

ENCYCLOPEDIA  
of  
TAEKWON-DO

Volume

3

## General Choi Hong Hi



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# **ENCYCLOPEDIA OF TAEKWON-DO**

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**GEN. CHOI HONG HI**

**VOLUME III**

*The Encyclopedia of Taekwon-Do is a 15-volume set was originally written by General Choi Hong Hi in the 1983, (this is the 1987 version) with the latest edition being from 1999 (later editions have been published, but the 1999 editions were the last General Choi Hong Hi was directly involved with).*

*This comprehensive work contains 15 volumes with volumes 8 through 15 dedicated to the 24 patterns and containing descriptions of the pattern movements as well as pictures showing possible applications of some of the movements.*

*The reason I'm told why the 1987 version was digitised for the cd rom and not the third edition published in 1993 was to do with images bleeding through the paper when photocopied, making the pages difficult to read.*

*This version of the of the encyclopedia has several errors and omissions, you should really purchase the 1999 edition if you can get a hold of a set.*

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Taekwon-Do in Korean Character



*choi hong hi*

**GEN. CHOI HONG HI**  
**President**

International Taekwon-Do Federation

# **THE TENETS OF TAEKWON-DO**

*(Taekwon-Do Jungshin)*

TAEKWON-DO AIMS TO ACHIEVE

Courtesy (*Ye Ui*)

Integrity (*Yom Chi*)

Perseverance (*In Nae*)

Self-Control (*Guk Gi*)

Indomitable Spirit (*Baekjul Boolgool*)

昭春道精神  
禮義廉耻忍耐  
先己百折不屈

黃舒存識

# EXPLANATION OF TENETS

Needless to say, the success or failure of Taekwon-Do training depends largely on how one observes and implements the tenets of Taekwon-Do which should serve as a guide for all serious students of the art.

## **COURTESY** (*Ye Ui*)

Taekwon-Do students should attempt to practise the following elements of courtesy to build up their noble character and to conduct the training in an orderly manner as well.

- 1) To promote the spirit of mutual concessions
- 2) To be ashamed of one's vices, contempting those of others
- 3) To be polite to one another
- 4) To encourage the sense of justice and humanity
- 5) To distinguish instructor from student, senior from junior, and elder from younger
- 6) To behave oneself according to etiquette
- 7) To respect others' possessions
- 8) To handle matters with fairness and sincerity
- 9) To refrain from giving or accepting any gift when in doubt

## **INTEGRITY** (*Yom Chi*)

In Taekwon-Do, the word integrity assumes a looser definition than the one usually presented in Webster's dictionary. One must be able to define right and wrong, and have the conscience, if wrong, to feel guilt. Listed are some examples, where integrity is lacking:

1. The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy.
2. The student who misrepresents himself by "fixing" breaking materials before demonstrations.
3. The instructor who camouflages bad techniques with luxurious training halls and false flattery to his students.
4. The student who requests rank from an instructor, or attempts to purchase it.
5. The student who gains rank for ego purposes or the feeling of power.
6. The instructor that teaches and promotes his art for materialistic gains.
7. The student whose actions do not live up the words.
8. The student who feels ashamed to seek opinions from his juniors.

## **PERSEVERANCE** (*In Nae*)

There is an old Oriental saying, "Patience leads to virtue or merit" "One can make a peaceful home by being patient for 100 times." Certainly, happiness and prosperity are most likely brought to the patient person. To achieve something, whether it is a higher degree or the perfection of a technique, one must set his goal, then constantly persevere. Robert Bruce learned his lesson of perseverance from the persistent efforts of a lowly spider. It was this perseverance and tenacity that finally enabled him to free Scotland in the fourteenth century. One of the most important secrets in becoming a leader of Taekwon-Do is to overcome every difficulty by perseverance.

Confucius said; "one who is impatient in trivial matters can seldom achieve success in matters of great importance."

## SELF-CONTROL (*Guk Gi*)

This tenet is extremely important inside and outside the do jang, whether conducting oneself in free sparring or in one's personal affairs. A loss of self-control in free sparring can prove disastrous to both student and opponent. An inability to live and work within one's capability or sphere is also a lack of self-control.

According to Lao-Tzu "the term of stronger is the person who wins over oneself rather than someone else."

## INDOMITABLE SPIRIT (*Baekjul Boolgool*)

"Here lie 300, who did their duty," a simple epitaph for one of the greatest acts of courage known to mankind.

Although facing the superior forces of Xerxes, Leonidas and his 300 Spartans at Thermopylae showed the world the meaning of indomitable spirit. It is shown when a courageous person and his principles are pitted against overwhelming odds.

A serious student of Taekwon-Do will at all times be modest and honest. If confronted with injustice, he will deal with the belligerent without any fear or hesitation at all, with indomitable spirit, regardless of whosoever and however many the number may be.

Confucius declared, "it is an act of cowardice to fail to speak out against injustice."

As history has proven those who have pursued their dreams earnestly and strenuously with indomitable spirit have never failed to achieved their goals.



"Pursue one's own goal"



# HAND TECHNIQUES

## *(Son Gisool)*

Although hand techniques are certainly very important in offensive motions, they play the most important part in defense, especially blocking.

### Common Principles:

1. Turn the hip and abdomen in the same direction as the attacking or blocking tool does throughout the action.
2. The heel of the rear foot should be raised slightly off the ground at the beginning of the motion and placed firmly on the ground at the moment of impact in all cases.
3. Raise the body slightly at the beginning of the motion, and lower it at the moment of impact.
4. All movements must begin with a backward motion in order to utilize the maximum velocity.
5. Keep both arms slightly bent while the movement is in motion.

## A. ATTACK TECHNIQUE

### *(Gong Gyokgi)*

The attack is executed in the form of punching, striking, thrusting, cross cutting, pressing and breaking. Since three of these techniques - punch, strike and thrust - are so closely interrelated in principle, it may be difficult to make a clear distinction among them. The purpose behind each technique, as well as the method, differs slightly. A punch is used primarily to cause an internal hemorrhage rather than surface damage by twisting the attacking tool. A thrusting motion, however, is delivered with an intention to cut through the vital spot with less twisting of the attacking tool. A striking motion is used to destroy or break the bone or muscles of vital spots with the least twist of the attacking tool.

The pressing and breaking motions are illustrated in the self-defense technique of this Encyclopedia.

The attack is named in accordance to the relative position of the attacking tool; the angle facing the target, the method of attack and the stance taken. For exercise purposes, each target position (e.g. high, middle and low) corresponds to that of the attacker's position.

The basic principles are:

1. Jerk the hip and abdomen throughout the action, slowly at the beginning and sharply at the moment of impact. The hip is jerked slightly before the action in order to concentrate the larger muscles of the hip and abdomen together with the smaller muscles of the four extremities against the target simultaneously.
2. Completely twist the attacking tool, with few exceptions, in order to use full acceleration.
3. Tense the abdomen at the moment of impact by exhaling sharply.
4. The moment the attacking tool reaches the target, pull it back to allow it to be ready for the next action while preventing a grab by the opponent.
5. The attacking tool usually will form a triangle with the shoulders at the moment of impact when attacking the opponent in front.
6. Hold the breath while attacking or blocking.





## High Attack (*Nopunde Gong Gyok*)

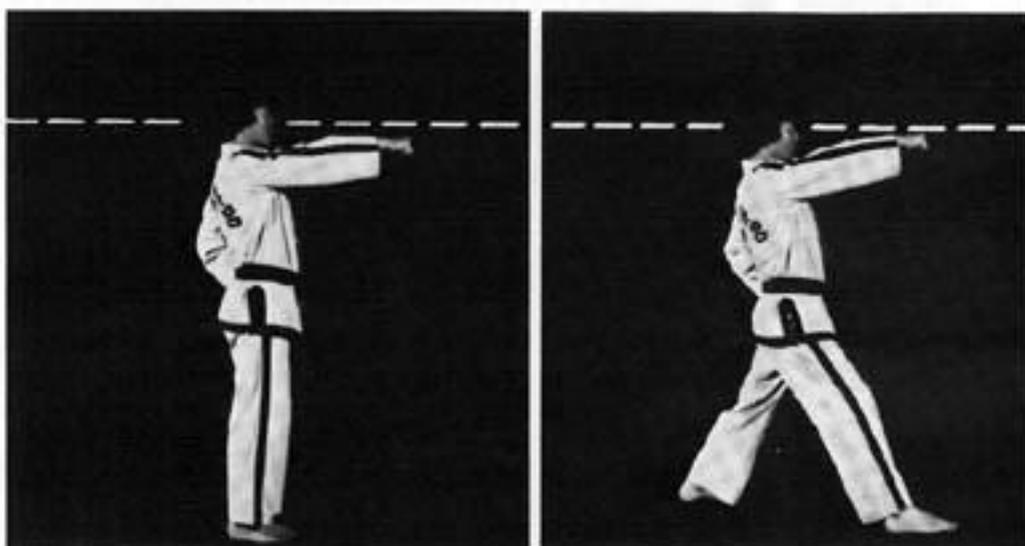
When the attacking tool reaches the eye level of the attacker at the moment of impact, it is called a high attack.

The attacking tool can reach the philtrum, chest, solar plexus, abdomen or other vital spots depending on the height of the opponent as shown below.

Regardless of which vital spot is struck, the attack at the eye level of the attacker is called a high attack.

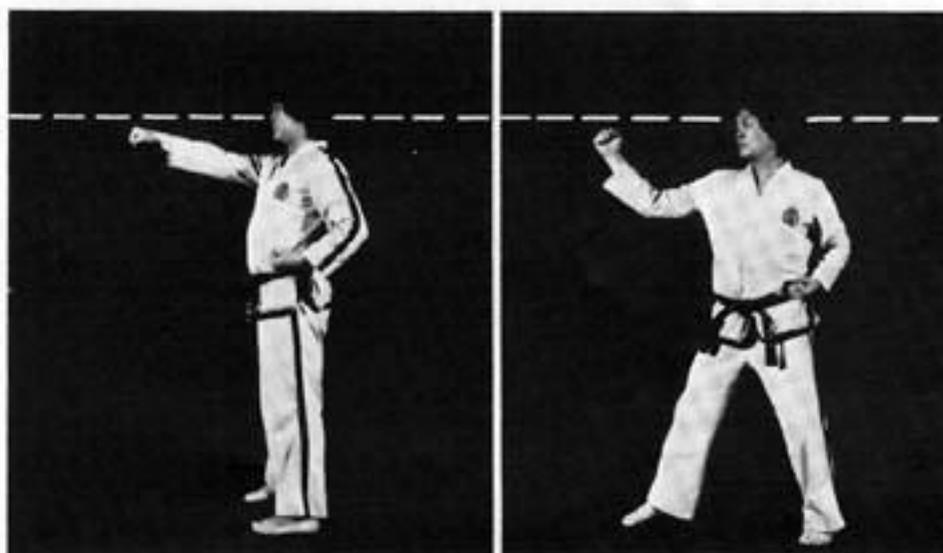
Standing naturally when punching

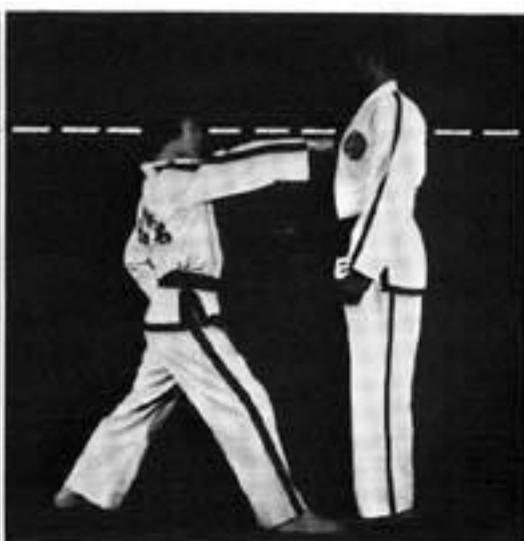
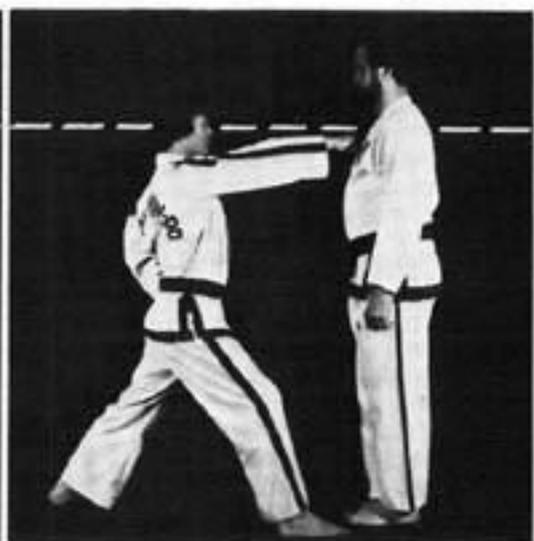
High Punch



Standing naturally when striking

High strike



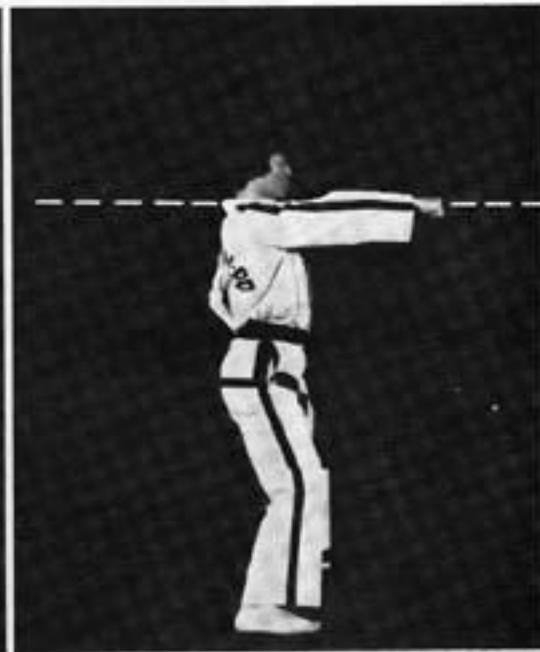
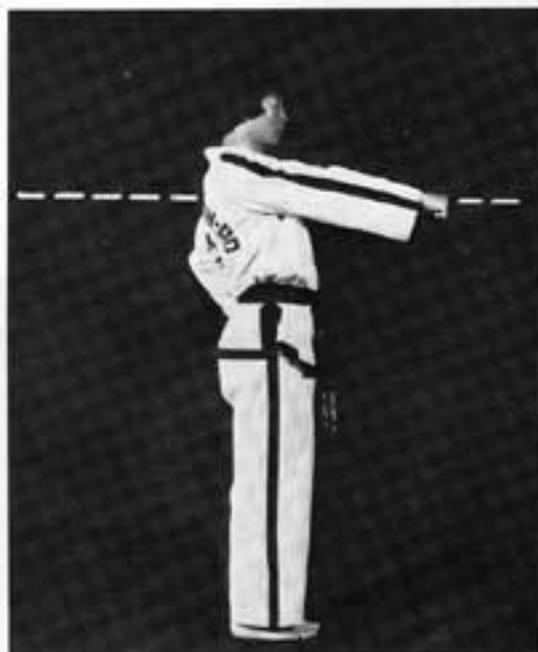


## **Middle Attack (*Kaunde Gong Gyok*)**

When the attacking tool reaches the same level as the shoulder of the attacker at the moment of impact, it is called a middle attack.

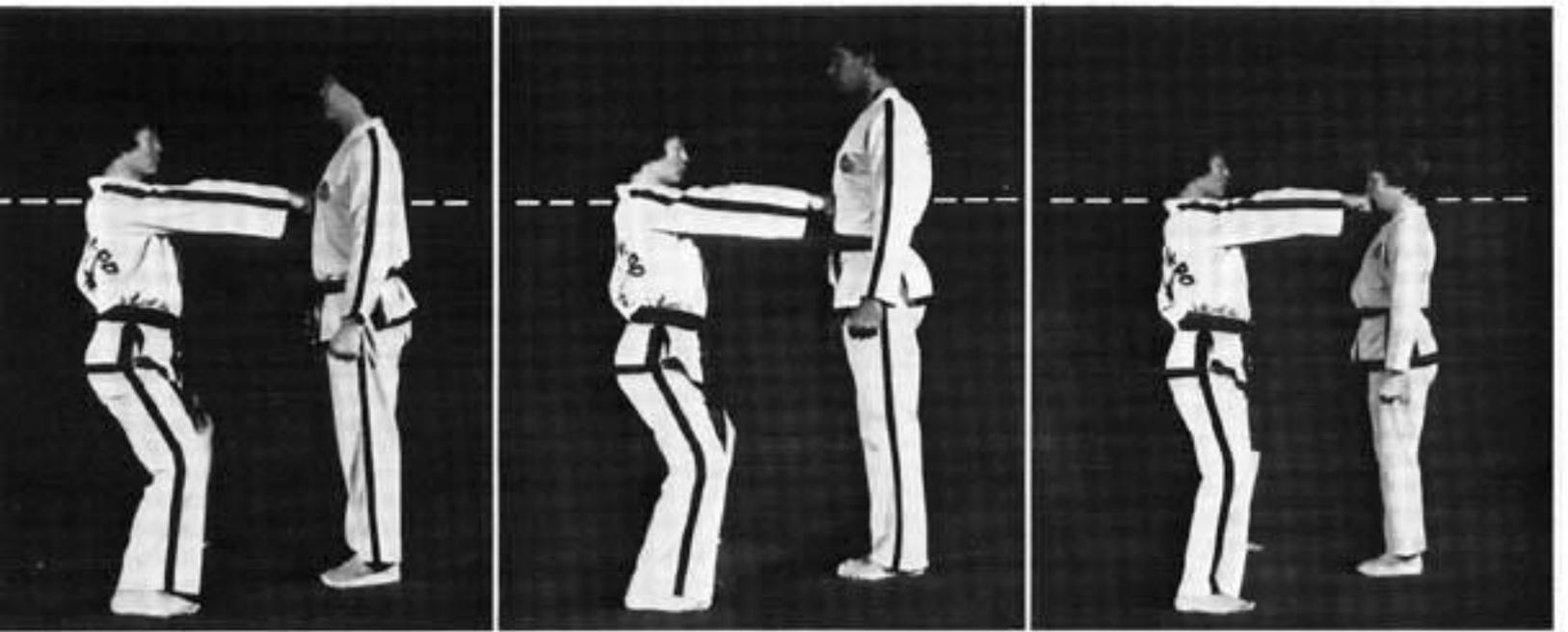
Standing naturally when punching

**Middle Punch**

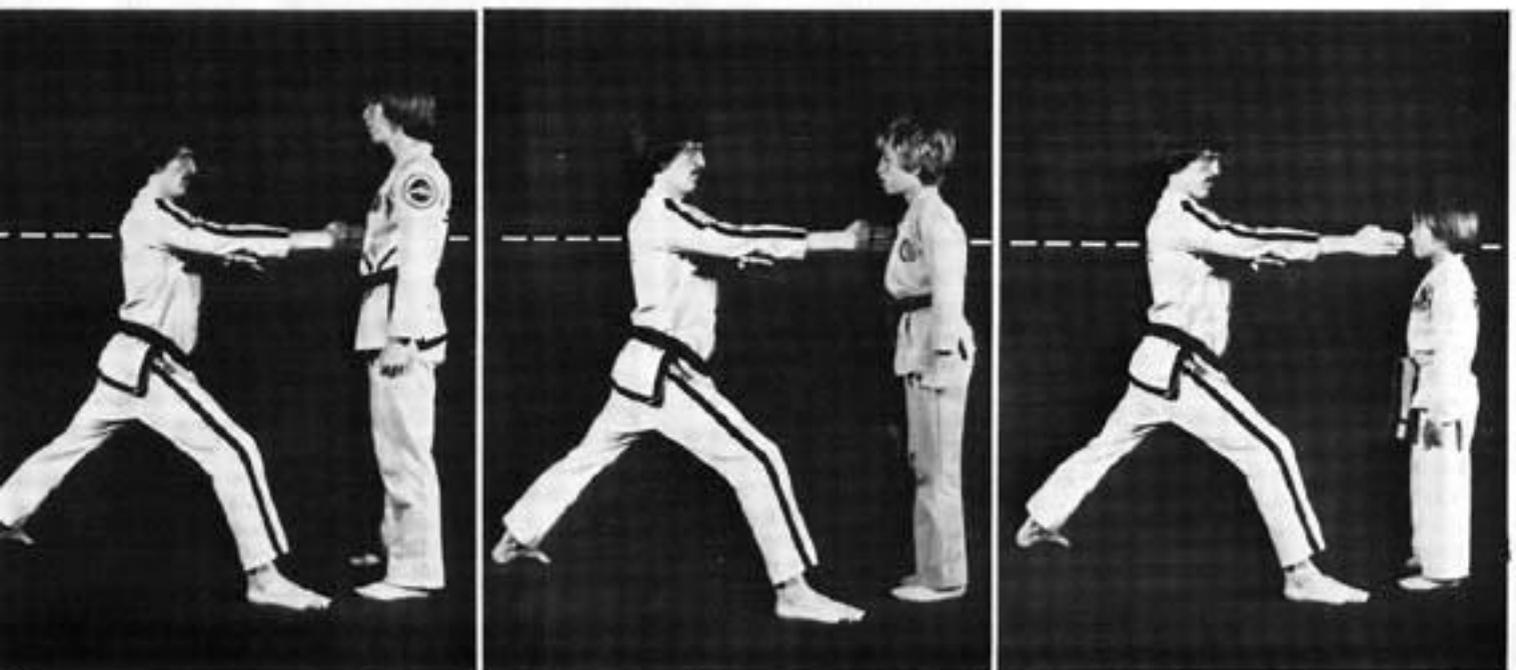


**Middle Thrust**





Standing naturally when thrusting

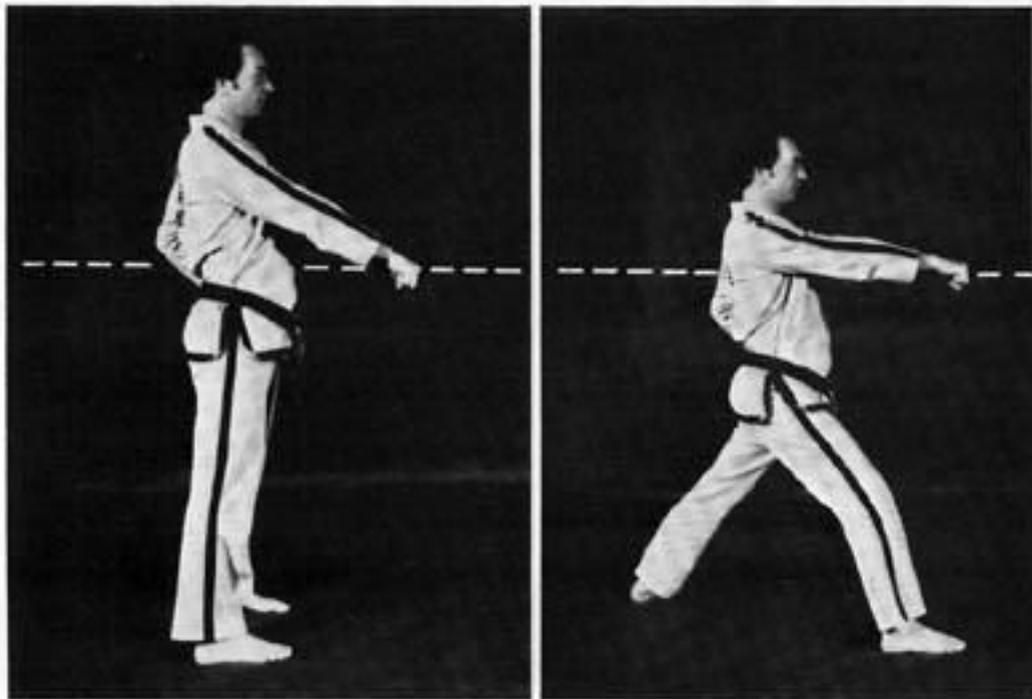


## **Low Attack (*Najunde Gong Gyok*)**

When the attacking tool reaches the same level as the attacker's umbilicus at the moment of impact, it is called a low attack.

**Standing naturally when punching**

**Low Punch**

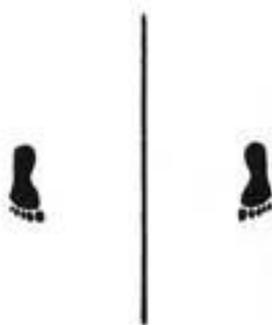




**IMPORTANT:**

Due to the distortion of distance apparent in photographs, the angle of the feet in stances may appear slightly out of position. The student, therefore, is encouraged to refer to the feet illustrations rather than the photograph itself.

Parallel stance



Sitting stance



## Walking Stance (*Gunnun Sogi*)

Front View



Back View



## L-Stance (*Niunja Sogi*)

Front View



Back View





## Punching Technique (*Jirugi*)

Punching is executed in various ways according to the tools listed below and the position of the opponent.

### Forefist

Basic Principles:

1. Clench the fist firmly at the moment of impact so that it acts as a hammer instead of a cotton ball.
2. Punch from the hip to the target at full speed using the shortest distance.
3. Avoid unnecessary tension of the arms and shoulders.
4. Pull the opposite fist simultaneously to the hip as the punching fist moves out.
5. Relax the muscle immediately after the fist has reached the target.
6. Keep the back straight at the moment of impact.
7. Do not pull out the shoulder at the moment of impact.
8. The fist must turn a full 180 degrees at the moment of impact; i.e. a corkscrew effect, with the exception of vertical and side punches.
9. The back fist must face downward when the fist is pulled to the hip.
10. The rear foot in all cases must be placed firmly at the moment of impact to contain the rebound.

(All punches throughout this book are considered front punches unless special directions are given.)



**CORRECT**



As mentioned earlier, revolving the fist and concentrating the muscles of the hip and abdomen to a small area is a very important punching technique theory. The farther the distance between the target and the fist, the more this theory applies. The hip is the most suitable and natural spot for placing or withdrawing the fist in the course of training in the case of a front punch with a single fist. In actual combat, however, a certain amount of latitude and flexibility must be observed.

**INCORRECT**



The fists have failed to revolve.

Left back fist faces upward instead of downward.

### **Walking Stance Obverse Punch (*Gunnun So Baro Jirugi*)**

Walking stance obverse punch is delivered from the same side of the leg that is bent fully.

#### **Single Fist (*Wae Joomuk*)**



Side View

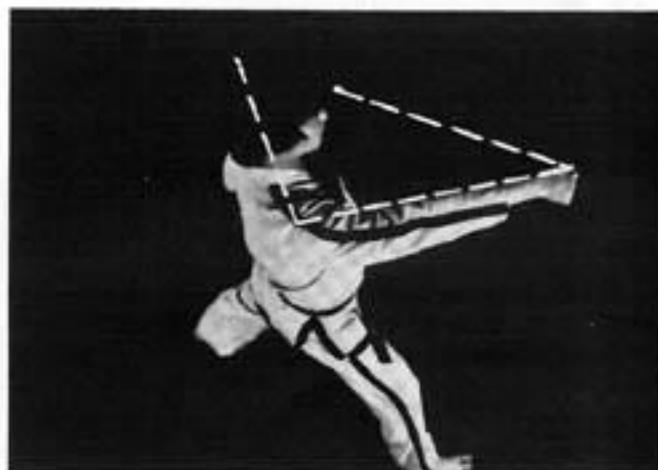


Front View

#### **Right Walking Stance**



The fist must stay in the centre of the body at the moment of impact as far as front punch is concerned. The same principle is applied to the middle and low punches.



Top View

## Walking Stance Reverse Punch (*Gunnun So Bandae Jirugi*)

If the fist is delivered from the opposite side of the leg which is fully bent leg, it is called a reverse punch.



Front View

Side View

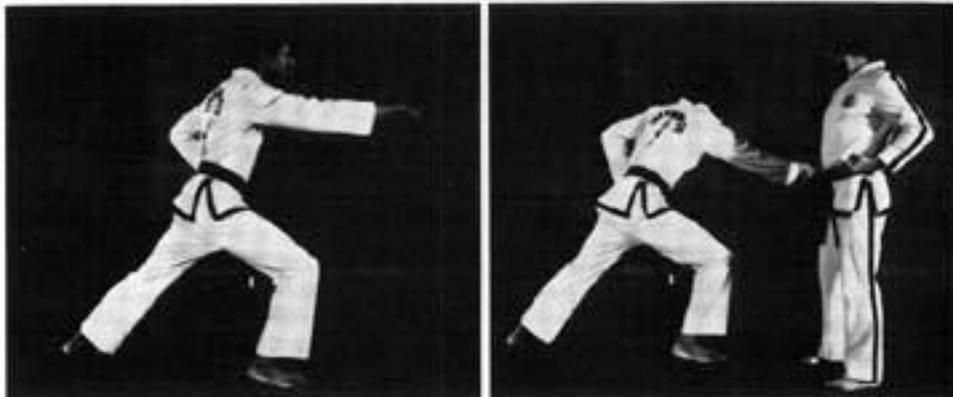
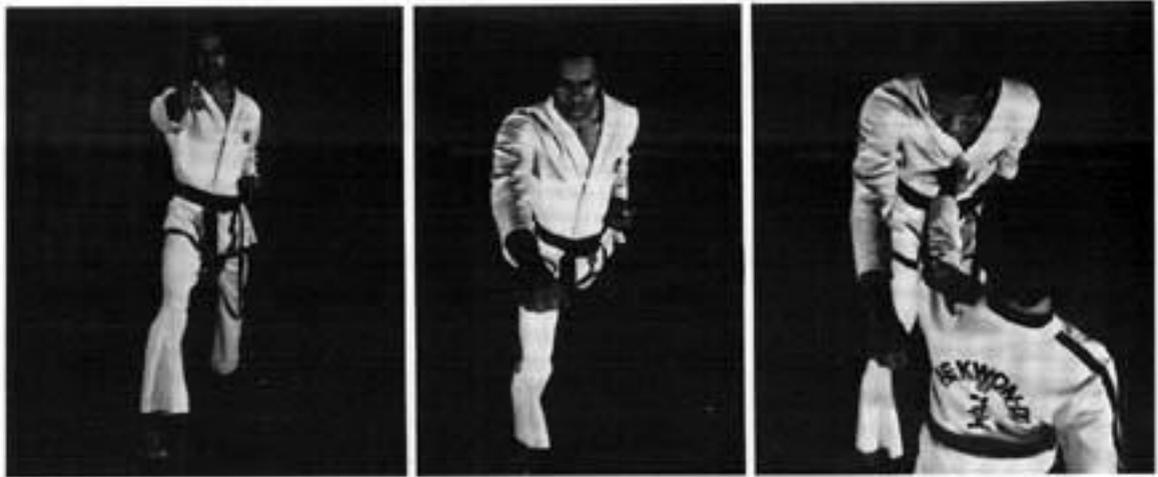


### INCORRECT

Revolving principle is ignored because the back fist faces upward instead of downward at the start of punching.

**INCORRECT**

Not only are the vulnerable spots exposed but the attack is ineffective because the fist has failed to stay in the center of the attacker's body.



**INCORRECT**

Shoulder is over extended in lunge position, making an awkward stance, from which the student can be toppled even by a slight pull.

**INCORRECT**

The fist has failed to reach the point of focus because the arm is not fully extended. Under these conditions the student cannot generate maximum power.



Top View



### **L-Stance Obverse Punch (*Niunja So Baro Jirugi*)**

The punch is delivered from the same side as the leg which is fully bent. In this case, the right leg.

Be careful to maintain a correct half facing posture and keep the fist in a line that runs parallel with the other foot. In this case, the left foot at the moment of impact.

**Front View**



**Side View**



**Side View**



**Top View**



**The fist forms a triangle with the shoulders.**



Scooping with a palm



Attacker is thrown



Punch is delivered

**INCORRECT**

The body becomes full facing the target and the stance is broken, thus the attacking tool cannot reach the target.



**INCORRECT**

The body is easily pulled off balance because it is full facing.



### L-Stance Reverse Punch (*Niunja So Bandae Jirugi*)

It is very useful for attacking the opponent at the side. The body must be half facing the target at the moment of impact as in the case of the L-stance obverse punch.



Front View

Side View



**INCORRECT**  
Attack is impossible.



Top View

The fist forms a triangle with the shoulders.



**Front View**



**INCORRECT**  
 Not only is the armpit exposed but the attack is ineffective because the fist has failed to be delivered in the same direction as the hip and abdomen.

**Side View**



**Side View**

**INCORRECT**  
 The punch is not effective because the opponent is too close to the target.

### **Rear Foot Stance Reverse Punch (*Dwitbal So Bandae Jirugi*)**

The principle of this technique is very similar to that of an L-stance reverse punch.

**Side View**

**Front View**



### **Rear Foot Stance Obverse Punch (*Dwitbal So Baro Jirugi*)**

The principle of this technique is also very similar to that of an L-stance obverse punch.

**Side View**

**Front View**



## Vertical Stance Punch (*Soojik So Jirugi*)

The principle of this technique is the same as that of a rear foot stance reverse punch.



Front View

Side View



Back View

### INCORRECT

The angle at which the punch is delivered exposes the student's armpit.



### **X-Stance Punch (*Kyocho So Jirugi*)**

This technique is particularly useful when attacking an opponent at a wider distance. The opposite side fist is normally brought in front of the shoulder at the moment of impact.



**Front View**



**Side View**



**Back View**



### **Twin Fist (*Sang Joomuk*)**

This is used in attacking two opponents simultaneously, though single target in rare cases, and is chiefly performed with walking, sitting and parallel stances, though occasionally an X-stance or a close stance.



**Walking Stance**



**Sitting Stance**

**Parallel Stance**



**X- Stance**

**Close Stance**



## Vertical Punch (*Sewo Jirugi*)

The fist is completely in a vertical position; e.g. the side fist faces downward at the moment of impact. This punch is executed either with a single fist or a twin fist and is an effective technique when attacking a target or targets at a medium range.

Keep the elbow bent about 40 degrees upward at the moment of impact.

### Single Fist

It is mainly performed with walking, rear foot and L-stances, but occasionally with close, vertical, X-, or one-leg stances. This particular punch can also be performed with a long fist for attacking the middle section of the body.

*(All vertical punches throughout this book are considered forefist front vertical punches unless special direction is given.)*



### Walking Stance

A reverse punch is normal.



### INCORRECT

The arm is extended rather than bent and has reached the target without twisting.





**Reverse Punch**

**Rear Foot Stance**

Both obverse and reverse punches are possible, though a reverse punch is common.



**Obverse Punch**



**Front View**

**L-Stance**

Only obverse punch is possible.



**Side View**

**Vertical Stance**

**X-Stance**



**Close Stance**

**One-Leg Stance**



## Twin Fist

This technique is mainly performed with walking, close, parallel and X-stances, and occasionally with a sitting, one-leg or L-stance.

The high vertical punch with a twin fist is normally executed against one target, and two targets in rare instances, whereas two targets are dealt with in the case of a middle punch.

### High Punch



Walking Stance

### Middle Punch



**X-Stance**



**Parallel Stance**



**Close Stance**



**Sitting Stance**



**One-Leg Stance**



**L-Stance**

Only a middle punch can be performed.

**INCORRECT**

Since the elbows are too close to the body, the fists have stopped before reaching the target.

**INCORRECT**

The arm is extended rather than bent and has reached the target area without twisting.



### Side Punch (*Yop Jirugi*)

When the punch is delivered to the flank, it is called a side punch.

This technique is usually performed with sitting, parallel, close or X-stances, and occasionally a diagonal or one-leg stance is used.



Top View

### Single Fist

Sitting Stance



Parallel Stance



Close Stance





X-Stance



One-Leg Stance



Diagonal Stance



**INCORRECT**  
The punch has failed to be delivered to the flank, thus exposing the armpit.

### **Twin Fist (*Sang Joomuk*)**

A walking stance is frequently employed for this technique in addition to those stances used for a single fist.

**Walking Stance**



**Sitting Stance**



**Close Stance**

### **Side Front Punch (*Yobap Jirugi*)**

This technique is used in attacking an opponent approaching from the side front.



### Side Vertical Punch (*Yop Sewo Jirugi*)

The principle of this technique is similar to that of the side punch with the exception that the elbow is bent upward.

The thumb forms a straight line with the clavicle at the moment of impact.



### Single Fist



### Sitting Stance



### One-Leg Stance



### X-Stance



### Parallel Stance





**Diagonal Stance**

**INCORRECT**  
The fist forms a straight line with the shoulder instead of the clavicle, thus the punch becomes stiff.



**Twin Fist**

**Sitting Stance**

**Walking Stance**



**X-Stance**



**Close Stance**



**L-Stance**



**Upward Punch (*Ollyo Jirugi*)**

This technique is chiefly used for attacking the face or the point of the chin at a close range.

Although it can be performed with nearly every stances, a rear foot stance and L-stance are normally used.

Keep the back fist facing the front at the moment of impact while bringing the opposite side fist in front of the shoulder.



**Vertical Stance**



**Rear Foot Stance**



**X-Stance**



**Parallel Stance**



**Sitting Stance**



**Diagonal Stance**

**Walking Stance**



**INCORRECT**  
Reaction force is reduced because the opposite fist is pulled to the hip instead of the shoulder.

### **Upset Punch (*Dwijibo Jirugi*)**

This technique is used in attacking the target at a close range and is performed with either a single or a twin fist. In any case, the fist must reach the target in a circular motion.

Keep the elbow close to the hip and the back fist completely facing downward at the moment of impact.

Keep the back fist slightly higher than its elbow at the moment of impact.



**Walking Stance**

### **Single Fist**

It is executed mainly from walking, close and parallel stance, though occasionally X-, sitting, rear foot, L-, diagonal or one-leg stance is used.

A reverse punch with a walking stance, and an obverse punch with an L-stance or a rear foot stance is normal.

Be sure to bring the opposite side fist in front of the shoulder in the case of L-stance, rear foot stance and X-stance.



**L-Stance**



**Close Stance**



**X-Stance**



**Diagonal Stance**



**One-Leg Stance**



**Sitting Stance**



**INCORRECT**

**The arm is extended rather than bent and has reached the target without twisting.**





L-Stance

**INCORRECT**

The opposite side fist is not in front of the shoulder, thus the body becomes full facing the opponent.

**INCORRECT**  
Opponent is closing in.



**INCORRECT**

Pushing a larger opponent places the attacker in an untenable position.



**INCORRECT**  
Attacker loses advantage by withdrawing.

**CORRECT**

Only an upset punch is logical in order to attack the target of opportunity.



### **Twin Fist (*Sang Joomuk*)**

It is performed mainly with walking, close, parallel and X-stances but occasionally sitting or one-leg stance is used. This technique is very useful for attacking two targets simultaneously.



**Walking Stance**



**X-Stance**



**Parallel Stance**



**Sitting Stance**

**One-Leg Stance**



**Close Stance**



### U-Shape Punch (*Digutja Jirugi*)

This is usually executed when the hair is grabbed by an opponent at a close distance. The purpose of this technique is to deliver both fists against the face and solar plexus simultaneously. It is mainly performed with an L-stance or a fixed stance.

Keep the fists formed in a vertical line with the body leaning slightly toward the target while the elbow of the lower arm is supported against the hip at the moment of impact.



Front View



Side View



**INCORRECT**  
Punching part of neither fist can contact with the target.

**INCORRECT**  
The right fist cannot reach the target because the left elbow is extended.



## Downward Punch (*Naeryo Jirugi*)

The fist is delivered vertically toward the ground or floor. This technique is used for attacking an opponent who has fallen down. It is usually executed from a walking or L-stance but occasionally a rear foot stance is used. A reverse punch is normal in the case of a walking stance.

L-Stance



Walking Stance



### INCORRECT

The left leg is bent excessively, thus the center of gravity is lost.



Fixed Stance

Rear Foot Stance



Walking Stance

### INCORRECT

The right heel is off the ground and the principle of kinetic force is ignored accordingly.



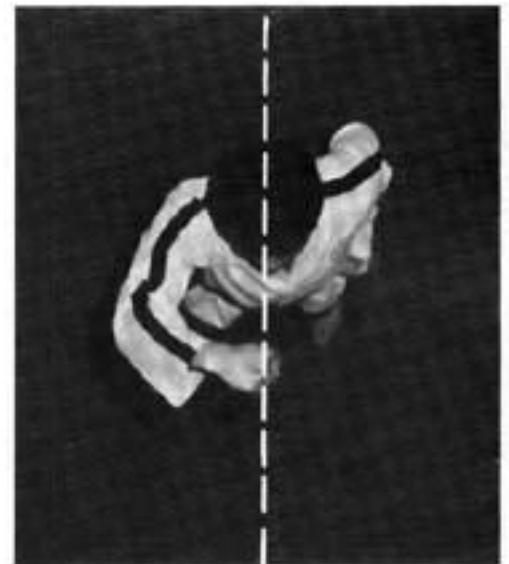
### **Crescent Punch (*Bandal Jirugi*)**

This technique is used for medium range, and is mainly performed with the forefist, though occasionally a fore-knuckle fist is used.

In both cases the punch can be performed either with a single or twin fist. The fist reaches the target in an arc, and can be executed nearly from all stances.

### **Single Fist**

The punch must be delivered from a 90 degree angle so that the fist stays at the center of the attacker's body at the moment of impact.



**Top View**

### **Walking Stance**

A reverse punch is normal, though an observe punch is used in rear cases.





Walking Stance



X-Stance



**L-Stance**

Only observe punch is possible, the same principle is applicable to a rear foot stance.



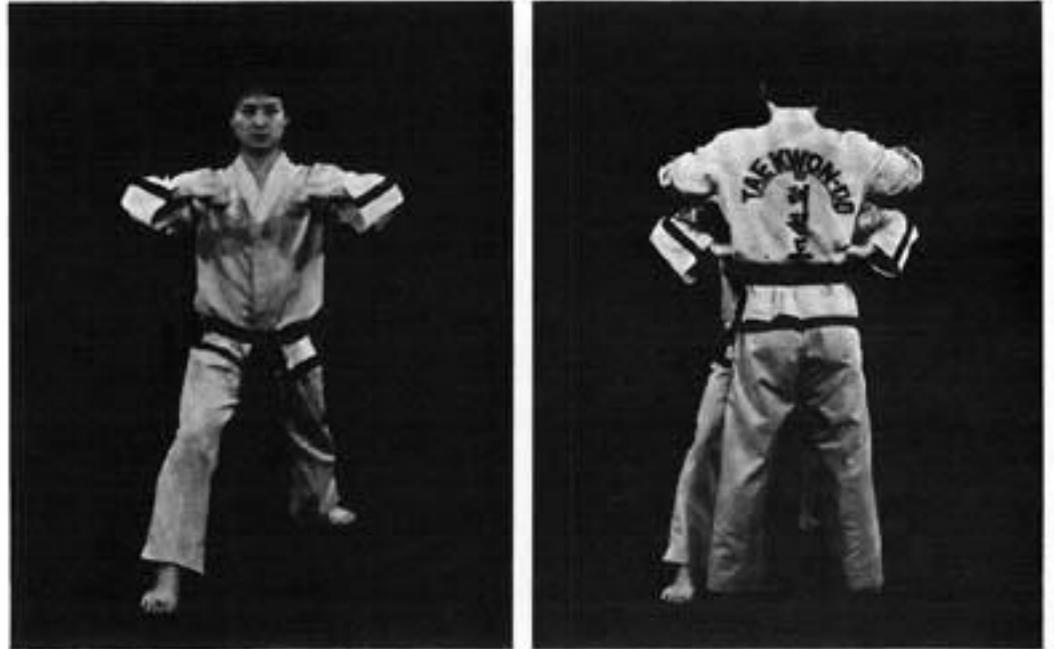
Sitting Stance



**INCORRECT**

Attack is ineffective because the fist is stopped before reaching the point of focus.

## Twin Fist



## Turning Punch (*Dollyo Jirugi*)

The principle of this technique is very similar to that of a crescent punch except that only a middle punch with the forefist is used. The fist reaches the target in a sharp curve aiming at the solar plexus, philtrum and abdomen at a closer distance.

The fist must be stayed at the center of the attacker's body at the moment of impact.





**Sitting Stance**



**Walking Stance**  
Only reverse punch is possible.



**Diagonal Stance**



**X-Stance**



**Parallel Stance**



**Close Stance**



**INCORRECT**  
The fist is stopped before  
reaching the point of focus.



### Angle Punch (*Giokja Jirugi*)

Both the purpose and method of this technique are very similar to those of a turning punch except that the fist reaches the opposite chest at the moment of impact.

An obverse punch is normal in case of a walking stance.



Top View



Walking Stance

Sitting Stance



Close Stance



X-Stance

#### INCORRECT

The fist cannot reach the target standing on the side even though the punch is unreasonably extended.



### **Knuckle Fist Punch (*Songarak Joomuk Jirugi*)**

This is classified into fore-knuckle fist, twin fore-knuckle fist, middle knuckle fist, twin middle-knuckle fist and thumb knuckle fist. They are very widely used in attacking a minute vital spot at a close distance.

The target and method of punch are varied according to the type of fist.

### **Fore-Knuckle Fist**

This is chiefly executed from walking and rear foot stances, though occasionally sitting, close, parallel and X-stances are used.

The fist reaches the target either in a straight line or in an arc.



**Obverse Punch**



**Walking Stance**

**Reverse Punch**



**Crescent Punch**

**Turning Punch**



Rear Foot Stance



Parallel Stance



Sitting Stance



X-Stance

**INCORRECT**  
The fist has stopped before reaching the target.



## Twin Fore-Knuckle Fist

This is normally used for attacking the philtrum, temple and armpit and is executed mainly from close, parallel, sitting and X-stances, though occasionally from a walking or one-leg stance.

This is widely used from a prone position as well.

Close Stance



Parallel Stance



X-Stance



Sitting Stance



Walking Stance



## Middle Knuckle Fist

This technique requires a maximum snap motion with a sharp twist of the fist during the action, in particular when attacking the solar plexus. Although it can be executed almost from every stances, an L, rear foot and X-stances are mostly used.

The fist reaches the solar plexus in an uppercut motion and the backfist faces downward at the moment of impact, with the exception of this case, the fist becomes vertical to the target.



L-Stance



Side View

Rear Foot Stance



X-Stance



Walking Stance



Sitting Stance



**INCORRECT**

Reaction force is lost because the other fist is pulled to the hip instead of the shoulder.



## Twin Middle Knuckle Fist

This technique is very widely used for attacking two opponents simultaneously at a medium distance. It is mainly executed from walking, parallel, sitting, close and X-stances, though occasionally a diagonal or one-leg stance is employed.



Front View

Walking Stance



Side View

Close Stance



**Sitting Stance**



**Side View**

**Parallel Stance**

**One-Leg Stance**



**X-Stance**



**Front View**

**INCORRECT**  
The palm faces downward instead of upward, ignoring an uppercut motion.





**Walking Stance**

### **Thumb Knuckle Fist**

This is mainly executed from a walking, sitting or X-stance and occasionally from a parallel or close stance.

Both an outward and inward punches are possible, and a reverse punch is normal in the case of a walking stance.

**Sitting Stance**



**Inward Punch**



**Outward Punch**



**X-Stance**

**Parallel Stance**



**Close Stance**

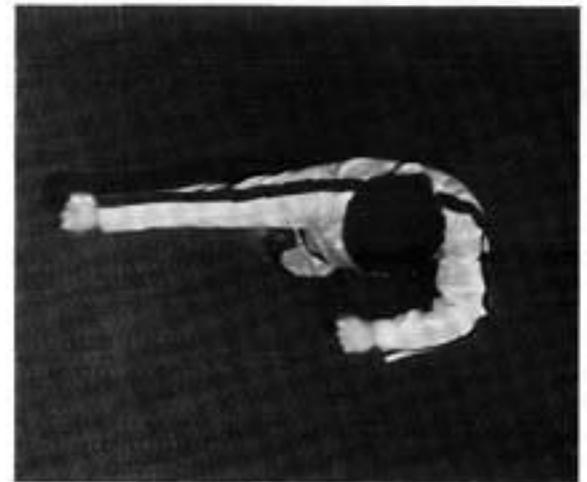
### Horizontal Punch (*Soopyong Jirugi*)

This is a useful form for attacking two targets simultaneously and is executed mainly from a sitting or diagonal stance, though occasionally from parallel, close and X-stances.

When the right arm is extended, it is called a right horizontal punch and vice versa.

While one arm is extended fully, the other is bent, forming a 90 degree angle. Forearms are kept parallel and horizontal at the moment of impact.

Left Horizontal Punch



Top View



Right Horizontal Punch



Left Diagonal Stance



Right Diagonal Stance



As a rule, a right horizontal punch is executed from a left diagonal stance and vice versa.

**Parallel Stance**



**X-Stance**



**Close Stance**

**INCORRECT**

A left horizontal punch is delivered instead of a right horizontal punch, thus the right fist has failed to reach the target.



**Left Diagonal Stance**

**INCORRECT**

The right arm is not straightened because the left fist has stopped before reaching the point of focus.





Walking Stance

### Long Fist Punch (*Ghin Joomuk Jirugi*)

This punch is used for a relatively farther distance and is mainly executed from a sitting, walking or L-stance but occasionally from parallel, rear foot, close or X-stance also.

The high section of the body is the target and a reverse punch is common in the case of a walking stance.

L-Stance



Sitting Stance



Close Stance



X-Stance



Rear Foot Stance





Front View

### Open Fist Punch (*Pyon Joomuk Jirugi*)

The principle of this technique is the same as that of the forefist front punch.

A reverse punch with a walking stance is commonly used but occasionally a sitting, parallel or X-stance is used.

Side View



Walking Stance

Sitting Stance



X-Stance



Parallel Stance



### **Double Fist Punch (*Doo Joomuk Jirugi*)**

This technique is used for attacking two opponents simultaneously approaching from the side front, and is mainly executed from an L-, rear foot and X-stances, though occasionally a close, parallel, sitting or one-leg stance is employed.

When the right arm is extended it is called a right double fist punch and vice versa.

While one arm is extended fully the other is bent slightly.



L-Stance



**Rear Foot Stance**



**X-Stance**



**Close Stance**



**Sitting Stance**



**One-Leg Stance**



## Coordination of the Fist and Hip



Walking Stance



Fists clenched tightly, the hip moves with the fist in the same direction and the foot starts to move forward while the right fist begins with a backward motion.





Fists slowly clench together while punching as the foot moves forward.



As the ball of the foot touches the ground, fists almost clench lightly, while arms revolve.



At the moment of impact, the hip jerks to provide additional power to the fist. Fists are completely clenched.



#### **INCORRECT**

The fist fails to revolve and the hip does not jerk. Furthermore the right fist fails to begin with a backward motion. Accordingly, the body becomes off balance resulting in little power.



**CORRECT**

Raise the hip at the beginning of the motion and lower the hip at the moment of impact to drop the body weight into the motion, thus increasing the mass.

**INCORRECT**

Hip is lowered instead of being raised.



## Thrusting Technique (*Tulgi*)

The fingertip and elbow are the principal tools for this technique. (Every thrust throughout this book is considered front thrust unless special direction is mentioned).

### Fingertip

This is executed almost in the same manner as that of the forefist, except that the attacking tool does not have to be drawn from the hip.

Side View



### Forefinger

This can be performed with nearly every stance, though a walking or L-stance is most frequently used. A reverse thrust is common in the case of a walking, rear foot or L-stance.



Walking Stance



L-Stance



Close Stance



Rear Foot Stance



Sitting Stance



Parallel Stance



X-Stance



**INCORRECT**  
The forefinger is bent upward instead of downward.



## Double Finger

This is mainly executed from a walking stance though occasionally sitting, parallel, low and X-stances are used. This technique is used for attacking the eyes only.



Obverse Thrust



X-Stance



Reverse Thrust



Low Stance

Sitting Stance



Parallel Stance





### Flat Fingertip

This technique is usually executed from a walking, low, sitting or L-stance, though occasionally from a parallel, close, rear foot or X-stance. It is used against the targets above the epigastrium.

A reverse thrust is more frequently used in the case of a rear foot or L-stance.

Low Stance



Walking Stance

L-stance



Close Stance

Sitting Stance



Parallel Stance

X-Stance



Rear Foot Stance



One-Leg Stance



**INCORRECT**  
The fingertip is bent upward  
rather than downward.

## Upset Fingertip

This technique is mainly executed from a walking, L-or X-stance, though occasionally from a rear foot stance. It is used chiefly against the pubic region but occasionally the armpit.

Insure that the opposite side fist is brought in front of the shoulder at the moment of impact. A reverse thrust is normal in the case of a walking stance.



Front View



Walking Stance

Side View

Armpit is attacked



L-Stance





Rear Foot Stance

Sitting Stance



X-Stance



Close Stance



**INCORRECT**

The body is leaned forward because the attack is directed toward the scrotum instead of the public region.

## Straight Fingertip

This is mainly executed from a walking stance but occasionally from a parallel, sitting or X-stance. Be sure to block the opponent's attacking tool with the palm while executing the thrust as the opponent's reach may be greater than yours.

Walking Stance



Side View

Sitting Stance



Front View

Parallel Stance



Side View



**X-Stance**

**INCORRECT**

Impossible to block parallel with a thumb ridge.



**INCORRECT**

The opposite hand is not intended to support the attacking arm.



Opponent has succeeded in reaching his target because the block has been unsuccessful.

**INCORRECT**

Solar plexus is attacked because the left fist is pulled to the hip.



## Angle Fingertip

This is mainly performed with a walking, parallel or X-stance, though occasionally a sitting, close or one-leg stance is employed.

The principle of this technique is the same as that of a crescent punch.

Be sure to keep the fingertip in a vertical position to the middle section and horizontal position to the high section at the moment of impact.



Walking Stance



Side View



Front View

Parallel Stance

X-Stance



Sitting Stance



Front View



Close Stance



Side View

One-Leg Stance



**INCORRECT**

The fingertip cannot reach the opponent who stands on the side even though the thrust is extended.





Walking Stance

### Thumb

The principle of this technique is very similar to that of a turning punch.

It is executed mainly from a walking or sitting stance and occasionally from a parallel or X-stance. A reverse thrust is normal in case of a walking stance.



X-Stance



Sitting Stance



Parallel Stance



### INCORRECT

The attack has failed because the thumb is bent inward.

## Downward Thrust (*Naeryo Tulgi*)

The flat fingertip and the straight elbow are the principal tools for this technique.



Side View

## Flat Fingertip

The principle of downward punch is applicable to this technique, however, the targets are different. An obverse thrust is normal in the case of a walking, rear foot or L-stance.



Walking Stance



L-Stance

Rear Foot Stance



### **Straight Elbow (*Sun Palkup*)**

This is mainly executed from a rear foot, close, L- or X-stance, though occasionally from a walking, parallel, one-leg or vertical stance also.

This technique is chiefly used for attacking the upper back, small of the back in the form of a downward thrust.

Keep the back fist facing the front and the forearm vertical at the moment of impact. However, it can also be used for defence in rare cases.



**Rear Foot Stance**

**L-Stance**



**X-stance**



Walking Stance



Vertical Stance



One-Leg Stance



Close Stance

Rear Foot Stance



**INCORRECT**

The elbow has missed the target because the forearm is positioned obliquely instead of vertically.

### **Side Thrust (*Yop Tulgi*)**

If the thrust is delivered to the flank, it is called a side thrust. Although the flat fingertip and side elbow play the main part in this technique, the forefinger and double side elbow are frequently used too.

### **Forefinger**

It is mainly executed from a sitting or X-stance and occasionally from a close, one-leg or parallel stance.



**X-Stance**



**Sitting Stance**

### **Double Finger**

Eyes are the only target.

### **Close Stance**



### **One-Leg Stance**



**Parallel Stance**



Top View

### Flat Fingertip

It is mainly executed from a sitting or parallel stance, though occasionally a close, diagonal, one-leg or X-stance is used.



Sitting Stance

Parallel Stance

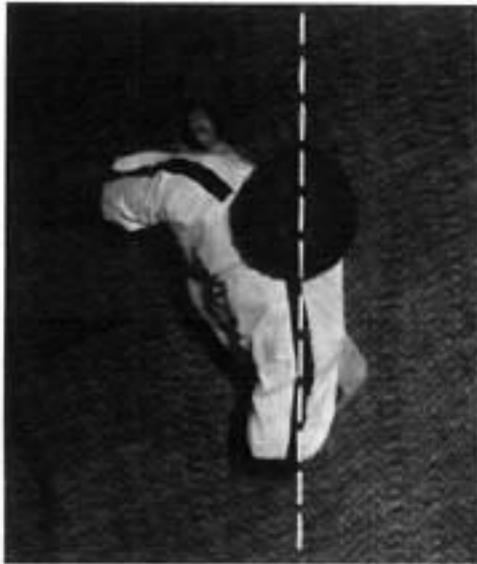


One-Leg Stance

### Side Front Thrust (*Yobap Tulgi*)

This technique is used for attacking an opponent approaching from the side front.





Top View

### Side Elbow (*Yop Palkup*)

This is also divided into single and twin side elbow. The former is executed from an L-, rear foot or fixed stance and the latter from X-, parallel, close, sitting, walking and one-leg stances.

### Single Side Elbow (*Wae Yop Palkup*)

The philtrum and solar plexus are the main targets with the floating ribs and chest as secondary. This technique is normally performed in a sliding motion.

Keep the back fist faced downward with the thrusting elbow slightly raised at the moment of impact.



L-Stance

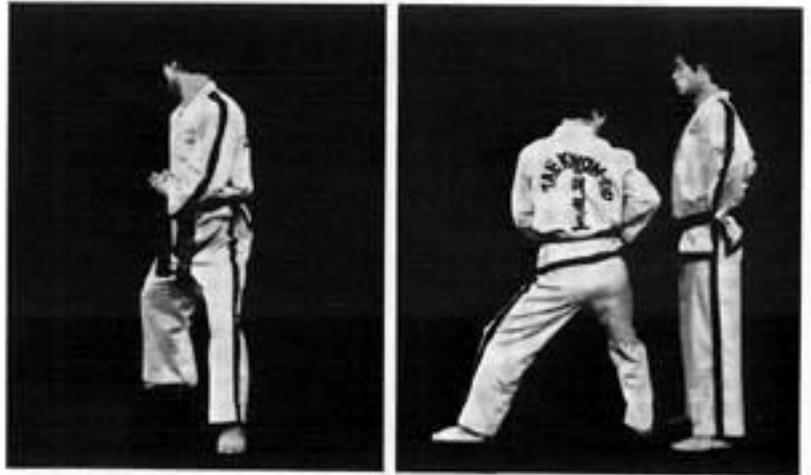


Rear Foot Stance



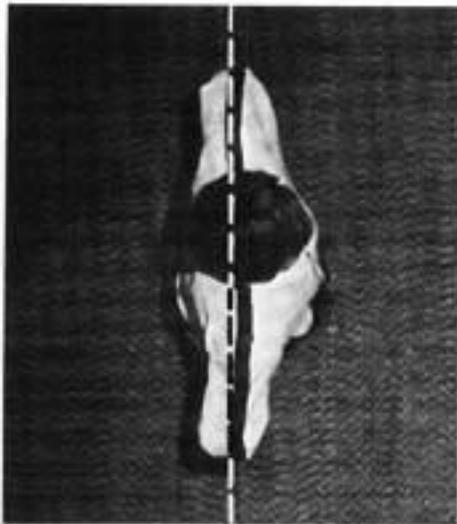


Fixed Stance



**INCORRECT**

The thrusting elbow is pointed to the side rear because of opposite palm is brought to the fore fist.



Top View

**Twin Side Elbow (*Sang Yop Palkup*)**

The targets are the same as in a single side elbow. Keep both side fists faced downward at the moment of impact.

**X- Stance**



Parallel Stance



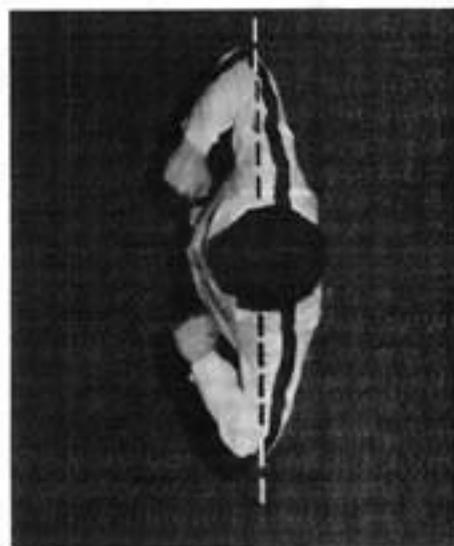
Close Stance

### **Horizontal Thrust (*Soopyong Tulgi*)**

This technique can be performed with either a single or twin elbow. In both cases, keep the elbows horizontal with the shoulder and the back fist faced upward at the moment of impact.

### **Twin Elbow (*Sang Palkup*)**

This is used in attacking two opponents simultaneously, and is mainly executed from a close, parallel, walking and X-stances, though occasionally a sitting or one-leg stance is employed.



Top View



Close Stance



Parallel Stance



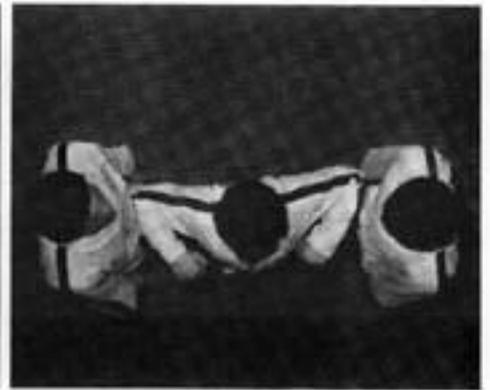
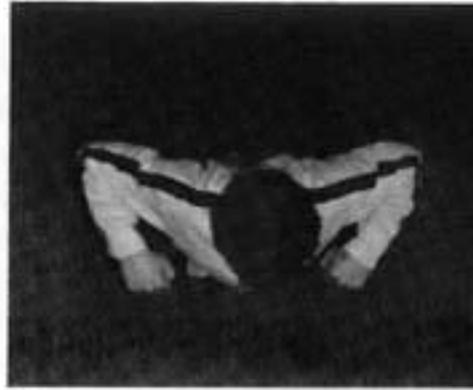
X-Stance



Walking Stance



Sitting Stance



**INCORRECT**

Attack is not successful because the elbows are pointed slightly backward.

**Single Elbow (*Wae Palkup*)**

It can be executed from nearly all stances and the force of thrusting elbow is strengthened with the aid of the opposite palm.



Close Stance



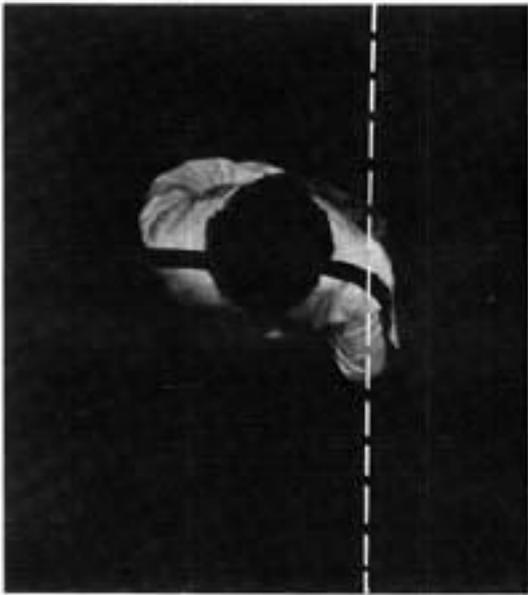
Rear Foot Stance

X-Stance



One-Leg Stance





Top View

### Back Elbow (*Dwit Palkup*)

This is used for attacking an opponent approaching from the rear. And is mainly executed from a sitting or parallel stance and occasionally a close, one-led or X-stance.

The force of thrusting elbow is strengthened normally with the aid of the opposite finger belly. It is used for attacking an opponent at a side rear angle.

Keep the elbow raised slightly higher than the first with the back fist facing downward at the moment of impact though the opposite side fist can be placed on the under fist.

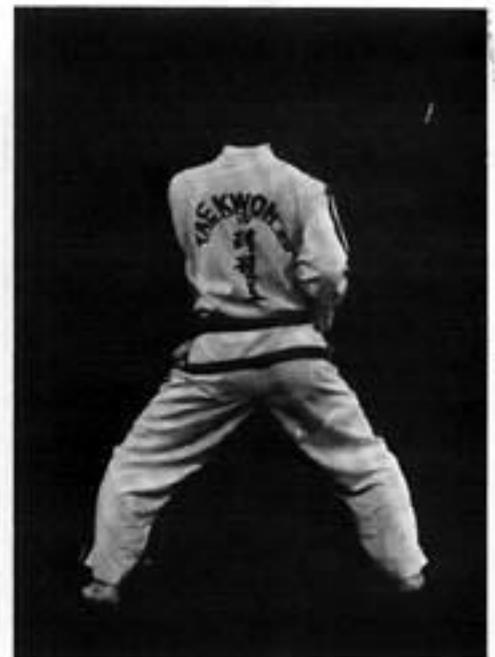
### Sitting Stance



Front View



Front View



Back View

Parallel Stance



Close Stance

X-Stance



One-Leg Stance



**INCORRECT**  
The elbow is pointed outward



**INCORRECT**  
Attack is impossible because the elbow is pointed inward and the opponent is at the center of attacker.



Top View

**Twin Side Back Elbow (*Sang Yop Dwi Palkup*)**

This is mainly executed from close, parallel or X-stances and occasionally a sitting, walking or one-leg stance.

It is used for attacking two opponents simultaneously approaching from the side rear. Keep the elbows slightly higher than the first with back fists faced downward at the moment of impact. This technique is executed only with a twin elbow.



Top View



Parallel Stance

Close Stance



Side View



Front View



Front View

X-Stance



Sitting Stance



Walking Stance



One-Leg Stance

Back View

Top View



**INCORRECT**

The attack has failed because the elbows are pointed directly to the rear instead of to the side rear.

## Cross-Cut (*Ghutgi*)

The flat fingertip is the only tool for this technique. It is classified into a front and side cross-cut, and the former is further broken down into an outward and inward cross-cut.

(All cross-cuts throughout this book are considered front cross cuts unless special direction is mentioned.)

### Outward Cross-Cut (*Bakuro Ghutgi*)

When the attacking tool reaches the target from inward to outward, it is called an outward cross-cut.

This can be performed with nearly all stances though walking, rear foot and L-stances are mainly used. Overse cross-cut is not logical in the case of an L- or rear foot stance.



Front View

Side View



Walking Stance

Sitting Stance

Side View



L-Stance

Top View

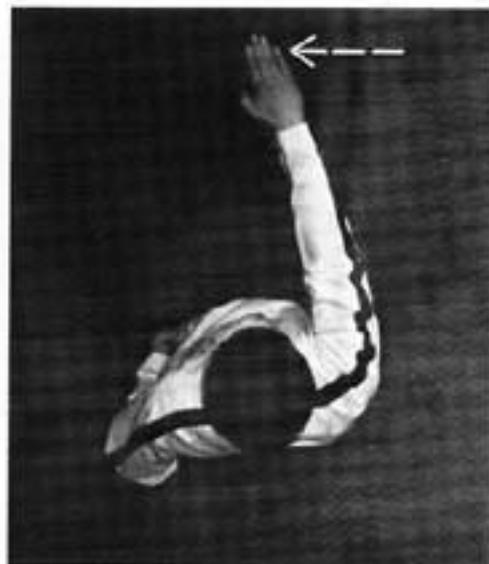


**Inward Cross-Cut (*Anuro Ghutgi*)**

When the attacking tool reaches the target inwardly, it is called an inward cross-cut.

Although this can be executed from every stance, walking, L- and X-stances are mainly used.

Both obverse and reverse cross-cuts are possible for all stances.



Top View



Front View



Side View

Walking Stance

L-Stance



Side View

X-Stance



**Fixed Stance**



**Sitting Stance**



**Rear Foot Stance**



**Parallel Stance**

**Close Stance**



**One-Leg Stance**

### Side Cross-Cut (*Yop Ghutgi*)

When the cross-cut is delivered to the flank, it is called a side cross-cut. The attacking tool reaches the target outwardly.

This is mainly executed from a sitting, parallel or X-stance and occasionally from a one-leg or close stance.

Sitting Stance



Front View



Parallel Stance

Back View



X-Stance

One-Leg Stance



Close Stance

## Coordination of Hip and Fingertip

**CORRECT**



Fists are clenched slightly, and the right hand moves in the same direction as the hip, conducting a backward motion.



**INCORRECT**



Not only does the right hand form a flat fingertip prematurely but fails in its backward motion.



The hip moves in the opposite direction from the right hand.



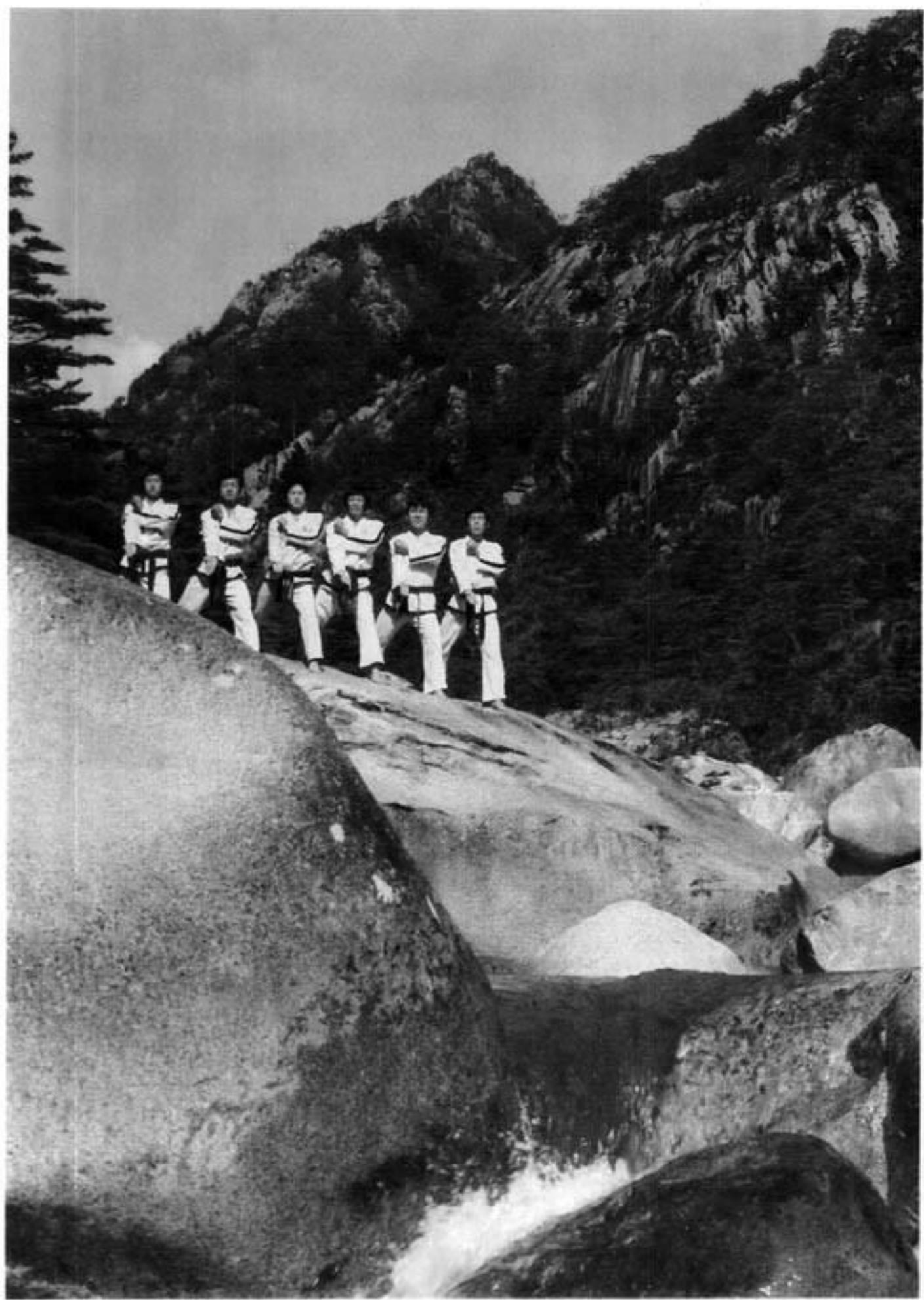
**Fists are still slightly clenched.**



**Right hand almost forms a flat fingertip.**



**As a result power is tremendously reduced.**



## Striking Technique (*Taerigi*)

The striking is classified into side, front, inward, outward, side front, side rear, downward and elbow strikes.

The attacking tool reaches the target generally in a straight line with the exception of a high elbow.

### Elbow (*Palkup*)

Elbow is a powerful tool at close range. The front, upper, upper-back and high elbows are utilized for striking.



Front View

### Upper Elbow Strike (*Wi Palkup Taerigi*)

This is usually executed from a walking stance. A reverse strike is common in the case of a walking stance and it is employed for attacking the opponent at a side front angle.

The only target is the point of chin. At the moment of impact the body becomes full facing with the back fist facing upward.



### INCORRECT

Against an opponent standing directly in front, the elbow has missed the target.



Top View

### **Upper-Back Elbow Strike (*Widwi Palkup Taerigi*)**

This technique is used for attacking the front and rear simultaneously and is chiefly executed from a walking stance in the form of a reverse strike, though occasionally sitting, parallel, close and X-stances are used.

When the right elbow is in front, the strike is called a right upper-back elbow strike and vice versa. Be sure to keep the side fist faced upward with the body half facing at the moment of impact.



Top View

Walking Stance



Right Upper Back Elbow Strike



Left Upper Back Elbow Strike



Sitting Stance

Close Stance



Parallel Stance



X-Stance

INCORRECT

The body becomes full facing with the side fist-in this case the right side fist-facing inward instead of upward resulting in missing both targets.

Side View



Front View



Side View

### Front Elbow Strike (*Ap Palkup Taerigi*)

It is mainly executed from a walking, close, X- or parallel stance. The striking force is strengthened with the aid of the opposite palm during practice and used for attacking the epigastrium, philtrum or solar plexus from the side front angle. The body becomes full facing with the back fist facing upward at the moment of impact. A reverse strike is common in the case of a walking stance.

Be sure to bring the opposite palm either to the elbow or side fist at the moment of impact.



Walking Stance

Front View



Side View



**X-Stance**



**Side View**



**Parallel Stance**



**INCORRECT**

**Obverse strike does not work because the elbow cannot reach the opponent even though standing at the side front.**

**INCORRECT**

**Against opponent standing directly in front, the elbow has missed the target.**

**Top View**



**High Elbow Strike (*Nopun Palkup Taerigi*)**

It can be executed from most stances. Jaw and philtrum are the best targets. Bring the other palm to the side fist to strengthen the striking force. The fist is slightly lower than the elbow with the back fist facing upward while the body becomes side facing at the moment of impact.

**Walking Stance**



**Front View**

**Side View**



**Side View**





Close Stance



X-Stance



Parallel Stance



Sitting Stance

**INCORRECT**

Against the opponent standing in a side front angle, the elbow has missed the target.



**INCORRECT**

The elbow has stopped before reaching the target because the body becomes full facing instead of side facing.

### **Inward Strike (*Anuro Taerigi*)**

When the attacking tool reaches the target inwardly it is called an inward strike. The knife-hand is the prime tool though occasionally twin knife-hand, twin reverse knife-hand, under fist, palm and bear hand are used.

This technique is effective in attacking the target located at the side front in most cases.



**Top View**

### **Knife-Hand**

Inward strike with a knife-hand can be executed from nearly all stances, though walking, rear foot and L-stances are mainly used.

**Obverse Strike**



### **Walking Stance**

Both obverse and reverse strike are possible.

**Reverse Strike**



### L-Stance

Both obverse and reverse strikes are possible but be sure to bring the opposite side fist in front of the shoulder at the moment of impact. The same principles are applicable to the rear foot and vertical stances.

Obverse Strike



Reverse Strike



Fixed Stance

### INCORRECT

Not only the stance itself is broken but the attacking tool cannot reach the target. The same principle is applicable to a rear foot stance or fixed stance..



Rear Foot Stance



Reverse Strike



X-Stance

Vertical Stance



Sitting Stance



Close Stance

**INCORRECT**

The attacking tool is over extended, passing the point of focus because the other fist is pulled to the hip instead of the shoulder.

The same principle is applicable to L-, vertical or fixed stance.



**Twin Knife-Hand (*Sang Sonkal*)**

This is mainly executed from walking, sitting and X-stances, and occasionally a parallel or close stance is used.

Keep the body full facing the target at the moment of impact.



**Walking Stance**



**Side View**



**X-Stance**





**Sitting Stance**



**Close Stance**

**Top View**



### **Twin Reverse Knife-Hand (*Sang Sonkal Dung*)**

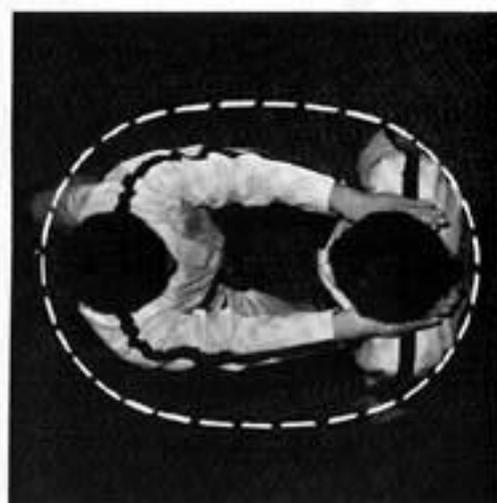
The principle of this technique is the same as that of a twin knife-hand strike with one exception: the attacking tool reaches the target in an arc rather than a straight line.



**Front View**



**Walking Stance**



**Top View**

**Sitting Stance**



**Parallel Stance**



**Side View**

**X-Stance**





### **Under Fist**

It is mainly executed from walking, sitting and X-stance and occasionally a parallel, close or diagonal stance.



**Walking Stance**

**X-Stance**



**Sitting Stance**



**Diagonal Stance**



### **Bear Hand**

The method of use is the same as that of under fist but the ear point is the only target.





Rear Foot Stance

### Palm

It can be executed nearly from all stances though walking and rear foot stances are normally used.

The jaw and lips are the targets, and a reverse strike is common in the case of a rear foot or L-stance.



Parallel Stance



Sitting Stance

Sitting Stance



Walking Stance

### Finger Pincers

The principle of this technique is the same as that of crescent punch.

The Adam's apple and throat are the targets.

A reverse strike is normal in the case of a walking stance.

### **Downward Strike (*Naeryo Taerigi*)**

This technique is divided into front and side downward strikes. The knife-hand and back fist are the main tools, though occasionally the side fist and back hand are used. In both cases the attacking tool becomes level with the shoulders at the moment of impact.

Keep the arm straight when using the knife-hand or the side fist while slightly bending it for the back hand or the back fist at the moment of impact.

### **Side Downward Strike (*Yop Naeryo Taerigi*)**

The attacking tool reaches the target in a circular motion and can be executed nearly from all stances, though L-, rear foot, vertical and X-stances are most suitable. Keep the forearms crossed in front of the chest with both back fists faced upward, placing the striking one under the other at the start of blocking. All downward strikes throughout this encyclopedia are considered side downward strike unless special directions are given.



**L-Stance**



**Back Fist**



**Knife-Hand**

**Side Fist**





**Rear Foot Stance**

**Vertical Stance**



**X-Stance**

**Sitting Stance**



**Close Stance**



**Parallel Stance**



**One-Leg Stance**

**INCORRECT**  
Strike is not executed  
in a circular motion.

**Walking Stance**



## Front Downward Strike (*Ap Naeryo Taerigi*)

The attacking tool reaches the target in a straight line and is chiefly executed from walking and X-stances, though sitting, parallel, close or one-leg stance is frequently employed.

The knife-hand and side fist are mainly used, though occasionally the back fist, back hand or base of knife-hand can be used.



Walking Stance



X-Stance



Sitting Stance



Close Stance



One-Leg Stance



### **Outward Strike (*Bakuro Taerigi*)**

When the attacking tool reaches the target from inward to outward, it is called an outward strike, resulting in a side strike. The knife-hand, back fist and side fist are usually employed, and occasionally a back hand or twin back fist is used.



### **Side Strike (*Yop Taerigi*)**

If the body becomes half facing or side facing the target at the moment of impact, it is called a side strike, and is executed in the form of an outward strike. It can be performed with all stances. The knife-hand and back fist are primary weapons, though occasionally the side fist and back hand are employed.

The attacking tool forms a straight line with the center of the shoulders at the moment of impact.



**Top View**



### **Knife-Hand**

It is mainly executed from a sitting, close, L- and X-stances, though occasionally a parallel, one-leg, vertical, diagonal or walking-stance is used.

A reverse strike is normal in case of vertical, rear foot and L-stances.



**Sitting Stance**



**Vertical Stance**



**Close Stance**



**One-Leg Stance**



**Diagonal Stance**



**INCORRECT**

The knife-hand has passed the point of focus and failed to keep side facing the target. The same principle is applicable to a side fist.

## Side Fist

The principle of this technique is the same as that of a knife-hand.



Sitting Stance



L-Stance

Front View.



Rear Foot Stance



One-Leg Stance



X-Stance

## Back Fist

This is normally used for attacking the temple. Keep the back fist half facing the target with the arm slightly bent at the moment of impact.



Walking Stance



Sitting Stance



Close Stance



L-Stance



X-Stance



One -Leg Stance



Diagonal Stance

Twin Back Fist



Sitting Stance

Walking Stance



X-Stance



Close Stance

## Back Hand

### Single Back Hand

This can be performed with all stances, although sitting, parallel, and X-stance are mostly used.



Sitting Stance



L-Stance



X-Stance

### Twin Back Hand

This can be executed mainly from walking, sitting and X-stances, though occasionally close, parallel or one-leg stance is used.



Close Stance



Walking Stance



Sitting Stance

## Horizontal Strike (*Soopyong Taerigi*)

This technique is mainly performed with twin knife-hand, twin side fist, and single back fist, and occasionally twin back fist or twin back hand is used. Be sure to keep the arm straight and horizontal at the moment of impact.



Walking Stance

## Twin Knife-Hand

This is very useful in attacking two opponents simultaneously approaching from the rear and is chiefly executed from walking, sitting and parallel stances, though occasionally a close stance, one-leg stance or X-stance is used.

Keep the body full facing the front at the moment of impact.



Parallel Stance



X-Stance



Sitting Stance



One-Leg Stance



Walking Stance

### Twin Side Fist

The principle of this technique is the same as that of a twin knife-hand except the difference of the target.



Sitting Stance



Close Stance

### INCORRECT

The right fist has failed to reach the target because the body becomes back facing instead of full facing. The same principle is applicable to twin knife-hand, twin back fist or twin back hand.



### **Back Fist**

The principle is the same as that of a twin side fist, however, the side fist faces downward instead of backward at the moment of impact.

#### **Single Back Fist**

This can be performed with all stances except a walking stance.



L-Stance



Diagonal Stance



X-Stance

#### **Twin Back Fist**

The principle of this technique is the same as that of a twin knife-hand.



Walking Stance

X-Stance



Sitting Stance

## Back Hand

The principle of this technique is the same as that of back fist but the face is the only target.

## Single Back Hand

The principle is the same as that of a single back fist.



L-Stance

Parallel Stance



Sitting Stance

## Twin Back Hand

The principle is also the same as that of a twin knife-hand.



X-Stance



Walking Stance



One-Leg Stance

## Coordination of Knife-Hand and Hip



**CORRECT**



Fists clenched slightly, hip moves in the same direction as the fist while the right hand conducts a backward motion.



As the body revolves, the fist gradually opens up, forming a knife-hand.



**INCORRECT**

1. Knife-hand should not be formed at the beginning, otherwise entire muscles are tensed.
2. Speed was impaired, resulting in little power.

**INCORRECT**

Neither the forearms are crossed at the beginning nor is the fist pulled to the hip at the moment of impact, resulting in little power.





At the moment of impact, a proper knife-hand is formed.



#### INCORRECT

1. The hip moves in the opposite direction from the fist.
2. The hip is not jerked, resulting in little power.



### Front Strike (*Ap Taerigi*)

When the body is full facing the target and the attacking tool remains at the center of the attacker's body at the moment of impact, it is called a front strike. The back fist knife-hand and reverse knife-hand are chiefly used with this technique.



Sitting Stance

### Back Fist

This is normally performed with sitting, walking and X-stances, though occasionally with a close, parallel or diagonal stance.

The philtrum is the primary target with the temple as secondary. Be sure to bring the other back fist under the elbow of the attacking fist which reaches generally the same level as the eyes of the attacker at the moment of impact.





**Walking Stance Obverse Strike**



**Walking Stance Reverse Strike**



**X-Stance**



**One-Leg Stance**



**Close Stance**

**INCORRECT**

Fist is delivered in an upward motion, missing the chin.



**INCORRECT**

Striking with a side fist, missing the philtrum.



**INCORRECT**

Fist is delivered in a downward motion, thus missing the philtrum.



## Knife-Hand

This is mainly executed from sitting, walking, parallel and X-stances, though occasionally from a close, one-leg stance or standing position.

A reverse strike is normal in the case of a walking stance. Keep the arm bent properly and the other hand brought over the arm or in front of the forehead at the moment of impact.

Be sure to attack the target from the side front so that the knife-hand is stopped just at the center of the attacker's own body.



Walking Stance

Walking Stance



Sitting Stance



Front View

Side View



X-Stance

Parallel Stance



Close Stance

Standing Postion



One-Leg Stance

**INCORRECT**

Not only the reaction force is reduced but the knife-hand has failed to stay at the center because the other fist is pulled to the hip. The same principle is applicable to a reverse knife-hand front strike.





Top View

### Reverse Knife-Hand

This is mainly performed with walking, sitting and X-stances but occasionally a parallel or close stance is used.

Bring the opposite hand, either under or on the elbow joint at the moment of impact and be sure to attack the target from the side front so that the reverse knife-hand stays at the center of the attacker's own body.



Sitting Stance



Walking Stance



X-Stance



## Crescent Strike (*Bandal Taerigi*)

The method of this technique is the same as that of the crescent punch. It is performed with arc-hand and finger pincers.

### Arc-Hand

This is used for attacking the high section of the body only, and is executed mainly from walking, sitting and X-stances, and occasionally parallel, close and diagonal stances are used.

A reverse strike is normal in the case of a walking stance.



Walking Stance



Sitting Stance



X-Stance



Close Stance



Diagonal Stance

## Finger Pincers

Although a reverse strike with a walking stance is normal, it can be executed from a sitting, parallel or X-stance.



Sitting Stance



Walking Stance



X-Stance



Parallel Stance



Both the arc-hand and finger pincers are also used as in the form of a front punch but the target is at a side front angle.



### Side Back Strike (*Yopdwi Taerigi*)

This is a useful technique for attacking an opponent standing at a side rear angle.

It can be executed from nearly every stance, though walking sitting and close stances are mostly employed.

The back fist is chiefly used, though back hand may be used in rare cases.

Keep the attacking tool full facing the target while extending the opposite arm to the side downward at the moment of impact.

Walking Stance



Close Stance

Sitting Stance



Back View

### INCORRECT

Attacking the opponent standing directly behind is not possible.



### **Side Front Strike (*Yobap Taerigi*)**

This technique is used for attacking an opponent standing at the side front. It is executed mainly from walking and close stances, and occasionally one-leg stance.

The back fist is chiefly used, though occasionally a reverse knife-hand or back hand is employed.



**Top View**

**Walking Stance**



**Close Stance**



**One-Leg Stance**



## Reverse Knife-Hand

Both reverse and obverse strike are possible from a walking stance.

Be sure to pull the other fist to the hip at the moment of impact.

Walking Stance



Obverse Strike



Reverse Strike



Close Stance

## Back Hand

The principle is the same as that of reverse knife-hand but the target.

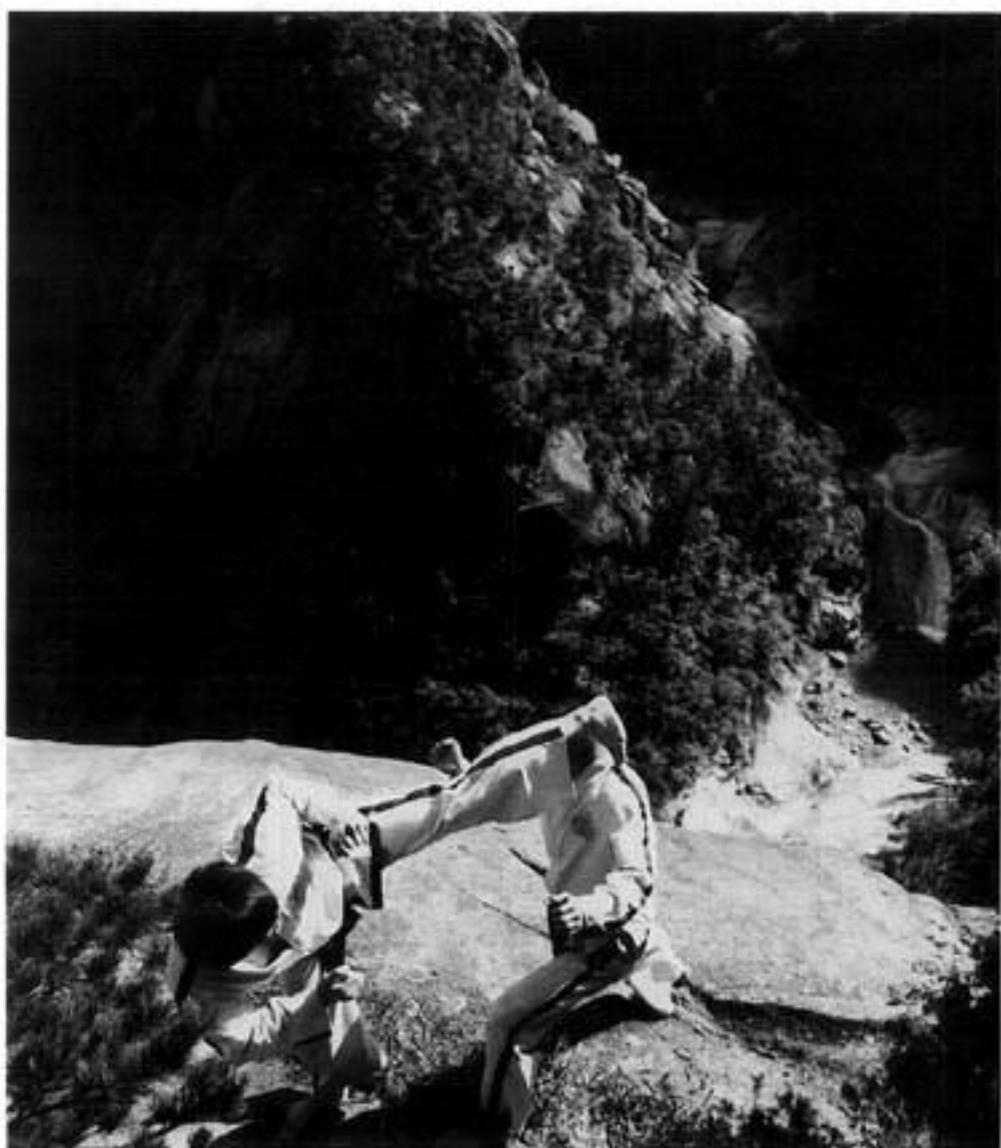


Walking Stance



X-Stance





At this point, it becomes necessary for students of Taekwon-Do to understand correctly the following terminology.

### **Double Attack** (*I-Jung Gong Gyok*)

If the same type of attack is delivered twice in succession in the same direction by the same attacking tool, it is called a "double attack" and is classified as follows:

- A. Double Punch
- B. Double Strike
- C. Double Thrust

Each one of these can be executed against one or two opponents, horizontally or vertically, to the front or to the side.

### **Triple Attack** (*Sam Jung Gong Gyok*)

If the same type of attack is delivered three times in succession in the same direction by the same attacking tool, it is called a "triple attack" and is classified into:

- A. Triple Punch
- B. Triple Strike
- C. Triple Thrust

### **Consecutive Attack** (*Yonsok Gong Gyok*)

The consecutive attack occurs when two or more attacks are executed in succession by the same hand in different directions or with different attacking tools. This can also be sub-divided into punches, strikes, and thrusts.

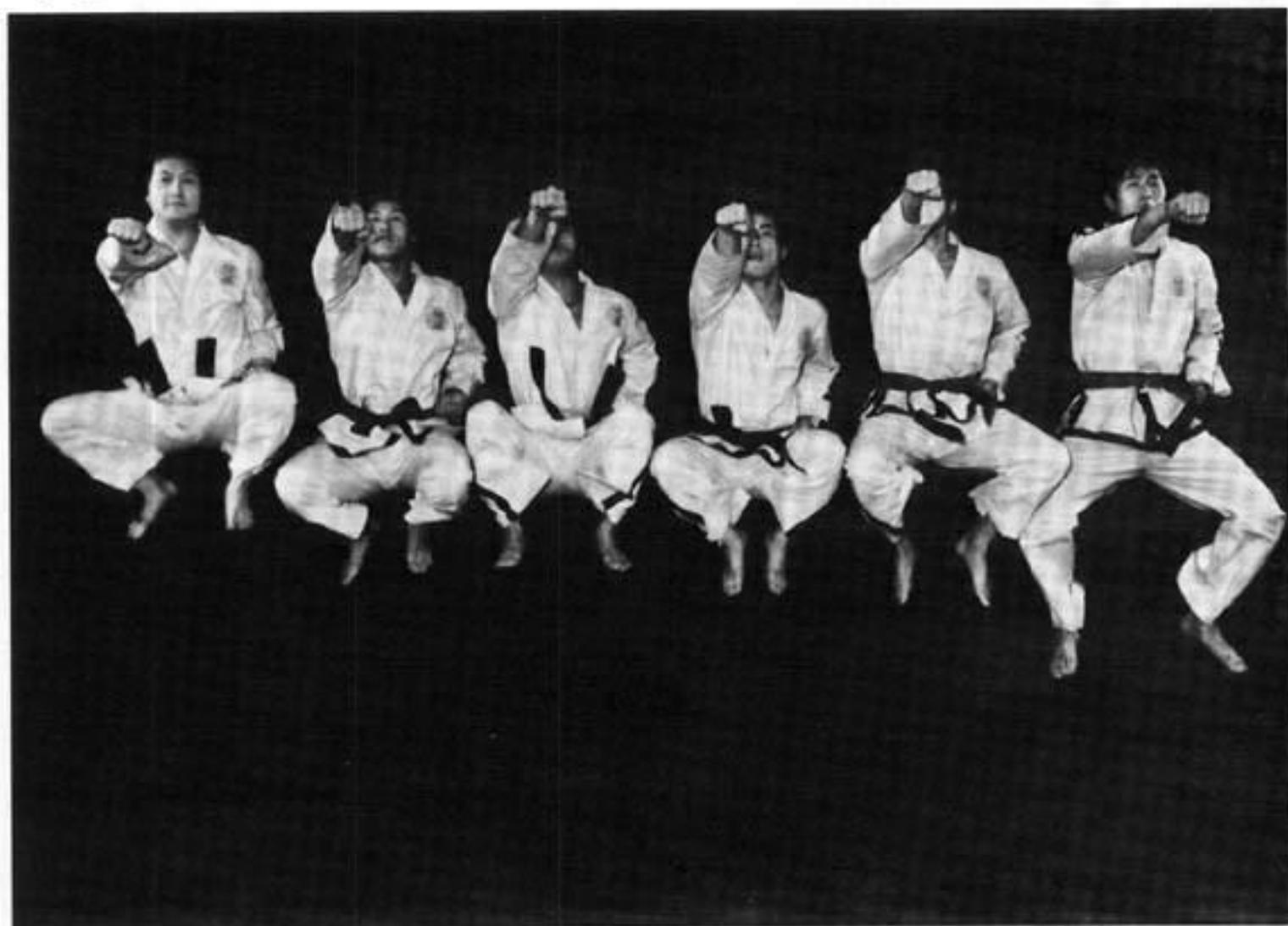
### **Combination Attack** (*Honap Gong Gyok*)

When both hands are used to deliver two or more attacks in succession, the sequence of moves is called a "combination attack". Again, combination attacks can be punches, strikes, or thrusts.

This terminology is applicable only while the body is in the air.



**Flying Front Punch**



**Flying Upset Punch**

## **Flying Hand Technique (*Twimyo Son Gisool*)**

Although most of the attacking techniques while the body is in the air are performed with the feet in Taekwon-Do, the role of hands should not be neglected. The hand has an advantage in attacking the opponent at a wider range with less risk than the foot.

This is very useful for attacking an opponent from a far distance, however, attention must be paid to recover a correct posture after landing.

### **Flying Punch (*Twimyo Jirugi*)**



**Flying Front Punch**



**Flying Side Punch**



**Flying Vertical Punch**



**Flying Upset Punch**

**Flying Side Strike (*Twimyo Yop Taerigi*)**

The knife-hand and back fist are the main tools for this technique. Occasionally a back hand or side fist is used.



**Back Fist**



**Knife-Hand**



**Side Fist**



**Back Hand**

**Flying Front Strike (*Twimyo Ap Taerigi*)**

The principle of attack is the same as that of a front strike except for the flying motion. The back fist is chiefly used, but occasionally a knife-hand or reverse knife-hand is used.

**Reverse Knife-Hand**



### Mid-Air Strike (*Twio Dolmyo Taerigi*)

The principle of attack remains the same as the flying side strike except that the strike is executed while spinning in the air. Spinning is executed either in 360 degrees or 180 degrees.

The knife-hand is the supreme weapon, though occasionally a back fist is used.

#### Spinning 180 Degrees



#### Spinning 360 degrees



**Flying Side Front Strike (*Twimyo Yobap Taerigi*)**

Back fist is the only tool  
for this technique.



**Flying Flat Fingertip Cross Cut (*Twimyo Opun Sonkut Ghutgi*)**

Both outward and inward cross-cuts  
are possible.



**Outward Cross-Cut**



**Inward Cross-Cut**

**Flying Double Finger Thrust  
(*Twimyo Doo Sonkarak Tulgi*)**



### **Flying Double Attack (*Twimyo I-Jung Gong Gyok*)**

This technique is very useful against a weaving or bobbing opponent or opponents since the second or third attack would be effective in case the first misses the target.

A horizontal attack is used against a weaving opponent whereas a vertical attack for bobbing.

### **Flying Double Punch (*Twimyo I-Jung Jirugi*)**

This is normally performed with the forefist, although occasionally with a middle knuckle fist or twin knuckle fist but flying vertical double front punch is not logical.

### **Flying Vertical Double Side Punch (*Twimyo Soojik I-Jung Yop Jirugi*)**



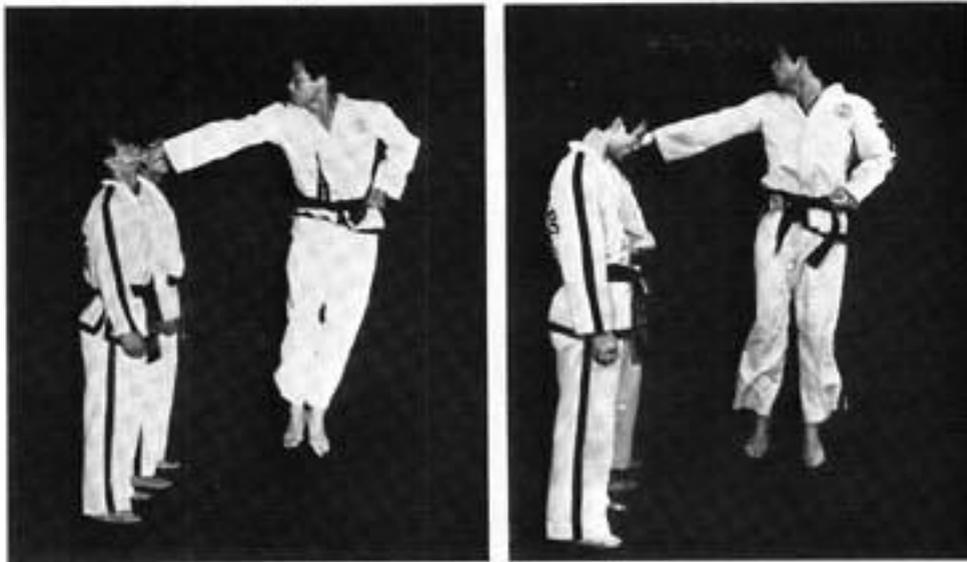
Forefist

### **Middle Knuckle Fist**

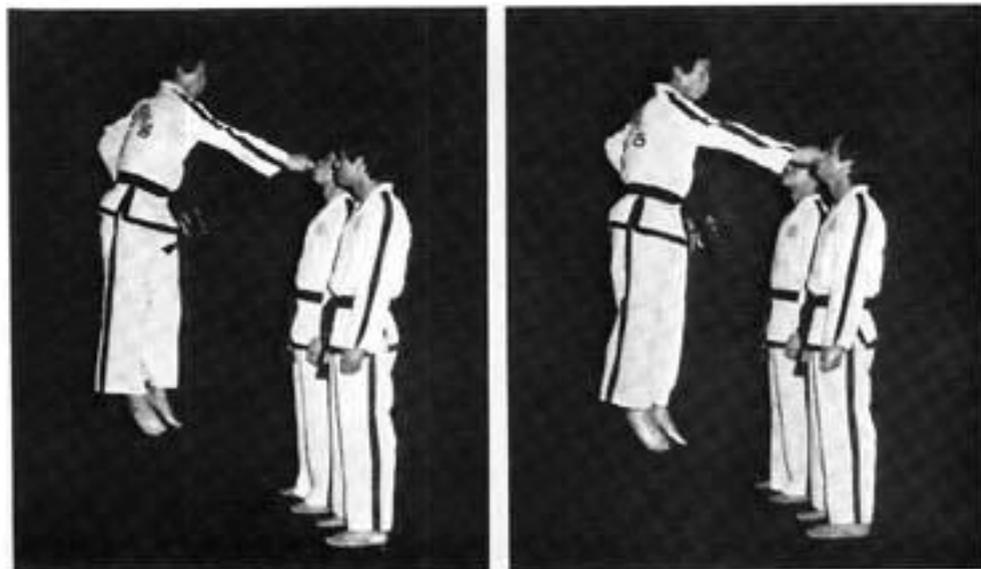
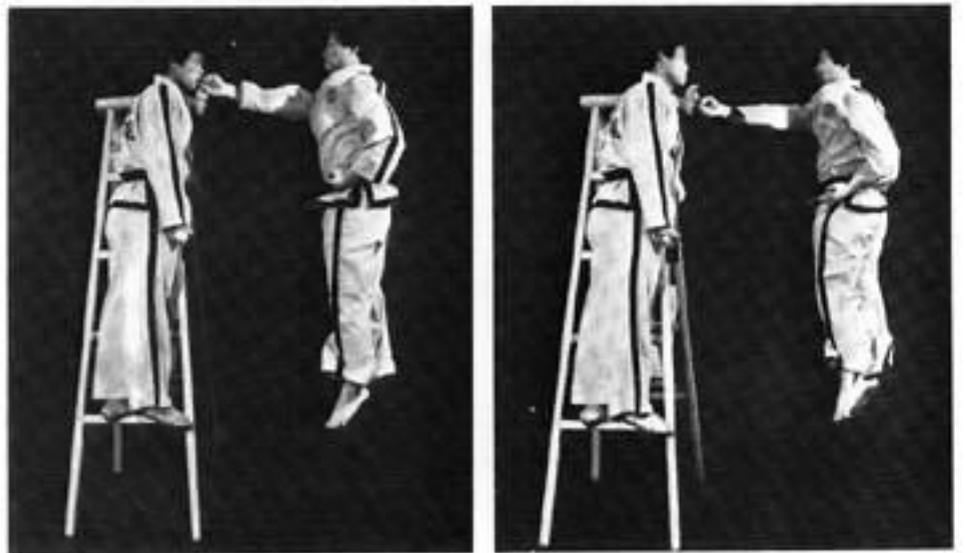
The side fist must face downward at the moment of impact whether it be a side punch or a front punch.



**Flying Horizontal Double Side Punch**  
*(Twimyo Soopyong I-Jung Yop Jirugi)*



**Flying Horizontal Double Front Punch**  
*(Twimyo Soopyong I-Jung Ap Jirugi)*



**Middle Knuckle Fist**

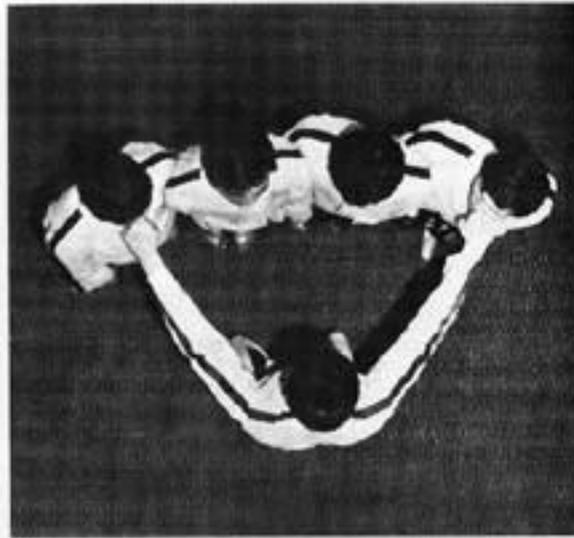
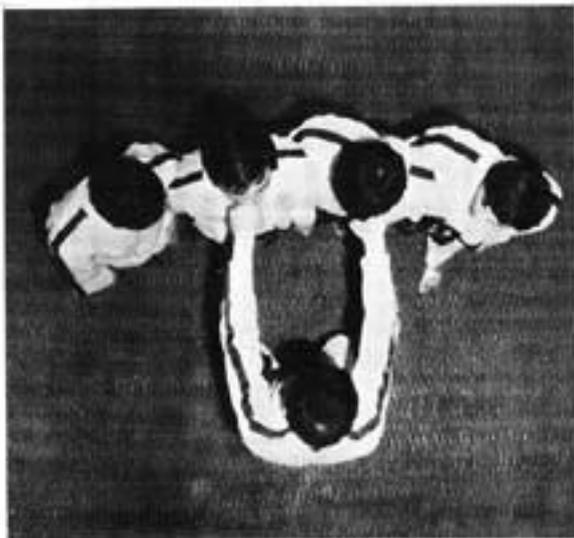
**Flying Vertical Double  
Front Punch (*Twimyo  
Soojik I-Jung Ap Jirugi*)**

**Forefist**



**Middle Knuckle Fist**

**Twin Fist**  
Only a front punch can be performed.



**Top View**



**Flying Double Thrust (*Twimyo I-Jung Tulgi*)**

Both the principle and method are the same as a flying double punch and is chiefly performed with a flat fingertip, but occasionally a double finger or forefinger is used.

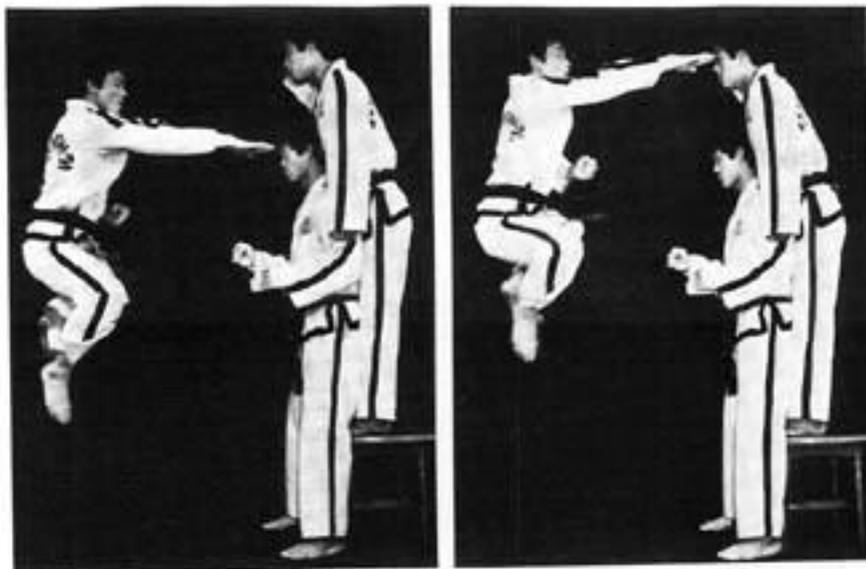
**Flying Vertical Double Side Thrust  
(*Twimyo Soojik I-Jung Yop Tulgi*)**



**Flying Horizontal Double Side Thrust  
(*Twimyo Soopyong I-Jung Yop Tulgi*)**



**Flying Horizontal Side Thrust  
(*Twimyo Soopyong Yop Tulgi*)**



**Flying Vertical Double Front Thrust**  
*(Twimyo Soojik I-Jung Ap Tulgi)*

**Forefinger**



**Flying Horizontal Double Front Thrust**  
*(Twimyo Soopyong Ap Tulgi)*



**Double Finger**



**Flat Fingertip**



**Flying Double Strike** (*Twimyo I-Jung Taerigi*)

This is performed either with a knife-hand or back fist. The former can execute both inward and outward strikes while the latter outward strike only.

Both horizontal and vertical strikes are possible.

**Flying Horizontal Double Strike**  
(*Twimyo Soopyong I-Jung Taerigi*)

**Knife-Hand**

Only an outward strike is possible.



**Outward Strike**

**Flying Vertical Double Strike**  
(*Twimyo Soojik I-Jung Taerigi*)



**Outward Strike**



**Inward Strike**



**Inward Strike**

**Vertical Strike**



**Back Fist**  
Only an outward strike is possible.

**Horizontal Strike**



**Flying Triple Attack** (*Twimyo Samjoong Gong Gyok*)

Both the method and tools to be used are basically the same as the flying double hand attack with one additional attack.

**Flying Triple Punch**  
(*Twimyo Samjoong Jirugi*)

**Flying Horizontal Triple Punch**  
(*Twimyo Soopyong Samjoong Jirugi*)

**Forefist**



**Front Punch**

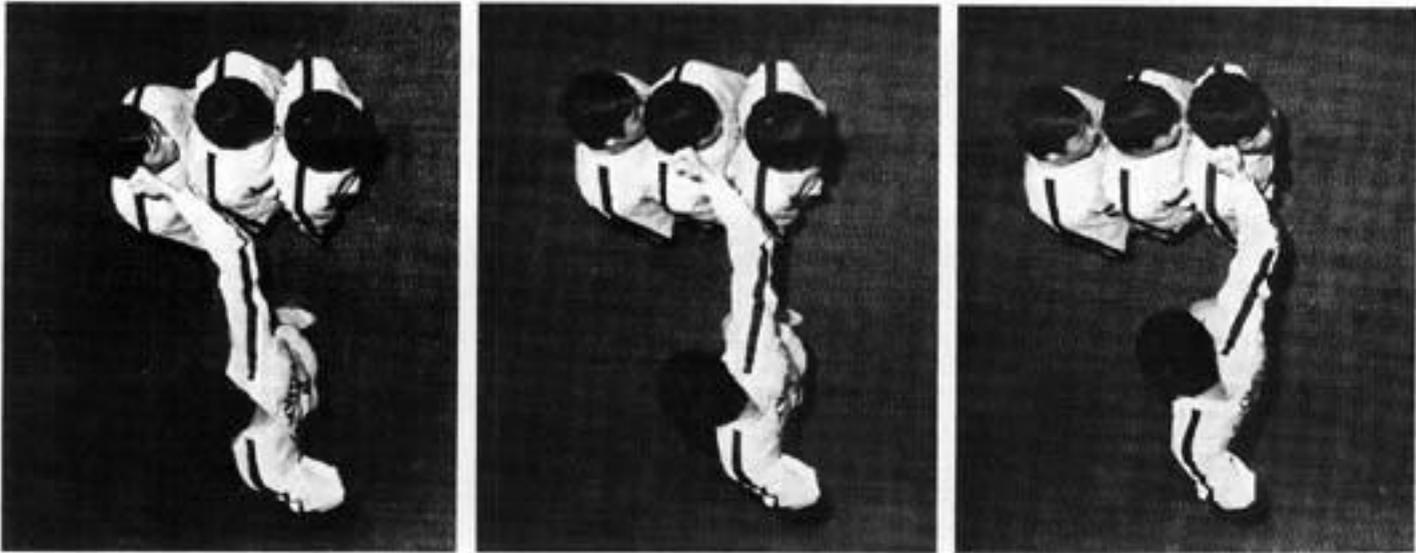


**Side Punch**



## Middle Knuckle Fist

### Front Punch



### Side Punch

※ Flying vertical triple punch is not logical.

### Twin Fist

Refer to the training section of volume 2 as to the flying horizontal triple punch.

## Flying Triple Thrust (*Twimyo Samjoong Tulgi*)

Both the principle and method are the same as those of a flying triple punch.

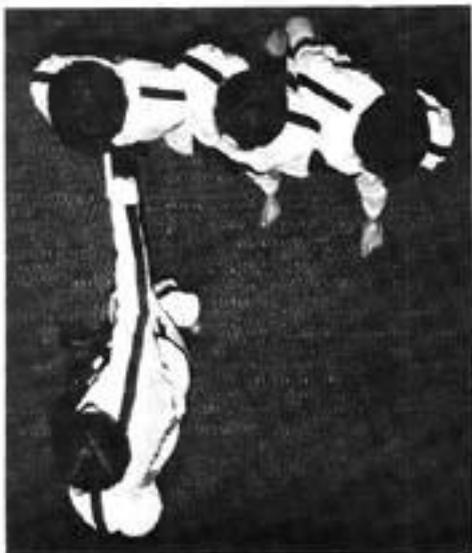
Flat Fingertip



Front Thrust



Forefinger



Side Thrust



## Flying Triple Strike (*Twimyo Samjoong Taerigi*)

### Flying Horizontal Triple Strike (*Twimyo Soopyong Samjoong Taerigi*)

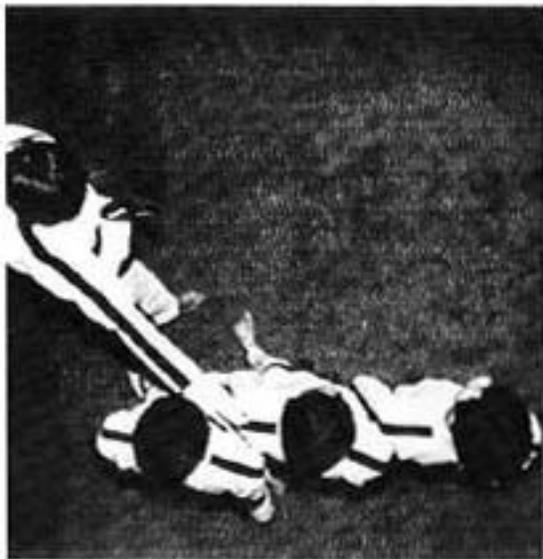
Back Fist



Outward Strike



Knife-Hand



Outward Strike

## Flying Vertical Triple Strike (*Twimyo Soojik Samjoong Taerigi*)

### Knife-Hand



Outward Strike

Inward Strike

**Flying Consecutive Attack (*Twimyo Yonsok Gong Gyok*)**  
**Flying Consecutive Punch (*Twimyo Yonsok Jirugi*)**

**Flying Front and Upset Punch**



**Flying Side and Vertical Punch**



**Twin Fist**

**Twin Fist**



**Flying Side and Front Punch**



## Flying Consecutive Strike (*Twimyo Yonsok Taerigi*)

### Flying Inward and Outward Strike

**Knife-Hand**



**Reverse Knife-Hand**



**Back Hand**



**Flying Crescenc and  
Downward Strike**



**Arc-Hand**

### Flying Side Strike

**Back Fist**



**Knife-Hand**



**Back Fist**

## Flying Consecutive Thrust (*Twimyo Yonsok Tulgi*)

Flat Fingertip



Flying Front and Side Thrust



Flying Front and Upset Thrust



Double Finger

Upset Fingertip

Flying Front and Inward Thrust

Forefinger

Angle Fingertip



## Flying Combination Attack (*Twimyo Honap Gong Gyok*)

### Flying Combination Side Punch (*Twimyo Honap Yob Jirugi*)

Flying combination hand attack can be executed with any combination of tools and methods; e.g. front punch with back fist side strike, knife-hand inward strike with side punch or double side punch with back fist front strike and so on.



Forefist



Flying Front Punch



Flying Side and Front Punch



Forefist



## Flying Combination Strike (*Twimyo Honap Taerigi*)



Flying Outward Strike

Knife-Hand

Flying Side and Downward Strike



Back Fist



## Flying Combination Thrust (*Twimyo Honap Tulgi*)

Flat Fingertip



Double Finger



Forefinger



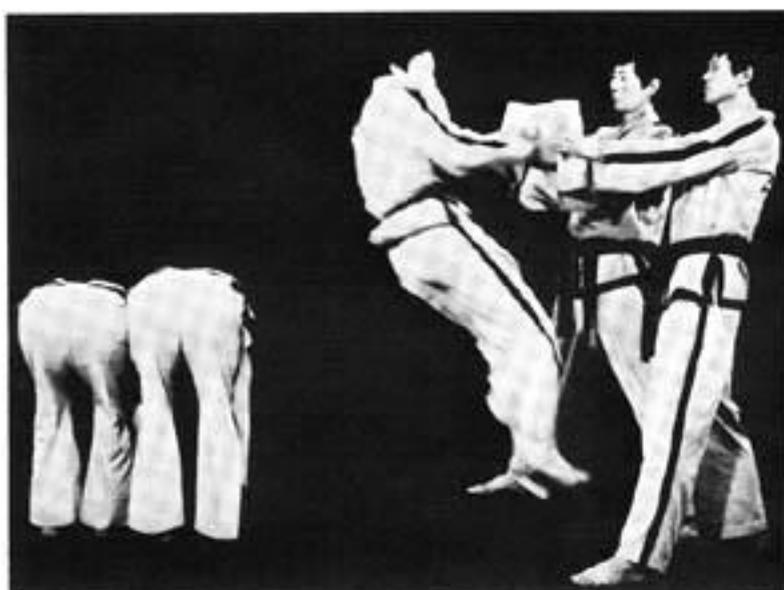
### **Overhead Punch (*Twio Nomo Jirugi*)**

This technique can be effectively used for attacking two targets simultaneously beyond or through an obstacle. This is somewhat similar to the tumbling technique in gymnastics except in punching itself. Twin fist is the only attacking tool.



**Vertical Punch**

**Front Punch**



### **Dodging Attack (*Pihamyongong Gyok*)**

The main purpose of this technique is to attack an opponent who is at a too close range for a decisive blow. This technique can only be accomplished while the body is in the air.

#### **Dodging Punch (*Pihamyojirugi*)**



**Front Punch**



Side Punch

Knife-Hand



Dodging Strike (*Pihamyo Taerigi*)



Dodging Thrust (*Pihamyo Tulgi*)



Back Fist



Thrust



## B. DEFENCE TECHNIQUES

### *(Bang Eau Gi)*

As mentioned earlier, Taekwon-Do was designed primarily as a self-defence and this is the main reason so much emphasis is placed on moral civilization and exactness of technique.

In a literal sense, Taekwon-Do is exactly that: a self-defense. This is why students should concentrate on defense. The defense itself, however, carries out the attacking role at the same time. Thus the idea of defensive-offensive is well co-ordinated.

OH-JA (300 B.C.) said:

“It is neither righteous to avoid fighting when the enemy attacks, nor humanitarian to cry over the dead bodies after neglecting one’s defence.”

Defence is broken down into blocking and dodging. The former can be compared with a deliberate defense while the latter to a delaying action in military tactics. These are a few basic principles for defense:

1. Always maintain a half facing posture during maneuvers toward and away from an opponent with a few exceptions.
2. Maintain a flexible ready posture at all times.
3. Remain constantly aware so you are able to execute a counter-attack the instant an opportunity avails itself.

### **BLOCKING** *(Makgi)*

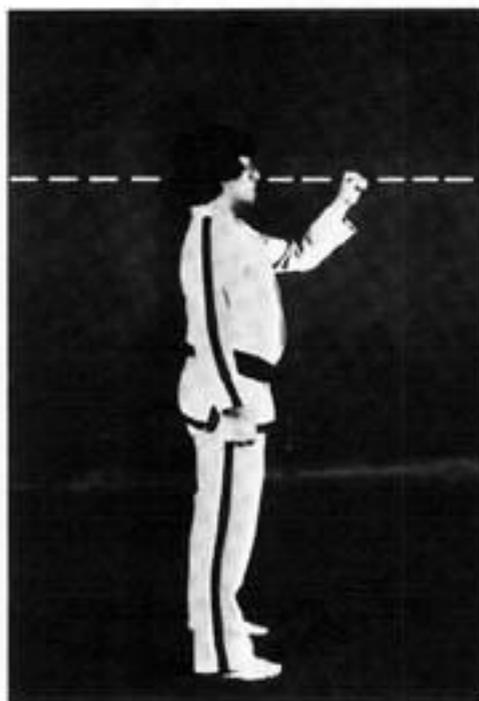
The types of blocks vary according to the relative position of the blocking tool, facing posture, method of blocking, type of blocking tool and the purpose of the block. There are also some basic principles that should be observed.

1. Keep the arm bent 15-45 degrees so you are able to intercept the attacking tool obliquely.
2. Never extend the blocking tool beyond the point of focus.
3. At the moment of blocking, lower the shoulder of the blocking arm slightly.
4. With few exceptions, the blocking tool must be withdrawn immediately after contact.
5. The blocking tool should form a triangle, with few exceptions, from the contact point upwards to the shoulders.

### **High Block (*Nopunde Makgi*)**

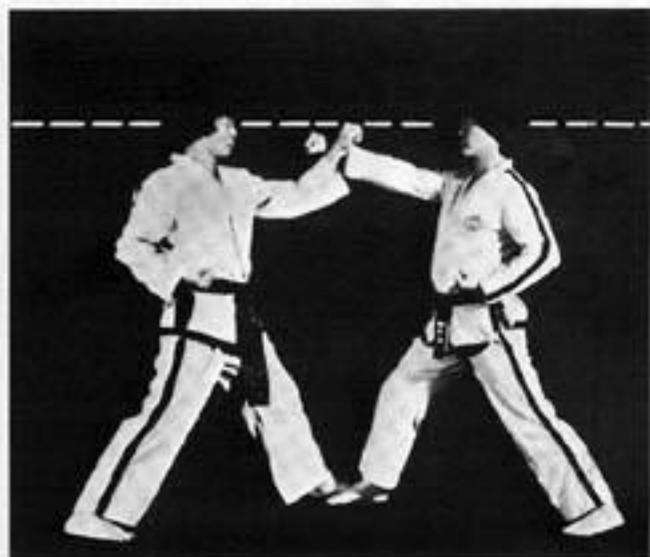
If the fist or fingertip reaches the same level of the defender's eyes at the moment of block, it is called a high block. It is used to intercept the opponent's attacking tool directed toward the neck and point above.

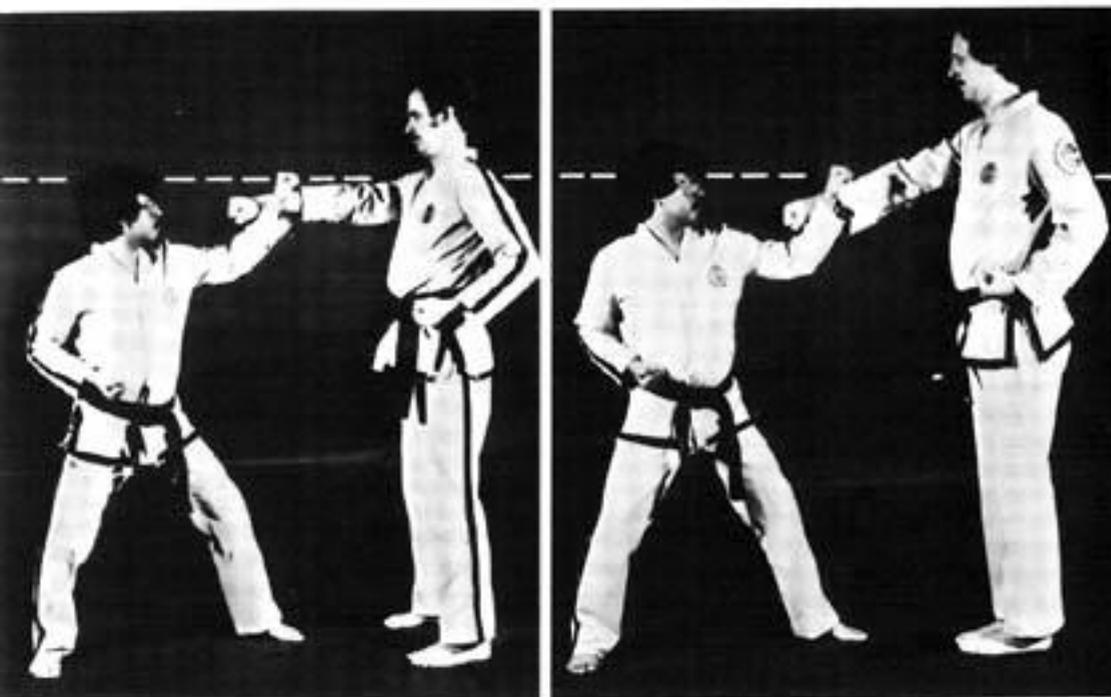
The fist or fingertip, however, reaches exactly the same level as the eyes if the philtrum is attacked.



**The attacking tool directed to the philtrum is blocked.**

**The attacking tool directed to the temple is blocked.**





The attacking tool directed to the neck artery is blocked.

The blocking tool forms a triangle with the shoulders at the moment of the block. This principle is applied to middle and low blocks also.



### **Middle Block (*Kaunde Makgi*)**

If the fist or fingertip reaches the same level as the defender's shoulder, it is called a middle block. It is used to intercept the opponent's attacking tool directed against the solar plexus and areas above. It can also be executed from almost every stance and is performed with the same weapon employed for a high block in addition to an X-knife-hand.

The side instep, side sole, foostsword, ball of the foot and back sole play an important role in this block and will be explained in detail in the section dealing with the foot techniques in volume no. 4





### Low Block (*Najunde Makgi*)

The purpose of this technique is to intercept an opponent's attacking foot or hand directed against the lower abdomen or points below.

The blocking tool, with rare exceptions, must make impact with the attacker's foot or hand at the same level as the target area. The low block is performed with the outerforearm, knife-hand, reverse knife-hand, double forearm, palm and side sole which will be dealt with in the foot techniques, volume 4 of the encyclopedia.



Walking Stance



Forearm

Forearm

Knife-Hand



**Knife-Hand**



**Side View**

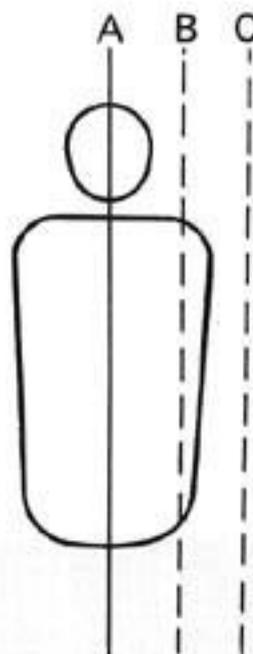


**Side View**



In Taekwon-Do, in addition to high middle, and low sections of the body, it is further divided laterally into center, chest and side front lines.

- A - center line
- B - chest line
- C - side front line



### **Inward Block (*Anuro Makgi*)**

If the blocking tool reaches the target from an outward to inward trajectory to the chest line, it is called an inward block. This block can be executed from all stance. Be sure to bring the opposite side fist in front of the shoulder at the moment of block.





**Note:**

Inward block cannot be performed with an inner forearm or back hand.

### Outward Block (*Bakuro Makgi*)

When the blocking tool reaches the target from an inward to outward trajectory, it is called an outward block. It can be performed with any stance.





**Note:**  
An outward block is not possible with the palm.

## Forearm

This is performed mainly with walking, rear foot, fixed and L-stance, though occasionally with a sitting or X-stance.

Only the outer forearm is used for this technique. The tibia of the kicking foot and the back of the punching fist toward the lower abdomen are the targets. The outer tibia or inner tibia can also be the target in case of a sitting or X-stance.

It can perform both obverse and reverse blocks in case of a walking, rear foot or L-stance but not an inward block except with an X-stance or sitting stance.

Keep half facing the target at the moment of the block except with a sitting or X-stance.

- \* 1. The distance between the under forearm and the thigh is about 20 centimeters.
2. The forearm becomes parallel to the thigh.
3. The elbow is bent about 25 degrees outward.
4. Pull the other fist to the hip while blocking.

## Walking Stance

One can perform both obverse and reverse blocks in the form of an outward block. An inward block is not logical.

### Obverse Block



Front View

### Top View



The blocking tool forms a triangle with the shoulders.



Side View



Side View

**Reverse Block**



Front View



Top View



Side View





**INCORRECT**

The block is made with the side fist instead of the forearm.



**INCORRECT**

It is somewhat similar to middle block rather than low block, exposing the vital spot.



**INCORRECT**

Block is performed with the upper position of the arm instead of the forearm.



**INCORRECT**

The abdomen is exposed since the block is made with the back fist instead of the forearm.



**INCORRECT**

The lower abdomen is attacked, because the body becomes full facing and the forearm is unnecessarily extended outward.

**INCORRECT**

The forefist has passed over the tibia instead of blocking with the forearm. As a result, the abdomen can be attacked.



**INCORRECT**

It is difficult to see the target exposing the armpit to the opponent.



**INCORRECT**

The elbow joint can be broken, since it is locked and lacks flexibility.



**INCORRECT**

The elbow is over bent, thus exposing the lower abdomen.



**INCORRECT**

The lower abdomen is exposed, because of an inward block. The same thing is applicable to all stances with exception of the low front block.



### L-Stance

A reverse block is common, though occasionally an obverse block can be executed.

An obverse is always accompanied by a middle block with the opposite inner forearm.

The same principle is applied to rear foot stance.

### Reverse Block



Front View



Side View



Side View

### Back View



Top View

**Obverse Block**



**Rear Foot Stance**



**Obverse Block**



**Reverse Block**

**Side View**



**X-Stance**

**Sitting Stance**



## Palm

Although this can be executed from almost every stance, walking, sitting and X-stances are common. The outer or inner tibia is the target.

Both obverse and reverse blocks are possible, but not outward block.

## Walking Stance

The body becomes full facing the target at the moment of block.

### Obverse Block



### Reverse Block



### Side View

### Sitting Stance



### X-Stance



### L-Stance



### Rear Foot Stance



## Knife-Hand

This is mainly performed with walking, rear foot, L-, and fixed stances, and occasionally a sitting or X-stance.

The inner and outer tibias are the targets.

This is used in blocking the opponent's attack directed toward the lower abdomen.



Obverse Block

### Walking Stance

The knife-hand with a walking stance can execute both obverse or reverse and outward or inward blocks.

1. Keep the body full facing the target
2. Keep the elbow bent about 10 degrees inward.



Reverse Block



### INCORRECT

The knife-hand has passed over the opponent's kicking foot instead of making contact with the outer tibia because the opposite fist is not brought in front of the shoulder. As a result the lower abdomen is open to the attack.



### L-Stance

The knife-hand with an L-stance can perform both an obverse and reverse or inward and outward blocks. The same principle is applied to a rear foot stance.



Reverse Block



Top View



Obverse Block



### INCORRECT

The body becomes full facing because the opposite fist is pulled to the hip instead of the shoulder. The same principle is applicable to a rear foot stance.



## Rear Foot Stance

### Reverse Block



### Obverse Block



### INCORRECT

The lower abdomen is exposed as the fist is pulled to the hip instead of the shoulder.



### Sitting Stance



Top View

### Forearm

The principle is the same as that of a knife-hand, however low block can be executed only from sitting and X-stances, only the outer forearm is used for this block.

### X-Stance



## Reverse Knife-Hand

This is mainly performed with walking, sitting, rear foot and L-stances, and occasionally with a close, parallel or X-stance. The inner tibia or outer tibia of the kicking foot directed against the lower abdomen is the target. Only an inward block is possible.



Obverse Block

### Walking Stance

The reverse knife-hand with a walking stance can perform both an obverse and reverse blocks. The body in both cases must be full facing the target at the moment of the block.

1. The distance between the palm and thigh is no more than 15 centimeters.
2. The forearm is parallel to the thigh.
3. Keep the elbow bent about 10 degrees outward.

Front view

Reverse Block



Side View

**INCORRECT**

Since the block is performed in the form of an outward block, the block is executed against the knee area instead of the outer or inner tibia. As a result low section of the body is completely exposed.



**L-Stance**

It can perform both an obverse and reverse blocks, though a reverse block is common.

The same principle is applicable to a rear foot stance.



**Obverse Block**



**Reverse Block**

**INCORRECT**

The reason is the same as mentioned in the walking stance above.





**Reverse Block**

**Rear Foot Stance**



**Obverse Block**



**X-Stance**

**Sitting Stance**



**INCORRECT**

The lower abdomen is exposed because the fist is pulled to the hip.



**Note:**

An inward block cannot be performed with an inner forearm or back hand.

## Knife-Hand

This technique is chiefly executed from walking, rear foot, L- and sitting stances, though occasionally fixed or X-stance is used.

The inner or outer tibia is the target, and the Achille's tendon can also be the target in case of a sitting or X-stance.

### Walking Stance

The knife-hand with a walking stance can perform both obverse and reverse or outward and inward blocks. Be sure to keep the body half facing the target at the moment of block.



- \* 1. Keep the distance between the palm and thigh about 15 centimeters.
- 2. The elbow is bent about 15 degrees outward.
- 3. Keep the body half facing the target.
- 4. Pull the other fist to the hip while blocking.



Obverse Block

### Reverse Block



### L-Stance

The Knife-Hand with an L-stance can execute both obverse and reverse, inward and outward blocks.

The same principle is applicable to a rear foot stance.



- \* 1. The distance between the palm and thigh is about 15 centimeters.
- 2. The forearm became parallel to the thigh.
- 3. Keep the elbow bent about 15 degrees outward.

Reverse Block



Obverse Block

Rear Foot Stance



Obverse Block



Reverse Block



Sitting Stance



X-Stance

## Front Block (*Ap Makgi*)

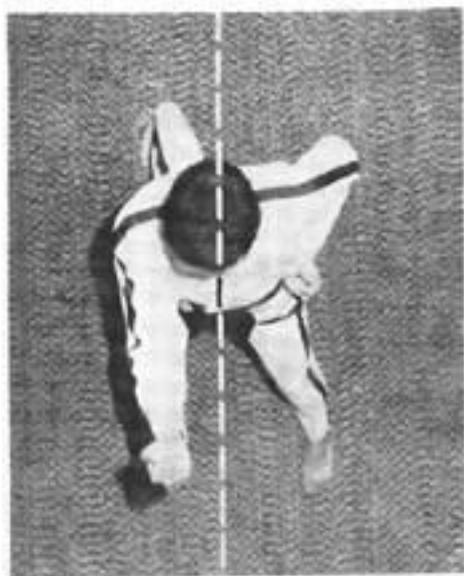
If the body is full facing the target and the blocking stays at the center of the defender's body, regardless of the blocking tool stance used or previous position of the opponent the block is called a front block. It is mainly performed with the outer forearm, knife-hand tool twin palm and palm, though occasionally X-fist, X-knife-hand and reverse knife-hand are used.

The front block is performed in the form of inward block in all cases except X-fist, X-knife-hand and twin palm. Be sure to bring the finger belly either to the side fist of forearm at the moment of block.

### Forearm

Only the outer forearm is used and is mainly executed from walking sitting and X-Stances, though occasionally a parallel, close, one-leg or diagonal stance is used.

Both obverse and reverse blocks are possible in case of walking stance, Both the knife-hand and palm are used in the same way.



Top View

Walking Stance



Forearm



Palm



Knife-Hand





**Knife-Hand**



**Knife-Hand**



**Palm**

**Sitting Stance**



**Forearm**



**Knife-Hand**



**Palm**

**Knife-Hand**

**X-Stance**





**Diagonal Stance**



**Parallel Stance**



**Close Stance**



**X- Fist**

**X-Knife-Hand**



**X-Fist**

This technique is used for high and middle blocks.

The walking and sitting stances are mainly used, though an X-, parallel or close stances are frequently used to. The X-knife-hand is used in the same way.

**Sitting Stance**

**X-Knife-Hand**



**X-Stance**

## Twin Palm

This technique is mainly executed from walking and sitting stances, and occasionally a parallel, close or X-stances are employed.



Sitting Stance



Walking Stance



Parallel Stance



X-Stance

## Reverse Knife-Hand

This tool is used only for a low block and is chiefly executed from walking, sitting and X-stances.



Walking Stance



Sitting Stance

**INCORRECT**

The blocking tool has stopped before reaching the center of the body, thus exposing the vital spot.



**INCORRECT**

The blocking tool has passed the point of focus because the left finger belly fails to be on the right back forearm.

**INCORRECT**

The block is performed outwardly rather than inwardly. As a result:

1. The blocking tool must pass the opponent exposing the vital spot.
2. The blocking tool focuses short of the point of contact.



Top View



**INCORRECT**

Half facing instead of full facing, thus exposing the side of the body even when the blocking tool has stopped at the center of the face.

Front block is to be executed toward all directions.



Toward the rear



Toward the right



Toward the left



Toward the front

### **Side Block (*Yop Makgi*)**

When the body is half or side facing the opponent at the moment of block, regardless of the blocking tool, stance used, or previous position of the opponent, it is called a side block. This block can be performed with any stance and every blocking tool.

The blocking tool is focused toward the center of the defender's shoulders.

This last statement is emphasized throughout the book for logical reasons. A block focused too short of the target will result in a very weak block that can be deflected with a strong punch or kick.

A block focused beyond the defender's body will result in creating an exposure. The same principle is applicable to a low block.



**Sitting Stance**



**X-Stance**

**Toward the rear**



Side block is to be executed toward all directions.



**Toward the right**



**Toward the left**



**Toward the front**



**L-Stance**

**INCORRECT**

The blocking tool has stopped before reaching the point of contact.



**INCORRECT**

The blocking tool has passed the center of the shoulders, thus exposing the vital spot completely.

### Side Front Block (*Yobap Makgi*)

This technique is employed when intercepting an attack from a side front angle toward the middle section and points above.

It is mainly executed from close, parallel and sitting stances but occasionally one-leg and X-stances are used. The inner forearm and reverse knife-hand are the blocking tools.

Only an outward block is possible. Keep the thumb in a straight line with the elbow while extending the opposite arm downward at the moment of the block.



Close Stance



Sitting Stance



X-Stance



One-Leg Stance



## Double Forearm Block (*Doo Palmok Makgi*)

This is one of the strongest forms of blocking. The advantage of this technique is the ability to quickly shift one forearm into another block while still blocking with the other.

It is mainly performed in a walking or X-stance, though occasionally an L-stance or rear foot stance also. Only the inner forearm is used.

Always be sure to keep the body half facing the target, bringing the second knuckle of the little finger to the elbow at the moment of the block.



The blocking tool forms a triangle with the shoulders.

### Walking Stance

Both an obverse and reverse blocks can be performed in this stance.



### Obverse Block

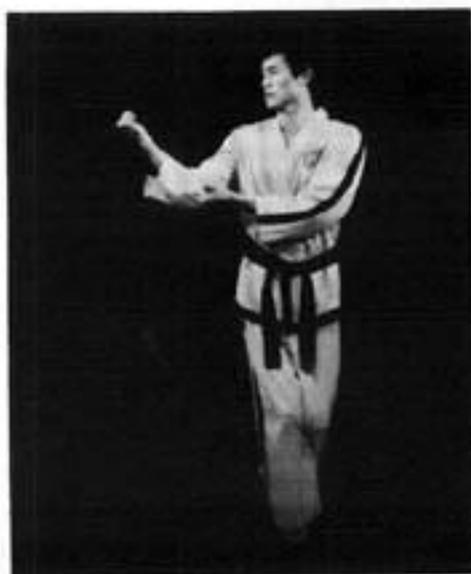


Side View



Reverse Block

X-Stance





Front View

**L-Stance**

Double forearm with an L-stance or rear foot stance can perform only a reverse block.



Side View



X-Stance



**INCORRECT**  
The entire body is exposed because of an obverse block.



**INCORRECT**  
The fist is delivered in an upward motion, failing to punch the target in this case, the point of the chin.

**INCORRECT**

Back fist has missed the target-in this case, the philtrum.



**INCORRECT**

The muscles of the hip and abdomen are not utilized and the body becomes full facing. As a result the lower abdomen is exposed.

**INCORRECT**

The block is performed in an upward motion instead of a side motion, missing the target because both fists are drawn from the hip.



### **Waist Block (*Hori Makgi*)**

The use of this technique is primarily to block the foot. It can, however, be utilized against a hand technique employed against the epigastrium or floating ribs. The blocking tool reaches the same level as the defender's waist at the moment of the block.

It is usually performed with the outer forearm and inner forearm though occasionally with a palm.

It is absolutely necessary to move into an opponent when blocking a turning or reverse turning kick.

Only a reverse block is possible.

**L-Stance**



### **Outer Forearm**

This is chiefly executed from a rear foot or L-stance, and occasionally a vertical or X-stance.

The blocking tool reaches the target in a circular motion. It is mainly used against a reverse turning and turning kicks and occasionally a side or back piercing kick.



**Vertical Stance**

**Rear Foot Stance**



**X-Stance**



Rear Foot Stance

### Inner Forearm

This is chiefly executed from an L- or rear foot stance, and occasionally an X- or vertical stance.

The inner forearm is also widely used against a turning kick or reverse turning kick although it is more frequently used against a side piercing or thrusting kick and punching techniques, and occasionally a front snap kick. The block is performed in a scooping motion.



L-Stance





**X-Stance**



**Vertical Stance**

### **Palm**

The palm can be used in the same way as the outer forearm.



**L-Stance**



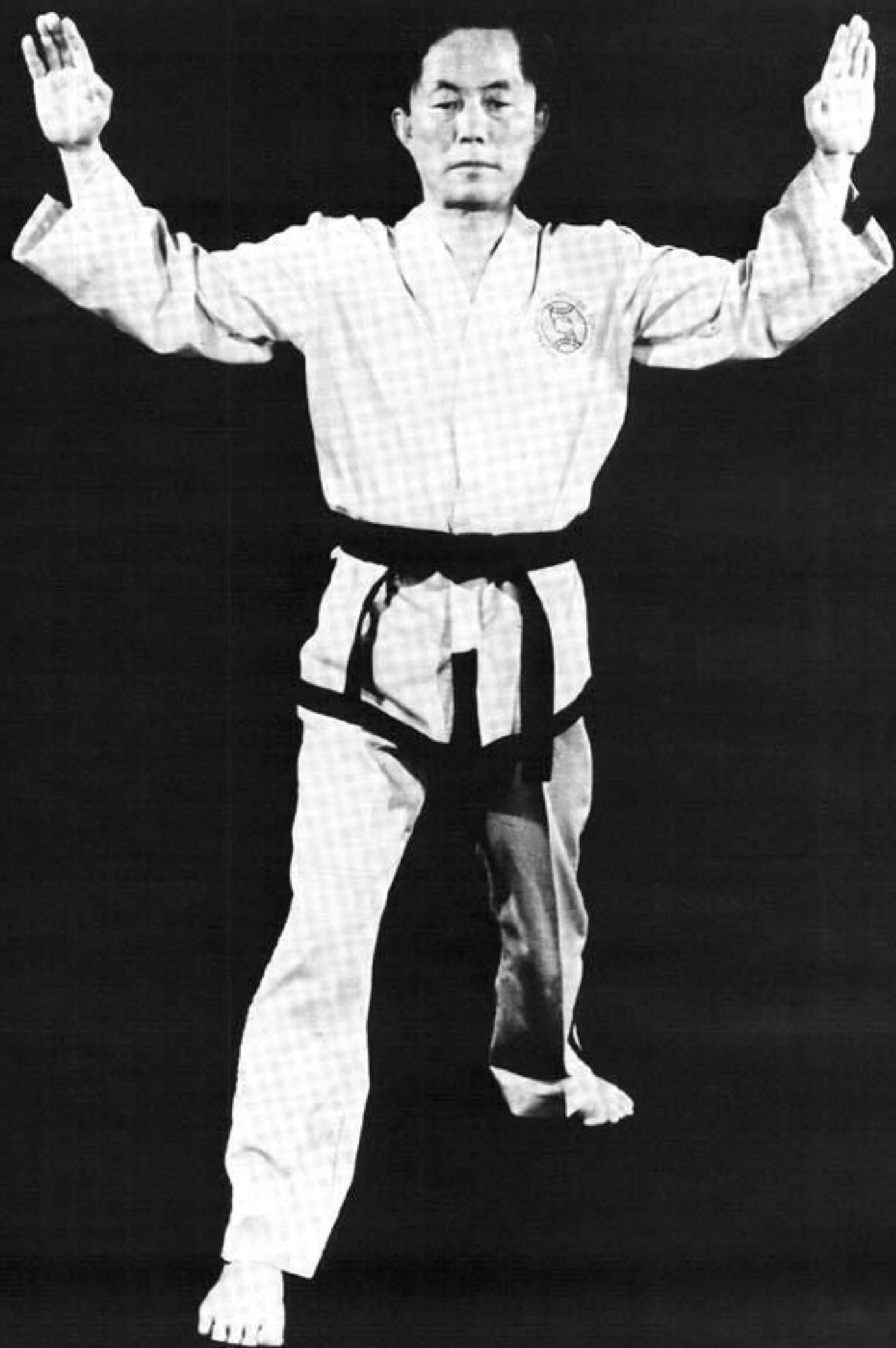
**Rear Foot Stance**

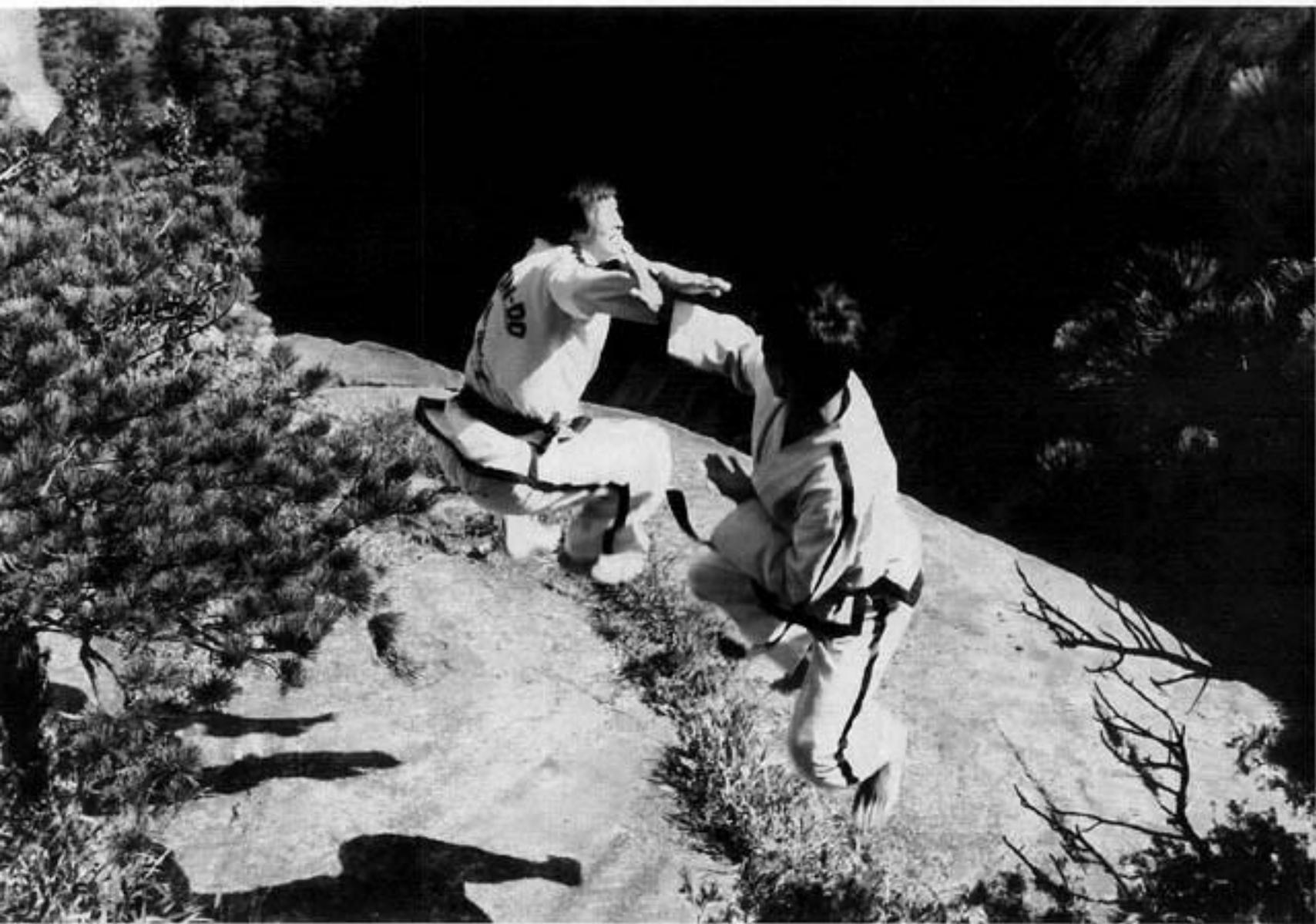
**Vertical Stance**



**X-Stance**







### Checking Block (*Momchau Makgi*)

This is used chiefly to block reverse turning kick and turning kick, and in rare case a hand technique against the solar plexus and points above. It is performed with X-fist, X-knife-hand, straight forearm or straight knife-hand.

### X-Fist (*Kyocha Joomuk*)

This is mainly executed from sitting, rear foot and L-stance, though occasionally an X-stance.

Right forearm is placed inside the left forearm with a right L-stance or right rear foot stance and vice versa.

The crossed point should be slightly higher than the elbows at the moment of the block.



L-Stance



Side View

Rear Foot Stance



Sitting Stance



X-Stance





Rear Foot Stance

**X-Knife-Hand (*Kyocha Sonkal*)**

Both the method and purpose of the block are the same as those of an X-fist except that a grabbing motion follows the block.



X-Stance



Sitting Stance

L-Stance



Blocking



Grabbing



Twisting



**INCORRECT**

The block is ineffective because the crossed point forms a horizontal line with the elbows. The same principle is applicable to an X-fist.

### **Straight Forearm (*Sun Palmok*)**

This technique is employed for blocking the attacking tool directed to chest and area above, and is performed either with a single or twin straight forearm.



Rear Foot Stance

### **Single Straight Forearm (*Wae Sun Palmok*)**

This is usually executed from a rear foot or L-stance in the form of a reverse block, though occasionally sitting, parallel, close one-leg or X-stance is used. The back forearm must be full facing the opponent at the moment of the block in the case of a rear foot or L-stance.



Sitting Stance



L-Stance

### **INCORRECT**

The blocking tool has failed to protect the philtrum due to the obverse block. The same principle is applicable to a single straight knife-hand.



### **Twin Straight Forearm (*Sang Sun Palmok*)**

This is mainly executed from sitting, walking, close, parallel or X-stance, though occasionally a rear foot, L- or one-leg stance is used.

Be sure to keep the outer forearms facing the front at the moment of the block with the exception of the rear foot or L-stance.



**Sitting Stance**



**Walking Stance**



**X-Stance**



**Rear Foot Stance**



**Close Stance**



**One-Leg Stance**

**Single Straight Knife-Hand (*Wae Sun Sonkal*)**

Both the method and usage are the same as those of a single straight knife-hand.



**Rear Foot Stance**



**L-Stance**

**Twin Straight Knife-Hand (*Sang Sun Sonkal*)**

The principle of this technique is just the same as that of a twin straight forearm.



**Walking Stance**

**X-Stance**



**Sitting Stance**

### **Outside Block (*Bakat Makgi*)**

A block directed at the outside portion of the attacking arm or foot is called an outside block. A distinct advantage of this block is that it prohibits the opponent from utilizing his other arm or foot in a combination attack. This block can be performed with nearly any blocking tool or stance.



**Walking Stance Forearm Block**

**Rear Foot Stance Back Hand Block**



**L-Stance Knife-Hand Guarding Block**



**L-Stance Knife-Hand Block**



### **Inside Block (*Anmakgi*)**

A block directed at the inner portion of the attacking arm or foot is naturally referred to as an inside block.

This block is also possible with nearly every blocking tool and stance. The defender must exercise caution with this block, however, since the opponent's opposite hand or foot can be used in a combination attack.



**L-Stance Inner Forearm Block**



**Sitting Stance Reverse Knife-Hand Front Block**



**Rear Foot Stance Knife-Hand Block**

**Walking Stance Forearm Block**



**Sitting Stance Knife-Hand Block**



## **Rising Block (*Chookyo Makgi*)**

The main purpose of this technique is to protect the head from a downward strike or kick though its occasionally used against hand or foot directed toward the face.

This block is performed with a forearm knife-hand, X-fist, x-knife-hand, arx-hand and twin palm.

Always maintain a full facing posture towards the opponent at the moment of the block, when utilizing a walking, sitting, parallel, close, one-leg, diagonal or x-stance.

The blocking tool must stay at the center of the defender's forehead or face at the moment of block.

## **Forearm**

It is used against a downward strike to the forehead or skull with either a club, pole or hand. Only the outer forearm is used for blocking.

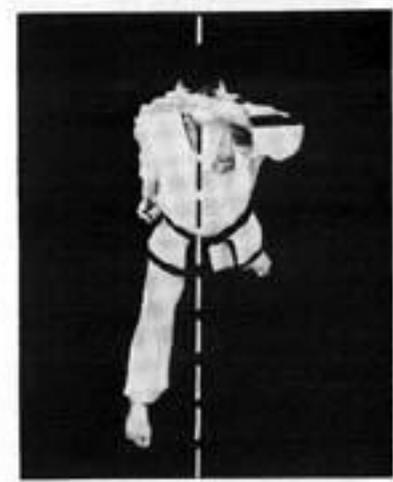
This can be executed from nearly all stances, though walking, sitting and X-stances are most commonly employed.

Only a reverse block is possible in the case of a vertical, rear foot or L-stance. When the right foot is advanced, the right forearm is used and vice versa in the case of a fixed stance.

### **Basic Principles :**

1. The fist should be slightly higher than the elbow.
2. The distance between the inner forearm and forehead is about seven centimeters with the elbow bent at a 45 degree angle.
3. The inner forearm reaches the same level as the forehead.

# The Correct Way of Blocking





**Walking Stance**



**Sitting Stance**



**X-Stance**

**X-Stance**





**Parallel Stance**



**Diagonal Stance**



**One-Leg Stance**

**L-Stance**



**Rear Foot Stance**

**Vertical Stance**



### Knife-Hand

The method of blocking and stances used are the same as that of a forearm. The distance between the thumb and forehead is also 7 centimeters.



Walking Stance



X-Stance



Parallel Stance



Sitting Stance





**INCORRECT**

This block is ineffective since the forearm is parallel to the pole while the blocking tool reaches the target in an arc.

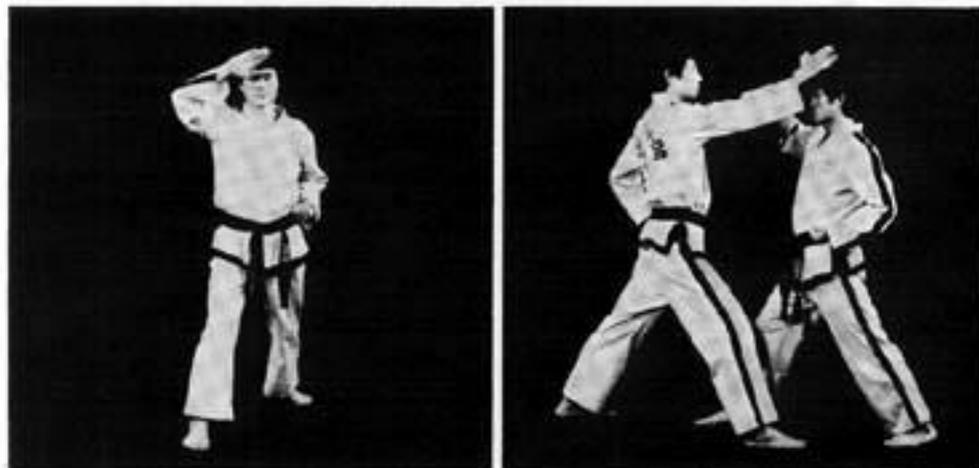


**INCORRECT**

The knife-hand is too far from the forehead, thus exposing the vital spot.

**INCORRECT**

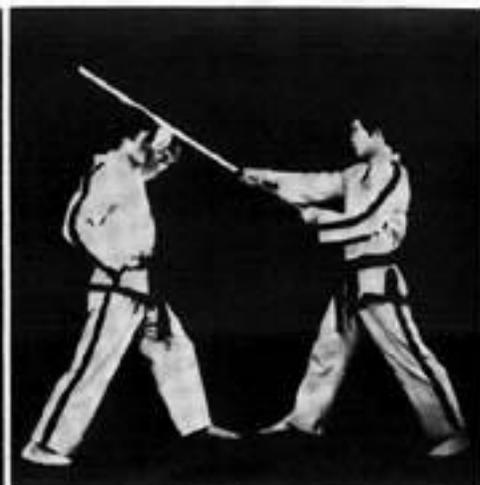
The forehead is attacked because the blocking tool fails to stay at the center of the forehead.



**INCORRECT**

A horizontal rising block will absorb 100 percent of the striking force.

It is more effective and less dangerous to block with the forearm at a 45 degrees.



**INCORRECT**

The forearm is too close to the forehead. The defender can be struck by the recoil of his own fist while blocking.

**INCORRECT**

The block is ineffective because the blocking tool has passed the center of the forehead.





### **X-Fist (*Kyocho Joomuk*)**

This technique is particularly powerful when used against a downward strike with a pole or hand technique.

The wrists must be crossed in the center of the forehead at the moment of the block.

Although occasionally a close or one-leg stance is used, walking, sitting, parallel and X-stances are mostly employed.



**Walking Stance**



**Sitting Stance**

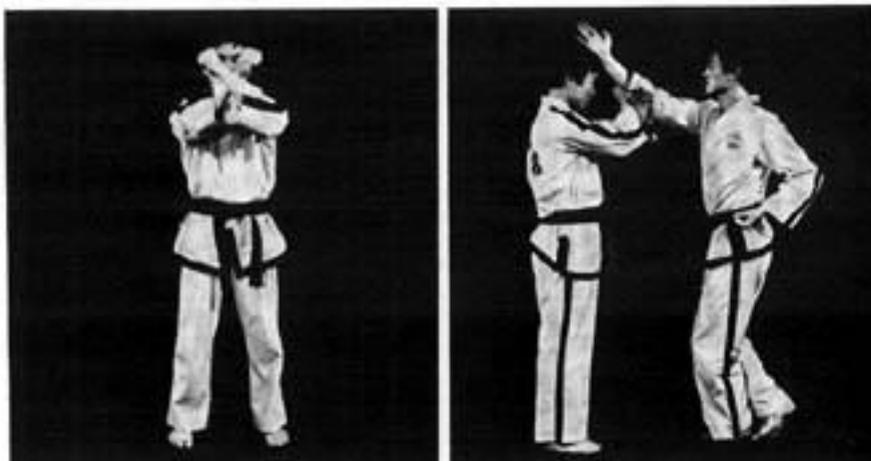
**X-Stance**



**One-Leg Stance**

**INCORRECT**

The wrists are crossed in front of the bridge of nose instead of the forehead, thus exposing the vital spot. The same principle is applicable to an X-knife-hand.



**X-Knife-Hand (*Kyocha Sonkal*)**

The method of blocking is the same as that of an X-fist.

This technique is effective for grabbing the attacking tool immediately after blocking.



**Walking Stance**

**X-Stance**

**Parallel Stance**



### **Arc-Hand (*Bandal Son*)**

The arc hand can be executed from of nearly every stance, though walking and X-stances are usually preferred. The plan usually faces the defender with the exception of a reverse block from a walking stance. The blocking tool reaches the same level as the defender's forehead at the moment of the block.



**Walking Stance**



**X-Stance**



**Rear Foot Stance**

**Sitting Stance**



### **Twin Palm (*Sang Sonbadak*)**

This technique is ideal when used against a pick-shape or downward kick.

An advantage of this block is to hold the attacking foot for further purposes.

Sitting, walking and X-stances are chiefly used and occasionally a parallel or close stance.



**Sitting Stance**



**Blocking**



**Twisting**



**X-Stance**

**Close Stance**



### Upward Block (*Oillyo Makgi*)

The purpose of this block is to "spring up" an opponents hand, foot, dagger or stick directed against the defender's solar plexus and area above. The palm, reverse knife-hand, thumb ridge and bow wrist are used as blocking tools.

The blocking tool should reach its point of focus at the defender's solar plexus. Be sure to bend the elbow about 35 degrees outward at the moment of the block.

#### Palm

This is performed mostly with a rear foot or L-stance though occasionally a walking stance is used.

The blocking tool should reach the target in a circular motion.



Rear Foot Stance



Walking Stance

Only reverse blocks are possible with rear foot and L-stances.

L-Stance





Reverse block

### Reverse Knife-Hand

Upward block with a reverse knife-hand can be executed nearly from all stances, though rear foot and L-stances are mainly used.

The blocking tool should reach its point of focus in a straight line. Keep the elbow bent about 45 degrees outward at the moment of the block.



Obverse Block



Obverse Block



Reverse Block

Obverse Block



X-Stance

### Thumb Ridge

The principle of this technique is basically the same as that of a reverse knife-hand. Keep the wrist slightly bent upward at the moment of the block.



L-Stance



Rear Foot Stance



Walking Stance

### Bow Wrist

This is mainly executed from a rear foot stance or L-stance, and occasionally a walking stance. Most important: do not bend the wrist at too severe an angle. The blocking tool should reach the target in a straight line.



Rear Foot Stance

### L-Stance

Only a reverse block is possible in the case of a rear foot or L-stances.



### Walking Stance



### Obverse Block

**INCORRECT**  
The wrist can be broken if bent too much.



### **Downward Block (*Naeryo Makgi*)**

The purpose of this technique is to "drop" the opponent's hand, foot or weapon attacking the solar plexus and point below. It is performed with the palm, outer forearm, twin palm, knife-hand, X-fist and X-knife-hand. In rare cases, a straight elbow can be used.

The blocking tool must focus at the same level as the defender's solar plexus at the moment of the block with the exception of a twin palm.

### **Palm**

This is executed principally from a rear foot and L-stances, though occasionally a walking or vertical stance is used.

The blocking tool should reach its point of focus in a circular motion.

Keep the elbow bent about 45 degrees outward at the moment of the block.

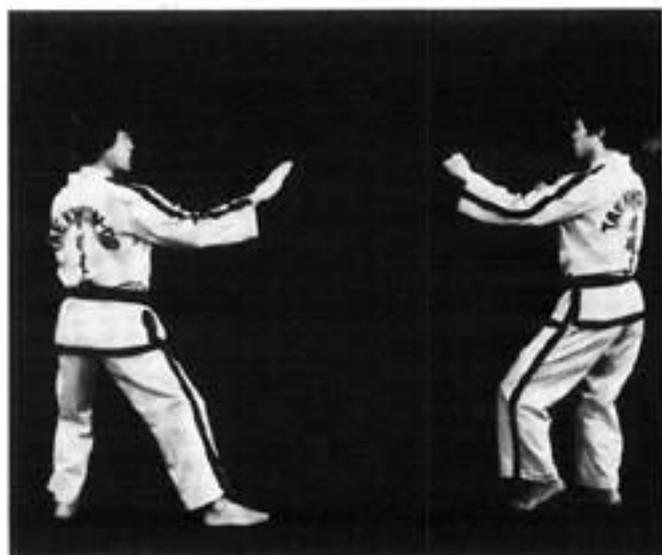
Like the upward block, the palm, forearm and knife-hand with a walking stance can be performed in both reverse and obverse blocks.



**Rear Foot Stance**

**L-Stance**





Walking Stance



X-Stance



**INCORRECT**  
 The vital spot is exposed because the elbow is not bent properly. The same principle is applicable to every stance.



Vertical Stance



## Twin Palm

This is chiefly performed with a rear foot and L-stances, although occasionally a vertical or bending stance is used.

Rear Foot Stance



Bending Stance

L-Stance



## Forearm

Only the outer forearm is used as a blocking tool. This technique is used to defend the rib cage and can be executed from nearly all stances. Both obverse and reverse blocks are possible though a reverse block with a rear foot or L-stance is chiefly employed.

The side fist should be higher than the elbow which is bent about 45 degrees outward at the moment of the block.



L-Stance



Rear Foot Stance



Walking Stance



Walking Stance



Sitting Stance



X-Stance



L-Stance

### Knife-Hand

The principle of this technique remains the same as that of the forearm but the purpose is to defend the solar plexus rather than the rib cage.

Rear Foot Stance



L-Stance

### **Straight Elbow**

This tool is executed principally from a rear foot or L-stance, though occasionally a bending or one-leg stance can be used. It is used to block either the outer ankle joint or the back wrist if the hand or foot is attacking the floating ribs or armpit.



**L-Stance**

**Rear Foot Stance**



**Bending Stance**



**One-Leg Stance**





Walking Stance

### X-Fist

This is used to block the attacking foot or hand. It is performed mainly with walking and X-stances, though occasionally a sitting, parallel, close or one-leg stance can be used.



Close Stance



X-Stance

Sitting Stance



One-Leg Stance



### **X-Knife-Hand**

Although the use of this technique is basically the same as that of an X-fist, an X-knife-hand has the added advantage of being in a better position to grab the leg or hand after executing a block.

**Sitting Stance**



**X-Stance**



**Parallel Stance**



**Rear Foot Stance**



**Blocking**

**Twisting**



### Pressing Block (*Noollo Makgi*)

This block is executed against a low attack only. This technique is used only when the defender wishes to check, rather than break the attacking foot. The palm, twin palm, forefist, and X-fist are used as blocking tools.

#### Palm

This block is always accompanied by a palm upward block and executed from a walking or low stance. This technique has a dual purpose. Not only is it good for muscle and breath control exercise, but it also can block two targets simultaneously. Keep both elbows bent slightly outward while blocking.

The instep is the only target for pressing.



Walking Stance



#### INCORRECT

The blocking hand is parallel to the attacking tool of opponent, missing the target because the elbow is straight.



Sitting Stance

### Forefist

The forefist is performed chiefly with sitting and diagonal stances, though occasionally a walking or low stance is used. The instep is the main target with the inner ankle joint as a secondary target.

This block is always accompanied by a side front block with the opposite inner forearm in the case of a sitting or diagonal stance.

Diagonal Stance



Forefist with a walking or low stances can perform only a reverse block, and the opposite side fist must be brought in front of the shoulder at the moment of the block.



Low Stance

Walking Stance



## Twin Palm

This is mainly executed from a rear foot, sitting and walking stances and occasionally, an X- or L-stance.

This technique is effective against the ball of the foot, heel or knee attack.



Rear Foot Stance



Sitting Stance



L-Stance

Walking Stance





Walking Stance

### X-Fist

The X-fist can be performed from nearly every stance, though walking, sitting, and X-stances are most commonly used.

The X-fist is used against the tibia of the attacking foot aimed at the defender's lower abdomen.



X-Stance



Sitting Stance

### INCORRECT

Not only off balance but also resulted in blocking the knee area instead of the lower abdomen, thus exposing the vital spot-in this case the face.





Rear Foot Stance



Walking Stance



L-Stance

**INCORRECT**

The block is performed with only one forearm instead of an X-fist. The same principle is applicable to all stances.



### Hooking Block (*Golcho Makgi*)

Unlike other methods of blocking, this technique requires a minimum amount of effort on the part of the defender, and allows the opposite hand an immediate response for counterattacking. Though occasionally performed with an outer forearm, knife-hand or backhand, the palm is usually most effective.

This technique can be used in nearly all stances, though walking stance is commonly used. An inside block can be used but an outside block can best insure blocking of the opponent's other free hand.

The blocking tool must reach the target in an arc so it is able to be properly placed on the opponent's back forearm or outer tibia.



#### **Palm**

Keep the elbow bent about 25 degrees outward and the wrist slightly inward at the moment of the block.

The palm is the best tool for increasing the chances of making a successful grab.

**Outside Hooking Block**

**Blocking**

**Twisting**





**Inside Hooking Block**  
This not as effective as  
outside hooking block.





Parallel Stance



L-Stance



**INCORRECT**

The opponent's fist is already withdrawn even before grabbing.



**INCORRECT**

The palm must reach the attacking arm in an arc, not in a straight line.

**INCORRECT**

The blocking tool has stopped before reaching the point of focus because of the full facing posture. The defender must perform with a half facing posture.





Walking Stance

### Forearm

The under forearm is the blocking tool. The purpose and method of blocking are exactly the same as the palm except that the wrist is not bent at the moment of a block.



Rear Foot Stance

### Knife-Hand

The method of blocking is also the same as that of the palm and the purpose is to allow the opposite hand or foot free for an immediate counterattack. Keep the elbow slightly bent inward at the moment of the block.



Walking Stance

### Back-Hand

The method of blocking is the same as that of the knife-hand.



L-Stance

### **Wedging Block (*Hechyo Makgi*)**

This technique is used to block a twin fist vertical punch, twin fore-knuckle fist punch or twin knife-hand inward strike while preventing the neck, head or lapel from being grabbed.

It is performed with both the outer and inner forearm knife-hand and reverse knife-hand. The distance between the blocking tools is equal to one shoulder width of the defender.

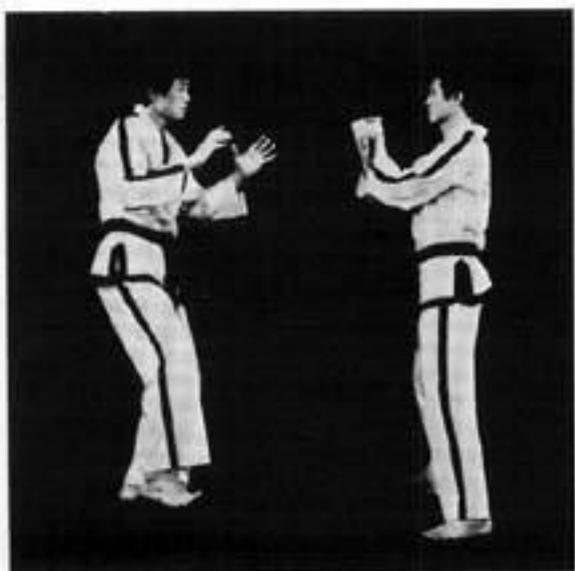
### **Outre Forearm**

This is mainly executed from a walking, sitting or X-stances, though occasionally a parallel, close or one-leg stance is used.

Keep the elbows bent about 35 degrees outward at the moment of the block.



**Walking Stance**



**Sitting Stance**



**X-Stance**



**Sitting Stance**

**INCORRECT**

The blocking tool has passed the point of focus, exposing entire body.

The same principle is applicable to the other blocking tools.

**Inner Forearm**

This is chiefly executed from a sitting or X-stance, though occasionally a walking rear foot or L-stance is used. Be sure to keep the elbows bent slightly inward at the moment of the block.

The inner forearm and reverse knife-hand are performed mostly as a middle block.



**Walking Stance**

**L-Stance**

**Rear Foot Stance**

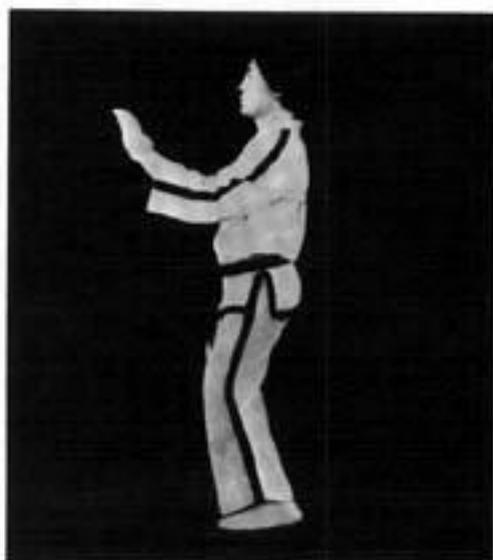




Walking Stance

### Knife-Hand

Both the purpose and method of blocking are the same as those of an outer forearm.



Sitting Stance

Parallel Stance



X-Stance



**Blocking**



**Attacking**

**CORRECT**

**INCORRECT**

The defender will be attacked if he tries to pull the fists to the hip while kicking.



**Reverse Knife-Hand**

The purpose and method of this technique are the same as an inner forearm.



**Sitting Stance**



**Walking Stance**

### **Grasping Block (*Butjaba Makgi*)**

This is usually executed immediately after the hooking block, and the main purpose is to put off balance or throw the opponent by twisting and pulling the attacking hand or foot. Therefore, it is widely used for throwing techniques.

It is chiefly performed with vertical and rear foot stances, and occasionally a walking or L-stance.

Dodge to the side front or rear when grasping the opponent by the shoulder to avoid the opponent's counterattack.



**Blocking**

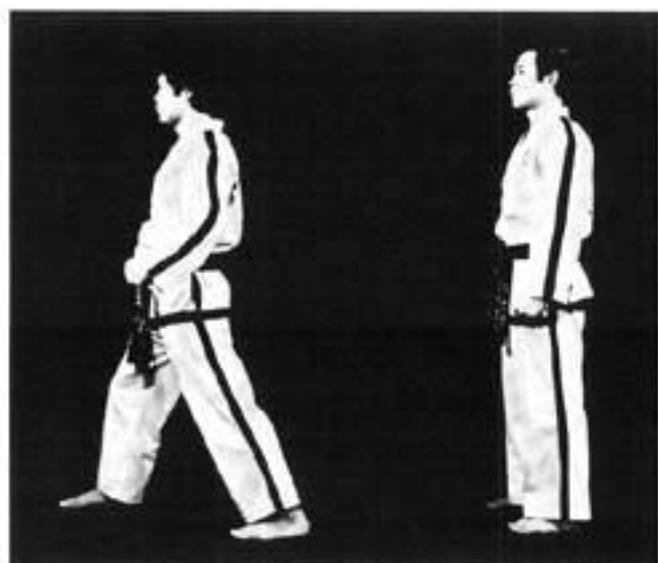


**Grasping**



**Tackling**





### **Parallel Block (*Narani Makgi*)**

This technique is employed to block a simultaneous attack directed toward the high section of the body and is performed mainly with outer forearm, inner forearm, knife-hand and reverse knife-hand, though back hand or back forearm is used in rare cases.

This is usually executed from a sitting, parallel or walking stance, and occasionally a close, one-leg or X-stance. Keep the body full facing the front at the moment of the block.



**Sitting Stance**

### **Outer Forearm**

It is used when blocking an attack from both sides.

Keep the blocking tool facing front at the moment of the block.

The knife-hand can be used in the same way.

1. The distance between the arms is slightly wider than the shoulder width.
2. The thumb forms a straight line with the elbow.



**Parallel Stance**





**Walking Stance**



**X-Stance**

**Knife-Hand**

The method and principle is the same as those of an outer forearm.

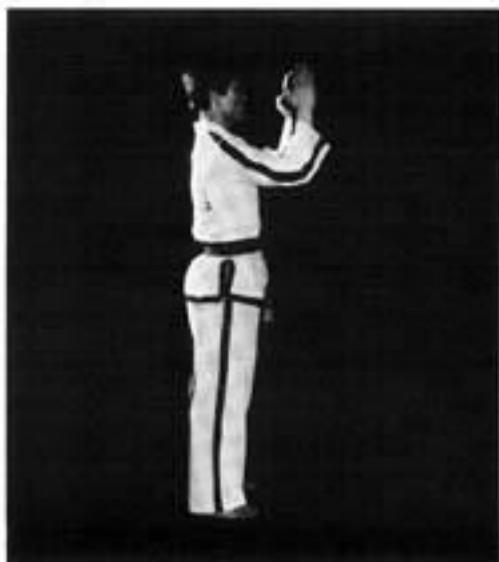


**One-Leg Stance**



**Sitting Stance**

**Walking Stance**



**Parallel Stance**



### Inner Forearm

This is used when blocking two attacks simultaneously from each side front. Keep the back forearms facing the front with the distance between the outer forearms one shoulder width at the moment of the block.

The reverse knife-hand can be used in the same way.



Parallel Stance



Walking Stance

X-Stance



One-Leg Stance

## Reverse Knife-Hand



Walking Stance



Parallel Stance



X-Stance

Sitting Stance



## Back Forearm

The purpose of this technique is the same as that of the inner forearm or reverse knife-hand.

Keep the back forearm facing outward at the moment of the block. Back hand can also be used in the same way.



Sitting Stance



Walking Stance



X-Stance

Diagonal Stance



One-Leg Stance



## Back Hand



Walking Stance



One-Leg Stance



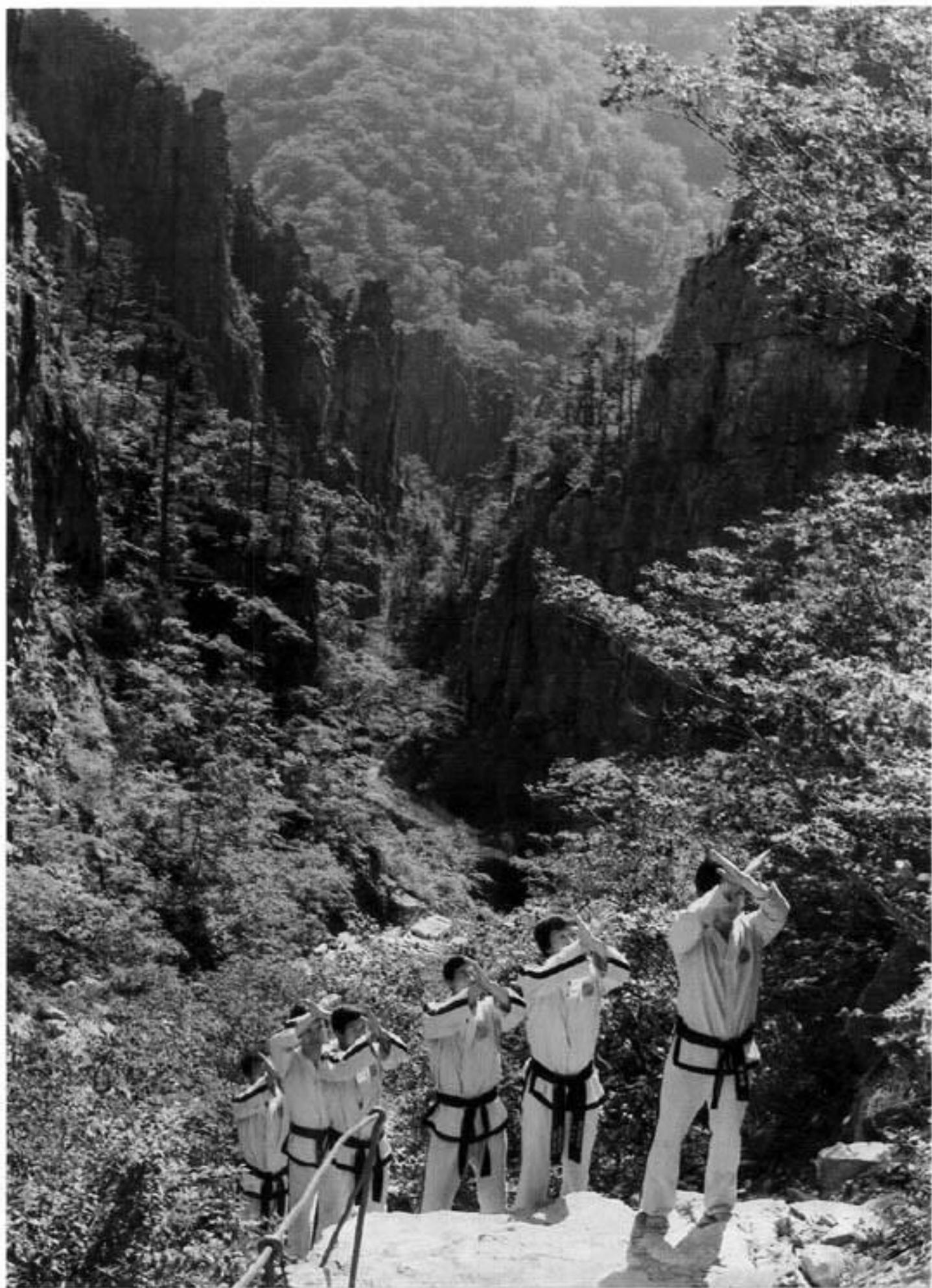
Sitting Stance



X-Stance



Close Stance



## Pushing Block (*Miro Makgi*)

This technique is one of the most effective forms to put the opponent off balance and is chiefly performed with the palm, though occasionally a double forearm, knife-hand or reverse knife-hand is used.



### Palm

This is mainly executed from a sitting stance and X-stance, though occasionally a parallel, close or walking stance is employed.

A reverse block is normal in the case of a walking stance.

Be sure to execute the block against the shoulder or bottom area.

Sitting Stance



### INCORRECT

Block is not effective as it is executed against the arm instead of the shoulder.





### **Double Forearm**

This is used only for a low pushing block and is executed from rear foot, L- and fixed stances.



### **Reverse Knife-Hand and Knife-Hand**

The blocking tool reaches the target in a circular motion. Refer to pages 291 -297 of this volume.

### Luring Block (*Yuin Makgi*)

This technique is designed to put the opponent off balance or to make the attack in vain by drawing the attacking tool beyond its intended point of focus. It is performed with a palm or knife-hand.

This block requires a feint motion, and is mainly executed from either an L-stance or rear foot stance, and occasionally a sitting or other stances.





### **Scooping Block (*Duro Makgi*)**

This is a rather effective block for putting the opponent in an untenable position by holding up the attacking foot.

It is chiefly performed with a palm, and occasionally a reverse knife-hand.

The blocking tool should reach the target in a large circular motion while bending the body downward at the start of blocking.

This technique is normally performed in a slow motion.

**Ready to scoop**



### **Palm**

The main purpose is to deliver a punch to middle section and points above immediately after scooping. It is usually executed from either a sitting stance or L-stance.



**Scooping while standing up**



**Throwing and Attacking**



**INCORRECT**

The scooping motion has been executed from a sitting stance rather than in a standing position. Consequently, the opponent has not been thrown nor is there a proper target for a punch.

**Reverse Knife-Hand**

This is chiefly executed from a rear foot stance, and the main purpose is to deliver a kick rather than a punch.



### **Guarding Block (*Daebi Makgi*)**

This block is frequently used as a ready posture in free sparring, since one can position oneself in a half facing posture and protect the body completely with both hands. It is performed with a forearm, knife-hand or reverse knife-hand. Although the L-stance or rear foot stance are most widely used, it can also be used with all other stances.

Rules for a guarding block:

1. Keep the blocking tool half facing the target at the moment of blocking.
2. Bring the opposite knife-hand or side fist in front of the chest 3 centimeters from the body. The guarding hands should be flexible enough to protect the whole body against an attack.
3. Keep the body half facing the target at all times.



#### **Forearm**

The outer forearm is normally used, though the inner forearm can be used too in some instances. In no case can the forearm perform a low guarding block.

(All forearm guarding blocks throughout this Encyclopedia are considered outer forearm guarding block unless special directions are given.)





**L-stance**



**Walking Stance**



**Rear Foot Stance**



**Sitting Stance**

**Inner forearm block**



**Walking Stance**

**Inner forearm block**



**Rear Foot Stance**



X-Stance



**INCORRECT**

Speed is tremendously reduced because the arms are fully extended and the fists too tightly clenched.

**INCORRECT**

The opposite side fist faces downward instead of towards the chest, thus the blocking forearm has reached the target without revolving.



**INCORRECT**

The blocking forearm has passed the point of focus because the body is full facing instead of half facing.

## Knife-Hand

This is used primarily for middle and low blocks, or in some instances against a high attack. The blocking tool reaches the target in either a straight line or circular motion while blocking. The former (straight line) is used to cause extreme pain to the opponent, and the latter (circular motion) is more of a push.

It is considered that the blocking tool always reaches the target in a straight line unless specified otherwise throughout this Encyclopedia.



Blocking tool reaches the target in a circular motion.



Blocking tool reaches the target in a straight line.





Blocking tool reaches the target in a straight line.



Blocking tool reaches the target in a circular motion.



### Knife-Hand Low Guarding Block

1. The knife-hands generally form a parallel line.
2. The distance between the opposite knife-hand and lower abdomen is about 3 centimeters.
3. The forearm becomes parallel to the thigh.
4. The elbow of the blocking arm is bent about 15 degrees outward.



Rear Foot Stance



Walking Stance



Rear Foot Stance



X-Stance



Sitting Stance



L-Stance

### Reverse Knife-Hand

It is primarily employed for low blocks, though occasionally for middle and high blocks. The blocking tool reaches the target in either a straight line or circular motion when executing a low block.

This technique is mostly performed with rear foot and L-stances, and occasionally a sitting or X-stance is used.



Blocking tool reaches the target in a circular motion.



Blocking tool reaches the target in a straight line.



1. The reverse knife-hand generally forms a parallel line with the opposite knife-hand.
2. The distance between the knife-hand and lower abdomen is about 3 centimeters.
3. The elbow of the blocking arm is slightly bent inward.
4. The forearm becomes parallel to the thigh.

**L-Stance**



**Sitting Stance**



**Blocking tool reaches the target in a circular motion.**



**Blocking tool reaches the target in a straight line.**



**Rear Foot Stance**



**INCORRECT**

The palm is full facing the attacking tool, the wrist bent backwards, and the shoulder is tensed, hindering an effective block.



**INCORRECT**

The knife-hand fails to intercept the opponent's foot because the blocking hand is pushed forward rather than to the side without bending the elbow.

**INCORRECT**

The blocking tool passes the point of focus, creating an opening for the opponent.



**INCORRECT**

The blocking hand is pushed forward rather than to the side because the opposite hand is pulled back, failing to block.

**INCORRECT**

The blocking hand is pushed upward rather than to the side since the opposite knife-hand is brought in front of the epigastrium instead of the chest.



**INCORRECT**

The shoulder and elbow are too tensed because the elbow is bent inward instead of outward.

**INCORRECT**

The block is weak since the center of gravity is completely moved to rear.



**INCORRECT**

Speed is tremendously reduced, exposing the armpit because the opposite arm is extended.



**Note:**

The same principle is applicable to a reverse knife-hand.

### **Twin Forearm Block (*Sang Palmok Makgi*)**

This technique can be used to block a simultaneous attack from the front and the side.

The side block, however, is the primary defense. This block can be performed with nearly all stances but walking stance. An L- or rear foot stance is chiefly used.

The side blocking forearm usually performs a middle block. It should be stressed that although a rising block may also be effective against an attack toward the forehead, the side block is the primary one. When blocking from a left L-stance, bring the right forearm inside of the left forearm and vice versa.



**L-Stance**



**Rear Foot Stance**



**Sitting Stan**



**Close Stance**



**X-Stance**



**One-Leg Stance**



**Twin Knife-Hand Block (*Sang Sonkal Makgi*)**

Both the method and purpose are the same as those of a twin forearm block.



Rear Foot Stance



Vertical Stance



**INCORRECT**

1. Armpit is exposed to the opponent.
2. Blocking tools reach the targets without revolving, thus lacking the necessary force.
3. Blocks are not performed effectively, that is, the right knife-hand reaches the target in an upward motion instead of a side motion while the left knife-hand is in a side motion instead of an upward motion.



**INCORRECT**

Armpit is being attacked. The same thing applies to a twin forearm block.

**Double Arc-Hand Block (*Doo Bandalson Makgi*)**

This is a very useful technique to block a co-ordinated attack against the chest and the face. This is executed primarily from a walking stance in the form of a reverse block. The blocking tools should reach the target in a straight line.

Keep the body half facing the target at the moment of the block.



Front View



Side View

**INCORRECT**

Not only are the vital spots exposed to the opponent but the muscles of the hip and abdomen are not utilized because the body has failed to be half facing the target.



### **Circular Block (*Dollimyo Makgi*)**

This technique is to block a combination of hand and foot attack, and is mostly performed with an inner forearm or reverse knife-hand, though occasionally a knife-hand is used.

A walking stance is most suitable for this block.

1. The fist or fingertip should reach the same level as the defender's shoulder. This shoulder should be slightly lower than the opposite one at the moment of the block.
2. The blocking tool should reach the attacking foot in a large circular motion to enable the blocking hand to scoop the foot.
3. Keep the body half facing the target at the moment of the block.



Top View





**INCORRECT**

It is illogical for two opponents to attack in a line.

**INCORRECT**

Attacked by another opponent because the defender has failed to scoop the kicking leg of the opponent.



**INCORRECT**

The block is performed against a middle attack instead of a low attack, and the heel is off the ground.



### **Nine (9)-Shape Block (*Gutja Makgi*)**

This technique is used to break the elbow joint, wrist or ankle. It can also be employed to block a co-ordinated hand and foot attack against the solar plexus and lower abdomen.

Both sitting and walking stances are chiefly used, although a close, parallel or X-stance can also be used. If the right forearm is the lower one, it is called a right 9-shape block and vice versa. A reverse block with a walking stance is normal.



**Sitting Stance**



**Walking Stance**



**X-Stance**



## How To Break

The left arm must reach the target in a straight line while the right one reaches in an arc and vice versa.



### INCORRECT

Breaking is not successful because the lower arm reaches the target in a straight line instead of an arc motion.





### U-Shape Block (*Mongdung-i Makgi*)

The sole purpose of this technique is to block either a pole or bayonet with a reverse knee-hand. This is performed mainly with fixed and L-stances, though occasionally walking, rear foot or X-stance is used.

Keep both hands in a vertical line at the moment of the block.

The lower elbow should be flush with the hip.



### INCORRECT

The head is attacked since the upper hand has failed to form a vertical line with the lower one. The same principle applies to the U-shape grasp.





### U-Shape Grasp (*Mongdung-i Japgi*)

This is a variation of a U-shape block though the principle of the block is the same as that of a U-shape block. This technique is used to grasp and twist the attacking weapon immediately following the block.

Both fixed and L-stances are mostly employed though occasionally a rear foot stance is used.

Remember to keep the palm of the top hand facing upward at the moment of the block.



### INCORRECT

The lower elbow has failed to flush with the hip. This position is not only ineffective for grasping but the vital spot is open to an attack. The same thing is applicable to a U-shape block.



### **W-Shape Block (*San Makgi*)**

This technique has dual functions: one is used against either a foot or hand attack to the philtrum and areas above, and the other is to strengthen the leg muscles.

The outer forearm and knife-hand are the principal tools, though occasionally a reverse knife-hand or inner forearm is used. Although the sitting and walking stances are mostly used, parallel, close, one-leg and X-stances are also employed. The sitting, parallel, close and one-leg stances are used against the attack either from front or side, whereas the walking and X-stances are only for the side.

Dip the elbows slightly below the shoulder at the moment of the block.

### **Outer Forearm**

It can be either full or half facing while blocking. The foot is placed with a stamping motion when blocking a single attack from the front, keeping the blocking arm full facing and straight. The foot is moved in a sliding motion to block two attacks from both sides, keeping the blocking tool half facing and the elbows bent 45 degrees.

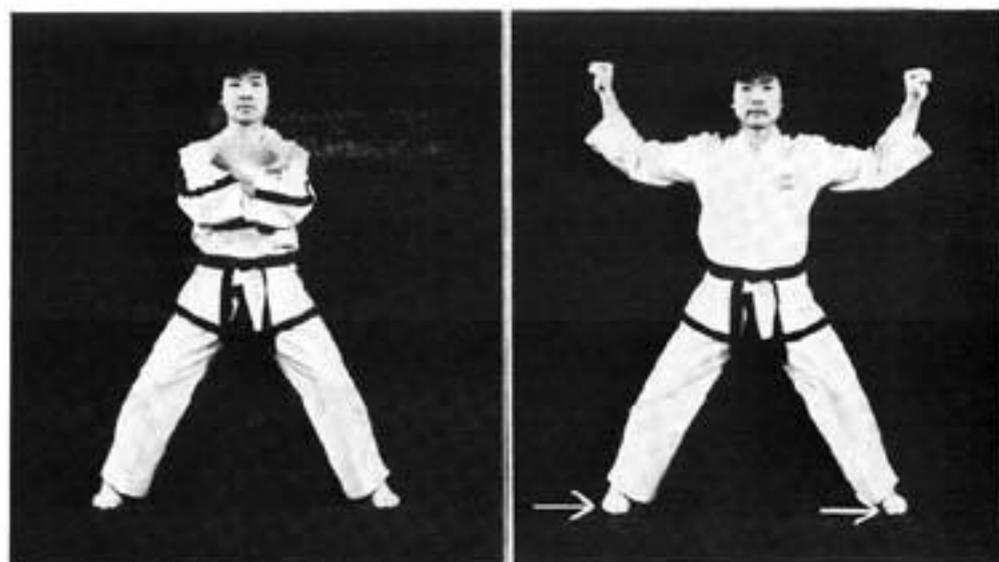
The outer forearm is used in blocking the attack directed to the point above the philtrum.

Stamping and sliding motion can be performed only with a sitting stance.

Stamping



Sliding





Parallel Stance



Close Stance



Walking Stance



Sitting Stance

X-Stance

One-Leg Stance



### Knife-Hand

The method of blocking and purpose as well as the stance are exactly the same as those of the outer forearm.

The knife-hand, however, is employed when blocking an attack directed to the temple and areas above.



**Walking Stance**



**X-Stance**

**INCORRECT**

W-shape block in a walking stance cannot block the attack from the front. The same thing is applicable to a one-leg or X-stance.





Far distance



Medium distance



Close distance

As shown above the kind of stance to be used depends on the distance from the opponent.

The stamping motion is used to accentuate the hip motion and facilitate power. Strengthening the leg muscles will aid the student in maintaining a good stance. This motion is not used for the purpose of stamping the instep nor blocking the opponent's attack with the ball of the foot.



**INCORRECT**

It is impossible to stamp on the instep, particularly when the opponent is in the air.



**INCORRECT**

Combining a foot stamp and W-shape block makes it difficult to retain a natural position in a stance.

**INCORRECT**

The block becomes useless after a rising kick since there is no target to block.





### Reverse Knife-Hand

This is employed in blocking both sides. The method and stances to be used are the same as those of the knife-hand, though the stamping motion is excluded.

Keep the blocking tool half facing the opponent and bend the elbows 45 degrees at the moment of the block.



Sitting Stance



Walking Stance

Parallel Stance



X-Stance



One-Leg Stance



## Inner Forearm

The method and stances to be used are the same as those of a reverse knife-hand. It is normally used in blocking the attack to the neck and the areas above.



Sitting Stance



Close Stance



Walking Stance



**INCORRECT**  
The blocking tool faces the rear instead of half facing the side.

**INCORRECT**  
Though the elbows can form a horizontal line with the shoulders at the moment of the block, it is not recommended since it will tense the shoulder muscles unnecessarily.



### Horizontal Block (*Soopyong Makgi*)

This technique is used to protect the chest area against a coordinated attack. The twin palm is the primary tool, though a twin knife-hand can be used in rare cases. It can be executed nearly from every stance, though a walking, sitting and X-stances are mostly used.



Walking Stance



Sitting Stance





**X-Stance**



**L-Stance**



**Parallel Stance**



**Rear Foot Stance**

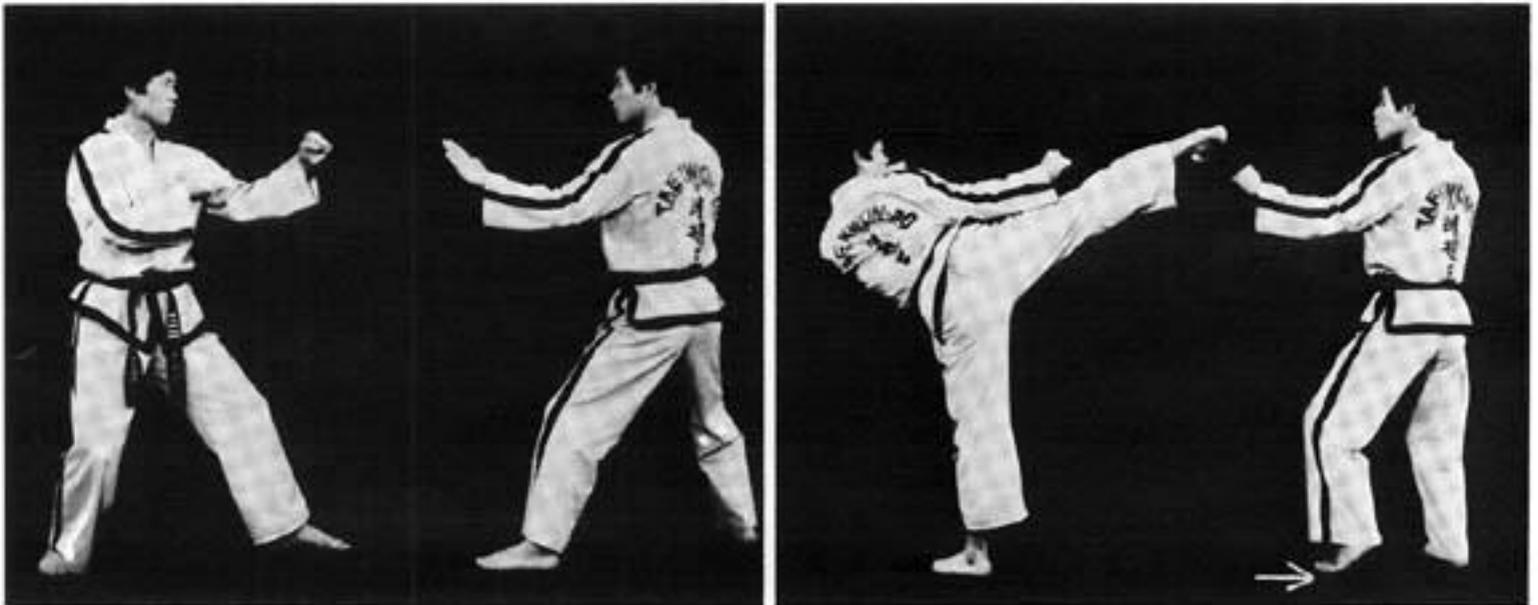


**Close Stance**

### Dodging (*Pihagi*)

This has a number of advantages. One of the purposes of dodging is to avoid colliding with an opponent who may have the added advantage of momentum if he is attacking.

An effective dodge may cause the opponent to lose his balance and leave himself open for a decisive counter attack. Dodging can be executed towards all directions, though mainly to the rear. In all cases, it is very important to retain a natural, yet flexible posture, preferably with a guarding block. This technique is mostly performed with the feet, though the hands provide some protection.





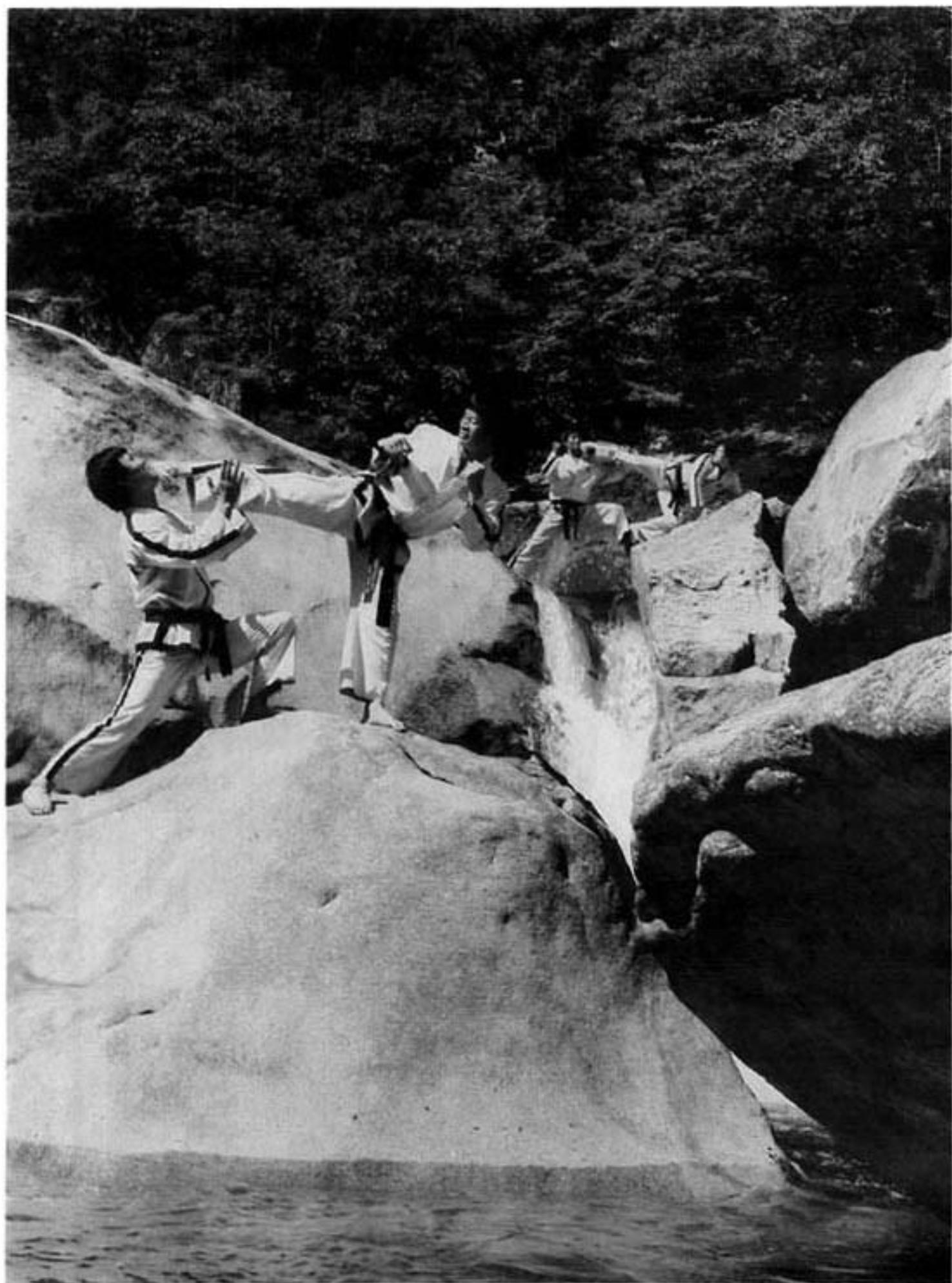
Dodging to the left



Dodging to the right

Dodging forward





## C. GROUND HAND TECHNIQUES (*Noowo Son Gisool*)

Any technique executed from lying down position is defined as a ground technique, and is used at a close range. They are divided into hand and foot techniques, the latter being described in volume no. 4 of this Encyclopedia.

Unlike other hand techniques, the opposite fist is not pulled to the hip throughout offensive and defensive motions. Rather, it is pulled in the opposite direction depending on the technique performed.

### Ground Punch (*Noowo Jirugi*)

The forefist and knuckle fist are used as attacking tools. The punch must be executed with both fists in the case of a fore-knuckle fist and vertical punch.



Middle Knuckle Fist



Vertical Punch



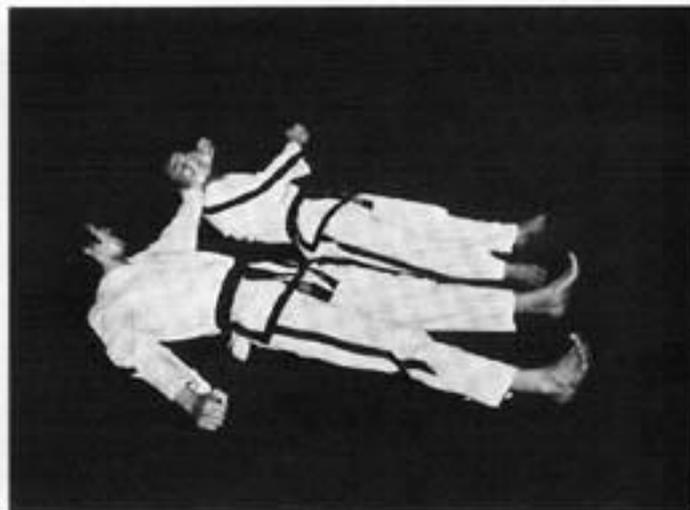
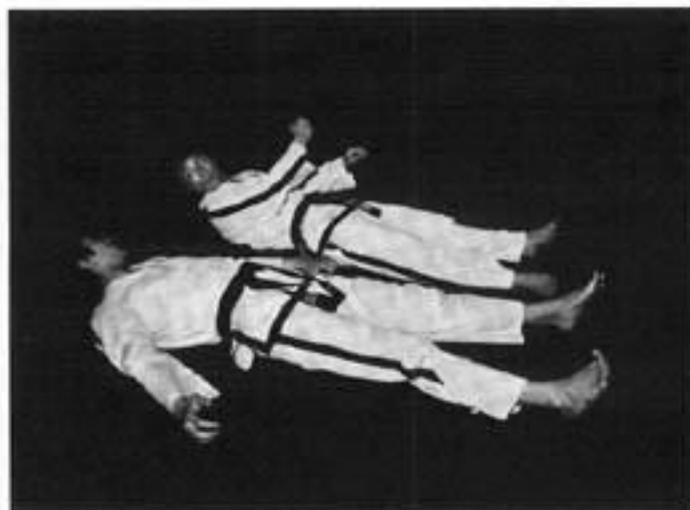
Fore-Knuckle Fist



### Ground Downward Strike (*Noowo Naeryo Taerigi*)

The back fist, back hand, side fist and knife-hand are mainly used, and occasionally the reverse knife-hand, under fist and arc-hand are used.

Back Fist



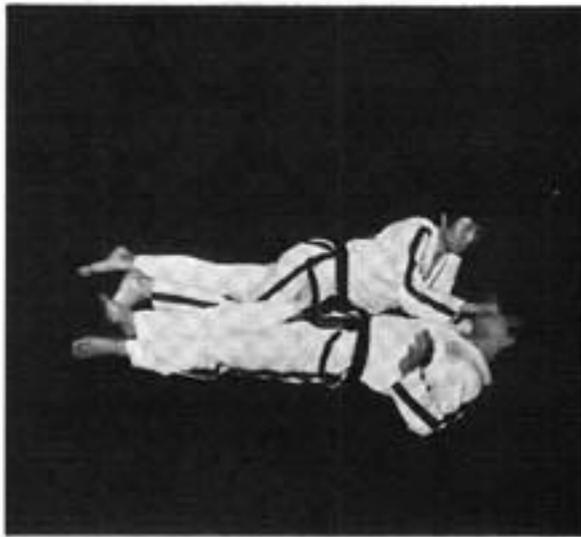
Back Hand



**Side Fist**

278  
Knife-Hand

**Knife-Hand**



**Under Fist**

**Reverse Knife-Hand**



**Arc-Hand**



### Ground Inward Strike (*Noowo Anuro Taerigi*)

This technique is mainly performed with the knife-hand and reverse knife-hand, though occasionally under fist is used. In all cases the attack must be executed with both hands.

Knife-Hand



Reverse Knife-Hand

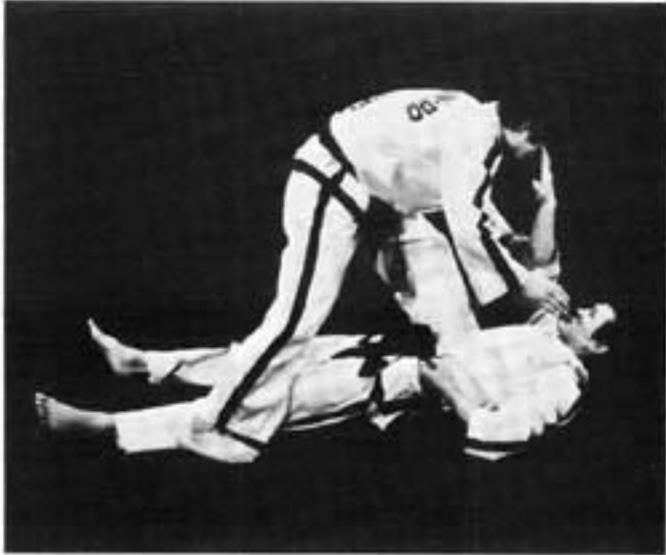


Under Fist



### Ground Thrust (*Noowo Tulgi*)

Flat fingertip double finger forefinger angle fingertip and thumb are the attacking tools for this technique.



Flat Fingertip



Double Finger



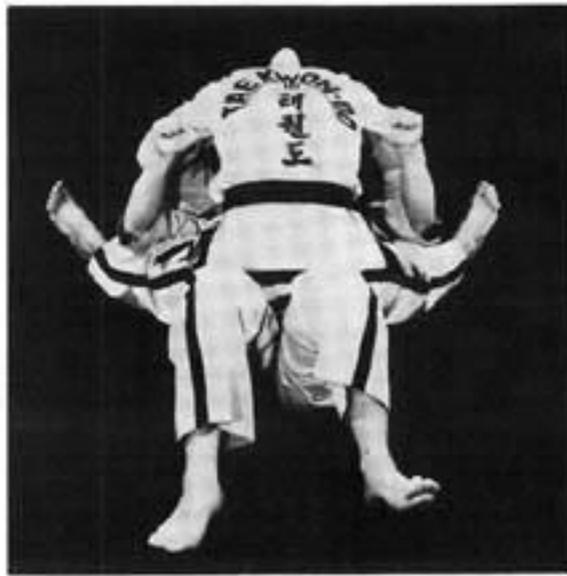
Forefinger

Angle Fingertip



## Thumb

Like the ground inward strike, both thumbs are required for attacking the ribs or armpit.



## Ground Cross-Cut (*Noowo Ghutgi*)

The flat fingertip is the only tool for this technique. It can be executed both inwardly and outwardly.



Inwardly

Outwardly





### **Holding (*Bachigi*)**

This technique is designed to protect the solar plexus and points above. It is performed only with the twin palm which has the advantage of grabbing the attacking foot or hand for twisting or breaking.

### **Grubbing**



### **Twisting**



### **Grubbing**



### **Breaking**



### Checking (*Momchugi*)

This technique is used to protect the face from a downward strike or kick, and is performed with an X-fist, X-knife-hand, straight forearm or straight knife-hand.



**X-Fist**

**X-Knife-Hand**



**Straight Knife-Hand**

The method is the same as a straight forearm.



**Twin Straight Forearm**

The method is also the same as a twin straight knife-hand.

### **Covering (*Karioogi*)**

Although this technique is considered as a passive method of defence, it can be certainly very effectual in gaining time for a counter attack. This is performed with a twin back hand, horizontal double arm, double back hand and X-hand.



### **Twin Back Hand (*Sang Sondung*)**

This is chiefly used to block the attacking hand, and occasionally a foot directed toward the high section of the body.



### **Horizontal Forearm (*Soopyong Palmok*)**

This is employed to protect the scrotum and the chest area from a downward or smashing kick.



### **Back Hands (*Doo Sondung*)**

The role of this technique is to prevent the solar plexus from being attacked.



### **X-Back Hand (*Kyocho Sondung*)**

This is to block the attacking hand or foot directed against the epigastrium or lower abdomen.



# APPENDIX

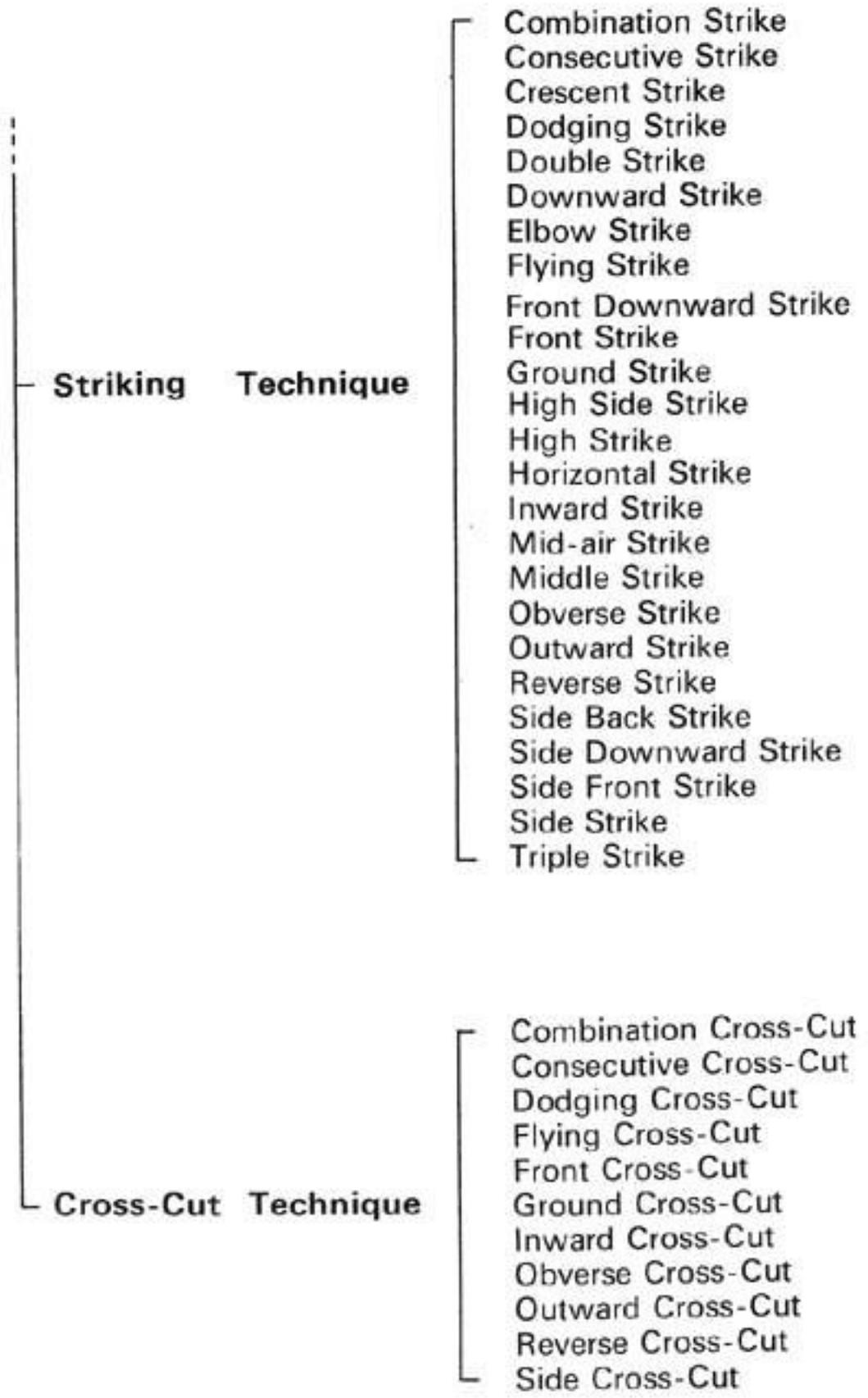
## Attack Technique

### Puuching Technique

- Angle Punch
- Combination Punch
- Consecutive Punch
- Crescent Punch
- Dodging Punch
- Double Fist Punch
- Double Punch
- Downward Punch
- Flying Punch
- Front Punch
- Front Vertical Punch
- Ground Punch
- High Punch
- Horizontal Punch
- Knuckle Fist Punch
- Long Fist Punch
- Low Punch
- Middle Punch
- Obverse Punch
- Reverse Punch
- Side Punch
- Side Vertical Punch
- Triple Punch
- Turning Punch
- U-Shape Punch
- Upset Punch
- Upward Punch
- Vertical Punch

### Thrusting Technique

- Back Thrust
- Combination Thrust
- Consecutive Thrust
- Dodging Thrust
- Double Thrust
- Downward Thrust
- Flying Thrust
- Front Thrust
- Ground Thrust
- High Thrust
- Low Thrust
- Middle Thrust
- Side Back Thrust
- Side Thrust
- Triple Thrust



**Defense Technique**

**Blocking Technique**

- Checking Block
- Circular Block
- Combination Block
- Consecutive Block
- Covering Block
- Downward Block
- Flowing Block
- Flying Block
- Front Block
- Front Checking Block
- Front Rising Block
- Grasping Block
- Ground Block
- Guarding Block
- High Block
- Holding Block
- Hooking Block
- Horizontal Block
- Inside Block
- Inward Block
- Low Block
- Luring Block
- Middle Block
- Nine-Shape Block
- Obverse Block
- Outward Block
- Parallel Block
- Pressing Block
- Pushing Block
- Reverse Block
- Rising Block
- Scooping Block
- Side Block
- Side Checking Block
- Side Front Block
- U-Shape Block
- U-Shape Grasp
- Upward Block
- Waist Block
- W-Shape Block

**Dodging Technique**

See volume No. 4  
"Foot Technique"

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## SYNOPSIS

The Encyclopedia of Taekwon-Do consists of 15 volumes. The contents of each volume is listed below:

- VOLUME I:**
- 1) Origin and Development of Martial Arts
  - 2) History of Taekwon-Do
  - 3) Moral Culture
  - 4) Philosophy
  - 5) Training Schedule
  - 6) Cycle and Composition of Taekwon-Do
  - 7) Demonstration
    - A) Model Sparring
    - B) Pre-arranged Free Sparring
    - C) Sample of Self-defence Techniques
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- VOLUME II:**
- 1) Theory of Power
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  - 3) Vital Sports
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- 1) Four-Direction Punch
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- VOLUME X:**
- 1) Pattern Toi-Gae
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- VOLUME XI:**
- 1) Pattern Gwang-Gae
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- VOLUME XIV:**
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  - 2) Pattern Ul-Ji
  - 3) Pattern Moon-Moo
- VOLUME XV:**
- 1) Pattern So-San
  - 2) Pattern Se-Jong
  - 3) Pattern Tong-Il

