

HAND TECHNIQUES

(Son Gisool)

Although hand techniques are certainly very important in offensive motions, they play the most important part in defense, especially blocking.

Common Principles:

1. Turn the hip and abdomen in the same direction as the attacking or blocking tool does throughout the action.
2. The heel of the rear foot should be raised slightly off the ground at the beginning of the motion and placed firmly on the ground at the moment of impact in all cases.
3. Raise the body slightly at the beginning of the motion, and lower it at the moment of impact.
4. All movements must begin with a backward motion in order to utilize the maximum velocity.
5. Keep both arms slightly bent while the movement is in motion.

A. ATTACK TECHNIQUE

(Gong Gyokgi)

The attack is executed in the form of punching, striking, thrusting, cross cutting, pressing and breaking. Since three of these techniques - punch, strike and thrust - are so closely interrelated in principle, it may be difficult to make a clear distinction among them. The purpose behind each technique, as well as the method, differs slightly. A punch is used primarily to cause an internal hemorrhage rather than surface damage by twisting the attacking tool. A thrusting motion, however, is delivered with an intention to cut through the vital spot with less twisting of the attacking tool. A striking motion is used to destroy or break the bone or muscles of vital spots with the least twist of the attacking tool.

The pressing and breaking motions are illustrated in the self-defense technique of this Encyclopedia.

The attack is named in accordance to the relative position of the attacking tool; the angle facing the target, the method of attack and the stance taken. For exercise purposes, each target position (e.g. high, middle and low) corresponds to that of the attacker's position.

The basic principles are:

1. Jerk the hip and abdomen throughout the action, slowly at the beginning and sharply at the moment of impact. The hip is jerked slightly before the action in order to concentrate the larger muscles of the hip and abdomen together with the smaller muscles of the four extremities against the target simultaneously.
2. Completely twist the attacking tool, with few exceptions, in order to use full acceleration.
3. Tense the abdomen at the moment of impact by exhaling sharply.
4. The moment the attacking tool reaches the target, pull it back to allow it to be ready for the next action while preventing a grab by the opponent.
5. The attacking tool usually will form a triangle with the shoulders at the moment of impact when attacking the opponent in front.
6. Hold the breath while attacking or blocking.

High Attack (*Nopunde Gong Gyok*)

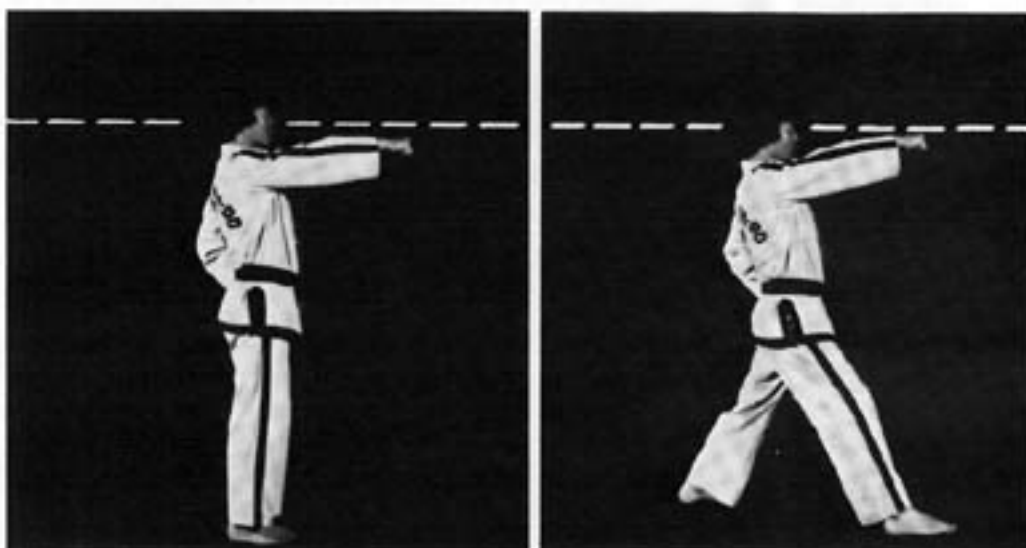
When the attacking tool reaches the eye level of the attacker at the moment of impact, it is called a high attack.

The attacking tool can reach the philtrum, chest, solar plexus, abdomen or other vital spots depending on the height of the opponent as shown below.

Regardless of which vital spot is struck, the attack at the eye level of the attacker is called a high attack.

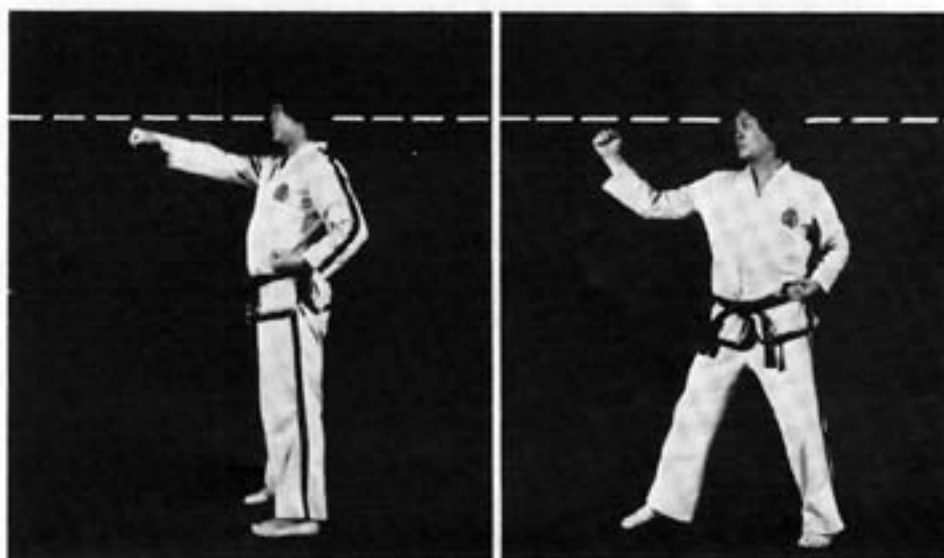
Standing naturally when punching

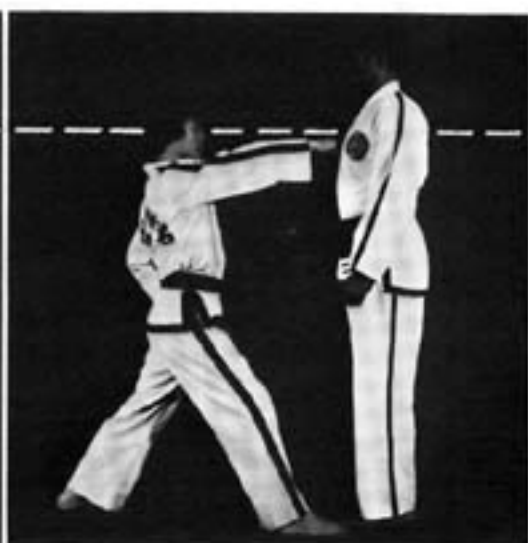
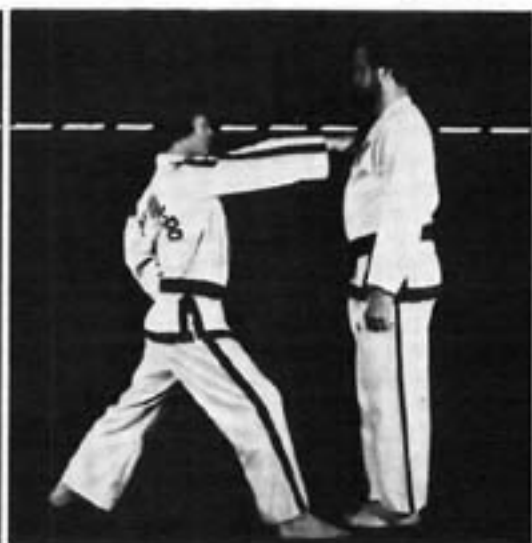
High Punch



Standing naturally when striking

High strike



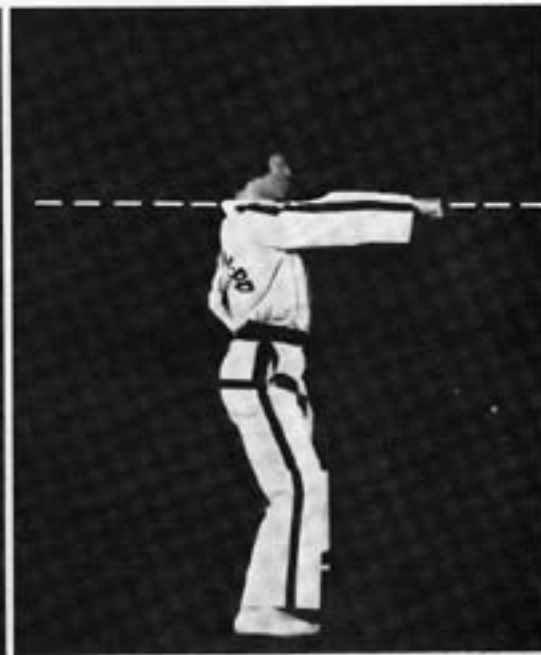


Middle Attack (*Kaunde Gong Gyok*)

When the attacking tool reaches the same level as the shoulder of the attacker at the moment of impact, it is called a middle attack.

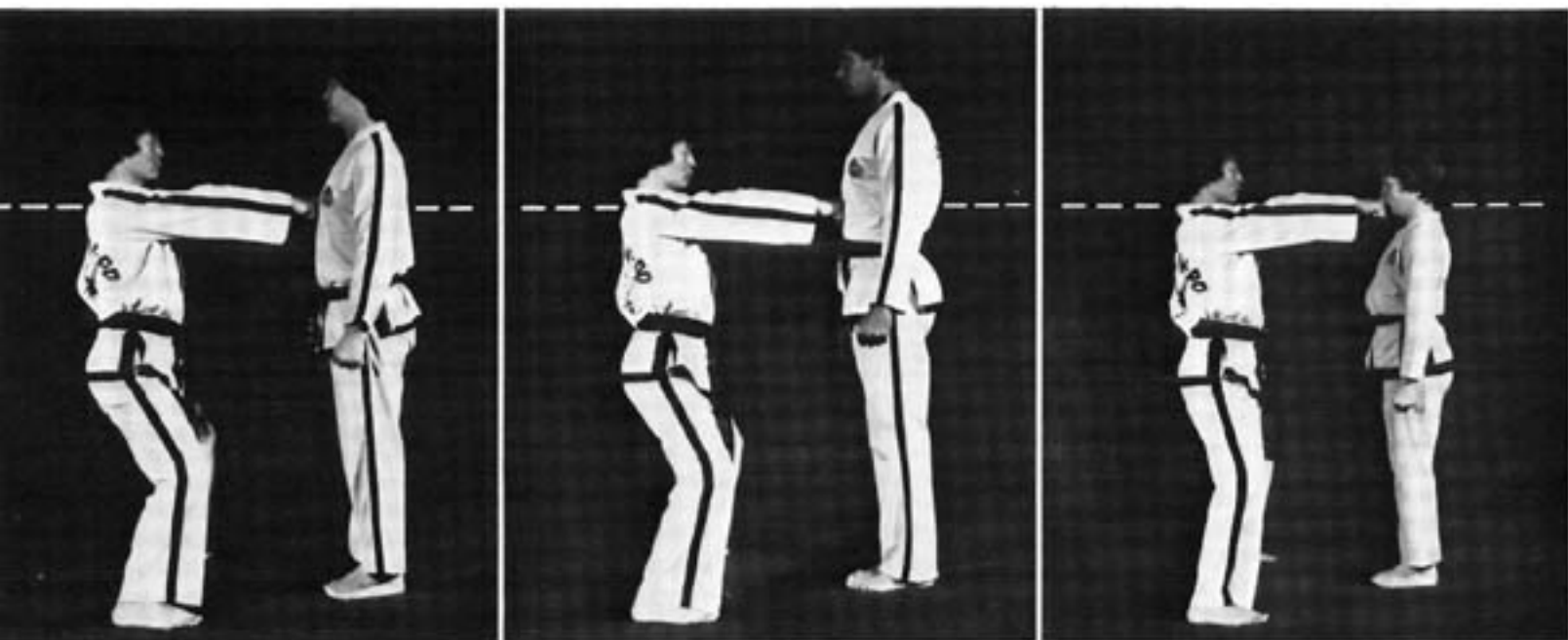
Standing naturally when punching

Middle Punch

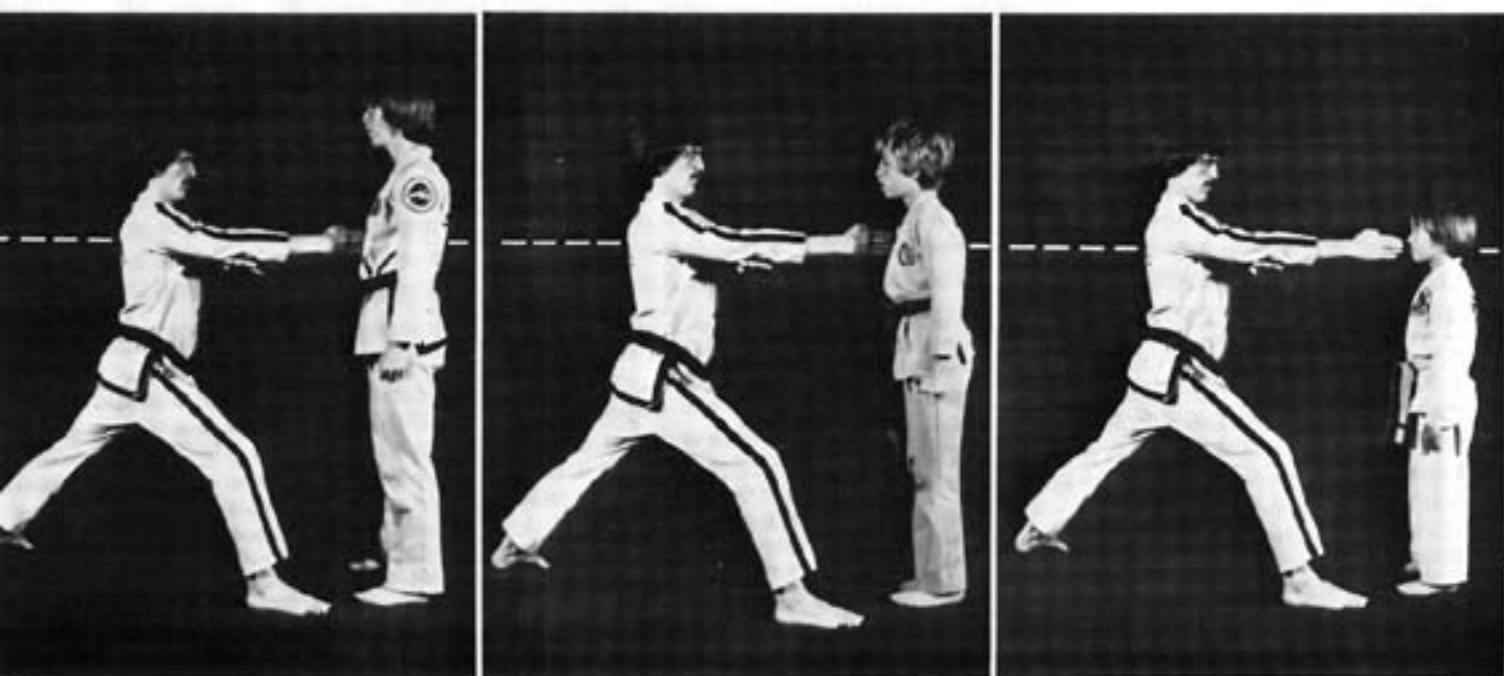


Middle Thrust





Standing naturally when thrusting

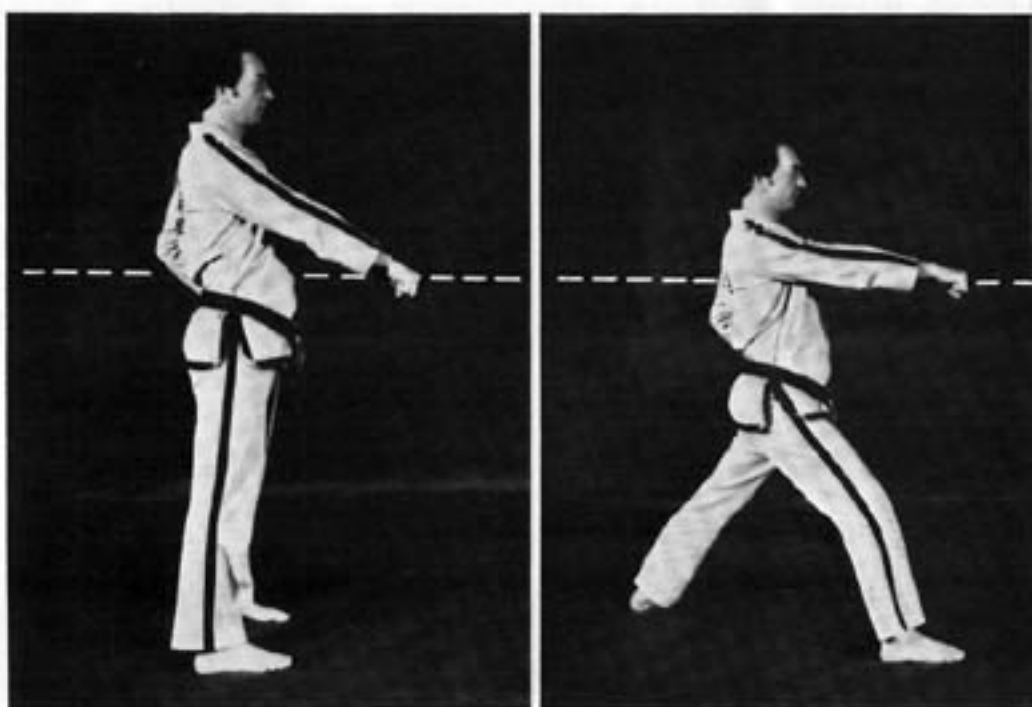


Low Attack (*Najunde Gong Gyok*)

When the attacking tool reaches the same level as the attacker's umbilicus at the moment of impact, it is called a low attack.

Standing naturally when punching

Low Punch

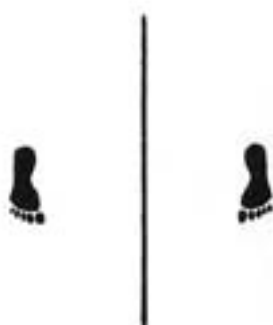




IMPORTANT:

Due to the distortion of distance apparent in photographs, the angle of the feet in stances may appear slightly out of position. The student, therefore, is encouraged to refer to the feet illustrations rather than the photograph itself.

Parallel stance



Sitting stance



Walking Stance (*Gunnun Sogi*)

Front View



Back View



L-Stance (*Niunja Sogi*)

Front View



Back View

