

**Block (*Makki*)**

## Low block ( *Arae makki* )

### Preparatory position

- Blocking hand starts from opposite shoulder (Hammer fist touching the shoulder)
- Pulling arm across the abdomen over the belt with fist facing downward

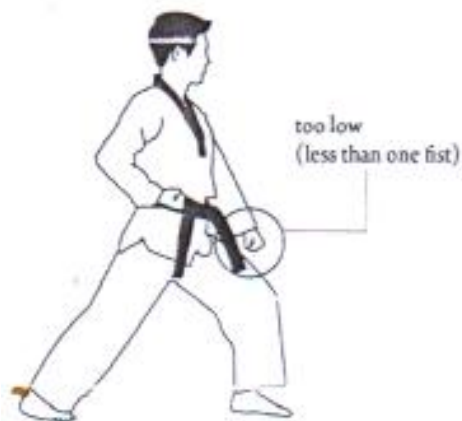
### Final position

- Blocking hand should be two(2) fists away from the leg(thigh)
- Arm should be straight(elbow not bent)
- Arm should be aligned to the side of the leg
- Pulling arm placed on side of waist

### Correct Movement



### Deduction Factors (-0.1)



## High block ( *Olgul makki* )

### Preparatory position

- Blocking arm starts across the abdomen over the belt (fist facing upward)
- Hand of pulling arm placed across the chest at shoulder level with fist facing downward

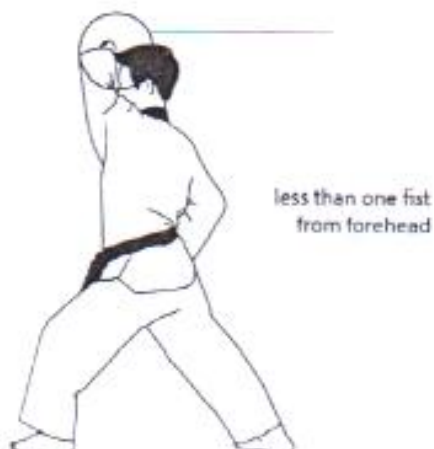
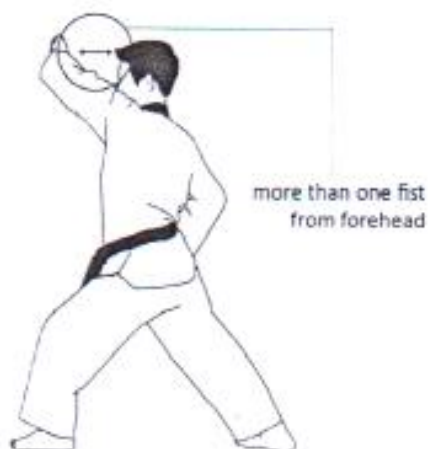
### Final position

- Wrist of the blocking hand should be one (1) fist away from the center of the forehead (elbow facing up)
- Pulling arm's hand placed on side of waist

Correct  
Movement



Deduction Factors (-0.1)



## Middle block ( Momtong makki)

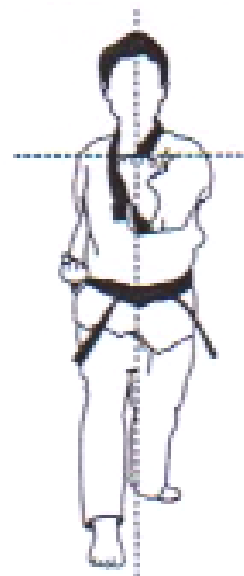
### Preparatory position

- Fist of blocking arm lifted a little above shoulder height, arm around 90 degrees (elbow pointing down)
- Chest open
- Pulling arm positioned in front along center line of the body

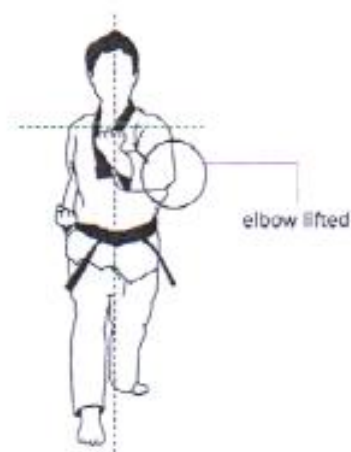
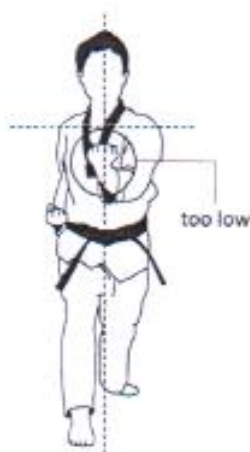
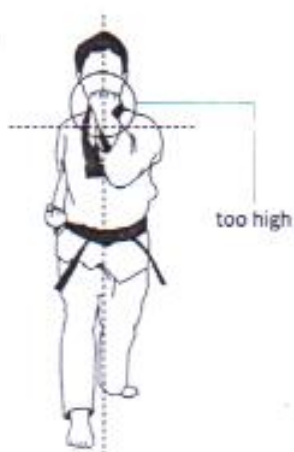
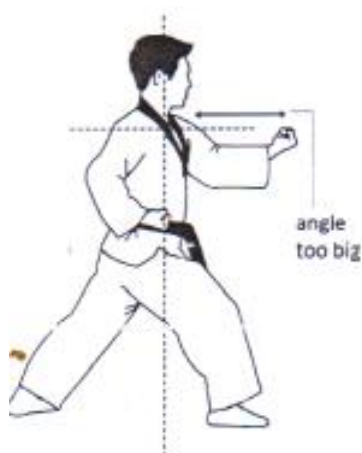
### Final position

- Hand and wrist of blocking arm aligned to the center of the body(solar plexus) with the blade of the arm facing inward
- Tip of the fist as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Elbow of blocking arm naturally pointing down
- Pulling arm's hand placed on side of waist

Correct Movement



Deduction Factors (-0.1)



## Outer middle block ( *Momtong bakkat makki* )

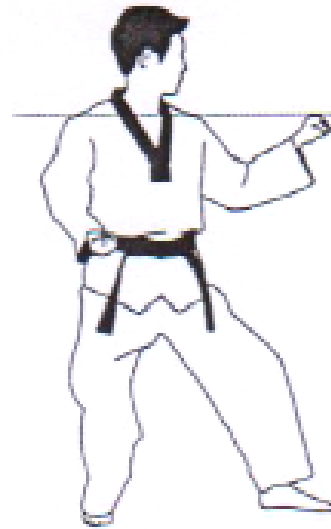
### Preparatory position

- Fist of blocking arm placed near the elbow of pulling arm with fist facing upward
- Pulling arm placed across the chest with fist at shoulder level with fist facing downward

### Final position

- The blocking fist must be directed towards the body with the blade of the arm facing outward
- Tip of the fist as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Elbow of blocking arm naturally pointing down
- Pulling arm's hand placed on side of waist

### Correct Movement



### Deduction Factors (-0.1)



## Single knifehand block ( *Hansonnal makki* )

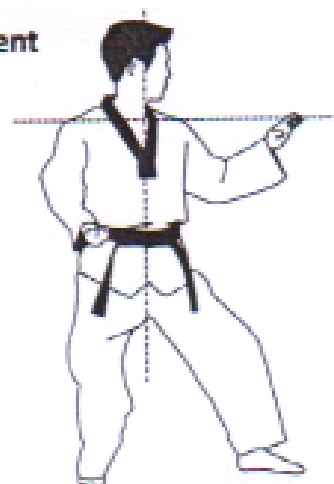
### Preparatory position

- Blocking hand placed near the elbow of the pulling arm in knifehand form with palm facing upward
- Pulling arm placed across the chest with fist facing downward on shoulder area

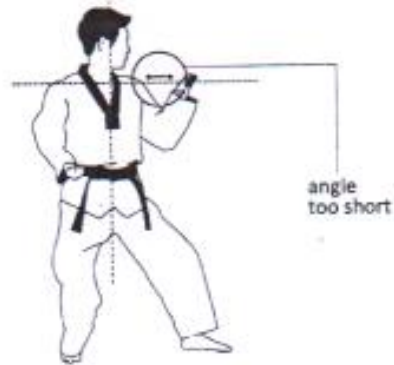
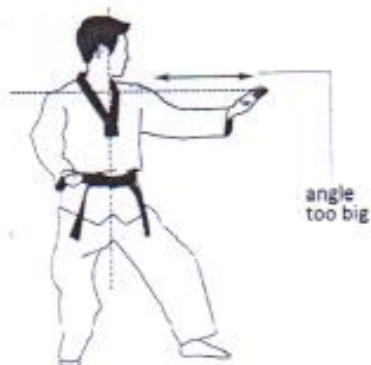
### Final position

- The blocking hand-blade must be directed towards the body with the blade of the arm facing outward
- Tip of the fingers as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Pulling arm's hand placed on side of waist

### Correct Movement



### Deduction Factors (-0.1)





## Knifehand middle block ( *Sonnal makki* )

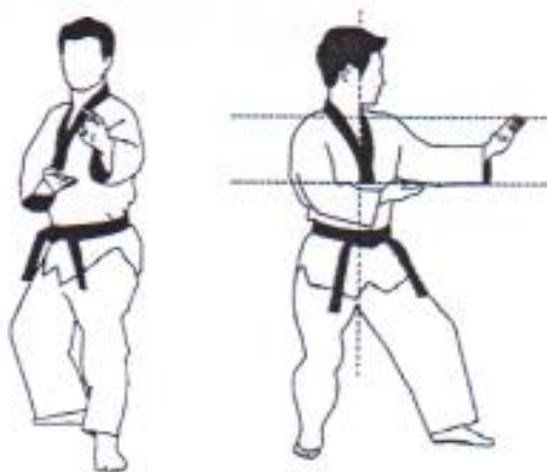
### Preparatory position

- Blocking hand placed over the waist in knifehand form with palm facing upward
- Supporting hand positioned backward in knifehand form and aligned to shoulder height with arm naturally bent

### Final position

- The blocking hand-blade must be directed towards the body with the blade of the arm facing outward
- Tip of the fist as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Assisting arm's hand placed one fist below the solar plexus with wrist aligned to center of the body

### Correct Movement



### Deduction Factors (-0.1)

