

## Arae Makki (Low Block)

1. Preparatory position (#1): Begin with the blocking fist at the top of the opposite shoulder with fingers of the fist facing the face. The elbow of the blocking hand is neither lifted nor touching the body. The non-blocking fist is positioned forward toward the solar plexus with fingers facing down. In this position, the hip and shoulder of the blocking arm rotate forward.
2. Move the blocking fist down from the shoulder to finish directly above the thigh, fingers facing down, while rotating the hip and shoulder. Simultaneously move the non blocking fist to the waist with the fingers facing upward (#2).
3. At the control point, the blocking hand is a distance of two vertical fists above the thigh (#3).

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

#1



#2



#3

