

Han Moo Kwan Tae Kwon Do

Low Block



Low Block is used as a counter to an attack toward the lower section of the body. Low Block uses the outer edge of the arm to deflect kicks and punches towards the lower portion of one's body (groin to knee). Low Block can be used against any strike which has an upward thrust that starts low. Low Block can be executed from different stances and in different directions (e.g., inward and outward, etc.). Low Block followed by Side Medium Block can pin kicks and torque opponent's hip. Low block is used in Kibon Hyung, Kibon 2, Pyung Ahn 1, Pyung Ahn 3, and Pyung Ahn 5. Inward Low Block is practiced in the following Hyung: Shipsu, Mepojan 1, Mepojan 2. Applications could include: counter to a same side blocked punch, a punch to the groin, and Front Kicks. Inward Low Block followed by a Medium Block can pin kicks and torque opponent's hip. Inward augmented Low Block is practiced in the following hyung: Shipsu, Mepojan 1, and Mepojan 2. Applications could include: Counter to a same side blocked punch, a punch towards the groin, and Front Kicks. The Han Moo Kwan Tae Kwon Do basic Low Block is an outward Low Block performed in an Attack Stance.

Key Attributes:

- Hips and shoulders square, back straight throughout block
- Eyes/gaze will be forward on opponent throughout block
- Head up/chin level throughout block
- Strong preparation position that can be used as a guard or block
- Block continues downward and stops above the knee (approximately a fist above the knee), wrist flat, edge of arm/wrist creating a flat blocking surface
- Elbow drives arm forward to blocking position
- Blocking arm slightly bent at elbow at impact

Benefits:

- Effective for defense against attacks to the lower body (kicks, upwards thrusts to groin, etc)
- An effective Low Block can deflect or break an opponent's kicking leg such that the opponent is thrown off balance
- By keeping shoulders square with hips at contact, it's harder to be taken off-balance
- Preparation position can be used as a strong guard or a block

Execution:

- Instructor calls: Low 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 travel in a direct route downward towards the leading leg
 - Block continues downward and stops above the left knee (approximately a fist above the knee), wrist flat, edge of arm/wrist creating a flat blocking surface, blocking arm slightly bent at elbow at impact
 4. Right fist comes back in reciprocal position at the right hip (fist upward)
 5. 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 travel in a direct route downward towards the leading leg
 - Block continues downward and stops above the left knee (approximately a fist above the knee), wrist flat, edge of arm/wrist creating a flat blocking surface, blocking arm slightly bent at elbow at impact
 4. Left fist comes back in reciprocal position at the left hip (fist upward)
 5. Remain set in Attack Stance prior to impact

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