

Han Moo Kwan Tae Kwon Do

Backhand



Backhand is with the back of the fist delivered in a linear, snapping motion of the arm, leading with the elbow. The elbow remains slightly bent. Used when close to your opponent, as a counter attack following an arm block with the same side fist, or an attack following a kick. Backhand can be executed from different stances and in different directions (e.g., downward, upward, outward, etc.). Outward Backhand is used in Pyung Ahn 3. (This technique has also been referred to in our style and in other styles as a Backfist.)

www.hanmookwan.org

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