



Block (*Makki*)

Low block (Arae makki)

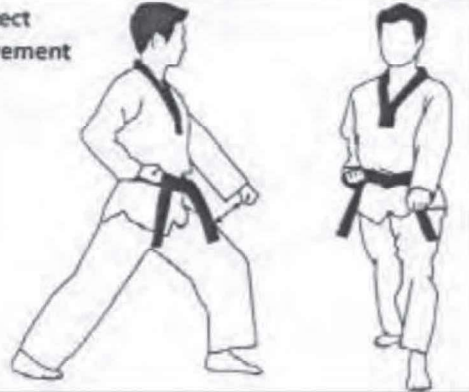
Preparatory position

- Blocking hand starts from opposite shoulder (Hammer fist touching the shoulder)
- Pulling arm across the abdomen over the belt with fist facing downward

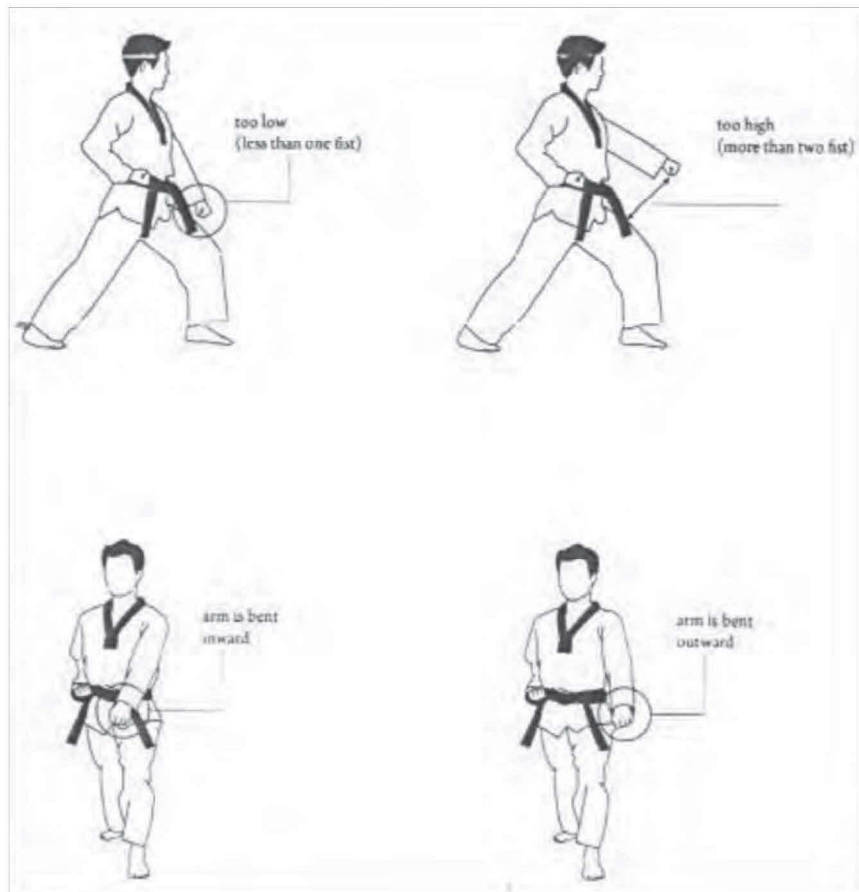
Final position

- Blocking hand should be two(2) fists away from the leg(thigh)
- Arm should be straight(elbow not bent)
- Arm should be aligned to the side of the leg
- Pulling arm placed on side of waist

Correct Movement



Deduction Factors (-0.1)



High block (*Olgul makki*)

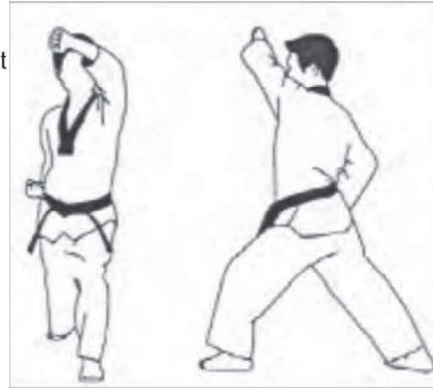
Preparatory position

- Blocking arm starts across the abdomen over the belt (fist facing upward)
- Hand of pulling arm placed across the chest at shoulder level with fist facing downward

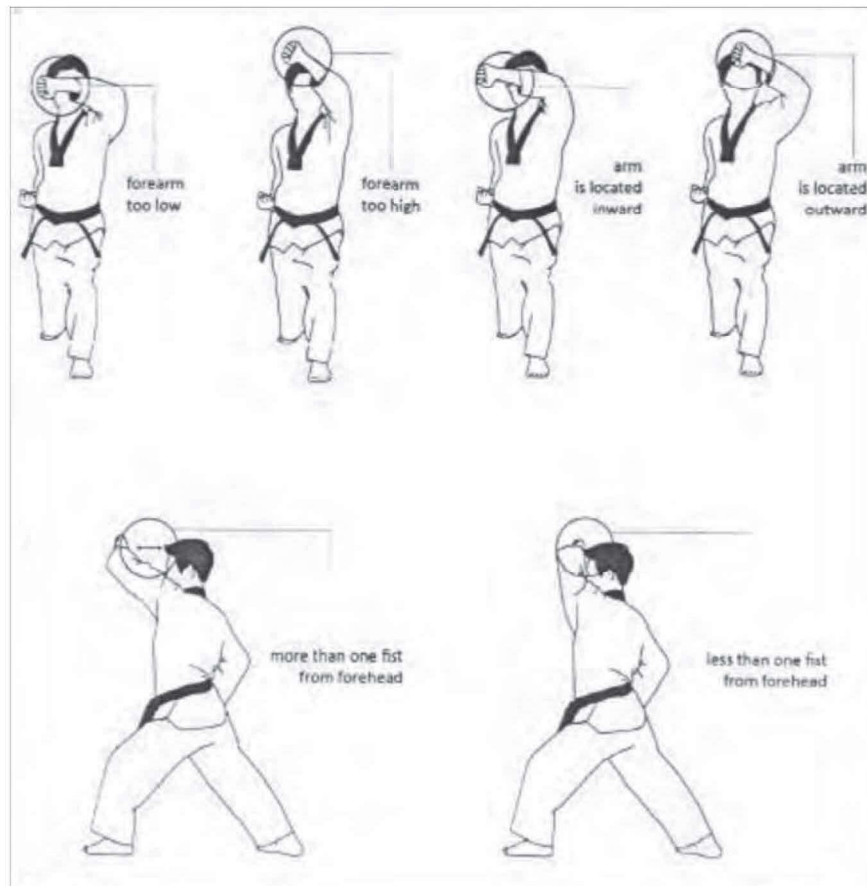
Final position

- Wrist of the blocking hand should be one (1) fist away from the center of the forehead (elbow facing up)
- Pulling arm's hand placed on side of waist

Correct Movement



Deduction Factors (-0.1)



Middle block (Momtong makki)

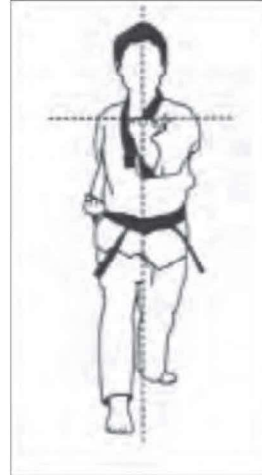
Preparatory position

- Fist of blocking arm lifted a little above shoulder height, arm around 90 degrees (elbow pointing down)
- Chest open
- Pulling arm positioned in front along center line of the body

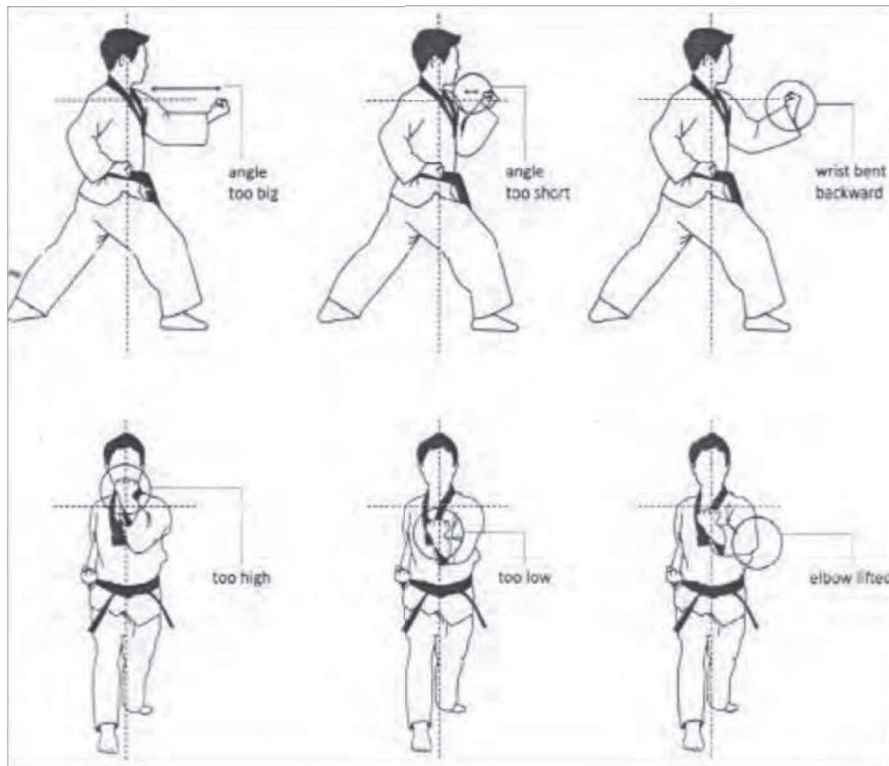
Final position

- Hand and wrist of blocking arm aligned to the center of the body(solar plexus) with the blade of the arm facing inward
- Tip of the fist as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Elbow of blocking arm naturally pointing down
- Pulling arm's hand placed on side of waist

Correct Movement



Deduction Factors (-0.1)



**Outer middle block
(Momtong bakkat makki)**

Preparatory position

- Fist of blocking arm placed near the elbow of pulling arm with fist facing upward
- Pulling arm placed across the chest with fist at shoulder level with fist facing downward

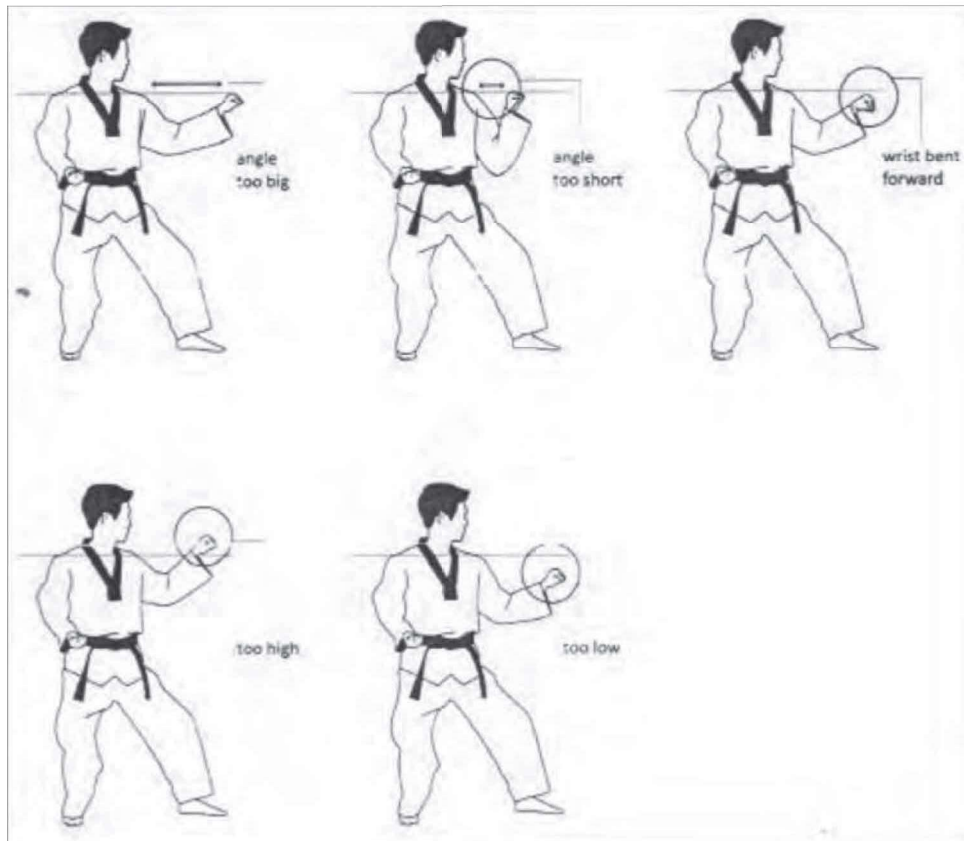
Final position

- The blocking fist must be directed towards the body with the blade of the arm facing outward
- Tip of the fist as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Elbow of blocking arm naturally pointing down
- Pulling arm's hand placed on side of waist

Correct Movement



Deduction Factors (-0.1)



Single knifehand block (*Hansonnal makki*)

Preparatory position

- Blocking hand placed near the elbow of the pulling arm in knifehand form with palm facing upward
- Pulling arm placed across the chest with fist facing downward on shoulder area

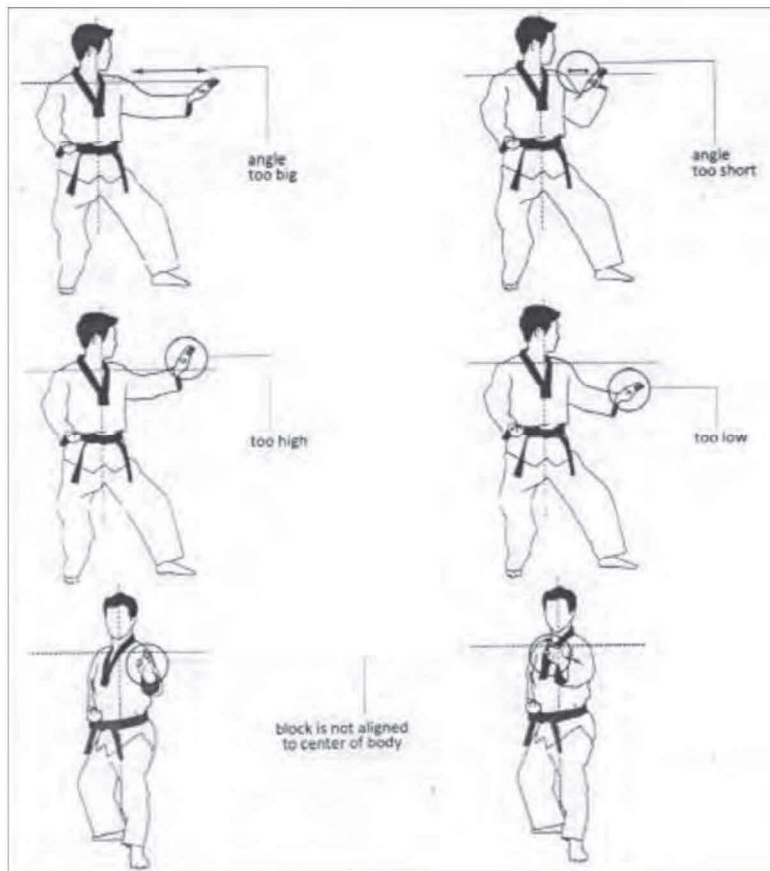
Final position

- The blocking hand-blade must be directed towards the body with the blade of the arm facing outward
- Tip of the fingers as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Pulling arm's hand placed on side of waist

Correct Movement



Deduction Factors (-0.1)



Knifehand middle block (*Sonnal makki*)

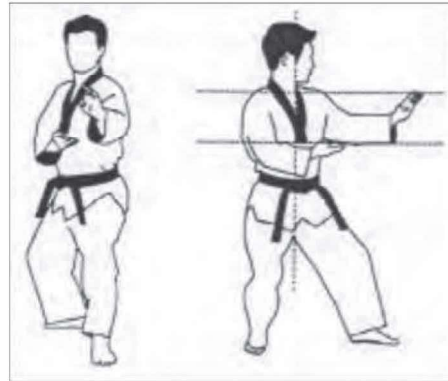
Preparatory position

- Blocking hand placed over the waist in knifehand form with palm facing upward
- Supporting hand positioned backward in knifehand form and aligned to shoulder height with arm naturally bent

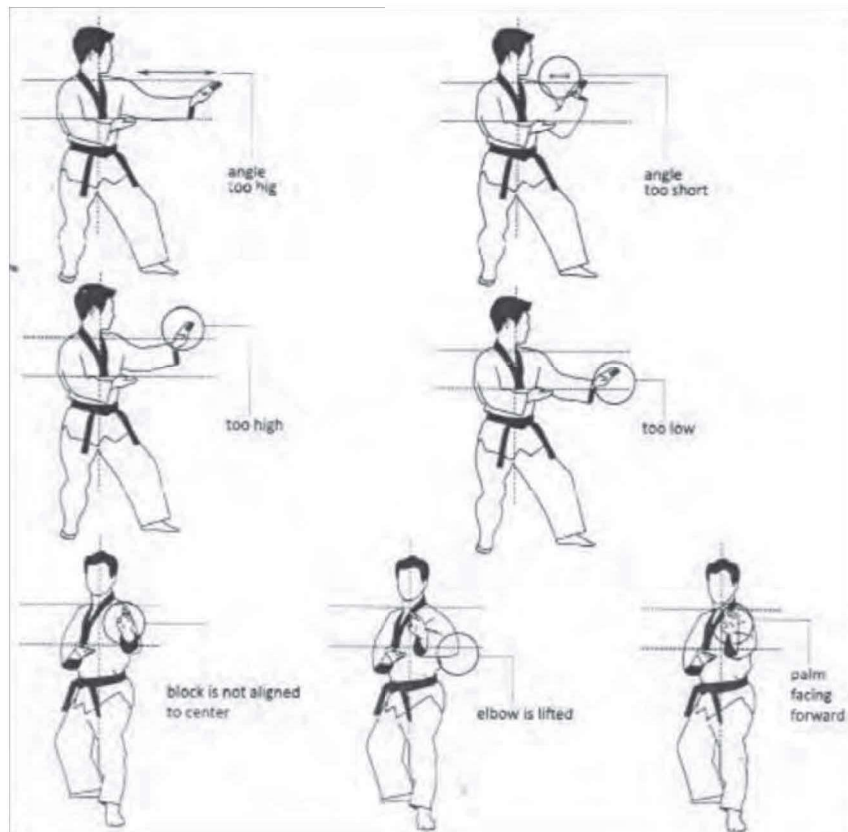
Final position

- The blocking hand-blade must be directed towards the body with the blade of the arm facing outward
- Tip of the fist as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Assisting arm's hand placed one fist below the solar plexus with wrist aligned to center of the body

Correct Movement



Deduction Factors (-0.1)





Punching (*Jireugi*)

Punch (Baro jireugi / Bandoe jireugi)

Preparatory position

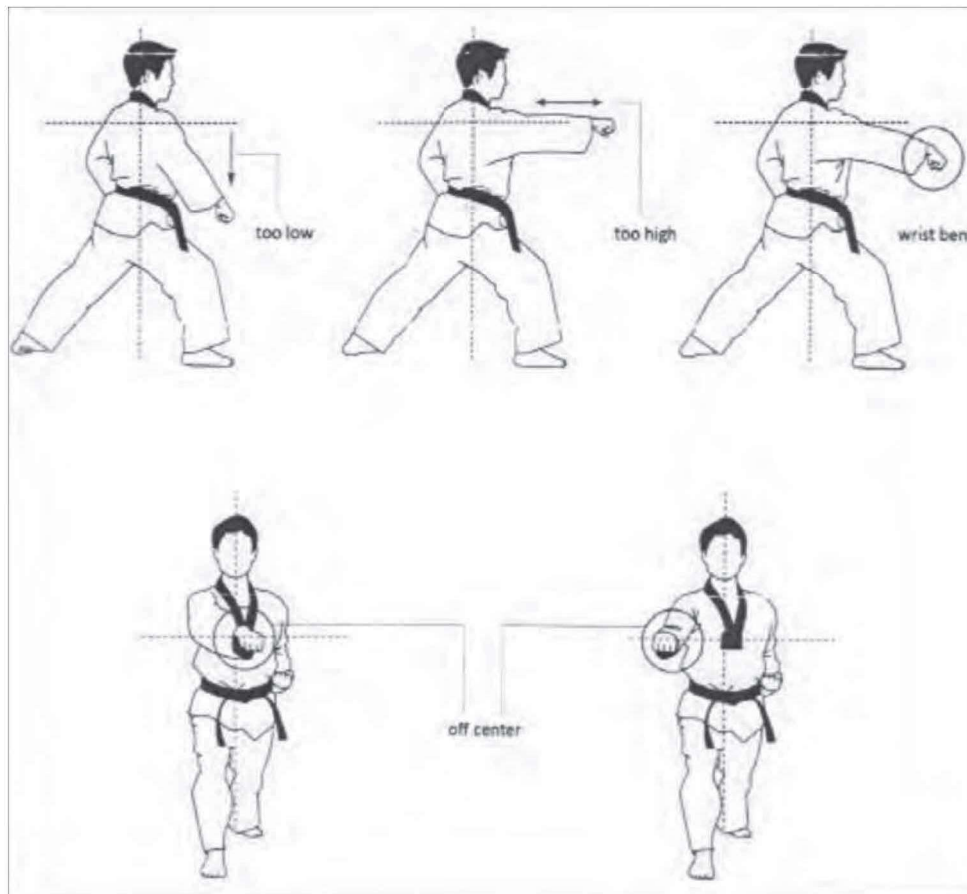
- Punching arm starts from the waist with fist facing upward
- Pulling arm is extended forward towards the solar plexus

Final position

- Punching arm is extended forward. Turn the fist only at the last moment hitting solar plexus with the two big knuckles. Wrist should be straight and palm should be facing down
- Pulling arm placed on side of waist



Deduction Factors (-0.1)



High punch (*Olgul jireugi*)

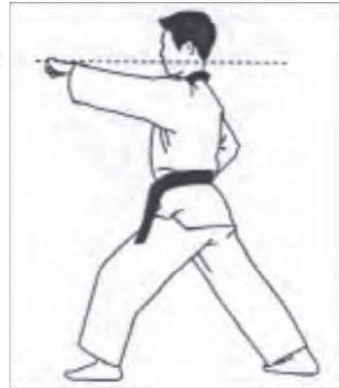
Preparatory position

- Punching arm starts from the waist with palm facing upward
- Pulling arm is extended forward towards the philtrum (base of the nose)

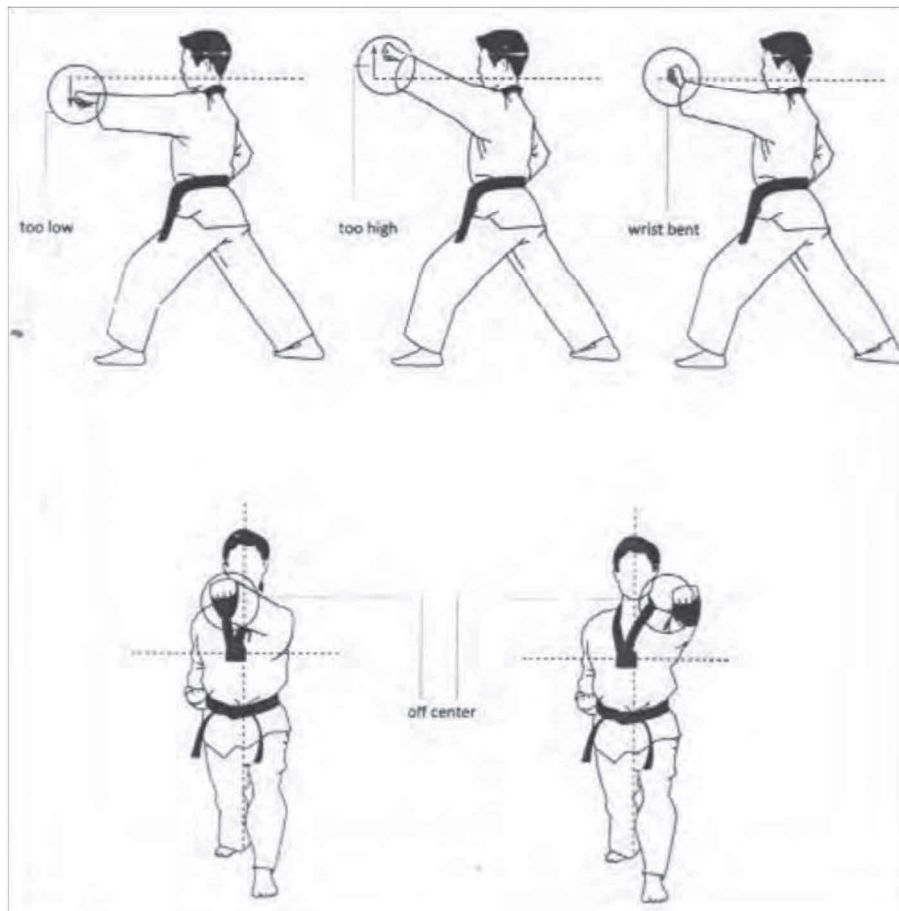
Final position

- Punching arm is extended forward. Turn the fist only at the last moment hitting the face with the two big knuckles. Wrist should be straight and palm should be facing down
- Pulling arm placed on side of waist

Correct Movement



Deduction Factors (-0.1)



Side punch (Yop jireugi)

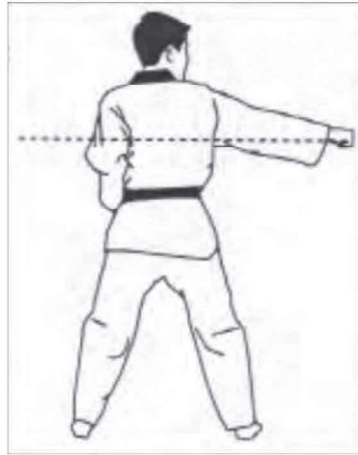
Preparatory position

- Punching arm starts from the waist with palm facing upward
- Pulling arm is extended forward towards the solar plexus

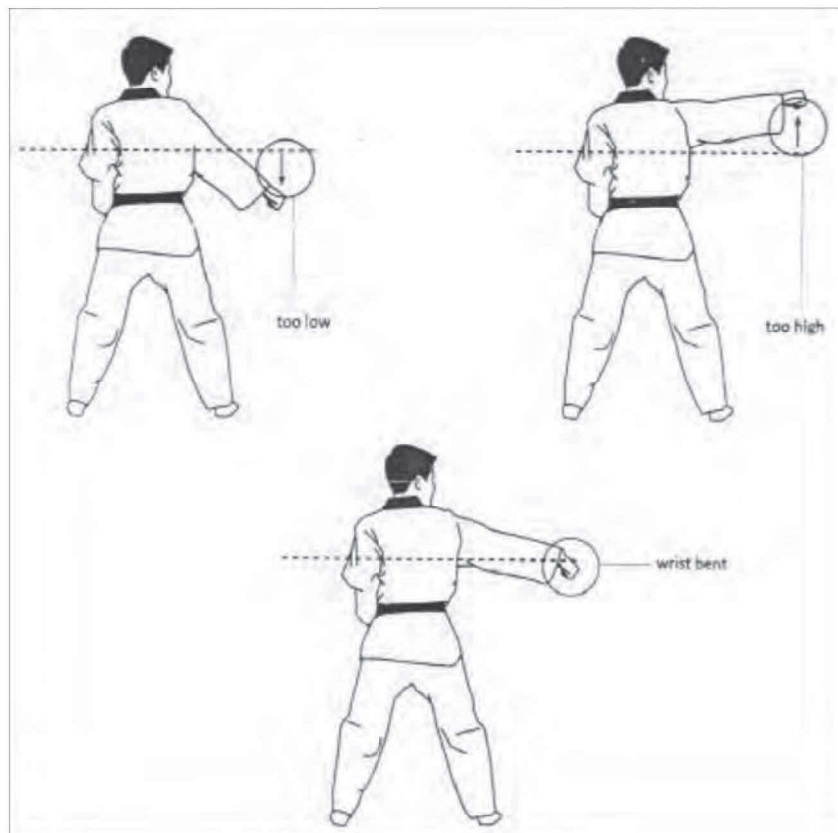
Final position

- Punching arm is extended forward. Turn the fist only at the last moment hitting solar plexus with the two big knuckles. Wrist should be straight and palm should be facing down
- Pulling arm placed on side of waist
- Side punch is usually executed together with riding stance
- Face should be in the direction of the punch

Correct Movement



Deduction Factors (-0.1)



**Double middle uppercut
(Dujumeok jecho jireugi)**

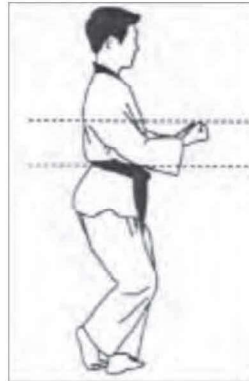
Preparatory position

- Punching arm starts from the waist with fist facing upward

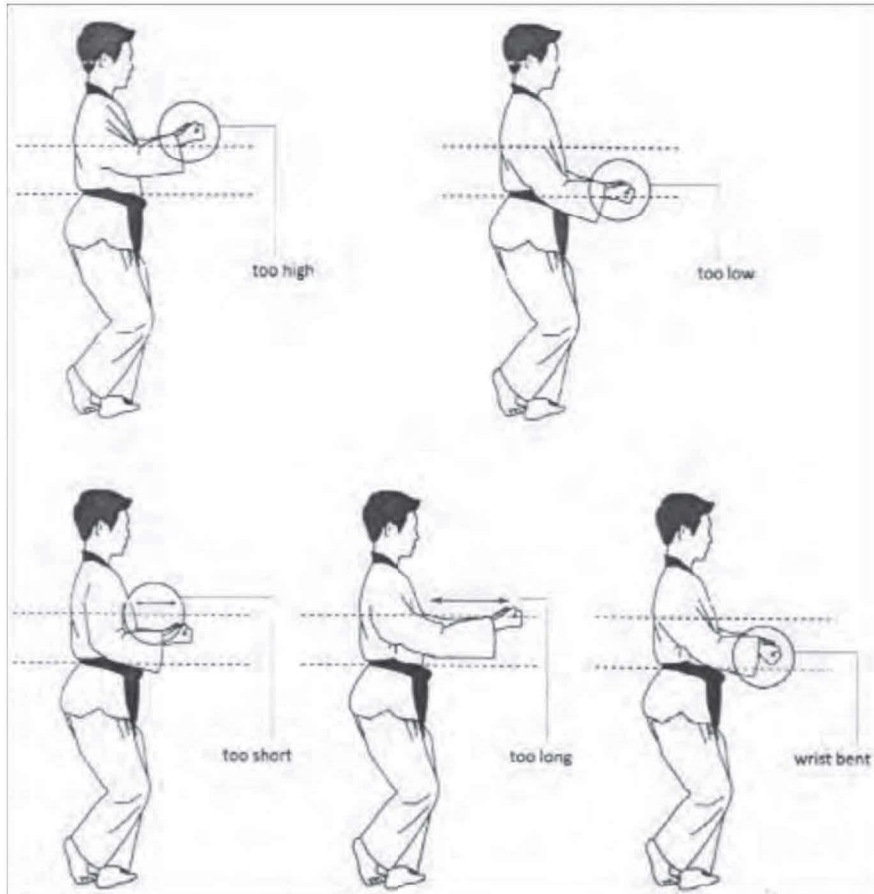
Final position

- Punching arms move forward turning the fist only at the last moment hitting the floating ribs with the two big knuckles.
- Final angel of arms should be around 120 degrees.
- Wrist should be straight and fist should be facing upward.

Correct Movement



Deduction Factors (-0.1)





Strike (*Chigi*)

**Backfist front strike
(Deungjumeok ap chigi)**

Preparatory position

- Striking fist starts under the armpit of the pulling arm
- Pulling arm is naturally folded with palm facing downward

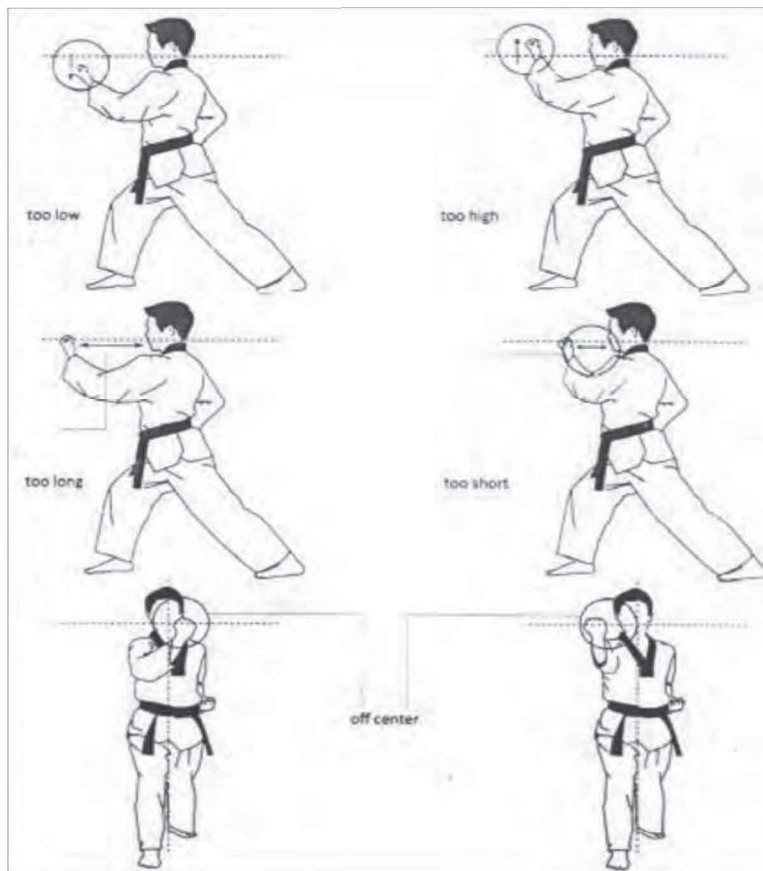
Final position

- Hit the target by using the back of the fist at the area of the index and middle finger. Target area is the philtrum (base of the nose)
- Pulling arm is pulled back to the waist with palm facing upward
- Angle of hitting arm should be approximately 100 degrees

Correct Movement



Deduction Factors (-0.1)



**High outer strike
(Olgul bakkat chigi)**

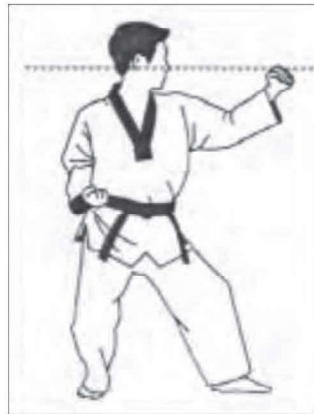
Preparatory position

- Striking fist starts at shoulder area fist facing downward
- Pulling arm starts under the striking arm, naturally folded with fist facing downward

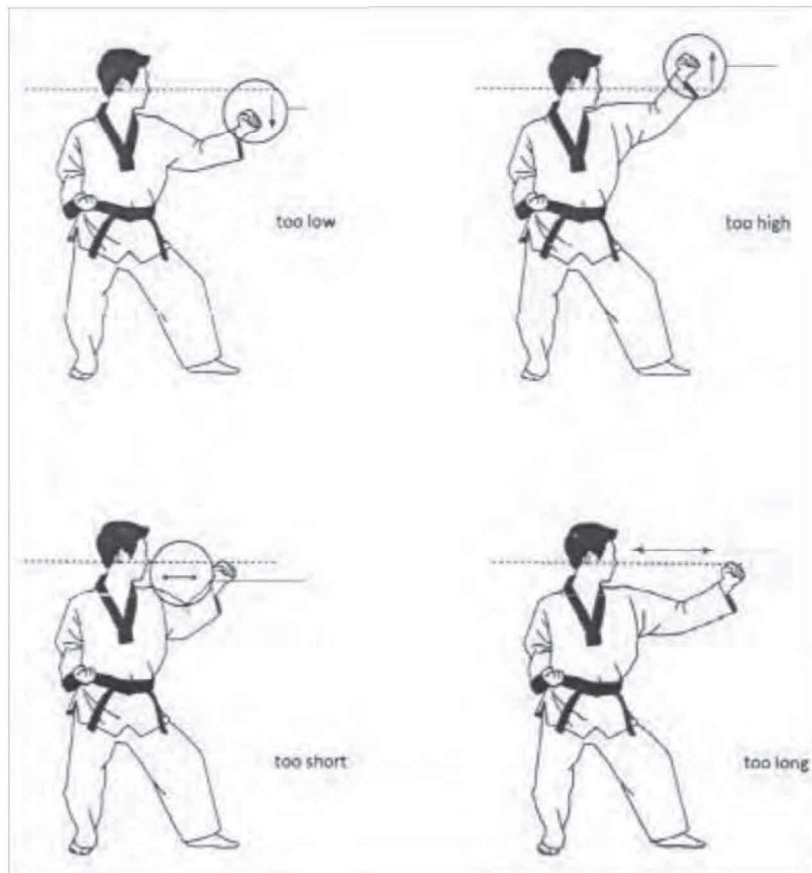
Final position

- Hit the target sideways by using the back of the fist at the area of the index and middle finger. Target area is the temple.
- Pulling arm is pulled back to the waist with palm facing upward
- This strike is usually done with backward stance

Correct Movement



Deduction Factors (-0.1)



Elbow hook (*Palkup dollyo chigi*)

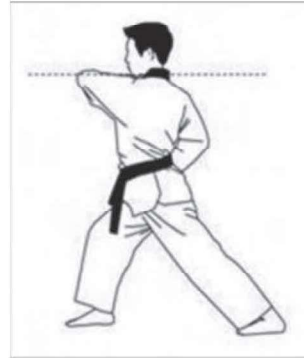
Preparatory position

- Striking arm starts from the waist
- Pulling arm is naturally bent and positioned in front of the chest

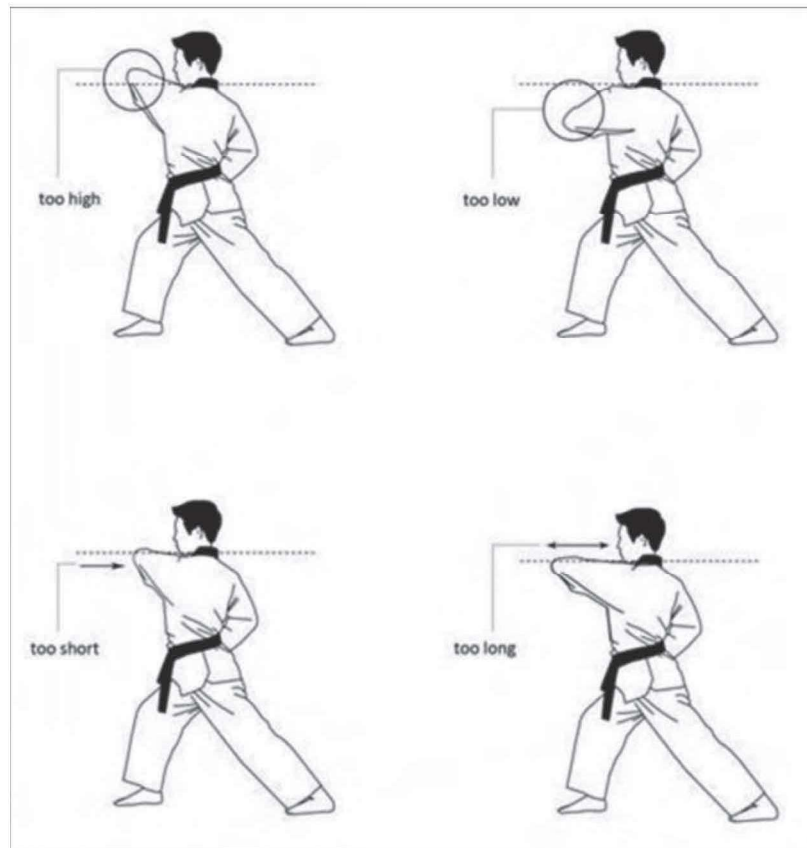
Final position

- Strike the target(jaw) by twisting the waist while throwing the elbow forward. Bring the palm towards the chest, fist facing downward.
- Pulling arm is pulled back to the waist with fist facing upward
- This strike is usually done with forward stance

Correct Movement



Deduction Factors (-0.1)



Elbow strike (*Palkup yop chigi*)

Preparatory position

- Striking arm is positioned across the waist (fist facing the body) and the knuckles of the fist rested on the palm of the supporting hand

Final position

- Attack sideways by twisting the striking arm together with the supporting hand towards the target. Fist of striking arm facing downward and fingers of supporting hand naturally angled upward.(fingers together)
- Is usually done with riding stance

Correct Movement



Deduction Factors (-0.1)

