

## Hip Pain after Repetitive Kicking in Beginner Hapkido Players

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Hapkido is one of the vigorous martial art in Korea. This technique is very intricate and is comprised of many different parts. There is a division between striking, joint locking, throwing, choking, pressure points and kicking. Oneseries of techniques is related to kicking. This is called “joksul” in Korea. This is very important to Hapkido.

The Hapkido kicking incorporates jump kicks, double kicks and special kicks. It is also very flexible, fast and powerful. When the players loose their flexibility and coordination and they are easily going to cumulative trauma disorder, such as adductor tendinitis, impingement of the hip joint, trochanteric bursitis and piriformis syndrome.

Our Korean Hapkido Fenestration experienced hip pain syndrome related with Hapkido kicking in unskilled player and report it.

We divided 60 players into 2 groups according to level of the Hapkido skill. In group I, they are less than 12 months of carrier while in group II, more than 13 months. And we checked all the players with motion analysis of kicking.

The angle between the leg and body of the beginners are acute than skillful players. Also, the biginners revealed irrecular kick motion.

The hip pain syndrome of the beginner of Hapkido is usually transient. And the players learned flexibility and coordination of the muscle with the hard training.

**Key word:** Hip, Kicking, Hapkido

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