



## HOUSE OF DISCIPLINE MARTIAL ARTS GROUP

### *Moo Hap Sool*

## HITTING & STRIKING KNOWLEDGE

### Chigi Gong Kido

Since the only defense of the Taekwondo and Hapkido artist is their own body, considerable attention is given to developing the hard areas of the body as striking weapons. Any hard area could be used for this purpose, but I will focus what we consider the 17 major areas of the hands, feet, elbows and knees, because force applied from these areas can most readily be concentrated for greater effects. When a Taekwondo and Hapkido martialist have developed these areas as offensive weapons, techniques are very forceful and can inflict serious injury, they should to be used only to discourage the attack of a stronger person.

Punching, Thrusting and Striking are the three categories used to differentiate the method of attack.

A **PUNCH** is a blow made with the closed fist and moves in a straight line from the chamber to the target and back to the chamber with a snapping motion.

A **THRUST** is a blow whose force is transmitted in a straight line and locks at the extended position for a second, which will allow sustained contact force to trigger trauma in the area of impact.

A **STRIKE** is a blow whose force is transmitted through the arc whether it be a half circle or full circle.

Basic Hitting and Striking in this section is referred to just the hand and arm, The knee, leg and foot will be covered in the Kicking Chapter.

#### **STRIKING WITH THE HAND AND ARM:**

##### **Closed Fist:**

- (1) The Front of the Knuckles
- (2) The Side of the Fist
- (3) The Back of the Knuckles
- (4) The Fore Knuckles

##### **Open Hand:**

- (5) The Finger Tips
- (6) The Side of the Palm
- (7) The Heel of the Palm
- (8) The Inside Ridge of the Hand
- (9) The Elbow

