

Momtong Bakkat Makki (Hammer Block)

1. Preparatory position (#1): Begin with the blocking fist positioned approximately one fist below the opposite elbow with fingers facing slightly upward. The non-blocking fist is positioned in front of the chest.
2. Move the blocking wrist in an outward direction to finish with outer wrist (below the little finger) at the inside edge of the shoulder (#2). Rotate the hip and shoulder of the blocking arm 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 outward with the blocking fist 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