

Han Moo Kwan Tae Kwon Do

Side Medium Block



Side Medium Block is effective to defend the midsection against strikes and kicks (target location depends on range and opponent's position.). Side Medium Block is utilized primarily to defend against strikes or kicks to the midsection. Side Medium Block is effective in self-defense against opposite arm grabs to wrist or below the shoulder (e.g., elbow). Side Medium Block is effective in self-defense against knife and gun attacks. An effective Side Medium Block can break the opponent's arm. Side Medium Block uses the inner edge of the arm to deflect kicks and punches towards the middle portion of one's body (groin to head). Side Medium Block can be executed from different stances. Side Medium Block is used in Shipsu. The Han Moo Kwan Tae Kwon Do Side Medium Block is performed while moving in a Horse Stance.

Key Attributes:

- Executed in a dynamic/moving Horse Stance
- Hips and shoulders square, back straight throughout block
- Eyes/gaze will be forward, on opponent throughout technique
- Head up/chin level throughout block
- Blocking arm ends in front of shoulder; elbow less than 90 degree angle with forearm almost vertical; wrist straight and flat with forearm
- Uses the inner edge of the forearm as the blocking surface
- Focus is forward regardless of direction performing the technique

Execution:

- Instructor calls: Side Medium Block
 - Enter Attention Stance
 - Instructor calls: Stepping with you right foot forward, Ready
1. Start by raising right arm raises into a guard position
 2. Right foot steps forward 90 degrees to the left into Horse Stance
 - Motion forward should be a direct line to the final position attacking with the point of the hip
 - Left arm moves with the body staying at least even with the hip
 - Left arm crosses the body and returns to front of shoulder
 - Wrist straight and flat with forearm throughout technique
 3. Left fist comes back in reciprocal position at the left hip (fist upward)
 4. Remain set in Horse Stance prior to impact
- For each count from the Instructor moving in the Forward direction (using the left side as an example):
1. Right arm rotates into guard position (bottom of fist pointing toward opponent)
 2. Left arm raises; elbow less than 90 degree angle with forearm almost vertical; wrist straight and flat with forearm into so fist is even with shoulder
 3. Rear left foot steps forward 180 degrees crossing in a slight arc front of the front foot into Horse Stance
 - When the feet cross there should be several inches between them
 4. Left arm moves with the body staying at least even with the hip
 5. Left arm crosses the body and returns to front of shoulder
 - Wrist straight and flat with forearm throughout technique
 6. Right fist comes back in reciprocal position at the right hip (fist upward)
 7. Remain set in Horse Stance prior to impact
- For each count from the Instructor moving in the Reverse direction (using the right side as an example):
1. Front left arm rotates into guard position (bottom of fist pointing toward opponent)

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2. Rear right arm raises; elbow less than 90 degree angle with forearm almost vertical; wrist straight and flat with forearm into so fist is even with shoulder
3. Front left foot steps backwards 180 degrees crossing in a slight arc behind the rear foot into Horse Stance
 - When the feet cross there should be several inches between them
4. Right arm moves with the body staying at least even with the hip
5. Right arm crosses the body and returns to front of shoulder
 - Wrist straight and flat with forearm throughout technique
6. Left fist comes back in reciprocal position at the left hip (fist upward)
7. Remain set in Horse Stance prior to impact

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