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# BASIC PUNCHES KIBON JILEUGI

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	Bases	Ground
	Blocks	Falls
	Strikes	Projections
	Grabs	
	Situations	
	Body	
	Nutrition	
	Weapons	

## CLOSED FIST



## IMPACT ZONE

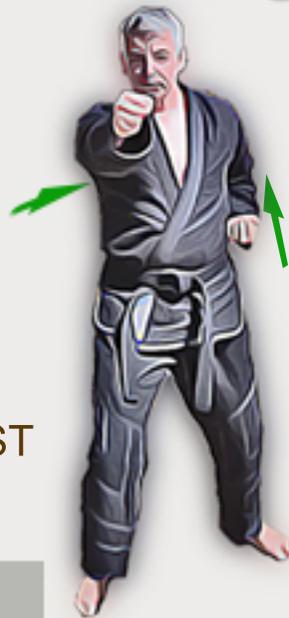


## TARGET AREAS



## Summary

After making a correct closed fist and locked the wrist, the strike can be do with the horizontal or vertical fist in a translation movement which involves both arms. The back of the fist is carried out in a circular motion.



## VERTICAL FIST



## HORIZONTAL FIST



## REVERSE FIST

## Learning

Start by practicing closing fist correctly as shown. Then, practice on the spot giving a horizontal punch by performing a rotation at the end of the movement. Simultaneously your other arm, nudge towards the rear. Work with your hips. Do the same with the vertical fist. Finally, practice the backhand of the fist by describing a circle. Always use both arms. When you master these movements, do them by moving in all directions.

## Key Points

- Correct fist closure
- Wrist lock
- Simultaneous work of both arms using the hips
- Rotation of the fist at the end of the movement
- Impact with the first two phalanges only