

**Strike** (*Chigi*)

## Backfist front strike ( *Deungjumeok ap chigi* )

### Preparatory position

- Striking fist starts under the armpit of the pulling arm
- Pulling arm is naturally folded with palm facing downward

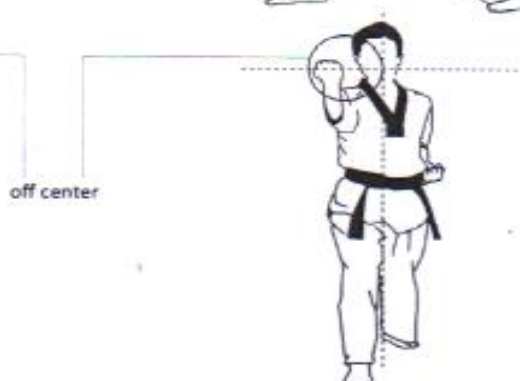
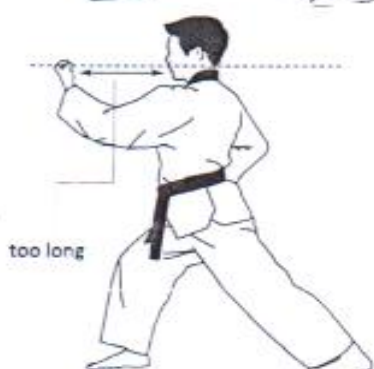
### Final position

- Hit the target by using the back of the fist at the area of the index and middle finger. Target area is the philtrum (base of the nose)
- Pulling arm is pulled back to the waist with palm facing upward
- Angle of hitting arm should be approximately 100 degrees

### Correct Movement



### Deduction Factors (-0.1)



## High outer strike ( *Olgul bakkat chigi* )

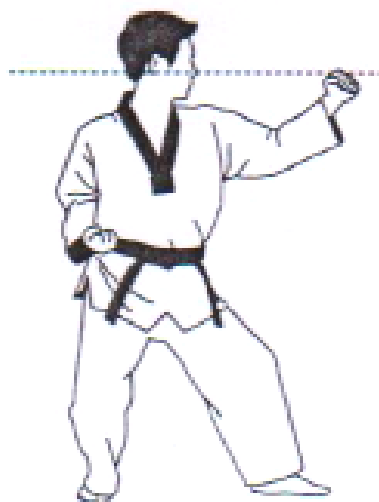
### Preparatory position

- Striking fist starts at shoulder area fist facing downward
- Pulling arm starts under the striking arm, naturally folded with fist facing downward

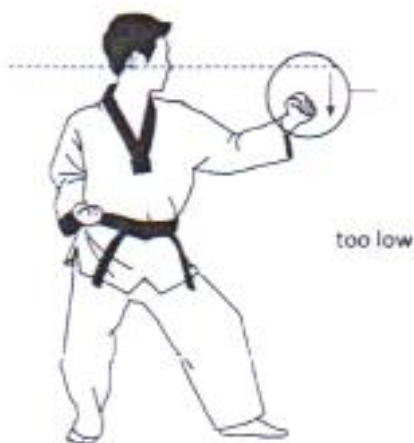
### Final position

- Hit the target sideways by using the back of the fist at the area of the index and middle finger. Target area is the temple.
- Pulling arm is pulled back to the waist with palm facing upward
- This strike is usually done with backward stance

Correct  
Movement



Deduction Factors (-0.1)



## Elbow hook ( *Palkup dollyo chigi* )

### Preparatory position

- Striking arm starts from the waist
- Pulling arm is naturally bent and positioned in front of the chest

### Final position

- Strike the target(jaw) by twisting the waist while throwing the elbow forward. Bring the palm towards the chest, fist facing downward.
- Pulling arm is pulled back to the waist with fist facing upward
- This strike is usually done with forward stance

Correct  
Movement



### Deduction Factors (-0.1)



## Elbow strike ( *Palkup yop chigi* )

### Preparatory position

- Striking arm is positioned across the waist (fist facing the body) and the knuckles of the fist rested on the palm of the supporting hand

### Final position

- Attack sideways by twisting the striking arm together with the supporting hand towards the target. Fist of striking arm facing downward and fingers of supporting hand naturally angled upward.(fingers together)
- Is usually done with riding stance

Correct  
Movement



Deduction Factors (-0.1)

