

Turning (*Dolgi*)

Turning is classified into spot-turning, step-turning and double step-turning, etc.

The following principles must be observed:

1. The ball of the foot is used always as the pivot.
2. Do not lift the heel more than necessary to complete a smooth turning motion.
3. Direction of actual turning should be as short as possible.
4. The knee of the stationary leg must be slightly bent while turning.

Spot-Turning (*Gujari Dolgi*)

The purpose of this technique is to meet the opponent approaching from behind, and is executed in three different methods. It is mainly performed with walking, L- and rear foot stances, though occasionally a fixed or low-stance is used.

Left Walking Stance



Counter-clockwise Turning



Right Walking Stance



Clockwise Turning



Right Walking Stance



A side piercing kick is delivered while turning.



Side View



A hooking kick is delivered while turning



Counter-clockwise Turning

The Turning is performed pivoting with the right foot on the midline