

Han Moo Kwan Tae Kwon Do

Knuckle Punch



This strike is with the edge of the knuckles. This punch is formed by rolling your fingers to the second knuckle with a slight bend at the first knuckles and striking with the edge created by the second knuckles. When applied with a lot of force, the technique can also be used to separate the floating ribs. This punch can be performed from any of the basic stances and in different directions (e.g., forward, upward, downward, etc.).

www.hanmookwan.org

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