Momtong Makki (Middle Block)

1. **Preparatory position (#1): Begin with the blocking fist positioned vertically above the elbow. The non-blocking fist is positioned in front of the chest. In this position, the hip and shoulder of the blocking arm rotate forward.**

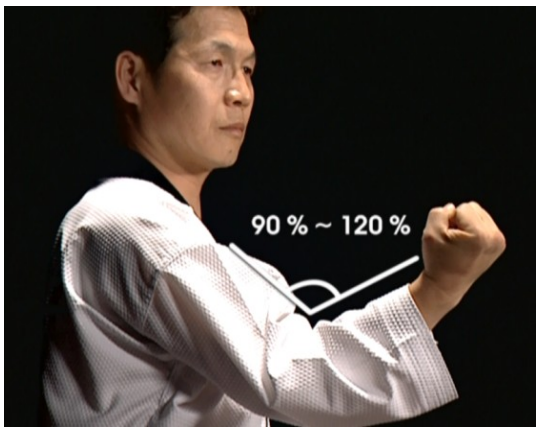
2. **Move the blocking wrist in an inward direction to finish with the outer edge of the wrist (below the little finger) in the center of the body (#2). During the block, the elbow of the blocking arm remains parallel to the floor. Simultaneously move the non-blocking fist to the waist with the fingers facing upward.**

3. **At the control point, the fingers of the fist face the body with the blocking fist positioned vertically 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