

## Kicking

Taekwondo is most renowned for its kicking techniques but, historically, why the emphasis on the legs ?

The answer is four-fold:

1. In ancient times, the Korean landscape was mostly open plains. The necessity for close-range techniques wasn't there, like there is in some of the southern Chinese martial arts styles. Without the closed in towns, the fight could be kept at a longer range, where the legs come into play more.
2. Your leg muscles are much bigger than those of your arms. This means that they should be able to generate more power and, hence, generate more impact and end the fight quicker.
3. Leg techniques change the effective distance of the confrontation. A skilled kicker may be able to completely negate the actions of a puncher (skilled or otherwise), by keeping the combat distance longer.
4. Historically, the majority of Korean people were farmers or artisans. If they injured their hands or arms then they were unable to work and so could not feed themselves or their families. However, if they injured their legs, they were still able to work. This reality led to a tendency to keep the arms out of harm's way in combat, breeding a reliance on kicking techniques.