

## A. HAND PARTS (*Sang Bansin*)

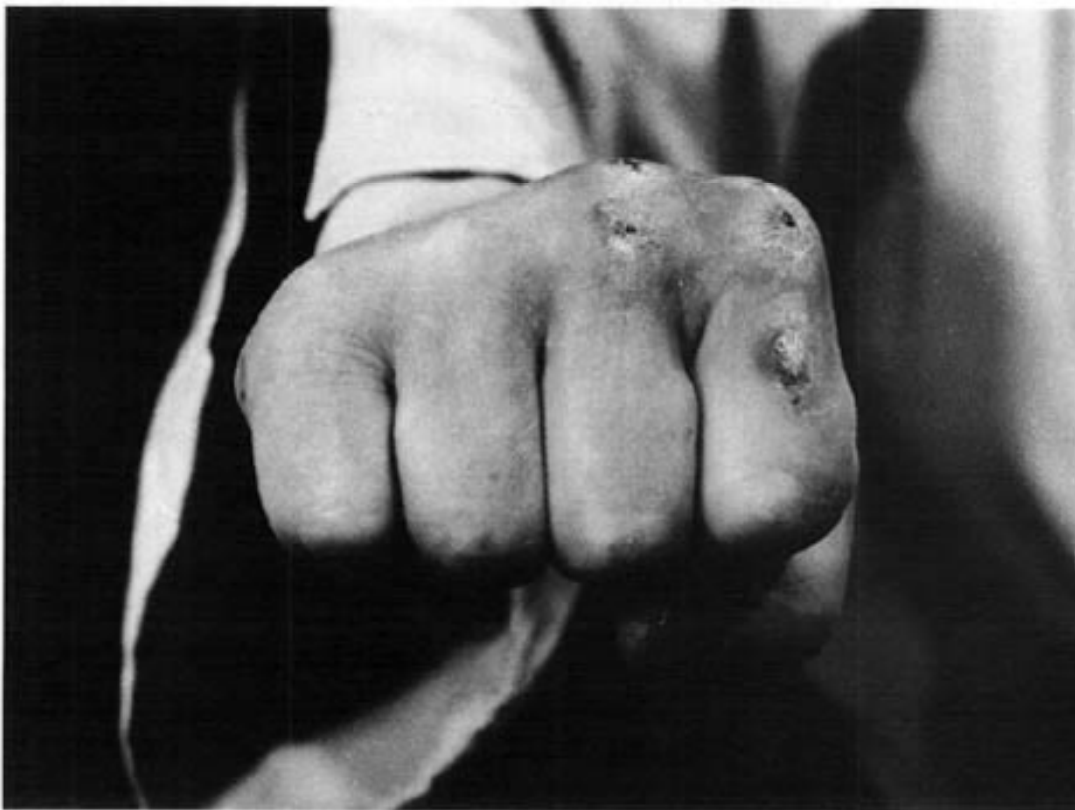
The hand creates so many types of tools that special care should be paid to the selection of the appropriate tool for the appropriate target.

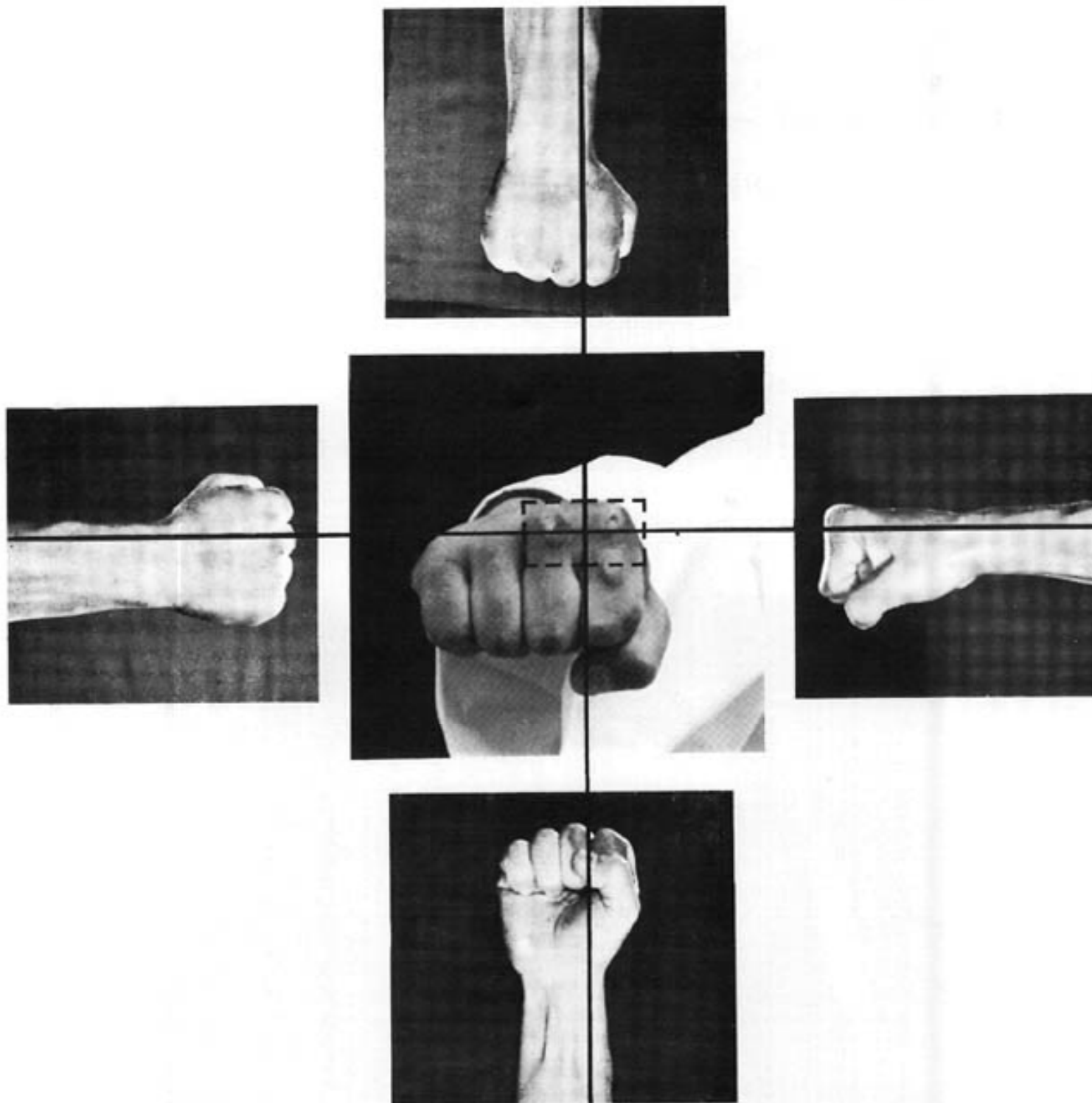
### **Forefist** (*Ap Joomuk*)

The forefist is generally used for attacking the philtrum, ribs, solar plexus, chest, abdomen, jaw, etc.

The main knuckles of the forefinger and middle finger are the punching parts. The top and the front of the fist should form a right angle so the punching parts can be closely contacted with the target.

The wrist should not be bent when the fist is clenched. The forefist is occasionally used for a pressing block.





The lines show the center of power.



### **How to make a clenched fist (*Jwinun Bop*)**

If the fist is not made firmly and correctly and if there is even the minutest of air space, the fist will be as weak as untempered steel and as soft as cotton. The fist must be tightly clenched at the moment of impact.



**1. Open the hand naturally.**



**2. Roll the fingers tightly.**



**3. Press the fingers into the palm, starting with the little finger at the same time bending the thumb toward the inside.**



**4. Place the thumb on the forefinger and the middle finger pressing the forefinger properly.**

## Two incorrect methods of clenching a fist



1. The thumb is firmly placed on the middle finger. This method will weaken the side fist and place unnecessary strain on the shoulder and arm.



2. The thumb is placed on the extended forefinger. This method will weaken the forefinger joint and is somewhat unnatural, allowing air space within the fist.

The back of the hand normally faces upward at the moment of impact but occasionally it faces downward or outward.



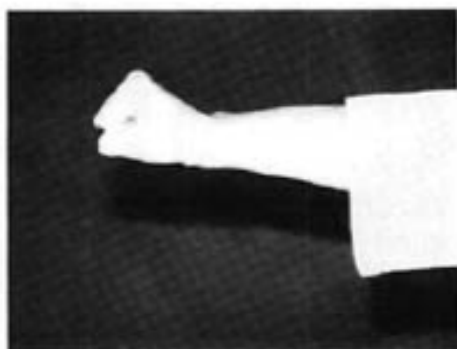
The reasons for not bending the wrist are:

1. To prevent the wrist from being blocked or grabbed by the opponent.
2. To align the punching parts of the fist exactly on the target.
3. To concentrate maximum force on the punching parts.

For maximum power the front two knuckles must contact flush against the point of impact. Mathematically, power generated from the hip must flow in a smooth unbroken line through the forearm and out through the apex of the front two knuckles.

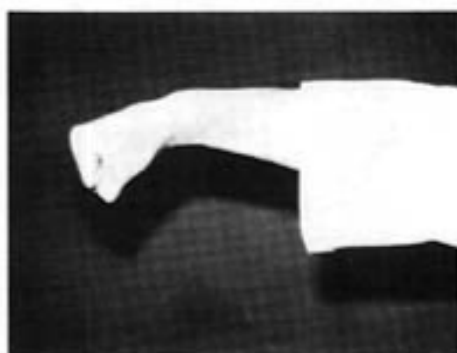
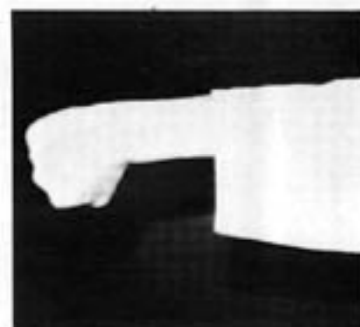
**INCORRECT**

No punching part has contacted with the target.



**INCORRECT**

Only a part of the main knuckle of the middle finger has contacted with the target.



**INCORRECT**

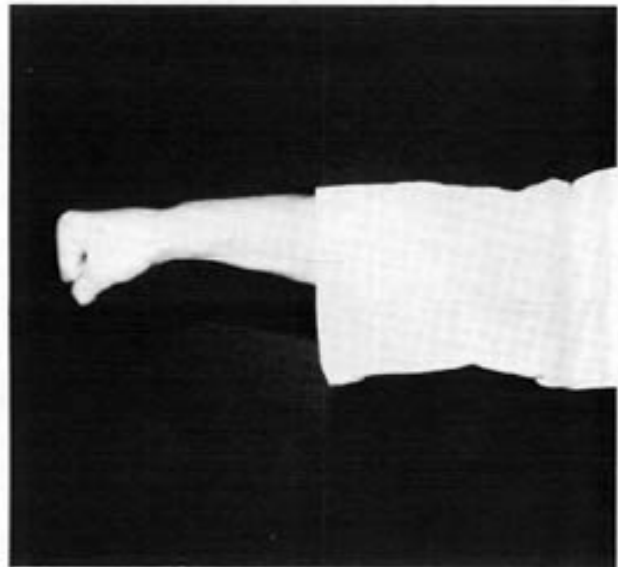
Only a part of the main knuckles of the forefinger and middle finger have contacted with the target.

**INCORRECT**

Only a part of the main knuckle of the forefinger has contacted with the target.



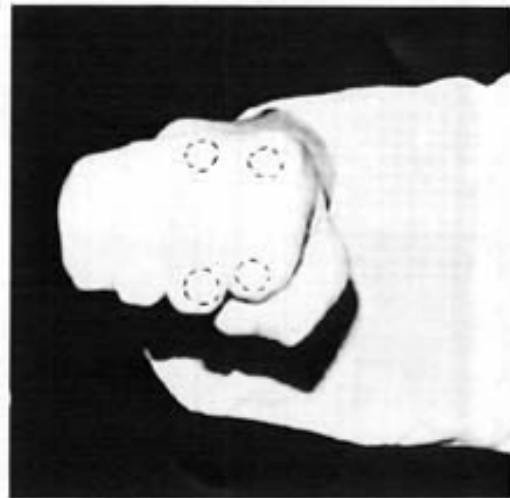
**CORRECT**  
The punching part is exactly aligned on target.



Correct punching part



Incorrect punching part



The line of power is moved to the center of the four knuckles instead of the two main knuckles.





### **Back Fist (*Dung Joomuk*)**

This is primarily used for attacking the skull, forehead, temple, philtrum and abdomen, with the floating ribs and epigastrium secondary targets.

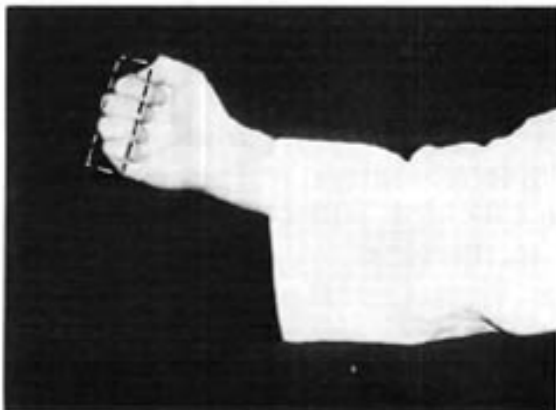
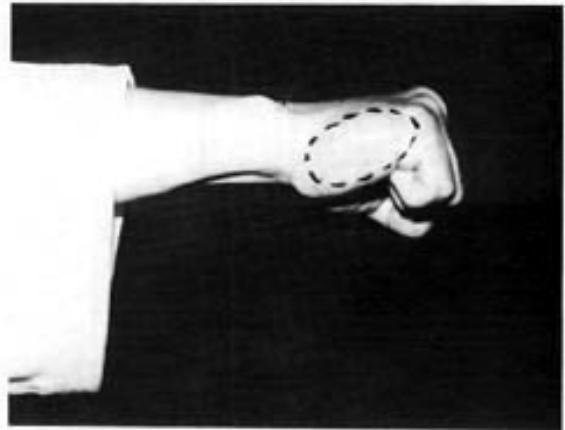
The main knuckles of the forefinger and middle finger are the parts used.





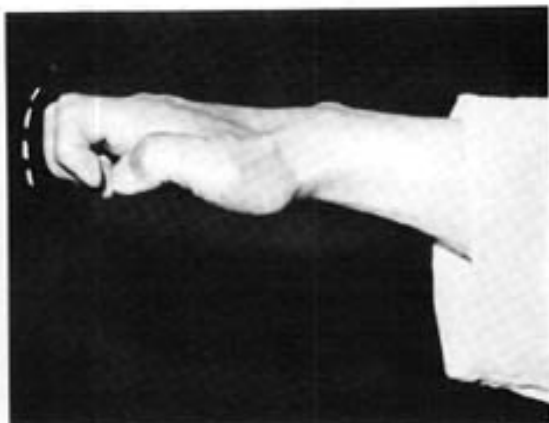
### **Side Fist (*Yop Joomuk*)**

This is used for attacking the skull, elbow joint, ribs, solar plexus, philtrum and abdomen. It is occasionally used for blocking.



### **Under Fist (*Mit Joomuk*)**

Roll the four fingers into the palm, pressing the forefinger slightly with the thumb. It is effective in attacking the jaw, lips, temple, solar plexus, Adam's apple and philtrum. The second knuckles of the forefinger, middle finger and ring finger comprise the attacking parts.



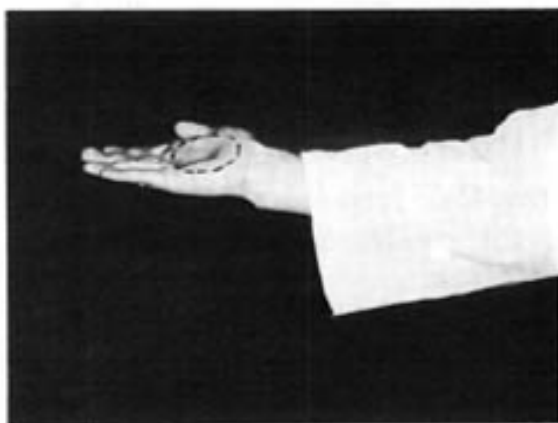
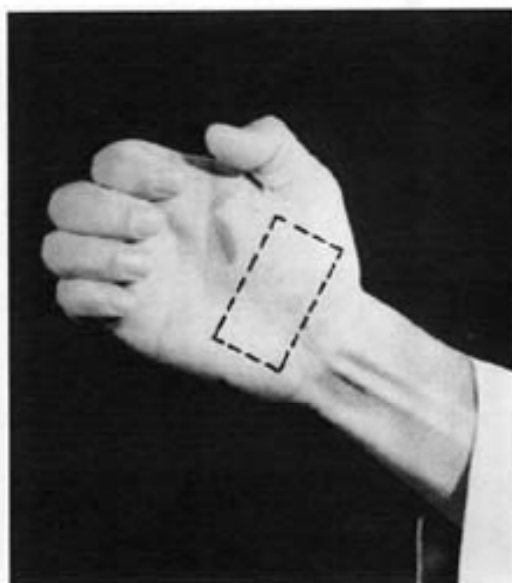
### **Long Fist (*Ghin Joomuk*)**

This is very similar to an under fist except that the main knuckles are stiffened and the thumb is bent firmly, leaving some space between the forefinger and the thumb. It is used to attack the temple or the Adam's apple.

### **Open Fist (*Pyun Joomuk*)**

It is created when the wrist is bent upward and all except the main knuckles are bent towards the palm. This is used to attack the nose, jaw and point of the chin.

It can be used in blocking in rare cases.



### **Palm (*Sonbadak*)**

Bend all the fingers slightly toward the palm to strengthen it. This is chiefly used in blocking and occasionally for attacking the face.

### **Knuckle Fist (*Sonkarak Joomuk*)**

This is formed with either one of the secondary knuckles of the forefinger or middle finger. The attack is more effective to a minute vital spot at a close distance if the snap motion is used properly.

### **Middle Knuckle Fist (*Joongji Joomuk*)**

Push the secondary knuckle of the middle finger out of the forefist with the side of the thumb. It is used in attacking the solar plexus, temple and philtrum.

The solar plexus is attacked in the same way as an uppercut.



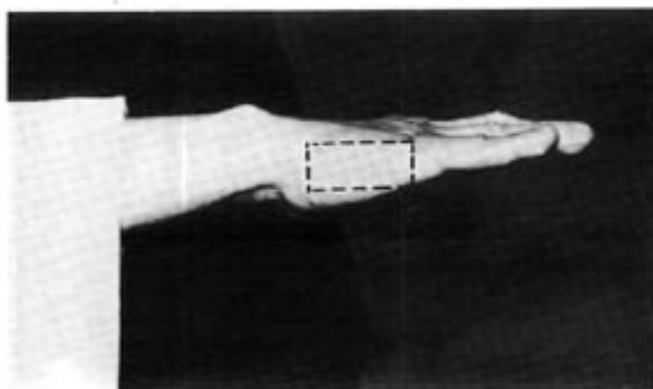
### **Fore-Knuckle Fist (*Inji Joomuk*)**

Push the secondary knuckle of the forefinger out of an under fist with the thumb. It is used to attack the Adam's apple, temple and philtrum.

### **Thumb Knuckle Fist (*Umji Joomuk*)**

The form is very similar to fore-knuckle fist but the fore-knuckle is not pushed out. It is used to attack the point of the chin, philtrum, temple and solar plexus.





## Knife-Hand (*Sonkal*)

This is a very powerful attacking tool, especially against a side target, and is used for attacking the skull, neck artery, bridge of the nose, temple, philtrum, clavicle, shoulder and floating ribs.

The knife-hand is also frequently used for blocking.

### HOW TO MAKE A PROPER KNIFE-HAND

Press four fingers together bending the middle finger and ring finger slightly inward leaving some space between the forefinger and thumb, so that most of the strength is concentrated on the striking part, the surface from the wrist to the main knuckle of the little finger.



INCORRECT



An incorrect way of forming a knife-hand is by pressing the thumb against the forefinger. This will weaken both the knife-hand and fingertips. In both cases, the joint of the little finger should not be used by beginners due to its weakness.



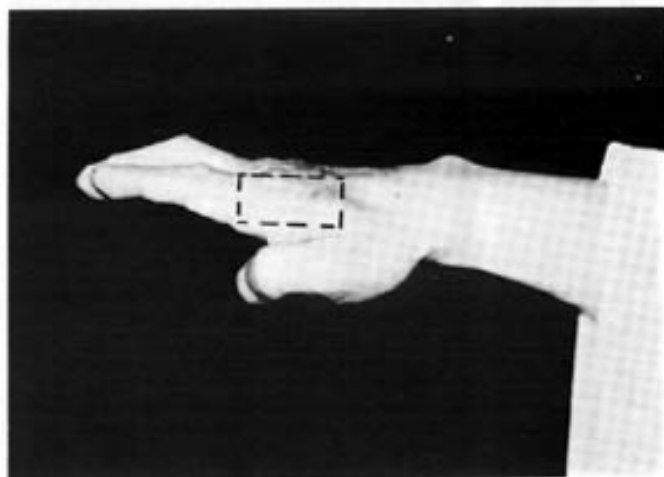






### **Reverse Knife-Hand (*Sonkal Dung*)**

It is similar to the knife-hand except that the thumb is bent sharply toward the palm. It is used for attacking the neck, point of the chin, temple, philtrum, ribs and angle of the mandible. It is frequently used for blocking as well.

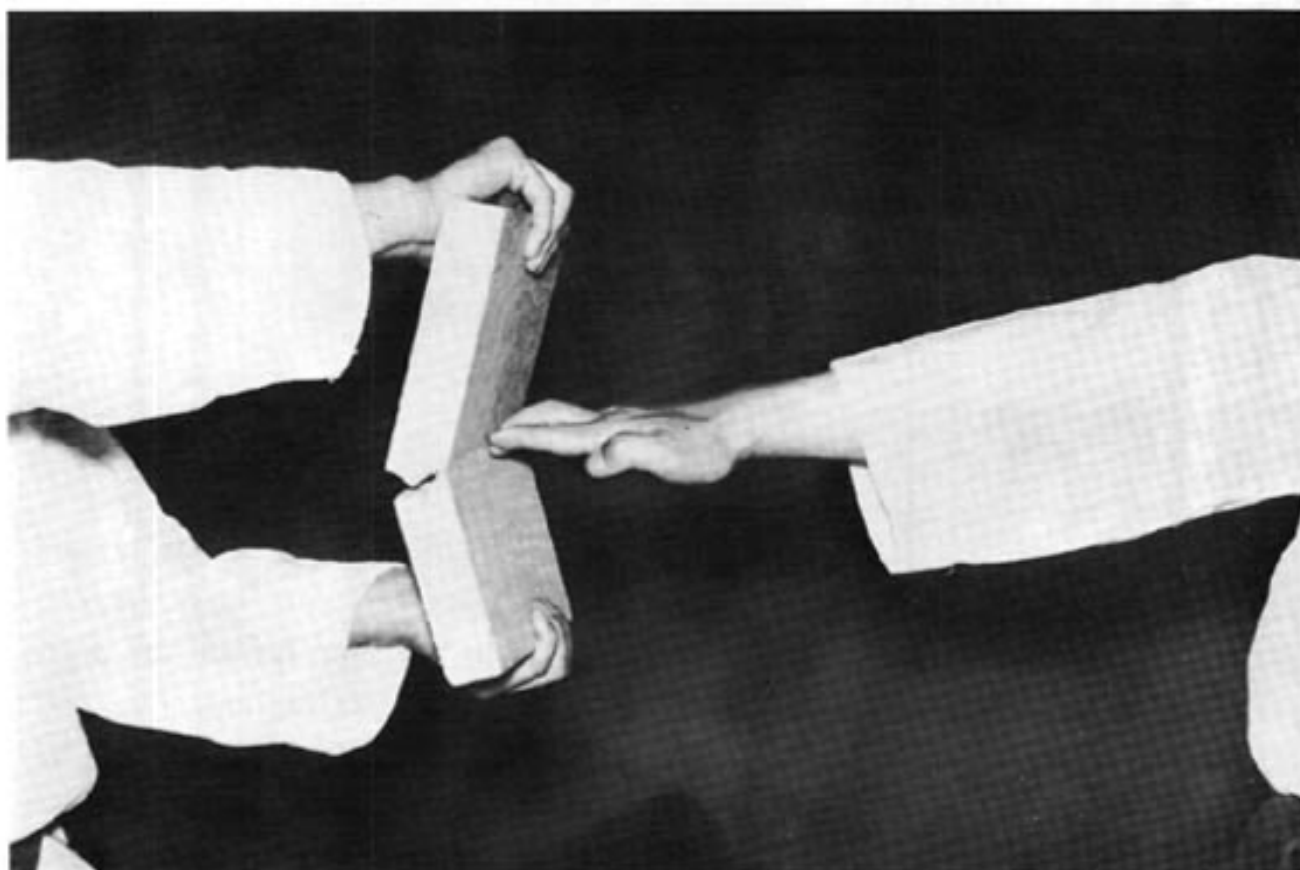


### **Fingertips (*Sonkut*)**

This is a special tool found only in Taekwon-Do. The usage of it varies according to the target. The form of the hand is just the same as that of a knife-hand as far as straight, flat and upset fingertips are concerned. The fingertips are the parts used and a great emphasis is placed on evenly aligning the three fingertips—forefinger, middle finger and ring finger.

### **Flat Fingertip (*Opun Sonkut*)**

The palm is faced downward at the moment of impact. It is chiefly used for attacking the ribs, eyes and occasionally the abdomen.



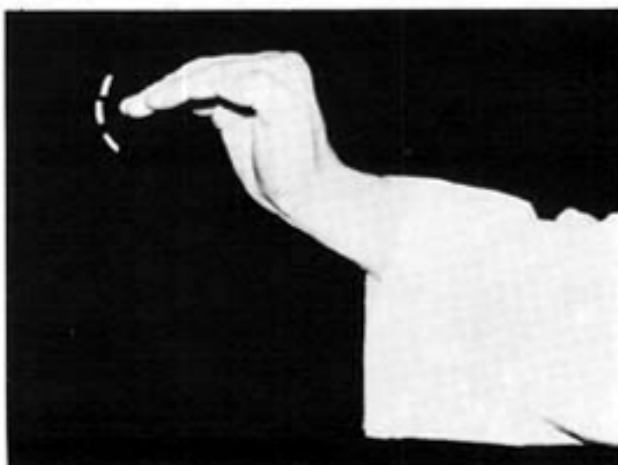
### **Straight Fingertip (*Sun Sonkut*)**

The palm faces inward at the moment of impact. It is used for thrusting to either the solar plexus or the abdomen.



### **Upset Fingertip (*Dwijibun Sonkut*)**

The palm faces upward at the moment of impact. It is mainly used for attacking the pubic region floating ribs and lower abdomen, though occasionally the armpit.



### **Angle Fingertip (*Homi Sonkut*)**

Bend the main knuckle sharply pressing the secondary knuckle of the forefinger with the thumb until the angle becomes about 90 degrees.

It is especially useful in attacking the eyes or solar plexus from the right angle.



### **Thumb (*Umji*)**

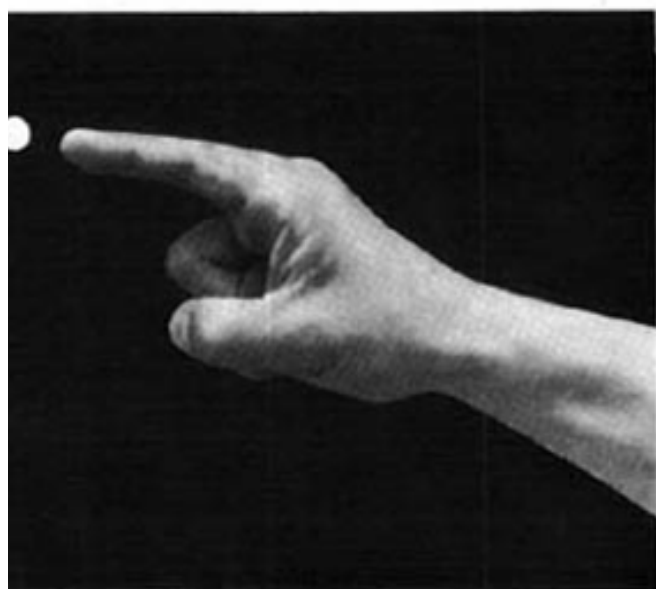
Extend the thumb out of the forefist. Be sure not to bend any joint of the thumb. It is used to thrust the solar plexus, ribs, eyes, windpipe and armpit.



### **Forefinger (*Han Sonkarak*)**

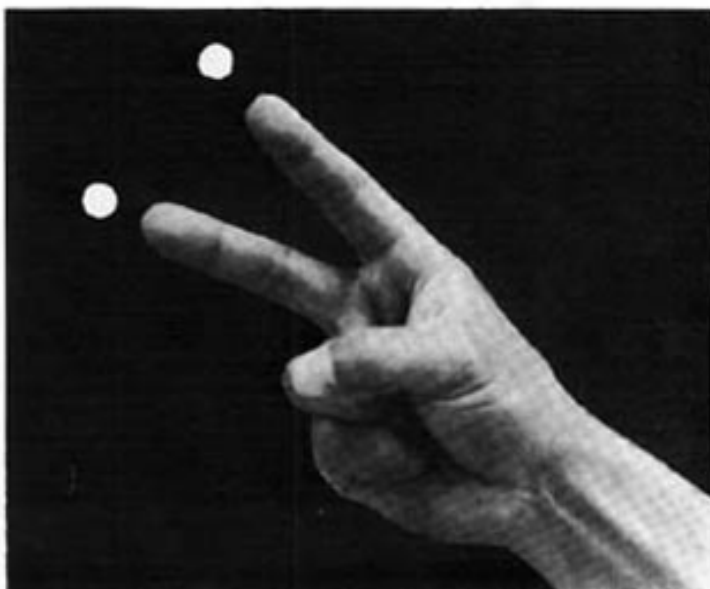
The forefinger is extended, bending slightly while the others are clenched, the thumb pressing the middle finger.

It is mainly used in attacking the eyes, windpipe and mastoid.



### **Double Fingertip (*Doo Sonkarak*)**

Forefinger and middle finger are extended, bending slightly while the others are clenched. Press the ring finger with the thumb. This tool can only be utilized against the eyes.







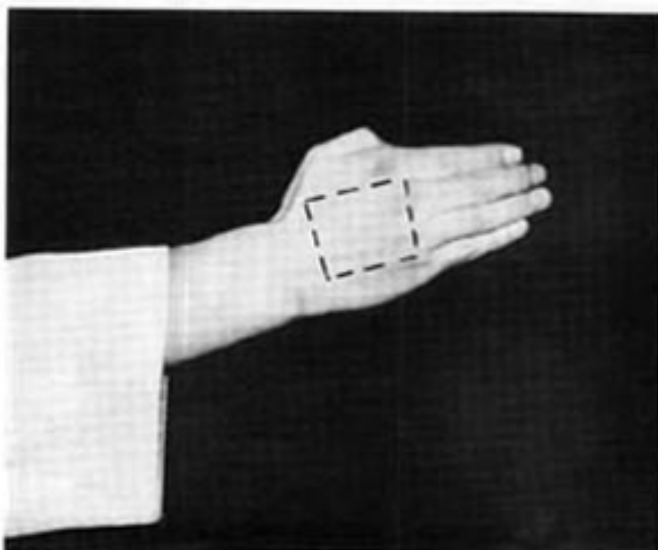
### **Arc-Hand (*Bandal Son*)**

Bend three fingers slightly deeper than the forefinger while the thumb is bent toward the little finger. It is used to attack the Adam's apple, point of the chin and upper neck.

The surface between the secondary knuckle of the forefinger and thumb is used. The arc-hand is occasionally employed for blocking.

### **INCORRECT**

Three fingers are clenched. This method is not practical since the forefinger is not supported by the three fingers which also become an obstacle when attacking the upper neck.



### **Back Hand (*Sondung*)**

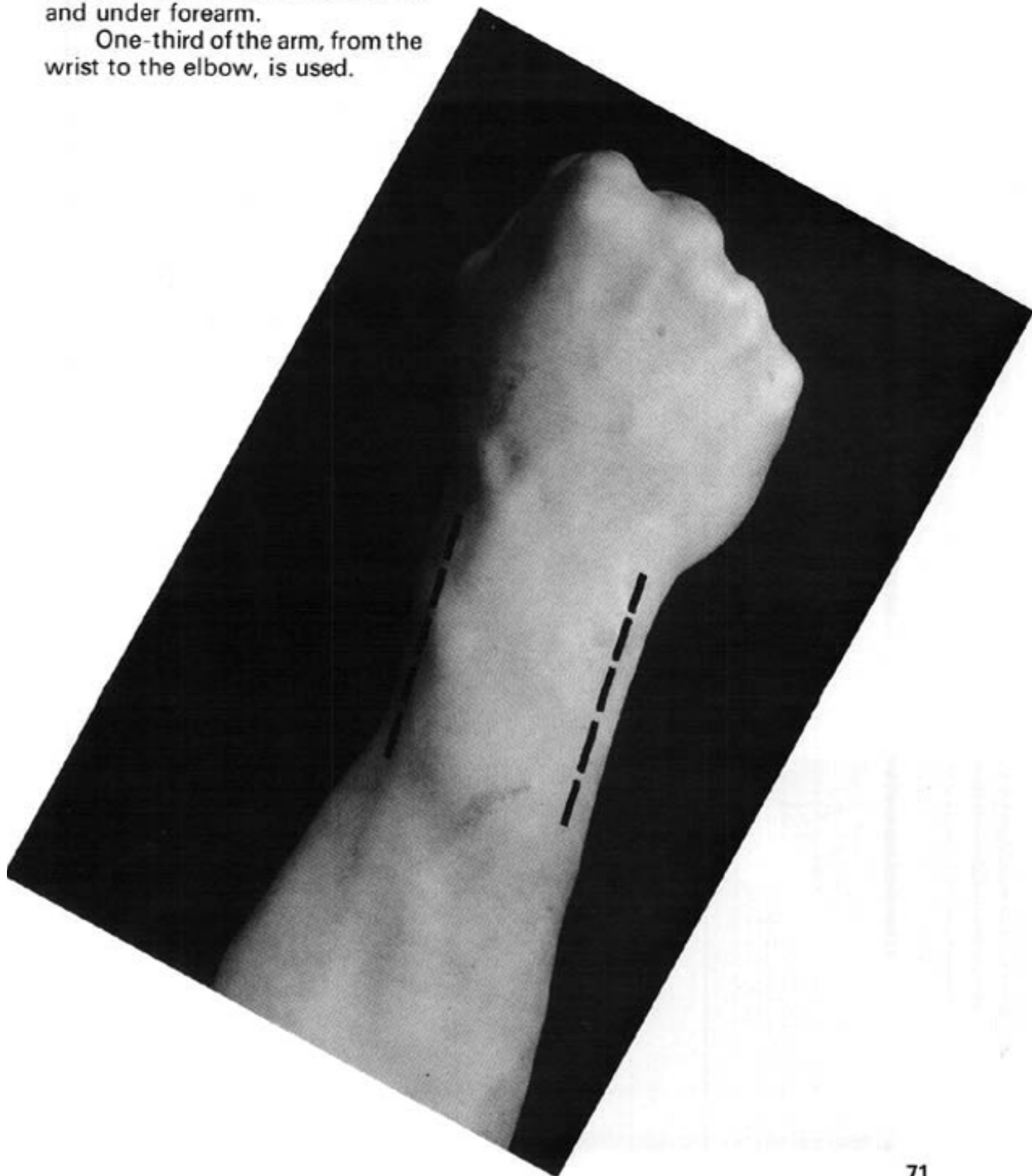
It is an ordinary open hand but by pressing the thumb against the side of the forefinger, it is used for attacking the face, jaw, lips and epigastrium. Occasionally the back hand is used for blocking.



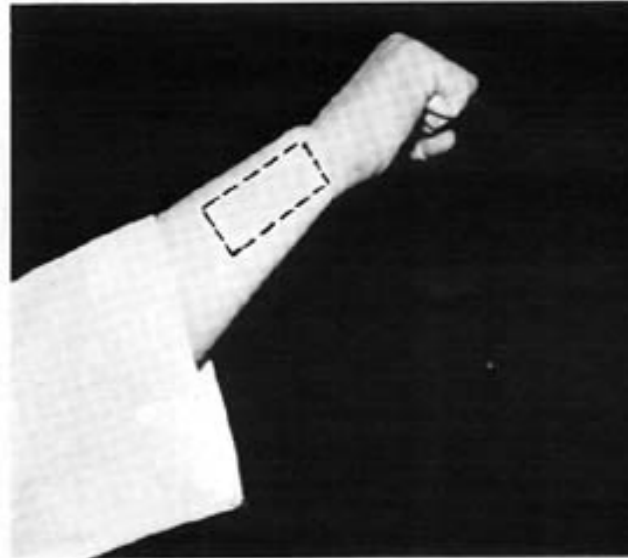
### **Forearm (*Palmok*)**

This is used for blocking and is classified into outer, inner, back and under forearm.

One-third of the arm, from the wrist to the elbow, is used.



**Outer forearm (*Bakatpalmok*)**



**Back forearm (*Dungpalmok*)**



**Inner forearm (*Anpalmok*)**

**Under forearm (*Mitpalmok*)**



**Elbow (*Palkup*)**

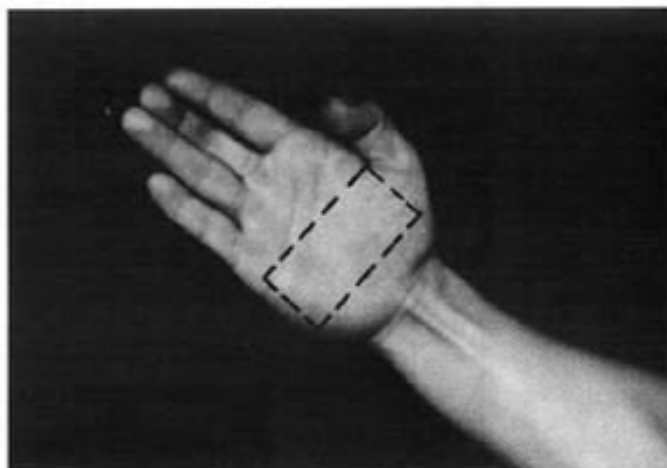
The elbow is created when the arm is bent sharply. It is used for attacking the solar plexus, chest, abdomen, point of the chin, ribs, jaw, cervix, small of the back, etc.

It is classified into front, side, straight, high, upper and back elbow; frequently, the straight elbow serves as a blocking tool.

### **Finger Pincers (*Jipge Son*)**

Three fingers are clenched while the thumb and forefinger are stretched out to form the shape of pincers. It is chiefly used to attack the Adam's apple and throat.

The secondary knuckle of the middle finger is used, together with the tips of the thumb and forefinger.



### **Press Finger (*Jiap*)**

It is used to apply pressure to arteries and minute vital spots.



### **Base of Knife-Hand**

*(Sonkal Batang)*

It is created when the wrist is bent sharply toward the thumb and is used to attack the clavicle only.



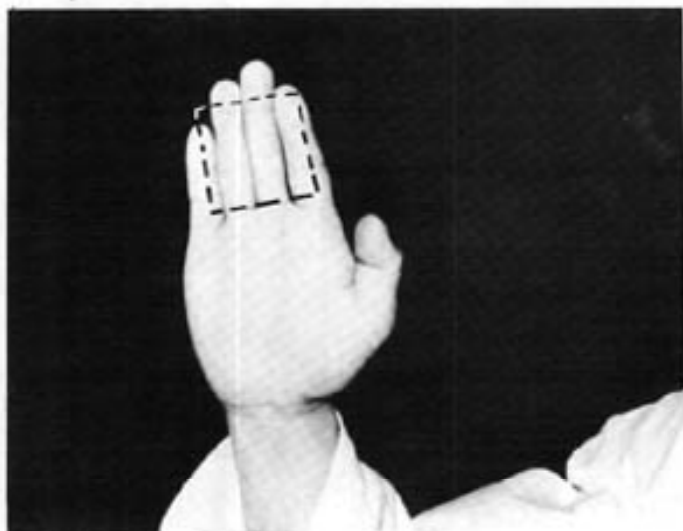
### **Bear Hand (*Gomson*)**

Bend all fingers inward firmly. It is normally used in attacking the post auricular and jaw; occasionally the solar plexus and epigastrium.

### **Bow Wrist (*Sonmok Dung*)**

This form is created when the wrist is bent downward. It is used in blocking.

Do not allow the wrist to bend too sharply.



### **Finger Belly (*Songarak Badak*)**

This is used only to adjust the back fist when attacking the philtrum by bringing it to the side fist at the moment of impact.

### **Thumb Ridge (*Umji Batang*)**

The formation is similar to an arc-hand but the thumb is deeply bent downward and it is used in blocking.

