

## **Han Moo Kwan Tae Kwon Do Double Break Block**



This block is performed with crossed forearms (right arm augments the left arm); and a forceful uncrossing of the wrists in an outward motion. Double Break Block is effective against two hand grabs to the throat, label or shoulders or against two hand attacks to the middle of the body. This block can be performed from any of the basic stances. Double Break Block in an attack stance is used in Pyung Ahn 4 and Shipsu.

[www.hanmookwan.org](http://www.hanmookwan.org)

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