



# KINETIC

## TAE KWON-DO

A FOCUS MARTIAL ARTS SCHOOL

### BLOCKS

The type of block 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.

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- With few exceptions, the blocking tool must be withdrawn immediately after contact.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

### ARC-HAND BLOCK (BANDALSON MAKGI)

The arc-hand can be executed from nearly every stance, though walking and x-stances are usually preferred. The palm 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.



### X-KNIFEHAND CHECKING BLOCK (KYOCHA SONKAL MOMCHAU MAKGI)

Although the use of this technique is basically the same as that of a X-fist, an X-knifehand has the added advantage of being in a better position to grab the leg or hand after executing the block. This block is used chiefly to block a reverse turning kick, and a turning kick. In a rare case it can be performed against a hand technique towards the solar plexus and points above.



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### **CIRCULAR BLOCK (DOLLMYO MAKGI)**

This technique is to block a combination of hand and foot attack. A walking stance is most suitable for this block.

- The fist 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.
- The blocking tool should reach the attacking foot in a large circular motion to enable the blocking hand to scoop the foot.
- Keep the body half facing the target at the moment of the block.



### **COVERING (KARIOOGI)**

Although this technique is considered as a passive method of defending, this technique can give advantage in case the defender's is trying to gain time for a counterattack.

### **DOWNWARD BLOCK (NAERYO MAKGI)**

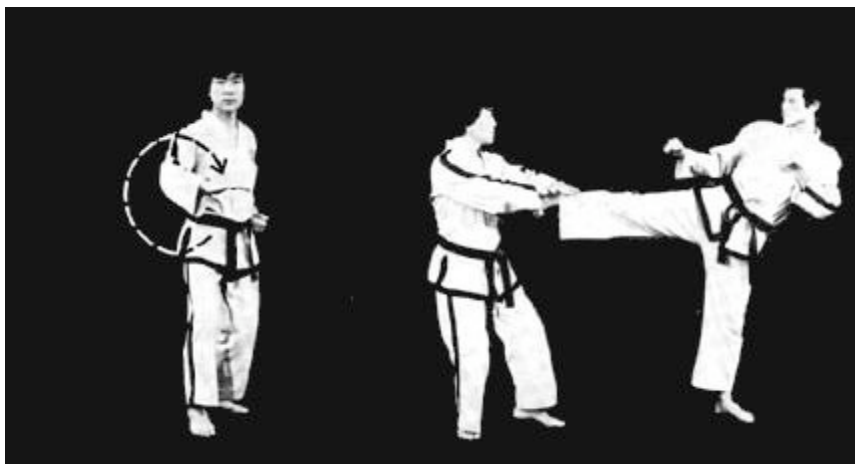
The purpose of this technique is to drop the opponent's hand, foot or weapon attacking the solar plexus and point below. It is executed principally from rear foot and L stances, though occasionally a walking or vertical stance is used. The blocking tool should reach its point of focus in a circular motion, keeping the elbow bent about 45 degrees at the moment of the block.



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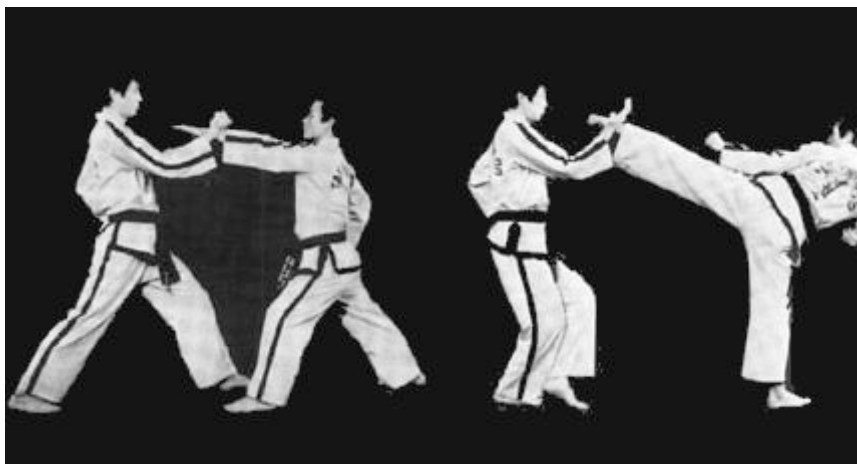
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### **FRONT BLOCK (AHP MAKGI)**

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, although occasionally x-fist, x-knife hand and reverse knife hand are used.



### **GROUND BLOCK (NOWOOO MAKGI)**

This technique is employed to protect the face against a downward strike or kick and is performed with the x-fist, x-knifehand, straight forearm or straight knife-hand.

### **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. Although the L stance or rear foot stances are most widely used, it can also be used with all other stances.

Rules for a guarding block:

- Keep the blocking tool half facing the target at the moment of blocking.



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- Bring the opposite knifehand or side fist in front of the chest 3 centimetres from the body. The guarding hands should be flexible enough to protect the whole body against an attack.
- keep the body half facing the target at all times.



### HOOKING BLOCK (GOLCHO MAKGI)

Unlike other methods of blocking, this technique requires a minimum amount of effort on the part of the defender. It also allows the opposite hand or foot an immediate response for counter- attacking. Although a hooking block can be performed with an outer forearm, knifehand or backhand, the palm is 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 free hand. The blocking tool must reach the target in an arc so it can 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.





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### **HORIZONTAL BLOCK (SOOPYONG MAKGI)**

This technique is employed to protect the ribcage against a coordinated attack. The double hand palm is the most used blocking tool, but occasionally a double knife hand is used. This technique can be executed from nearly every stance, but is most often performed in a walking, sitting and x-stance.



### **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 stances. Be sure to bring the opposite side fist in front of the shoulder at the moment of the block.

### **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 of knifehand. 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 stance.





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### 9-SHAPE BLOCK (GUTIA MAKGI)

This technique is used to break the elbow joint, wrist or ankle. It can also be employed to block a coordinated hand and foot attack to 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-shaped block and vice versa. A reverse block with a walking stance is normal.



### OUTWARD BLOCK (BAKURO MAKGI)

If 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.



### 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 backhand and back forearm are used in rare cases. This is usually executed from a sitting, parallel or walking stance, and occasionally a closed, one-leg or x-stance. Keep the body full facing the front at the moment of the block.



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### PRESSING BLOCK (NOOLLO MAKGI)

A pressing 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 can all be used as blocking tools.

When blocking with the palm, this block is always accompanied by a palm upward block and executed from a walking or low stance. Not only is it good for muscle and breath control exercise, but it can block two targets simultaneously. Keep both elbows bent slightly outward while blocking. The instep is the only target for pressing.



### PUSHING BLOCK (MIRO MAKGI)

This technique is one of the most effective forms to put the opponent off balance. When performing a pushing block with the palm it 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.



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### **RISING BLOCK (CHOOKYO MAKGI)**

The main purpose of this technique is to block the opponent's hand, foot or weapon directed towards the head, although it is frequently used against a punch or side piercing kick directed against the bridge of the nose and area above. Always maintain a full facing posture towards the opponent at the moment of block, when utilising a walking, sitting, parallel, close, one-leg, diagonal or x-stance.

Basic Principles:

- The blocking tool must stay at the centre of the defenders forehead or face at the moment of block.
- The fist should be slightly higher than the elbow.
- The distance between the inner forearm and forehead is about seven centimetres with the elbow bent at a 45-degree angle.
- The inner forearm reaches the same level as the forehead.



### **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.



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### U-SHAPE BLOCK (DIGUTJA MAKGI)

The sole purpose of this technique is to block either a pole or bayonet with a reverse knifehand. This is performed mainly with fixed and L-stances, though occasionally walking, rear foot or X-stances are used. Keep both hands in a vertical line at the moment of the block. The lower elbow should be flush with the hip while leaning the body slightly towards the target at the moment of the block.



### UPWARD BLOCK (OLLYO MAKGI)

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. The purpose of this block is to "spring up" an opponent's hand, foot, dagger or stick directed against the defenders solar plexus and area above. The palm should reach its point of focus at the defenders solar plexus. Be sure to bend the elbow about 35 degrees outward at the moment of the block.



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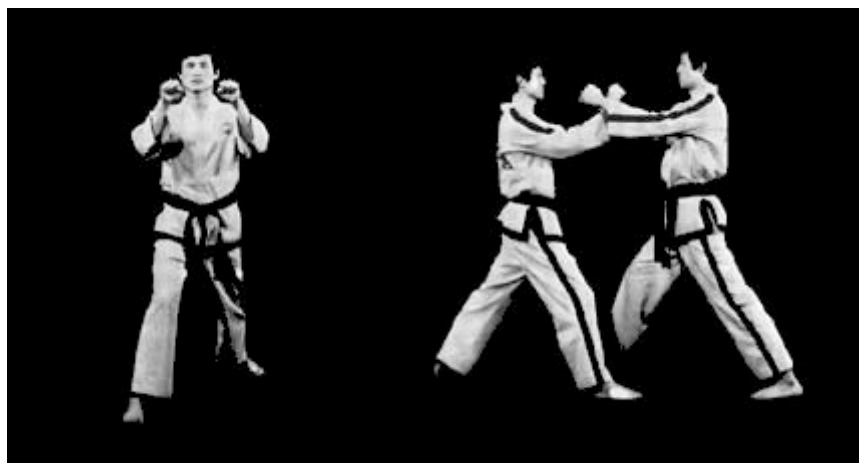
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### WEDGING BLOCK (HECHYO MAKGI)

This technique is used to block a twin fist vertical punch, twin fore knuckle fist punch or twin knifehand inward strike and also prevents the neck, head or lapel from being grabbed. The distance between the blocking tools is equal to one shoulder width of the defender. Keep the elbows bent about 35 degrees outward at the moment of the 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 knifehand are the principal tools, though occasionally a reverse knifehand 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.



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