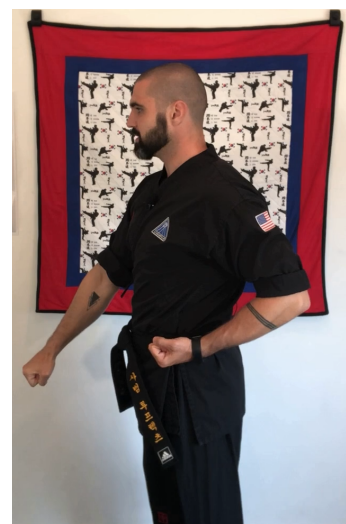




Basic Taekwondo Blocks

Down Block/Low Block

“Arae Makki”



Chamber	Block Motion	Final Position
<p>Prepare the blocking arm by touching the pinky finger side of the closed fist to the opposite shoulder.</p> <p>Straighten the non-blocking arm forward and downward with a closed fist.</p>	<p>Slide the blocking arm down the non-blocking arm until they cross near the wrists.</p>	<p>Straighten the blocking arm with a snapping motion and rotate the fist to face palm downward.</p> <p>Pull the non-blocking hand back towards the waistline and rotate the fist to face palm upward.</p> <p>In the final position, the blocking arm should be in line with the same side leg and the fist should be below the belt.</p>



Basic Taekwondo Blocks

High Block "Ulgul Makki"



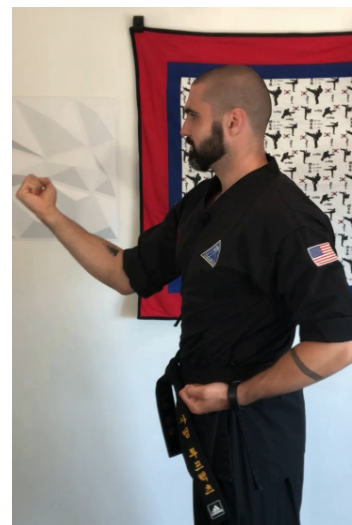
Chamber	Block Motion	Final Position
<p>Prepare the blocking arm by touching the pinky finger side of the closed fist to the opposite hip.</p> <p>Touch the thumb side of the non-blocking fist to the opposite shoulder.</p>	<p>Slide the blocking arm up the non-blocking arm until they cross near the wrists.</p>	<p>Bring the blocking arm above the head with a snapping motion and rotate the fist to face the pinky side up.</p> <p>Pull the non-blocking hand down and back towards the waistline and rotate the fist to face palm upward.</p> <p>In the final position, the blocking arm should have a slight diagonal angle above the head and be approximately one fist distance in front of the forehead.</p>



Basic Taekwondo Blocks

Outside Block

“Bakkat Makki”



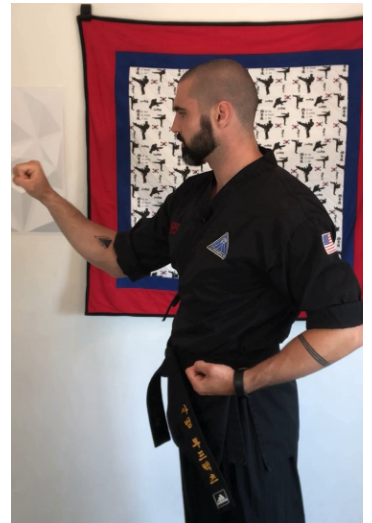
Chamber	Block Motion	Final Position
<p>Prepare the blocking arm by touching the thumb side of the closed fist to the opposite hip.</p> <p>Touch the thumb side of the non-blocking fist to the opposite shoulder.</p>	<p>Slide the blocking arm up the non-blocking arm until they cross near the wrists.</p>	<p>Bring the blocking arm sideways with a snapping motion and rotate the fist show the back side of the hand facing forward.</p> <p>Pull the non-blocking hand down and back towards the waistline and rotate the fist to face palm upward.</p> <p>In the final position, the blocking arm elbow should be bent with the entire blocking arm aligned with the side of the shoulder and the blocking fist aligned with the height of the shoulder.</p>



Basic Taekwondo Blocks

Outside Forearm Block

“Palmok Makki”



Chamber	Block Motion	Final Position
<p>Prepare the blocking arm by touching the pinky finger side of the closed fist to the opposite hip.</p> <p>Touch the thumb side of the non-blocking fist to the opposite shoulder.</p>	<p>Slide the blocking arm up the non-blocking arm until they cross near the wrists.</p>	<p>Bring the blocking arm sideways with a snapping motion and rotate the fist show the palm side of the hand facing forward.</p> <p>Pull the non-blocking hand down and back towards the waistline and rotate the fist to face palm upward.</p> <p>In the final position, the blocking arm elbow should be bent with the entire blocking arm aligned with the side of the shoulder and the blocking fist aligned with the height of the shoulder.</p>



Basic Taekwondo Blocks

Inside Block "An Makki"



Chamber	Block Motion	Final Position
<p>Prepare the blocking arm by raising the fist to the side of the shoulder line with the palm facing out.</p> <p>Straighten the non-blocking arm directly in front of the chest with a closed fist.</p>	<p>Maintain a bent elbow with the blocking arm and rotate inward toward the center of the body.</p> <p>Pull the non-blocking hand down and back towards the waistline.</p>	<p>Bring the blocking arm to the centerline of the body with a snapping motion and rotate the fist so the back side of the hand face forward.</p> <p>Pull the non-blocking hand all the way back towards the waistline and rotate the fist to face palm upward.</p> <p>In the final position, the blocking arm elbow should be bent with the forearm surface of the blocking arm aligned with the centerline of the body. The blocking fist should be aligned with the height of the shoulder.</p>