Taekwondo ranks are typically separated into “junior” and “senior,” or “student” and “instructor,” sections. The junior section typically consists of ten ranks indicated by the Korean word geup (also Romanized as gup). Geup (, also spelled Geup or Kup ) is a junior rank in taekwondo. Taekwondo ranks are typically separated into “junior” and “senior,” or “student” and “instructor,” sections. The junior section typically consists of ten ranks indicated by the Korean word geup (also Romanized as gup). Geup is a junior rank in taekwondo.

How do you do Tae Kwon Do advanced kicks? You would be wise to seek an experienced instructor to learn these techniques. Nothing we can say here will be even a fraction as helpful as having it demonstrated and critiqued by an experienced instructor. Flying kicks can be improved by running and jumping over soft objects in a clear, safe environment. It may take years to really become accomplished in advanced kicking techniques, especially jumping and flying kicks. How do you kick faster in Tae Kwon Do? Practice, practice and more practice! Speed comes from building muscle and learning the correct techniques.