

# Punching (*Jireugi*)

## Punch ( *Baro jireugi* / *Bandae jireugi* )

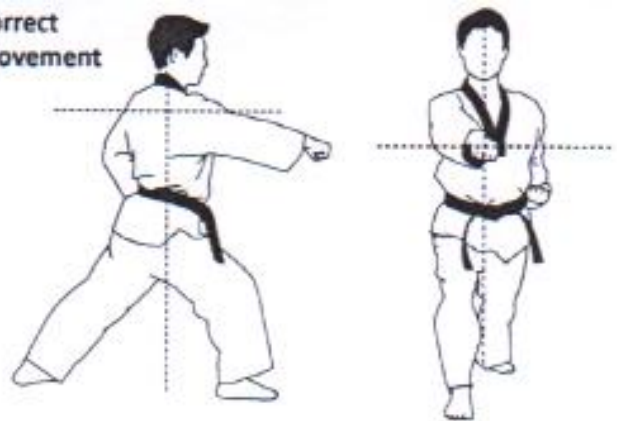
### Preparatory position

- Punching arm starts from the waist with fist facing upward
- Pulling arm is extended forward towards the solar plexus

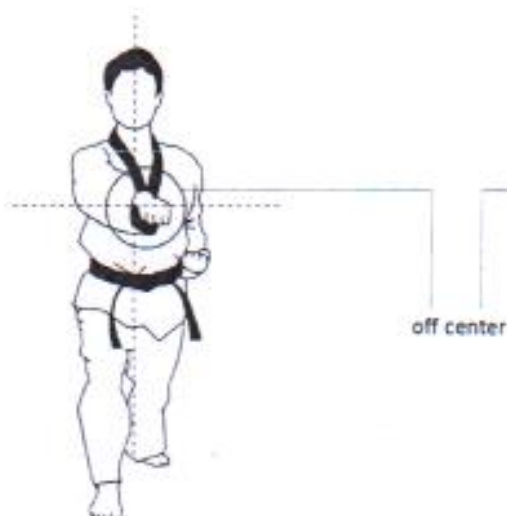
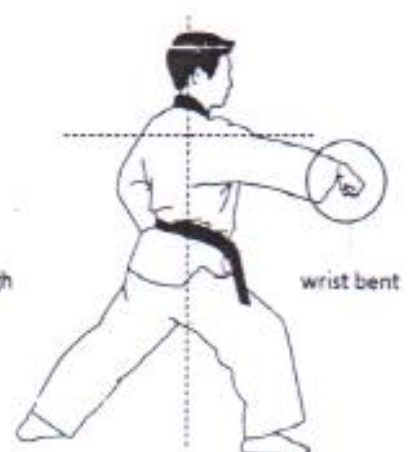
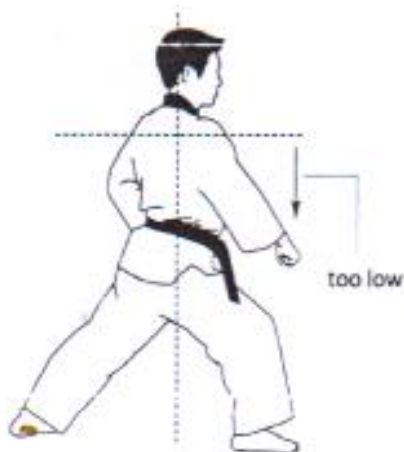
### Final position

- Punching arm is extended forward. Turn the fist only at the last moment hitting solar plexus with the two big knuckles. Wrist should be straight and palm should be facing down
- Pulling arm placed on side of waist

### Correct Movement



### Deduction Factors (-0.1)



## High punch ( *Olgul jireugi* )

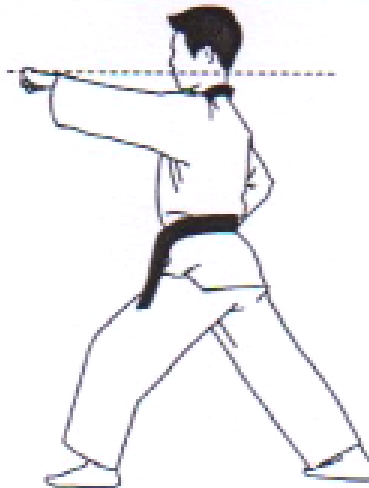
### Preparatory position

- Punching arm starts from the waist with palm facing upward
- Pulling arm is extended forward towards the philtrum (base of the nose)

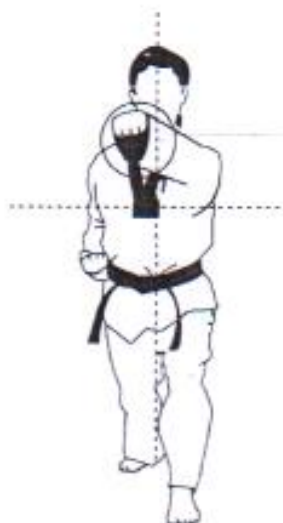
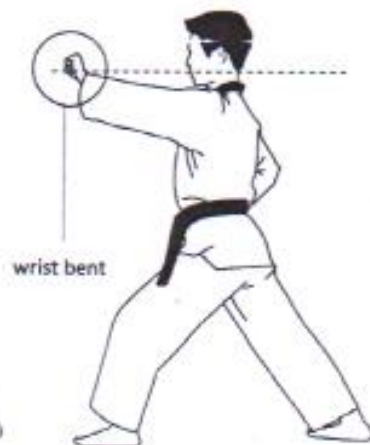
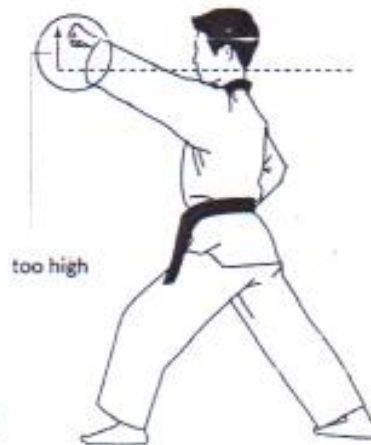
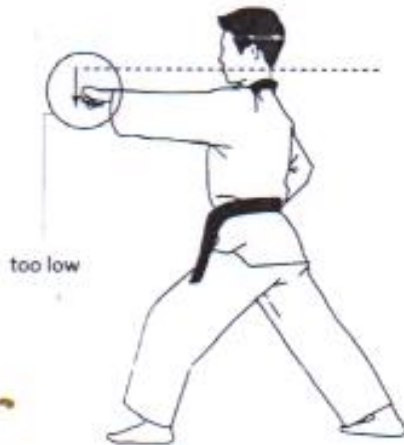
### Final position

- Punching arm is extended forward. Turn the fist only at the last moment hitting the face with the two big knuckles. Wrist should be straight and palm should be facing down
- Pulling arm placed on side of waist

Correct  
Movement



### Deduction Factors (-0.1)



off center



## Side punch ( Yop jireugi )

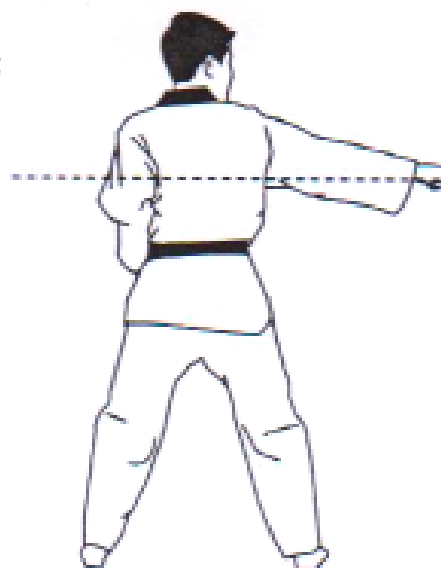
### Preparatory position

- Punching arm starts from the waist with palm facing upward
- Pulling arm is extended forward towards the solar plexus

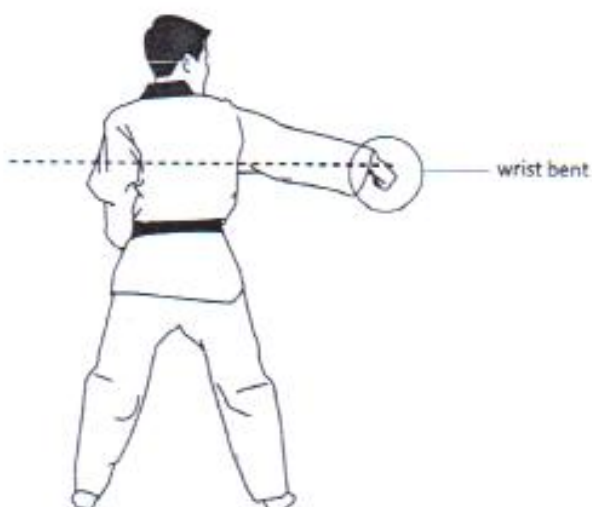
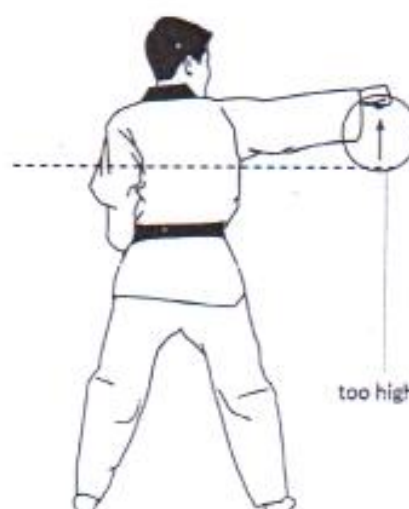
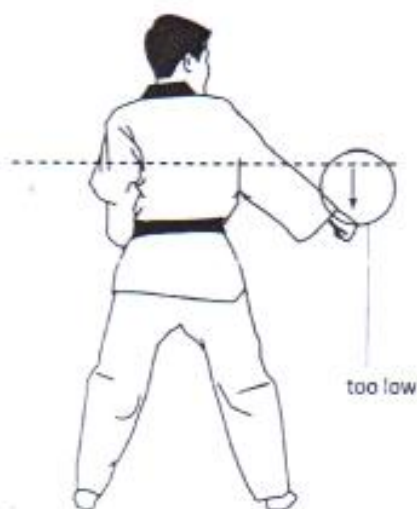
### Final position

- Punching arm is extended forward. Turn the fist only at the last moment hitting solar plexus with the two big knuckles. Wrist should be straight and palm should be facing down
- Pulling arm placed on side of waist
- Side punch is usually executed together with riding stance
- Face should be in the direction of the punch

Correct Movement :



### Deduction Factors (-0.1)



## Double middle uppercut ( *Dujumeok jecho jireugi* )

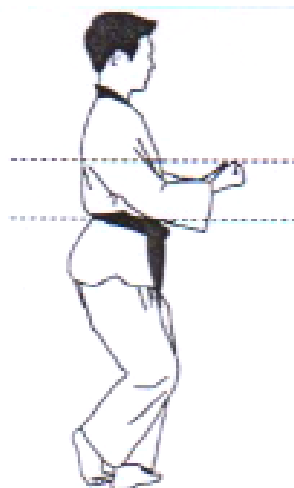
### Preparatory position

- Punching arm starts from the waist with fist facing upward

### Final position

- Punching arms move forward turning the fist only at the last moment hitting the floating ribs with the two big knuckles.
- Final angel of arms should be around 120 degrees.
- Wrist should be straight and fist should be facing upward.

Correct  
Movement



Deduction Factors (-0.1)

