

Han Moo Kwan Tae Kwon Do

Medium Block



Medium Block can be used to defend against strikes or kicks to the midsection. Medium Block is also effective to attack the grab of an opponent and then counter once opponent is maneuvered or off-balanced. Medium Block uses the outer edge of the arm to deflect kicks and punches towards the middle portion of one's body (groin to head). Medium Block can be executed from different stances and in is executed in an outward direction.). Medium Block is used in Kibon 1, Kibon 2, Kibon 3, Kibon 4, Pyung Ahn 2, Pyung Ahn 3, Pyung Ahn 4, Pyung Ahn 5, Shipsu, Mepojan 1, Mepojan 2, and Mepojan 3. Elevated Medium Block protects upper part of body/ lower head region, adds force, and allows for potentially quicker counter attack. Augmented Medium Block protects mid-section of body, adds force, and allows for potentially quicker counter attack and is practiced in Pyung Ahn 2 and Pyung Ahn 4. Elevated Augmented Medium Block protects mid-section of body, adds force, and allows for potentially quicker counter attack and is practiced in Pyung Ahn 4. The Han Moo Kwan Tae Kwon Do basic Medium Block is an outward 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 has the arm moving in a linear motion
- Blocking arm ends in front of shoulder; elbow approximately 90 degree angle; wrist straight and flat with forearm
- Uses the outer edge of the forearm as the blocking surface
- Hook between wrist and forearm can be used to catch kicks and strikes

Benefits:

- Medium Block is a powerful block
- Medium Block is effective to defend the midsection against strikes and kicks
- Medium Block is effective to attack the grab of an opponent and then counter once opponent is maneuvered or off-balanced
- 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: Medium Block
 - Enter Attention Stance
 - Instructor calls: Ready
1. Arms/fists will execute Left "Cross" block
 - Left arm/fist draws across and along the belt line
 - Right arm/fist draws across and to the opposite side of the chest/body
 - Blocking edge of the forearms are forward and the edges of forearms are in contact with one another
 2. Step (to the right and back) into a Left Attack Stance

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3. Arm movement is performed as two steps with the arm moving in a linear motion; wrists flat throughout technique
 - First step rotates the left arm so the fist is raised into its final position, but the arm is still angled across the body
 - Second step sweeps the left arm across the body line until it comes to rest at its final position
 - Fist of left blocking arm is in front of the shoulder, shoulder height, palm towards student
 - Left arm approximately 90 degree angle at elbow upon impact; wrist straight and flat with forearm
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 left side as an example):
 1. Arms/fists will execute Right "Cross" block
 - Fist on right hip draws across and along the belt line
 - Left arm/fist draws across and to the opposite side of the chest/body
 - Blocking edge of the forearms are forward
 2. Right foot slides forward into a Right Attack Stance
 3. Arm movement is performed as two steps with the arm moving in a linear motion; wrist flat throughout technique
 - First step rotates the right arm so the fist is raised into its final position, but the arm is still angled across the body
 - Second step sweeps the right arm across the body line until it comes to rest at its final position
 - Fist of right blocking arm is in front of the shoulder, shoulder height, palm towards student
 - Right arm approximately 90 degree angle at elbow upon impact; wrist straight and flat with forearm
 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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