

Han Moo Kwan Tae Kwon Do

High Block



High Block uses the outer edge of the arm to protect ones head and neck from overhead strikes (clubs, sticks, arms, etc.). An effective High Block can stop or deflect an opponent's attack. A forceful High Block will break the opponent's arm. While the basic High Block is executed in Attack Stance in an upward, forward direction protecting the head from a forward blow, High Block can be executed from different stances and in different directions. High Block is used in Kibon 4 and Shipsu.

Key Attributes:

- Hips and shoulders square, back straight throughout block
- Eyes/gaze will be turned upwards focused on the attacking weapon
- Head up/chin level throughout block
- Strong preparation position that can be used as a guard or block
- Blocking surface is the outward edge of the forearm
- Blocking arm covers head, arm at approximately 45 degree angle from horizon
- Arm angle should be enough so object slides off arm, while completely covering head
- Blocking arm: Wrist flat; wrist slightly in front of elbow
- Slight body lean (straight line from heel of foot to fist)

Benefits:

- High Block uses the outer edge of the arm to protect ones head and neck from overhead strikes (clubs, sticks, arms, etc.).
- Effective High Block can break objects and protect the head
- Strike starts close to the face and extends outward for maximum distance, maximum force
- Arm angle is such that object will slide off arm and covers entire head
- Body lean is employed for maximum force and energy; is in direction to counter strike
- Preparation position can be used as a strong guard or a block

Execution:

- Instructor calls: High Block
 - Enter Attention Stance
 - Instructor calls: Ready
1. Arms/fists will set into a prep position
 - Right forearm (palm towards chest) will be over the left forearm (approximately 2 inches from the wrist)
 - Fists (palms towards chest) will be placed in front of the collar bone, with 1-2 fist lengths of clearance from body
 2. Step (to the right and back) into a Left Attack Stance
 3. Inside left fist (blocking arm) will slide upward along side of the body (as if shaving up the side of the face) until fist is slightly past the top of the head
 4. Once left fist is slightly above top of the head, blocking arm will travel linearly outward away from the head rotating approximately 45 degrees
 - Body starts lean as start the block
 - Blocking surface is the outward edge of the forearm; wrist flat; wrist slightly in front of elbow
 - Eyes/gaze will be turned upwards focused on the attacking weapon
 5. Right fist comes back in reciprocal position at the right hip (fist upward)
 6. Remain set in Attack Stance prior to impact
 - For each count from the Instructor (using the right side as an example):
1. Arms/fists will set into a prep position

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- Left forearm (palm towards chest) will be over the right forearm (approximately 2 inches from the wrist)
 - Fists (palms towards chest) will be placed in front of the collar bone, with 1-2 fist lengths of clearance from body
2. Right foot slides forward into a Right Attack Stance
 3. Inside right fist (blocking arm) will slide upward along side of the body (as if shaving up the side of the face) until fist is slightly past the top of the head
 4. Once right fist is slightly above top of the head, blocking arm will travel linearly outward away from the head rotating approximately 45 degrees
 - Body starts lean as start the block
 - Blocking surface is the outward edge of the forearm; wrist flat; wrist slightly in front of elbow
 - Eyes/gaze will be turned upwards focused on the attacking weapon
 5. Left fist comes back in reciprocal position at the left hip (fist upward)
 6. Remain set in Attack Stance prior to impact

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