

## Han Moo Kwan Tae Kwon Do 'X' Block



This block is performed with crossed forearms (right arm augments the left arm); edge out in a thrusting motion. This block can be performed from any of the basic stances. An advantage of the "X" block is it traps the weapon and allows one to divert the weapon in almost any direction allowing for multiple counterattacks. This block can be executed from different stances and in different directions (e.g., upward, downward, etc.). Downward 'X' Block is effective against attacks from below (such as a swinging Front Kick). Downward 'X' Block is used in Pyung Ahn 4 and 5. Upward 'X' Block is effective against attacks from over head (arm, bottle, stick, etc) against head or face. Upward 'X;' block is also effective against attacks (kicks, etc.) when lying on the ground. Upward 'X' Block is used in Pyung Ahn 5 and Shipsu.

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

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