

Han Moo Kwan Tae Kwon Do

Upper Punch



This punch strikes with a fist in an upward motion without full extension of the arm. The punching force is transmitted through the body and the elbow stays close to the body. Upper Punch is delivered from a short distance and provides a strong attack. This punch can be performed from any of the basic stances. Upper Punch is used in Shipsu, Mepojan 1, Mepojan 2, and Mepojan 3.

www.hanmookwan.org

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