Elbow strike (Palkup yop chigi)

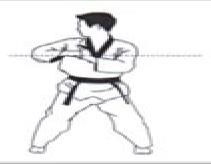
Preparatory position

 Striking arm is positioned across the waist (fist facing the body) and the knuckles of the fist rested on the palm of the supporting hand

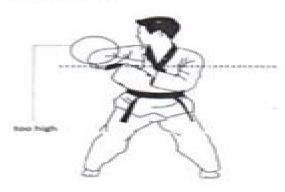
Final position

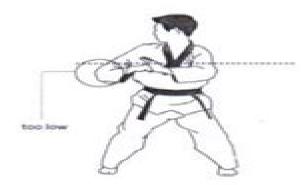
- Attack sideways by twisting the striking arm together with the supporting hand towards the target. Fist of striking arm facing downward and fingers of supporting hand naturally angled upward.(fingers together)
- Is usually done with riding stance

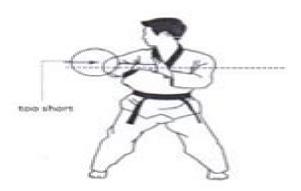
Correct Movement



Deduction Factors (-0.1)







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Didier Musso



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