

# Han Moo Kwan Tae Kwon Do

## Knife Hand



Knife Hand strikes with the outer edge of the hand. Knife hand is effective for small areas such as the neck because you can strike without hitting other areas first. Since the edge of the hand is narrow, the concentrated force from the strike can cause severe damage when applied correctly and to effective targets. According to Mr. Kim, Knife Hand has one and a half times the force of the fist. Knife Hand can be executed from different stances and in different directions (e.g., outward, downward, inward, forward, etc.). Forward knife hand is part of the Cat Stance Attack technique. Double Downward Knife Hand is practiced in Pyung Ahn 1. Outward Knife Hand is practiced in Pyung Ahn 2. Basic inward Knife Hand is practiced in Shipsu. Knife Hand can also be used as a block. The Han Moo Kwan Tae Kwon Do basic Knife Hand is performed in an Attack Stance.

### Key Attributes:

- Hips and shoulders square, back straight throughout strike
- Eyes/gaze will be forward, to the horizon throughout strike
- Head up/chin level throughout strike
- Basic Knife Hand technique is an inward strike at the opponent's neck executed from an Attack Stance.
- Palm is flat; tips of the fingers slightly bent; thumb tucked in
- Knife Hand striking surface is outer edge of the hand
  - Muscle between joint of pinkie finger and wrist
  - Elbow remains bent

### Benefits:

- Knife Hand is effective for small areas such as the neck because can strike without hitting other areas first
- Since the edge of the hand is narrow, the concentrated force from the strike can cause severe damage when applied correctly and to effective targets. (Knife hand has one and a half times the power of the fist)
- By keeping shoulders square with hips at impact, harder to be taken off-balance

### Execution:

- Instructor calls: Knife Hand
  - Enter Attention Stance
  - Instructor calls: Ready
1. Place hands in Knife Hand prep position
    - Raise right hand into palm strike position palm toward opponent extended from right shoulder
      - Hand tight, palm flat; tips of fingers slightly bent fingers close together; thumb tucked into the side of the hand
    - Left hand set into palm strike position palm toward opponent in front of left shoulder
  2. Step (to the right and back) into a Left Attack Stance
  3. Left hand thrown as a palm strike forward from shoulder towards opponent's side of the neck
    - Motion is similar to throwing a shot put
  4. Left hand turns over into Knife Hand position (palm upward) just before impact
    - Elbow approximately at a 90 degree angle
    - Striking hand palm upward, palm flat, fingers slightly bent; thumb tucked in; edge of hand neck height
  5. Right open hand comes back in reciprocal position at the right hip (palm upward)
  6. Remain set in Attack Stance prior to impact
- For each count from the Instructor (using the right side as an example):

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## Knife Hand



1. Place hands in Knife Hand prep position
  - Raise left hand into palm strike position palm toward opponent extended from left shoulder
    - Hand tight, palm flat; tips of fingers slightly bent fingers close together; thumb tucked into the side of the hand
  - Right hand set into palm strike position palm toward opponent in front of right shoulder
2. Right foot slides forward into a Right Attack Stance
3. Right hand thrown as a palm strike forward from shoulder towards opponent's side of the neck
  - Motion is similar to throwing a shot put
4. Right hand turns over into Knife Hand position (palm upward) just before impact
  - Elbow approximately at a 90 degree angle
  - Striking hand palm upward, palm flat, fingers slightly bent; thumb tucked in; edge of hand neck height
5. Left open hand comes back in reciprocal position at the left hip (palm upward)
6. Remain set in Attack Stance prior to impact

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