

# Han Moo Kwan Tae Kwon Do

## Spear Hand



Spear Hand strikes with the tips of the fingers which are held tightly together. Spear Hand is typically used as a counter to an attack (target location depends on range and opponent's position.) Spear Hand is utilized primarily to strike soft tissue areas of the body. Strike is linear from hip for maximum force. Arms stay close to body to support use of entire body for strike. Spear Hand is a short, close-in strike so it's hard to detect and hard to stop. Spear Hand can be executed from different stances and in different directions (forward, upward, and downward). A variation of spear hand is the extended spear hand (with guard to protect the nerve bundle in the arm pit). Extended Spear Hand is practiced in Pyung Ahn 2 and Pyung Ahn 3. The Han Moo Kwan Tae Kwon Do basic Spear 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
- Tips of fingers that are held tightly together; thumb tucked into the hand
- Arm motion is close to body and rubs against ribs as travels
- Slight upward and inward thrust toward the intended target
- Strike is linear from hip to center of body
- Striking arms elbow will not travel past the hip

### Benefits:

- Spear hand is effective against soft tissue areas (trachea, lower end of sternum, Carotid artery, eyes, armpit) as a penetration strike
- Strike is linear from hip for maximum force
- Arms stay close to body to support use of entire body for strike
- Spear hand is a short-close in strike so it's hard to detect and hard to stop
- By keeping shoulders square with hips at impact, it's harder to be taken off-balance

### Execution:

- Instructor calls: Spear Hand
  - Enter Attention Stance
  - Instructor calls: Ready
1. Place hands in Spear Hand prep position
    - Raise right open Spear Hand a slight upward angle forward; elbow at side of the body; thumb tucked into the hand
    - Place open left hand in the reciprocal position on the left hip (palm inward; thumb tucked into the hand); left arm against side of body, elbow pointed straight backward
  2. Step (to the right and back) into a Left Attack Stance
  3. Left hand moved forward with slight upward and inward thrust toward the intended target
    - Arm motion is close to body and rubs against ribs as travels
  4. Right open hand comes back in reciprocal position at the right hip (palm inward)
  5. Remain set in Attack Stance prior to impact
    - For each count from the Instructor (using the left side as an example):
      1. Hands remain for a Spear Hand prep position
      2. Right foot slides forward into a Right Attack Stance; arms remain in same position
      3. Right hand moved forward with slight upward and inward thrust toward the intended target
        - Arm motion is close to body and rubs against ribs as travels
      4. Left open hand comes back in reciprocal position at the left hip (palm inward)
      5. Remain set in Attack Stance prior to impact

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