

## Han Moo Kwan Tae Kwon Do Ridge Hand



This strike is with the inner-edge of the hand (thumb's edge). It is performed similar to an outward and inward Knife Hand, except the opposite edge of the hand is used. It is also used in specialized techniques where the rounded edge of the knuckle can penetrate sensitive areas. Ridge Hand can be executed from different stances and in different directions (e.g., inward, upward, outward, etc.). Outward Ridge Hand is used in Pyung Ahn 4. A short outward ridge hand is practiced in Shipsu. Double Upward Ridge Hand is practiced in No Pe Hyung.

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

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