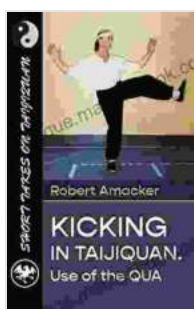


# Kicking in Taijiquan: Use of the Qua - Short Takes on Taijiquan

Kicking is an important part of Taijiquan, and the qua is a key technique. The qua is a low, sweeping kick that can be used to attack the opponent's legs or to knock them off balance. It is a powerful and versatile technique that can be used in a variety of situations.



## KICKING IN TAIJIQUAN. Use of the QUA (Short Takes on Taijiquan Book 1) by Daniel Transon

★★★★☆ 4 out of 5

Language : English  
File size : 3223 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 19 pages  
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There are many different ways to perform the qua, but the most common is to start with the feet shoulder-width apart and the knees slightly bent. The weight should be evenly distributed on both feet. The kicking leg should be raised to the side, with the knee bent at a 90-degree angle. The foot should be turned so that the toes are pointing down. The kicking leg should then be swung down in a sweeping motion, striking the opponent with the ball of the foot.

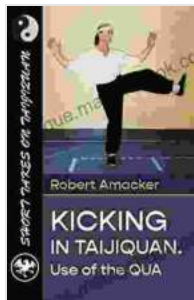
The qua can be used to attack the opponent's legs or to knock them off balance. It is a powerful and versatile technique that can be used in a variety of situations. Here are some short takes on the use of the qua in Taijiquan:

- The qua can be used to attack the opponent's legs, either by striking the shin or the knee. This can be a very effective way to disable the opponent and prevent them from moving.
- The qua can also be used to knock the opponent off balance. This can be done by striking the opponent's feet or ankles. Once the opponent is off balance, they are more vulnerable to other attacks.
- The qua can be used in combination with other techniques to create a more powerful attack. For example, the qua can be used to set up a punch or a throw.
- The qua is a versatile technique that can be used in a variety of situations. It is a powerful and effective way to attack the opponent's legs or to knock them off balance.

Here are some tips for performing the qua:

- Make sure to keep your balance when performing the qua. The weight should be evenly distributed on both feet.
- Keep your knee bent at a 90-degree angle when performing the qua. This will help to protect your knee from injury.
- Swing the kicking leg down in a smooth, controlled motion. Do not kick too hard, as this can also lead to injury.
- Practice the qua regularly to improve your technique.

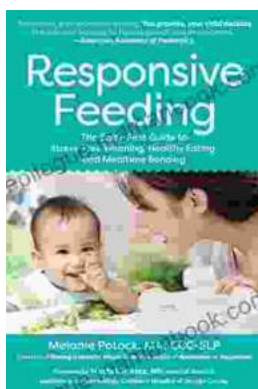
The qua is a powerful and versatile technique that can be used in a variety of situations. By following these tips, you can improve your technique and use the qua to your advantage in combat.



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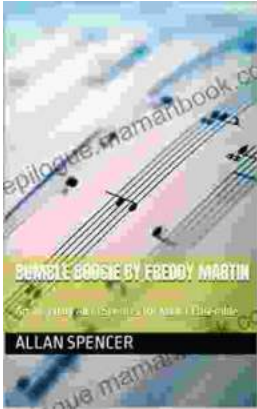
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