



## HOUSE OF DISCIPLINE MARTIAL ARTS GROUP

### *Moo Hap Sool*

## **BLOCKING, PARRYING & REDIRECTION**

### **Makki Gong Kido**

*"As a self defense... Blocking, Parrying and Re-direction of techniques are especially important in arts of Taekwondo and Hapkido. Effective defensive techniques can not only resist and deflect an attack, but also actually turn the attacker's own strength and momentum against them."*

**The Nature of the Blocking Technique** is that it is executed with as much focus and power as that of a punch or a kick. The defender intercepts the attacking limb with a sharp force that would inflict pain or injury to the attacker. Thus, discouraging the attacker from attacking with that limb again. Remember you are protecting your body from serious haem. The fear of being hit is control through the faith that one has in his or her block.

**The Essence of Parrying Technique** is developed into powerful timing, with the ability to "clear the target of attack" without changing the attacker's momentum. Parrying is making the opponent miss what they are striking for, making them leave a opening in which you can capitalize on if that is your desire.

**The Simplicity of Redirection** of an attacking limb is to change its course and either sends it back to the attacker or harnesses the attacker's momentum and energy, then redirects the force back to the source with your own technique.

### **Blocking Basics**

In executing the defensive action, the student must maintain such balance, posture and alertness as to be ready to follow up with another technique, whether it be as a block or a counter-attack.. Majority of the blocking limbs will be fixed on a 45 degrees angle.

There are three basic blocking areas: High Section; Middle Section; Low Section. From these, a martial artist develops seven basic blocks: (1) High Block; (2) Low Block, (3) Middle Outside Block, (4) Middle Inside Block, (5) Middle Forearm Block; (6) Pressing Block and (7) Knife Hand Block. From these seven basic blocks we develop the rest of the Blocking Science.

Grand Master James McMurray, House of Discipline