

Han Moo Kwan Tae Kwon Do

Straight Punch



Straight Punch is similar to the Forward Punch but without the full rotation of the fist. In this punch, the fist is thumb upwards. This punch can be thrown effectively to shorter distances than the Forward Punch. A closed fist punch to the head should only be considered by students who have had enough training and have conditioned their hands over time. Straight Punch can be executed from different stances and in different directions (e.g., forward, downward, upward, etc.). Straight Punch is used in Pyung Ahn 2.

www.hanmookwan.org

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