

## Anpalmok Momtong Bakkat Makki (Outside Block)

1. Preparatory position (#1): Begin with the blocking fist positioned approximately one fist below the opposite elbow with fingers facing downward. The non-blocking fist is positioned in front of the chest. In this position, the hip and shoulder of the blocking arm rotate forward.
2. Block by moving the blocking wrist in an outward direction, blocking with the inner wrist (below the thumb) (#2). Rotate the hip and shoulder as you execute the block. Simultaneously move the non-blocking fist to the waist with the fingers facing upward.
3. At the control point, the fingers of the fist face inward, with the blocking fist positioned at shoulder level. The blocking elbow is positioned one fist away from the ribs and should be bent 90 - 120 degrees (#3).

**Note:** Rotate both hands to their final position in the last 4 - 6 inches of the technique.



#1



#2



#3