

Hand positions for Basic Blocking.

It is very important that all students learn the hand positions for low block and middle block as soon as they start Taekwon-Do. They rely on these hand positions for every hand technique in TKD.

The younger students do struggle with this and it will hold them back from grading, this is to help you.

The following is to help explain the positions for the start of the blocks. Both of these hand positions are for blocks on the **left hand side**. When blocking with the right arm, make sure the start position is corrected.

(The red hand is the reaction hand on both sets of pictures)
 (The blue arm is the **BLOCKING** arm on both sets of pictures)

Low Block Hand Position with the left hand



1. Imagine you have a watch on both wrists.
2. Touch both watch faces **together** at shoulder height
3. Make sure the arm that will do the **Block** is on the inside (closest to your chest)

When doing the block both hands will twist to their finish positions

Middle Block Hand Position with the left hand



1. Imagine you have a watch on both wrists.
2. **LOOK** at both watches
3. Make sure the arm that will do the **block** is on the Outside!!!

When doing the block both hands will twist to their finish positions

~Practice hints~

1. Learn one block on one side at a time.
2. Practice it until you can do 10 blocks in a row correctly before learning the next.
3. Try to get low block and middle block on your left and right side within the first week of your training

