



### **Taekwondo Basic Blocks - Knife Hand Blocks and Closed Fist Blocks**

**Low** block - Bring the outside of your forearm down (with fist closed) below your waist in order to protect against leg & lower body strikes.

**High** block - Bring the outside of your forearm over your head to protect against high attacks (i.e. axe kicks).

**Inside** block - Bring the outside of your forearm "inside" across your face in order to protect your head from opposite side attacks.

**Outside** block - Bring the outside of your forearm level with your shoulders or head in order to protect your head & upper body. More natural than an inside block as you are bringing your arm "outside" to defend against an attack. See the videos below for an example.

**Outside** forearm block

**Knife** hand block - Rather than a closed fist, you used an "open" hand to block. Useful in order to block and grab an opponent's leg or a wrist.

**Inside** palm block - An almost instinctive block as you try to protect your face, etc. Do an inside block with an open fist (versus a closed fist).

**Downward** palm block - Another instinctive block where you try to block a kick with your palm (an open hand). However, if you do this block incorrectly, your fingers might bend "backwards". Ouch!

**Double** outside block - Protect yourself on two sides.

**Double** low block - Protect yourself from a kick to the groin. Cross your arms into an "X".

**Double** high block - Stronger protection against high attacks. Cross your arms into an "X".

**Double** knife hand block - Used in many forms.