometimes newer students will have the knee come up from the outside and either kick directly in line with their hip, thus being off center from the target, or angle the kick in from the outside and toward the target. The knee should be tightly flexed so that the heel is lined up beneath the ischial tuberosity, the bony landmark you feel just below the buttock when seated on a wooden chair, with the toes pointed down.

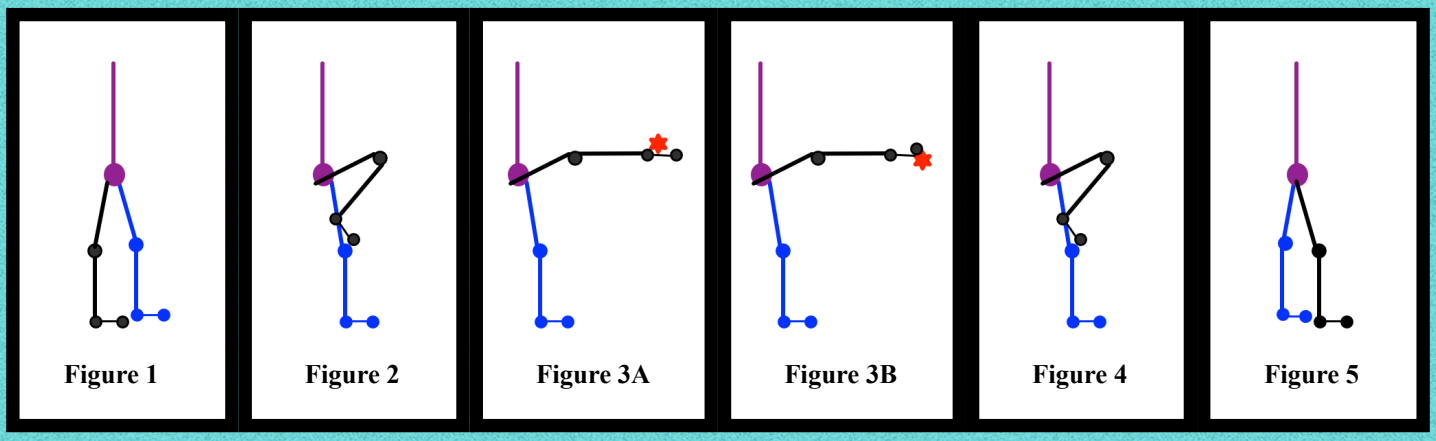


Figure 1 | Figure 2 | Figure 3A | Figure 3B | Figure 4 | Figure 5

Next, keeping the knee and upper leg stable the knee is extended to bring the foot out toward the target. While the leg is being extended the support foot should rotate outward slightly to about 45° to allow the person executing the kick to drive through the target.

The part of the foot used to strike the target depends on what you are kicking. For new students the kick is taught the instep or top of the foot being the striking surface **(Figure 3A)**. To do this keep the toes pointed toward the target with the foot plantar flexed allowing you to strike with the instep near the ankle. Kicking and hitting too close to the toes can lead to injuries to the foot and ankle.

Eventually around yellow belt students should start to modify the kick to strike with the ball of the foot **(Figure3B)**. Both ways of kicking are correct but depending on how the kick is being used one will be preferable to the other. If kicking to the groin the instep is the preferred sticking surface. If however the kick is being targeted to the body or lower toward the leg the ball of the foot is the appropriate striking surface. To strike with the ball of the foot the foot is still plantar flexed as if you were kicking with the instep but the toes are pulled back so the ball of the foot connects with the target. If you try standing on your tiptoes you are standing to the ball of the foot and have your foot and ankle in the proper position to deliver the front middle kick with the ball of the foot.

After kicking the target the knee is flexed again keeping the hip flexed to 90° or higher with the heel again coming back below the ischial tuberosity with the toes pointed down so you end up back at the same position before

the leg was extended into the kick **(Figure 4)**. From here the kicking leg is set down in front with the person in a fighting or sparring stance **(Figure 5)**. It is good practice to get into the habit of landing forward with the kicking leg to continue to move forward with a combination of techniques. For those students that have learned the front high kick everything is the same with the execution of the kick except we need to increase the degree of hip flexion to kick toward the face.

Martial art students should try to take and apply these steps to help streamline their front middle kick. Parents of students if you want to work with your child at home try taking the above breakdown of the kick and help your child understand it.

Take care,

Kirby Strissel
Kwan Jang - Martial Arts For Health & Wellness, LLC
Administrator - Korea/USA Simmudo Association

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헬 웰 무
쓰 니 술
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Martial Arts For Health & Wellness

The final part of the logo we will look at is the actual name, Martial Arts For Health & Wellness. Although the martial arts were originally created for military battles eventually in the latter parts of the 1800s they were modified and presented as an activity that both youth and adults could take part in focused on personal development and self-defense. Eventually, a sporting or competitive aspect developed in some of the martial arts and has in some cases even changed the martial arts further into a martial sport where strategy and winning are the primary focus of the training.

Our focus is not on the sporting or competitive aspect but on the development of the individual to be a better person not just in the martial arts but in other aspects of their life. The discipline, respect and confidence one learns through the act of training and overcoming challenges while improving in the martial arts should carry over into other parts of their life.

Martial arts are a physical activity and we are living in an age of people being less physically active and having more stress than you used to see. The martial arts can be a tool to get youth and adults up and moving to help improve their physical fitness and decrease stress levels.

Training intelligently one can continue to reap the benefits of the martial arts well into their later years. The oldest student I remember training started in his mid to late 60s after having a heart attack and getting “the lecture” about his health from his doctor. This student was also on insulin to manage his diabetes. Through his hard work and perseverance he eventually earned his black belt and continued to train into his 70s but more importantly his health improved and his doctor took him off insulin because of the healthy lifestyle changes he made.

The martial arts can be a lifelong activity for people if they want it to be but if interests change that’s alright. It’s important that we take the lessons we learned in our training with us and apply them to the other aspects of our life. My hope is for all of you to be able to take what you have learned in class and not change who you are but make you a better version of yourself.

Martial Arts For Health & Wellness, LLC

TaeKwonDo Promotion Test

Thursday December 10, 2026

White & Belts **5:00 PM**
Green, Blue & Red Belts **6:30PM**

There will be no regular class on test night.

If you have any questions contact Kirby Strissel.

Black Belt Promotion



Lucien K. Strissel
2nd Dan

We had a recent promotion testing for black belt rank on October 14, 2026. At that time Lucien K. Strissel tested and was promoted to 2nd Dan Black Belt.

Congratulations,

커트 비리 스셀 관장

헬쓰 웰니스 앤 무술

Kirby Strissel
Kwan Jang - Martial Arts For Health & Wellness, LLC
Administrator - Korea/USA Simmudo Association

Korean Martial Arts Terminology: Counting 1-10

There are two different ways used to count from 1 to 10 in Korean.
Below are both ways along with how the number can be pronounced.

English	Korean	Pronunciation	English	Korean	Pronunciation
One	하나	hana	First	일	il
Two	둘	dul	Second	이	ee
Three	셋	set	Third	삼	sahm
Four	넷	net	Fourth	사	sa
Five	다섯	taset	Fifth	오	oh
Six	여섯	yaset	Sixth	육	yuke
Seven	일곱	ilgope	Seventh	칠	chill
Eight	여덟	yadoll	Eighth	팔	pawl
Nine	아홉	ahope	Ninth	구	koo
Ten	열	yawl	Tenth	십	ship