



**GM Taejoon Lee**



**HWA RANG DO** <sup>®</sup>

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Hwa Rang Do



*Hwa Rang Do® signature  
move: INSIDE CIRCLE-UNDER  
C-LOCK*

The inside circle-under C-lock can be found in numerous martial arts and in many movies. A dynamic, effective and often misunderstood technique, it is a signature move in Hwa Rang Do® and requires some detailed examination. You can start to study this technique from the Tae Soo Do® Brown Belt (Tae Soo Do® is the undergraduate program to access the more complex Hwa Rang Do®).



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**L**et's start to analyze the grip: the two hand thumbs-crossed grip. It is not complex, both hands grab the opponent's hand, with the four fingers in front and the thumbs crossed over each other on the back. No special angles are applied with the grip itself. Pressure is put on the wrist only when you rotate under the opponent's arm for the takedown.

To execute the takedown after acquiring the mentioned grip (both of your hands are on his right hand), step out with your right foot, then step through with your left as you whip your opponent's arm overhead in a large counterclockwise arc. Once your left foot touches down, it is essential that you drop to your left knee to tighten the torque on his wrist (you have to use your weight to attack the wrist).

By dropping his arm, you prevent your opponent from spinning underneath and out of your lock. As long as you have the proper angle and the correct grip, it is very



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花郎道 太手道

HWA RANG DO

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## Korean Styles

easy to apply pressure on the pinkie knuckle with a slight twist and take your opponent to the ground and/or dislocate the wrist.

A common mistake is to pull the arm laterally. You have to push downward instead, and maintain constant pressure on the wrist. If the arm straightens and the 90-degree angle is compromised, just twist the wrist inward and toward your opponent and the angle will be easily reacquired. Also, while spinning under the arm, avoid standing too high with your back arched and your hands behind your head, as this will weaken

your balance and give your opponent the opportunity to spin out of the hold.

The inside circle-under c-lock is a very effective technique that allows you to dislocate the opponent's wrist or take the opponent down even if you're lighter than him. The reason is easy to understand, you can concentrate all of your weight on a single point: the wrist itself.

This Hwa Rang Do® principle is very important in our lives too. We all have problems, usually many problems, and the best strategy to face them is starting from one and try

to solve it in the best way as possible, with all of our energy. If we try to solve too many problems together the consequence is usually that we are not able to improve our situation.

**About the author: Hwa Rang Do® Head Instructor, Lieutenant Colonel of the Italian Military Police Force (Carabinieri) and Engineer Marco Mattiucci is the Chief of the Italian Branch of the World Hwa Rang Do® Association and one of the main followers of Grandmaster Taejoon Lee.**



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Hwa Rang Do



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HWA RANG DO®:  
A legacy of Loyalty, Relentlessly  
seeking Truth, Empowering Lives,  
Serving Humanity*



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