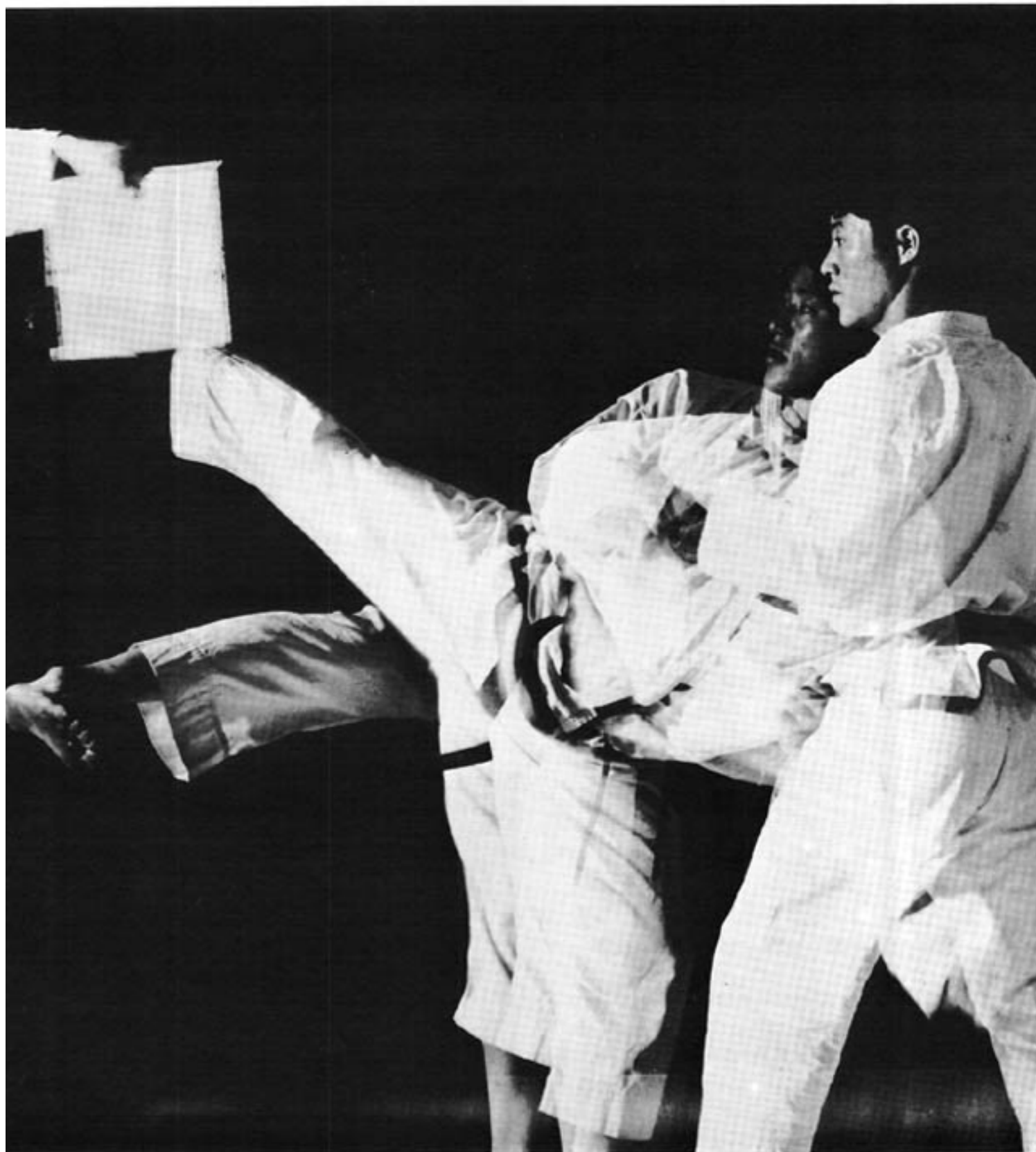


B. FOOT PARTS (*Ha Bansin*)

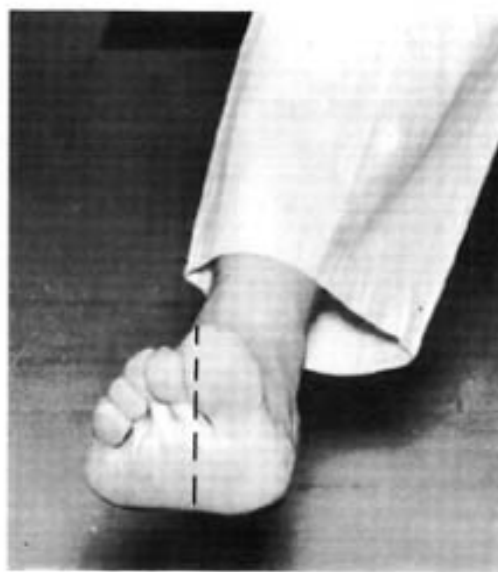
Most of the esoteric techniques of Taekwon-Do involve the feet which produce twice the amount of force of the hand motions.

Proper and timely employment of this tool cannot be overemphasized.



Ball of the Foot (*Apkumchi*)

The toes are bent sharply upward at the moment of impact. It is used to attack the face, point of the chin, inner thigh, chest, solar plexus, floating ribs, scrotum, coccyx and lower abdomen, and occasionally is used for blocking in support of the back sole.



Front View



Footsword (*Balkal*)

This is considered the most important tool of the foot and is used to attack the philtrum, bridge of the nose, neck, solar plexus, chin, temple, armpit, floating ribs, knee joint, ankle joint and instep.

Frequently it is used for blocking. One-third of the edge, from the heel to the joint of the little toe, is the part used.

Remember to push out the heel while bending the root of the toes back to properly tense the footsword at the moment of impact.





Front View



Back Sole (*Dwitkumchi*)

It is primarily used for stamping and occasionally used for blocking in support of the ball of the foot. More targets naturally present themselves when used against a fallen opponent. This tool is extremely effective if shoes are worn.



Knee (*Moorup*)

It is an effective tool in attacking the solar plexus, abdomen, lower abdomen, face, chest and scrotum at a close distance.

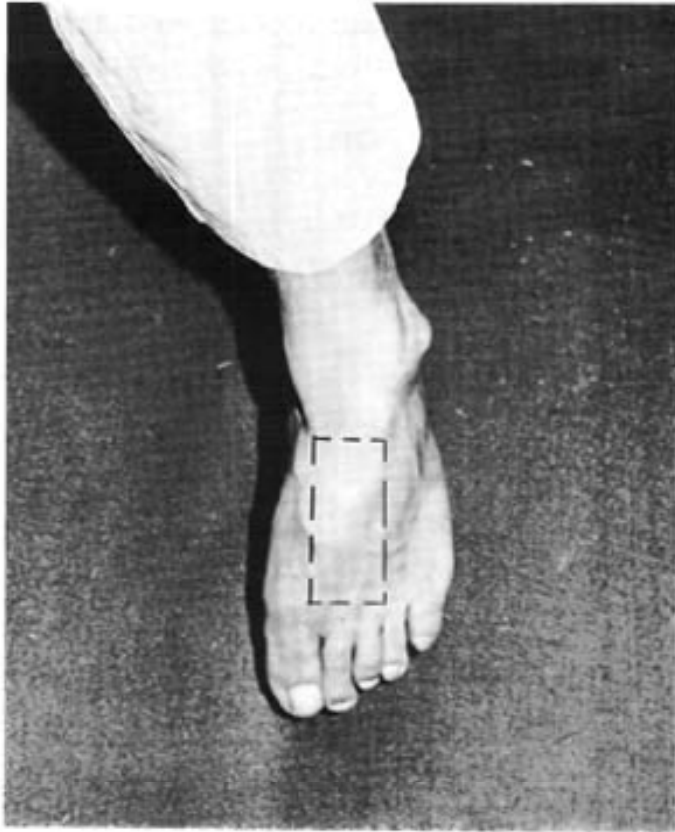
Back View



Back Heel (*Dwichook*):

It is very widely used for attacking the philtrum, temple, solar plexus, scrotum, jaw and floating ribs.





Instep (*Baldung*)

It is created when both the ankle and toes are bent sharply downward and is exclusively used in attacking the scrotum or jaw. However, the face, solar plexus, floating ribs and abdomen often become good targets, especially if shoes are worn.

Side Instep (*Yop Baldung*)

This form is created when the ankle is properly bent upward while twisting the foot until the instep faces almost downward. It is used for blocking.



Front View



Reverse Footsword (*Balkal Dung*)

This form is created when both the ankle and the toes are bent sharply upward. It is used for attacking the face, chest and solar plexus from a 90 degree angle.

Side Sole (*Yop Bal Badak*)

This form is created when the toes are properly bent upward while bending the ankle slightly upward. It is used in blocking.



Toes (*Balkut*)

It is used to attack the scrotum or abdomen. However, the floating ribs, point of the chin, solar plexus and other parts of the face can serve as targets when shoes are worn.

C. MISCELLANEOUS PARTS (*Gita Boowi*)

Some of the attacking and blocking tools listed here are not used unless absolutely necessary. They are not only difficult to toughen or harden but lower results can be expected when compared to the risk involved. It is, however, worthwhile to be prepared for any contingency.



forehead (ima)

Head (*Mori*)

It is classified into forehead and occiput: The former is quite effective in attacking the face or chest; the latter with the mouth open may be used for attacking the face when being grasped from behind. However, it is better not to use the occiput for obvious reasons. Other techniques may suffice.



Shoulder (*Euhke*)

It can be used for pushing away an opponent at a close distance.

Outer Ankle Joint (*Bakat Balmok Gwanjol*)



Occiput (*hudoo*)



Inner Ankle Joint (*An Balmok Gwanjol*)





Tibia (*Kyong Gol*)



Inner Tibia (*An Kyong Gol*)



Outer Tibia (*Bakat Kyong Gol*)



Back Tibia (*Dwit Kyong Gol*)

Toe Edge (*Balgarak Nal*)



Shin (*Jong Kwaeng-i*)

