

# Han Moo Kwan Tae Kwon Do

## Knee Strike



The Knee Strike is an offensive, short attack. Striking surface is the upper portion of the knee. It can be delivered straight forward or in a circular motion from your side to your front. The strike is with the point of the knee. It can be applied at close range when the distance does not allow another type of kick to be effectively thrown. Knee Strike is thrown upward. Knee Strike can be executed from different stances.

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

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