

Han Moo Kwan Tae Kwon Do

Palm Strike



This strike is executed using the heel of the palm in a straight forward direction. This is primarily used for offensive attacks. Palm Strike is used when close to your opponent, in combination with other attacks and kicks, or as an initial attack. Palm Strike can be executed from different stances and in different directions (e.g., forward, upward, downward, etc.). Double Upward Palm Strike is used in Pyung Ahn 4 and Combination Spilt Double Palm Strike in Shipsu.

www.hanmookwan.org

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