

# Han Moo Kwan Tae Kwon Do

## Forward Punch



This punch strikes with the first two knuckles. A closed fist punch to the head should only be considered by students who have had sufficient training and have conditioned their hands over time. The punch can be executed from different stances and in different directions (e.g., forward, downward, upward, etc.). Variations of Forward Punch are used in the Mepojan series. The Han Moo Kwan Tae Kwon Do basic Forward Punch is performed in a Horse Stance.

### Key Attributes:

- Hips and shoulders square; back straight throughout punch
- Arm stays in contact with side of body throughout motion; driving from the elbow
  - Keeps the punch linear and results in it being faster and harder to detect
  - Allowing the elbow to flare outward during a straight punch causes the last two knuckles to strike first, which can lead to injury.
- Punching arm elbow should remain slightly bent at impact
- Wrists flat as impacts; first two knuckles pointed at target
- For basics, the target is level to the student's own sternum

### Benefits:

- Forward Punch is a basic, linear, powerful punch
  - By driving from the elbow, in linear motion, the punch is more forceful and harder to detect
- Forward Punch is effective against throat, nose, chin, jaw groin, sternum, ribs
- While overextending and leading with a shoulder may appear more powerful at first, the ultimate goal of this art form is not to rely on extra body movement to generate power
- By keeping shoulders square with hips at contact, harder to be taken off-balance
- Twist of the wrist allows one to "tear" the skin with the knuckles
- Twist of the wrist allows more power than a straight punch
- Twist of the wrist is a good reminder of the reciprocal action for beginners

### Execution:

- Instructor calls: Forward Punch
  - Enter Attention Stance
  - Instructor calls: Ready
1. Start movement by sliding left foot into a Horse Stance
  2. Raise right fist to the guard position
  3. Left fist moves forward to sternum level, wrists flat, rotating fist 180 degrees just before impact, first two knuckles pointed at target
    - Arm stays in contact with side of body throughout motion
    - Punching arm elbow should remain slightly bent at impact
  4. Right arm comes back in reciprocal position at the right hip(fist upward)
  5. Remain set in Horse Stance prior to impact
- For each count from the Instructor (using the right side as an example):
1. Right fist moves forward to sternum level, wrists flat, rotating fist 180 degrees just before impact, first two knuckles pointed at target
    - Arm stays in contact with side of body throughout motion
    - Punching arm elbow should remain slightly bent at impact
  2. Left arm comes back in reciprocal position at the right hip(fist upward)
  3. Remain set in Horse Stance prior to impact

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[www.hanmookwan.org](http://www.hanmookwan.org)

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