

Olgul Makki (High Block)

1. Preparatory position (#1): Begin with the blocking fist positioned approximately one fist below the opposite elbow with fingers of the fist facing slightly upward. The non-blocking fist is positioned forward at the level of the chest with fingers facing out. In this position, the hip and shoulder of the blocking arm rotate forward.
2. Move the blocking wrist up and out to finish with the wrist on the striking line (#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 outward with the blocking wrist positioned vertically one fist distance in front of the forehead (#3).

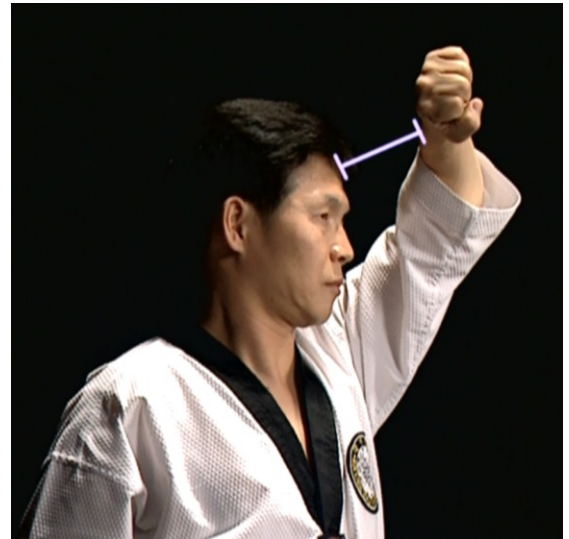
Note: Rotate both hands to their final position in the last 4 - 6 inches of the technique.



#1



#2



#3