



KINETIC

TAE KWON-DO

A FOCUS MARTIAL ARTS SCHOOL

THRUSTS

The fingertip and elbow are the principal tools for this technique in Tae kwon-do. Every thrust mentioned is considered front thrust unless special direction is mentioned

DOWNWARD THRUST (NAERYO TULGI)

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



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 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.

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.



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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.

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 silting or one leg stance is employed.

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.

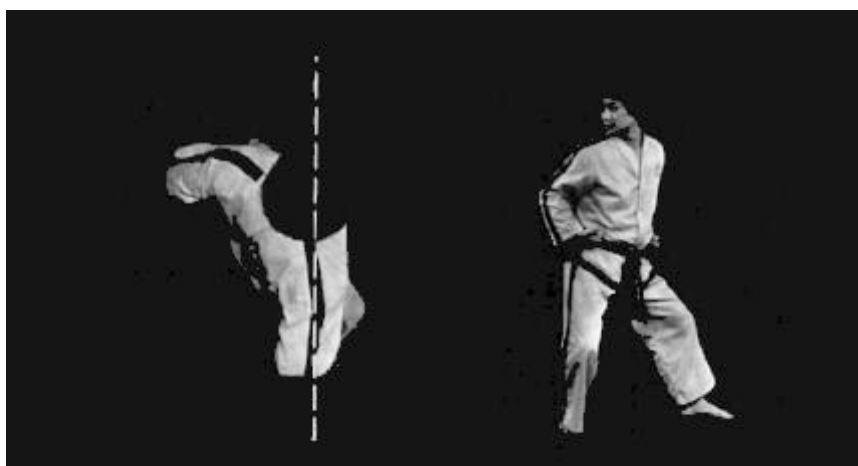


FOREFINGER (SONKARAK)

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

SIDE FRONT THRUST (YOBAP TULGI)

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





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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.

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.

GROUND THRUST (NOWOO TULGI)

Flattened fingertip, double finger, forefinger, bent fingertip and thumb are the main attacking tool for this technique.

BACK ELBOW THRUST (DWIT PALKUP TULGI)

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 leg or X-stance. The force of thrusting elbow is strengthened normally with the aid of the opposite finger belly. It 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.

BACK TWIN ELBOW THRUST (SANG YOP DWIT PALKUP TULGI)

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.

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