

Han Moo Kwan Tae Kwon Do

Rising Block



This block is very similar to the basic High Block. The differences are the arm position ends closer to the head with the wrist just slightly higher than elbow. This block is more commonly used to deflect the attack. The block is thrown by moving the arm upward (palm inward) until the hand passes the neck and then forearm twists upward, palm facing outward. This block can be thrown with a Knife Hand or a closed fist. This block can be performed from any of the basic stances. This block is used in Pyung Ahn 2 with a closed fist and in Pyung Ahn 4 with a Knife Hand.

www.hanmookwan.org

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