



# KINETIC

## TAE KWON-DO

A FOCUS MARTIAL ARTS SCHOOL

### PUNCHES

Punches are executed according to technique and opponents' position, but always according to the following basic principles

- Clench the fist firmly at the moment of impact so that it acts as a hammer instead of a cotton ball.
- Punch from the hip to the target at full speed using the shortest distance.
- Avoid unnecessary tension of the arms and shoulders.
- Pull the opposite fist simultaneously to the hip as the punching fist moves out with few exceptions.
- Relax the muscle immediately after the fist has reached the target.
- Keep the back straight at the moment of impact.
- Do not pull the shoulder at the moment of impact.
- The fist must turn a full 180 degrees at the moment of impact.
- The back fist must face downward when the fist is pulled to the hip.
- The rear foot in all cases must be placed firmly at the moment of impact to contain rebound.

### 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 a twin fist. The fist reaches the target in an arc, and can be executed from nearly all stances.



### DODGING PUNCH (PIHAMYO JIRUGI)

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

### 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.

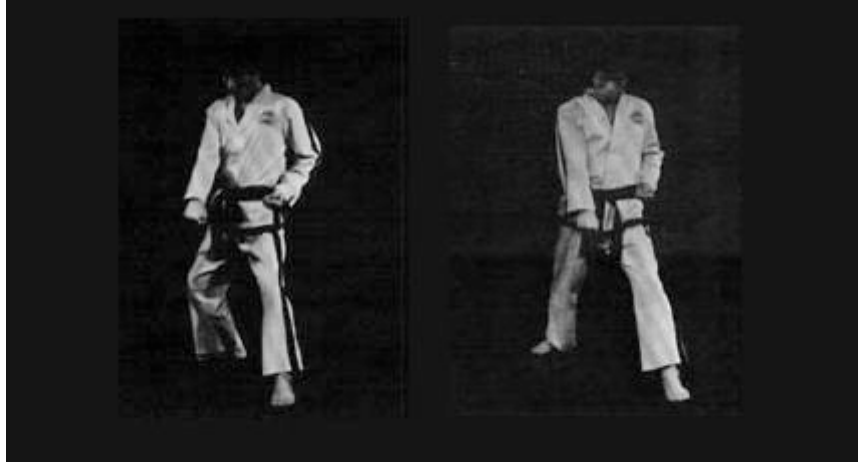
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### ANGLE PUNCH (GIOKJA JIRUGI)

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 the use of a walking 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, closed or 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.



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### **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.



### **FLYING PUNCH (TWIMYO JIRUGI)**

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

### **DIRECT PUNCH (BARO JIRUGI)**

If the fist is delivered from the same side of the leg which is fully bent it is called a direct punch.



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### REVERSE PUNCH (BANDAE JIRUGI)

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

### LONG FIST PUNCH (GHIN JOOMUK JIRUGI)

This punch is used for a relatively further distance and is mainly executed from a sitting, walking or L-stance, but occasionally from parallel, rear foot, close or X-stance. The high section of the body is the target and a reverse punch is common in the case of a walking stance.



### NUCKLE FIST PUNCH (SONKARAK 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.





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### **SIDE PUNCH (YOP JIRUGI)**

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

### **GROUND PUNCH (NOWOO JIRUGI)**

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

### **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-stance, 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.



### **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 thumbs form a straight line with the clavicle at the moment of impact.

### **U-SHAPE PUNCH (DIGUTJA JIRUGI)**

This technique is usually executed when the hair is grabbed by an opponent at 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.



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### UPSET PUNCH (DIGUTJA 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.



### UPWARDS PUNCH (OLLYO JIRUGI)

This technique is chiefly used for attacking the face or the point of the chin at a close range. It can be performed with nearly every stance although 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.



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### 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.



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