#### Elbow strike ( Palkup yop chigi )

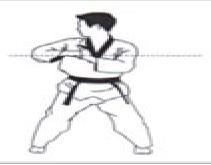
#### Preparatory position

 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

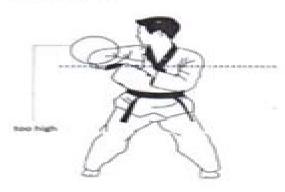
#### Final position

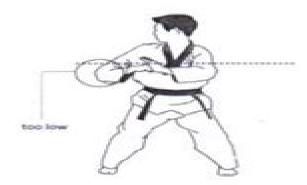
- Attack sideways by twisting the striking arm together with the supporting hand towards the target. Fist of striking arm facing downward and fingers of supporting hand naturally angled upward.(fingers together)
- Is usually done with riding stance

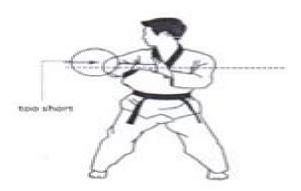
#### Correct Movement



#### Deduction Factors (-0.1)







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