

Jumeok (fist)

A strong fist translates directly into **strong punches and strong blocks**. A weak or poorly formed fist weakens your punch and can also lead to injury.

A Taekwondo applied Jumeok is a simple form of fist clenching the fingers firmly folding into the palm and only the first-joint parts of the first finger and middle finger are used for the punching.

Precautions:

The fist should not be bent at the wrist but kept on a straight line.

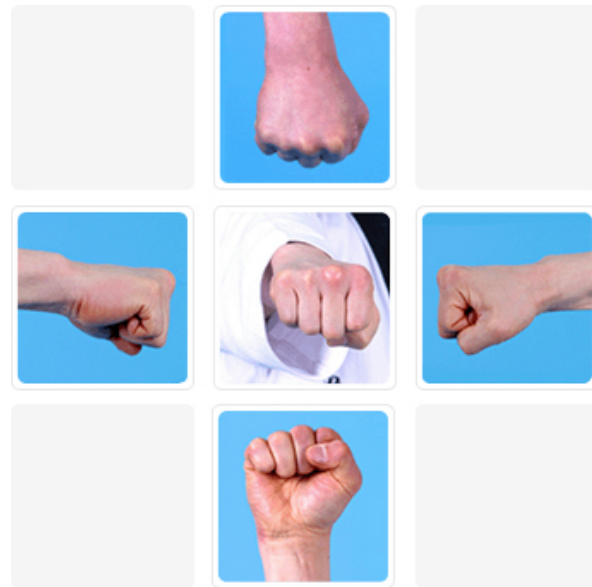
An extended line in between the knuckles of the forefinger and the middle finger must be kept on a straight line with the forearm.

Different types of Jumeok usage in Taekwondo Techniques:

Jumeok (fist)

Deungjumeok (Back Fist)

Mejumeok (Hammer Fist)



Stretching

Stretching is the deliberate lengthening of muscles in order to increase muscle flexibility and joint range of motion. Stretching activities are an important part of any exercise or rehabilitation program. They help warm the body up prior to activity thus decreasing the risk of injury as well as muscle soreness.

The benefits of stretching are many and have been proven through various studies over time. Stretching benefits people of all ages, and is intended for the young as well as the elderly population.

1. Increased flexibility and joint range of motion:

Flexible muscles can improve your daily performance. Tasks such as lifting packages, bending to tie your shoes or hurrying to catch a bus become easier and less tiring. Flexibility tends to diminish as you get older, but you can regain and maintain it.

2. Improved circulation:

Stretching increases blood flow to your muscles. Blood flowing to your muscles brings nourishment and gets rid of waste byproducts in the muscle tissue. Improved circulation can help shorten your recovery time if you've had any muscle injuries.

3. Better posture:

Frequent stretching can help keep your muscles from getting tight, allowing you to maintain proper posture. Good posture can minimize discomfort and keep aches and pains at a minimum.

4. Stress relief:

Stretching relaxes tight, tense muscles that often accompany stress.

5. Enhanced coordination:

Maintaining the full range-of-motion through your joints keeps you in better balance. Coordination and balance will help keep you mobile and less prone to injury from falls, especially as you get older.

Proper Stretching Technique

It is essential to practice proper stretching techniques. Doing so will allow you to avoid any unnecessary injury.

Tips to proper stretching technique include the following:

1. Warm up first:

Stretching muscles when they're cold increases your risk of pulled muscles. Warm up by walking while gently pumping your arms, or do a favorite exercise at low intensity for five minutes.

2. Hold each stretch for at least 30 seconds:

It takes time to lengthen tissues safely. Hold your stretches for at least 30 seconds — and up to 60 seconds for a really tight muscle or problem area. That can seem like a long time, so wear a watch or keep an eye on the clock to make sure you're holding your stretches long enough. For most of your muscle groups, if you hold the stretches for at least 30 seconds, you'll need to do each stretch only once.

3. Don't bounce:

Bouncing as you stretch can cause small tears (micro-tears) in the muscle, which leave scar tissue as the muscle heals. The scar tissue tightens the muscle even further, making you even less flexible — and more prone to pain.

4. Focus on a pain-free stretch:

If you feel pain as you stretch, you've gone too far. Back off to the point where you don't feel any pain, then hold the stretch.

5. Relax and breathe freely:

Don't hold your breath while you're stretching

6. Stretch both sides:

Make sure your joint range of motion is as equal as possible on each side of your body

7. Stretch before and after activity:

Light stretching after your warm-up followed by a more thorough stretching regimen after your workout is your best bet
