

# Han Moo Kwan Tae Kwon Do

## Attack Punch



This punch strikes with the first two knuckles. A closed fist punch to the head should only be considered by students who have had sufficient training and have conditioned their hands over time. The punch can be executed from different stances and in different directions (e.g., forward, downward, upward, etc.). Attack Punch is used in Kibon Hyung, Kibon One, and Kibon Two, among other forms. The Han Moo Kwan Tae Kwon Do basic Attack Punch is performed in an Attack Stance.

### Key Attributes:

- Hips and shoulders square; back straight throughout punch
- Arm stays in contact with side of body throughout motion; driving from the elbow
  - Keeps the punch linear and results in it being faster and harder to detect
  - Allowing the elbow to flare outward during a straight punch causes the last two knuckles to strike first, which can lead to injury.
- Punching arm elbow should remain slightly bent at impact
- Wrists flat as impacts; first two knuckles pointed at target
- For basics, the target is level to the student's own sternum

### Benefits:

- Attack Punch is a powerful, simple, direct attack
- By driving from the elbow, in linear motion, the punch is more forceful and harder to detect
- While overextending and leading with a shoulder may appear more powerful at first, the ultimate goal of this art form is not to rely on extra body movement to generate power
- By keeping shoulders square with hips at impact, it's harder to be taken off-balance

### Execution:

- Instructor calls: Attack Punch
- Enter Attention Stance
- Instructor calls: Ready
- 1. Raise right fist to the guard position; move left arm to the reciprocal position
- 2. Step (to the right and back) into a Left Attack Stance
- 3. Left fist moves forward to sternum level, wrist flat, rotating fist 180 degrees just prior to impact; first two knuckles pointed at target
  - Arm stays in contact with side of body throughout motion
  - Punching arm elbow should remain slightly bent at impact
- 4. Place right fist upward in the reciprocal position on the right hip
  - Right arm against side of body, elbow pointed straight backward
- For each count from the Instructor (using the right side as an example):
  1. Left arm remains as a guard; right arm at reciprocal position
  2. Right foot slides forward into a Right Attack Stance
  3. Right fist moves forward to sternum level, wrist flat, rotating fist 180 degrees just prior to impact; first two knuckles pointed at target
    - Arm stays in contact with side of body throughout motion
    - Punching arm elbow should remain slightly bent at impact
  4. Left fist comes back in reciprocal position at the left hip (fist upward)
  5. Remain set in Attack Stance prior to impact

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