

# Han Moo Kwan Tae Kwon Do

## Hook Punch



Hook Punch is thrown linearly, striking with the fist to a target to the side, without full extension of the arm. The arm moves forward until the elbow passes the waist and then hooks inward, striking a target from the side. The force is transmitted by using the body. This punch is used at close range. Hook Punch can be performed from any of the basic stances. This punch is used in Pyung Ahn 3, Pyung Ahn 4, Pyung Ahn 5, No Pe Hyung, Mepojan 1, Mepojan 2, and Mepojan 3. (This technique has also been referred to in our style as a forearm strike if the focus is a forward projection of the arm.)

[www.hanmookwan.org](http://www.hanmookwan.org)

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