

Gibon Donjak

General Guidelines:

- 1) Opposites
 - Applies to the starting and ending position of both the arm and the fist in a block. For example, in face block, the arm starts down with the palm side of the fist facing up and ends with the arm above the face and the palm side of the fist facing out.
- 2) Pull back negative hand
 - The negative hand, pointed to the center of body with a fist— palm side facing down, should be pulled back beside the rib cage. At the end motion of the negative hand, twist the fist so the palm side is now facing up.
- 3) 45 degrees forward
 - Always aim your block at an angle of 45 degrees from your starting position towards where you are blocking.
- 4) Twist
 - At the very end of a block, twist to rotate the position of your wrist. This helps to stop the block without wobbling at the end and facilitates coordination.
- 5) Isometric
 - At the end of a block, tighten the arm muscles. Also, tighten the lower abdomen. This will help to prevent the blocking arm from wobbling at the end and also increase the power of the block.

A) Face Block (Ougul Makgi)

All five guidelines apply. The positive hand (the blocking arm) starts in front of the abdomen with a fist— palm side facing up. To perform the block, the positive hand is raised 45 degrees forward and slightly above the head. At the end of the block, twist the fist outwards. The blocking arm should make a 135-degree angle at the elbow and 135-degree at the armpit.

B) Body Block (Bakatt Makgi)

All five guidelines apply. The positive hand (the blocking arm) starts besides the face with a fist— palm side facing towards the blocking side. To perform the block, the positive hand is moved 45 degrees forward and slightly outside the shoulder. At the end of the block, twist the fist outwards. The blocking arm should make a 90-degree angle at the elbow and 45-degree at the armpit.

C) Down Block (Arae Makgi)

All five guidelines apply. The positive hand (the blocking arm) starts besides the ear with a fist— palm side facing the ear. To perform the block, the positive hand is moved 45 degrees downward and slightly outside the thigh. At the end of the block, twist the fist so the palm side is facing down. The fist of the blocking arm should be about a fist higher than the knee (in a front or back stance).

D) Cross Block (An Makgi)

All five guidelines apply. The positive hand (the blocking arm) starts slightly above and behind the shoulder with a fist— palm side facing forward. To perform the block, the positive hand is moved 45 degrees forward, across the center of the body towards the other shoulder. At the end of the block, twist the fist so the palm side is now point towards your body. The blocking arm should make a 90-degree angle at the elbow and 30-degree at the armpit.

E) Punch

Follow the guidelines above with the exception of 45 degrees. The positive hand starts on the side of the ribcage one fist above the belt with the fist— palm side facing up. Point the fist towards the center (face, solar plexus (center front of the body where the ribcage meets), or lower abdomen) of your mirror image.

Negative hand starts at the ending position of the punch with the fist— palm side facing down. Execute the punch following the 4 guidelines above. The ending position is the same as the starting position with the positive hand now in the negative hand position and vice versa

Bal Chagi

Linear Kicks:

A) Foot positions

- 1) Toes pulled back (as in Ahp Chagi)
- 2) Toes pointed (as in Bit Chagi)
- 3) Flexed ankle (as in Yop Chagi and Dwit Chagi)

B) The preparation (of the components of part A) at the time when the knee is in the air at the beginning of the kick. This includes pivoting on the ball of your foot for all the kicks except Ahp Chagi.

C) Select target, extend hip and kick.

D) Go back to B.

E) Return to fighting stance.

Spinning Kicks:

A) Rotation of shoulder and pivoting on the ball of your foot.

B) Position of shoulder changes with the type of kick:

- In Dwit Dolryo Chagi #3, the shoulder remains straight up.
- In Dwit Dolryo Chagi #1 and #2, the shoulder is dropped down sideways.

C) Hip snap