Makki–Blocking with Arms, Hands, Fists

Makki (Mak Ghe) refers to using techniques to defend the body from attack. Makki is not used only in defense but with training can also be used as a strike against the attacking object and the opponent’s weak spots simultaneously while blocking. Olgul Makki is from high area above the shoulders to top of head, Momtong Makki is from the shoulders to the waist, and Ahrae Makki is from the waist to the feet. Blocking from the outside in is Ahn Makki or Anuro Makki, blocking from the inside out is Bakkat Makki or Bahkiro Makki. Starting points are from the waist when defending high area, shoulder level to defend the mid-section or trunk, and shoulder level to defend below the waist. Fist begins in opposite of finishing position always rotating through strike. Notice names here are the formal descriptive names different than listed in the terminology section.

The Different Types of Blocking Techniques Used In Tae Kwon Do

Momtong Makki – Trunk or Mid-Section Block: Used to defend torso using outer wrist and forearm. Elbow should be bent to 90 to 120 degrees. Blocking fist should be at shoulder or face level and wrist is kept straight. Opposite fist is draw to waist with equal force as blocking fist. If blocking fist is on the same side as forward leg it is called Momtong Makki. If blocking fist is on opposite side of forward leg it is called Momtong An Makki. With outer blocking the fist end in front of shoulder. When inside blocking the fist end in front of chin.
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Anpalmok Momtong Bakkat Makki – Outside Middle Block: Uses fist and arm to block the mid-section of the body. Blocking fist originates under armpit of opposite arm blocking outward. Fist finishes shoulder or chin height and to outside line of body with back of hand facing outward.

Anpalmok Momtong Bitureo Makki – Reverse side Middle Block: Same as Anpalmok Momtong Bakkat Makki except the blocking arm is opposite leg which is forward.

Anpalmok Momtong Kodureo Makki – Assisted Trunk Block: Forward hand block outward as in outside middle block with the rear fist is mid-section guarding assist position. Also referred to as Sang-Soo Makki.

Arae Makki – Low or Underneath Blocking: Block using the outer fist to block downward. To begin the block lift fist to opposite shoulder level with palm facing cheek. Rotate wrist when striking. Fist end about two fist width above forward knee. Also referred to as Han-Don Makki.
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Arae Yop Makki – Low or Underneath Side Blocking: Using the outside arm and fist to protect the lower side of the body in Juchum Seogi (Horse Stance). Blocking hand finishes about two hands width away from leg as side of body. Opposite hand draws back to opposite side of body at waist height.

Batangson Momtong Nullo Makki – Palm Pressing Block: Raise the blocking hand above shoulder height and then press downward blocking with the palm. Blocking hand finishes in front of the solar plexus about one fist width away from body.

Hansonnal Olgul Bitureo Makki – Outer Hand Knife Blade Blocking: Twist body and use one hand blade to block to outside of body. Hand should finish at face height. In this technique blocking hand is opposite forward leg. Also referred to as Soo-Do Makki.

Hecho Makki – Pushing Block or Outer forearm Block: Begin with arms crossed and left blocking hand forward. End with fist to outer edge of body. Variation are low area with fist ending just above thighs, and mid-section block with palms facing inward or outward. Also referred to as Mil-Chu Makki.
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Hecho Santeul Makki – Pushing Wide Open Block: Cross fist in front of solar plexus and block by pushing fist outward to opposite sides. Finish with fist at temple level protecting face with backs of fist facing outwards.

Kodureo Arae Makki – Assisted Underneath or Low Blocking: To begin, palm of blocking fist should face the head above the shoulder and the opposite arm is extending back with palm facing downward. Finish with blocking fist in front of the thigh about two fist width away. Fist of assisting arm should finish in front of solar plexus.

Momtong Bakkat Makki – Out Trunk (Mid-Section) Block: Outer Forearm Blocking. Start with blocking fist under opposite elbow. Extend fist to outside edge of body with elbow pointed toward floor, palm facing forward. Forearm rotates into neutral position with bone edge of arm as blocking surface.

Momtong Kodureo Makki – Assisted Trunk (mid-Section) Block: Similar to Momtong Bakkat Makki only with opposite hand rotated to center just in front of solar plexus, with palm facing up. The assisting fist should not touch the body. Similar to Sonnal Makki except with closed fist.
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Olgul Makki – Face or High Block: Uses the outer forearm to block the face and head. The blocking arm begins beneath the elbow of the opposite arm. Blocking arm raises up in front of non-blocking arm and end with center of wrist in front of the forehead about a fist width away from the head. In finished position the blocking arm is on an angle to deflect the strike.

Sonnaldeung Momtong Makki – Hand Blade Blocking: Start with the back of the blocking hand facing up while the other hand is facing the body. The palm of the other hand faces the body with the back of the hand of the assisting block facing up with the wrist in front of the solar plexus.

Olgul Kodureo Yop Makki – Assisting Side Blocking: Uses the fist and forearm to protect the face. The palm of the blocking hand faces the face while the assisting palm faces down. The fist of the assisting block stops in front of the chest at the height of the elbow of the blocking arm. The fist of the blocking hand should be at face level.

Otegoreo Makki – Cross or X-Blocking: Cross your wrist and make the back hands face each other. The arm on the side of the forward leg should be under the other arm. Start at the waist on the opposite side of the leg that is forward. This move can be done with fist or hand blades.
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*Sonnal Arae Makki* – Hand Blade Lower Body Blocking: Begin with palm of lower hand face the face and the other hand behind body at shoulder height with palm facing downward. Lower blocking hand ends in front of the forward leg about two fists width in front of knee. The assisting hand stops in front of body with center of wrist in front of solar plexus. The hand blade should not be touching the body.

*Sonnal Momtong Makki* – Hand Blade Blocking: Uses the hand blades to block the torso of the body. The palm of the front hand faces outward on a slight angle with the finger tips at shoulder level. The hand of the assisting block has the palm facing up without the hand blade touching the body. Begin with hands behind body at shoulder level. The palm of the front hand faces the face while the other faces downward.

**Teuksu Makki**

The following section demonstrates alterations to previous techniques utilizing both arms for double blocking or striking, or in assistance to each other. The assisting arm is sometimes used simply as additional blocking or as support of blocking/striking arm by stabilizing the elbow.

Teuksu Makki, or Compound Blocking uses at least two body parts to block such as wrist, hand blade, or fists together. Arms are generally used in counter motion to generate force when blocking and striking. Wrist will always rotate into finish position, also to generate force and safeguard structure of joints by engaging muscles and tendons before impact. Always remember that blocks are strikes, intended to disable the attack while defending various parts of the body.
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**Santuel Makki** – Double Fist Wide Open Blocking: In the blocking position the wrist of the blocking hands are at face level with palms facing inward. Begin by twisting body back toward one side. The fist of the blocking side is drawn back with the palm facing outward. The opposite hand is palm facing downward. Twist body into blocking position into Juchum Seogi.

**Wesanteul Makki** – Single Fist Wide Open Blocking: The lower blocking arm is at the side of forward leg. The upper block arm has fist at face level with the palm facing inward. The technique begins with upper blocking hand at waist with palm downward. The lower blocking hand begins above shoulder with palm facing the head as in Arae Makki (down block).

**Sonnal Wesanteul Makki** – Single Open Hand Wide Open Blocking: Same as Wesanteul Makki except with open hands, blocking with hand blades. Finger tips of blocking hand are at the top of head level.

**Kawi Makki** – Scissors Blocking: Lower blocking hand starts as Arae Makki and the opposite hand starts at the waist with palm downward. Finish as Arae Makki and Anpalmok Momtong Bakkat Makki.
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Hwangso Makki – Bull Blocking: Both fists protect the face simultaneously. Raise the fists up from the waist together with the palm facing up. Twist the wrists so the back of the fists face the forehead with about one fist width between fists.

Sonbadok Kodureo Bakkat Makki – Palm Assisting Outer Block: Similar to Anpalmok Momtong Bakkat Makki except with finger tips of the opposite hand against the wrist of the blocking hand.

Keumgang Makki – Diamond Blocking: Composed of downward blocking and head blocking. The lower hand starts at starting point of Arae Makki and the starting point for the upper arm is the same as Ogul Makki. Finish positions for both are same as Arae Makki and Ogul Makki respectively.

Sonnal Keumgang Makki – Hand Blade Diamond Blocking: Same method as Keumgang Makki except the fist is replaced with the hand blade.
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**Arae Pyojeok Makki** – Underneath Target Blocking: Inner block the target palm with the inner wrist of the striking arm. The thumb of target hand is under the fist of striking fist with the four fingers over back of striking fist.

**Kkureo Olligi** – Drawing Up Block: Open the arms slightly toward the side with palms facing downward rotate towards center while drawing up from the bottom. Rotate palm of forward fist towards body and rotate palm of opposite fist upward. Leave about one fist width of forward fist between body and fist.

**Batangson Momtong Makki** – Palm Hand Trunk Blocking: With open hand, use the palm of the hand to protect the center of body. The wrist should be bent. In starting position blocking hand draws back with palm facing forward. Opposite hand extends forward in a counter motion. Blocking hand rotates inward. Opposite hand draws to waist with palm upward.

**Batangson Kodureo Momtong Makki** – Palm Hand Assisted Blocking: Same technique as Batangson Momtong Makki except finish with back of fist of opposite arm under the elbow of blocking arm.