

# Han Moo Kwan Tae Kwon Do

## Double Punch



Double Punch is two Forward Punches executed rapidly in a forward facing Horse Stance. All of its information, motion, applications, and benefits are the same as Forward Punch. With Double Punch, each punch should be complete in itself and be performed with the same speed and force.

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

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