

Han Moo Kwan Tae Kwon Do

Hammer Fist



This technique strikes with a bottom of the fist. This is a strong attack and effective against most targets. Hammer Fist can be executed from different stances and in different directions (e.g., outward, downward, inward, etc.). Downward Hammer Fist is used in Pyung Ahn 1. Outward Hammer Fist is used in Pyung Ahn 2, Pyung Ahn 3, Pyung Ahn 5 and in a combination in Pyung Ahn 5. Double Downward Hammer Fist to side of the body is used in Shipsu. Single Downward Hammer Fist to the side of the body is used in No Pe Hyung.

www.hanmookwan.org

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