

Han Moo Kwan Tae Kwon Do

Elbow Strike



This strike is applied with the area near the elbow, in a thrusting motion or using the pointed end of the elbow in a downward motion or backward motion. It is strong and effective when applied at close range. Elbow Strike can be executed from different stances and in different directions (downward, outward, inward). Inward Elbow Strike into open palm (in a thrusting motion) is used in Pyung Ahn 4 and Pyung Ahn 5.

www.hanmookwan.org

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