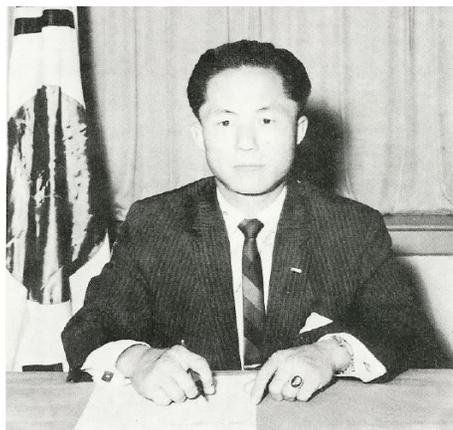


**A 'Fist and Foot'
quick reference guide
to proper hand position-
ing for the 'fist' and the
'knife hand' taken from:**

**"Taekwon-Do -
The Art of Self-
Defense" General Choi
Hong Hi 1965**



Choi Hong Hi - Father of Modern
Tae Kwon Do, circa 1965

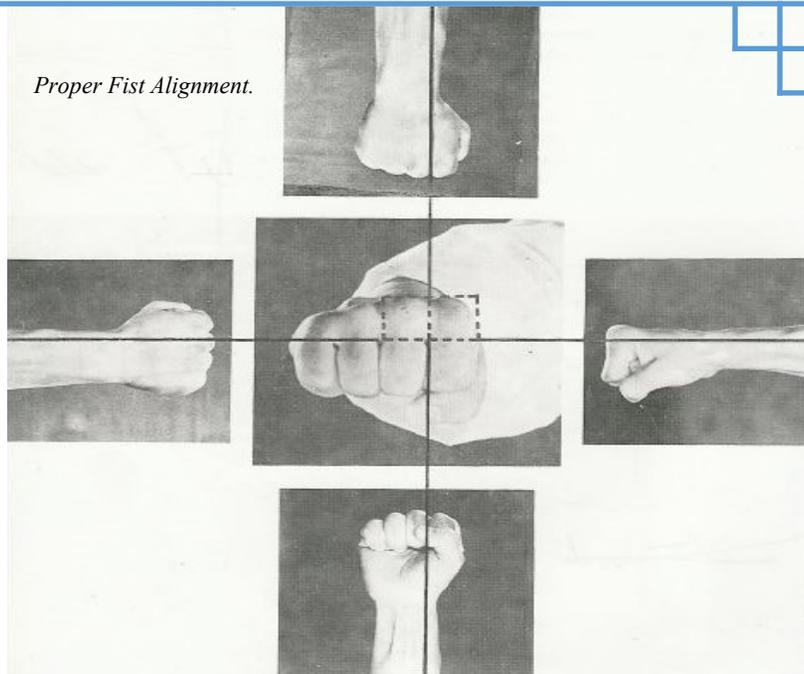
How To Make A Proper Knife-hand:

Press the 4 fingers together bending the middle finger and ring finger slightly inward, and bend the thumb firmly inward leaving some space between forefinger and thumb so that most of the strength is concentrated at the striking point which refers to the two-thirds of the surface from the wrist to the main knuckle of the little finger.

This is another way of forming knife-hand; press the thumb against the forefinger. This is not commendable as it weakens both the knife-hand and fingertips.

* In both cases, the joint of the little finger should not be used due to its weakness.

Proper Fist Alignment.



How To Clench (chinan pop)

1. Open the hand naturally.
2. Roll the fingers tightly.
3. Press the fingers into the palm, starting with little finger at the same time bend the thumb toward inside.
4. Place the thumb on the forefinger and middle finger pressing the forefinger properly.

