

Stances (Sogi)

Parallel Ready – Narani Chumbi
Attention – Cheryiot
Closed Ready – Moa Chumbi sogi
Walking – Gunnun So
Sitting – Annun So
L-Stance – Niunja So
Fixed – Gojung Sogi
Bending Ready – Goburyo sogi
Vertical stance – Soojik sogi
Rear Foot – Dwit Bal so
X-stance – Kyocha sogi
One Leg – Whebal Sogi
Low/Long – Nachuo sogi
Horizontal – Soopjong sogi
Diagonal – Sasun sogi

Heavenly Hands – Han Sol Sil

Kicks (Chagi)

Front Kick – Ap Chagi
Front Snap Kick – Ap cha busigi
Front rising kick – Ap cha olligi
Side piercing kick – Yop cha jirugi
Side rising kick – Yop cha olligi
Side pushing kick – Yop cha
Side Thrusting kick – Yop cha tulgi
Turning kick – Dollyo chagi
Twisting kick – Bituro chagi
Axe (Downward) kick – Naeryo chagi
Back kick – Dwit chagi
Back piercing kick – Dwitcha jirugi
Hooking kick – Golcha chagi
Pressing kick – Noollo chagi
Stamping kick – Cha Bapgi
Knee kick – Morup chagi
Front Checking kick – Ap cha momchugi
Side checking kick – Yop cha momchugi
Vertical kick – Sewo chagi
Crescent kick – Bandal chagi
Sweeping kick – Suroh chagi
Waving kick – Doro chagi
Pick Shape kick – Gokaengi chagi
Dodging Kick – Pihamyong Chagi
2 Directional kick – Sangbang chagi

Punches [Jirugi]

Front fist punch – ap joomuk jirugi
Side punch – Yop jirugi
Twin Vertical Punch – Sang Sewo Jirugi
Twin upset punch – Sang dwijibo
Angle punch – Giocja jirugi
Turning punch – Dollyo Jirugi
Horizontal punch – Soopjong jirugi

Strikes [Terigi]

Knifehand – Sonkal
Palm Heel strike – Sonbadak
Double Finger strike – Doo Songarak terigi
Outward Cross cut – Bakuro Ghutgi

Thrusts [Tulgi]

Flat fingertip thrust – opun sonkut tulgi
Side elbow thrust – Yop palkup tulgi

Blocks

Guarding block – Daebi maki
Inner forearm block – Ann palmok maki
Outer forearm block – Bakat Palmok maki
Rising block – chookyo maki
Double forearm block – Doo palmok maki
Waist block – Hori maki
Twin block – Sang maki
Palm waist block – Sonbadak Hori maki
Palm press block – Sonbadak noollo maki
Palm hook block – Sonbadak golcha maki
U-shape block – Digtja maki
U-shape grasp – Digtja jaji
9-shape block – Gutja maki
Wedging block – Hechyo maki
Checking – Momchau maki
Circular – Dollimyo maki
Pressing block – Noollo maki
Pushing block – Miro maki
Scooping block – Duro maki
Downward block – Naeryo maki
Luring block – Yuin maki

Distances/Directions

High - Napunde
Middle – Kaundae
Low – Najunde

Front - Ap
Side - yop
Back - dung
Inward - Anuro
Outward – Bakuro
Upset – dwijibo
Open – pyon
Vertical – sewo
Downward – naeryo
Upward – ollyo
Circular – dollimyo
Horizontal - Soopyong
Obverse - Baro
Reverse – Bandae
Jumping - Twigi
Flying – Twimyo
Sliding - Mikulgi
Grab – Japji
Grasping - Butjaba

Upper Body Parts

Knifehand – Sonkal
Reverse Knifehand – Dung Sonkal
Elbow – palkup
Arc-hand – Bandal son
Forefist – Ap joomok
Side fist – yop joomuk
Back fist – dung joomuk
Open fist – pyon joomok
Bear Hand – Gomson
Foreknuckle fist – Inji Joomok
Mid-knuckle – Joongji joomok
Finger tip - songarak

Lower Body Parts

Ball of foot – Apkumchi
Toes – Balkut
Foot sword edge - balkal
Instep – Baldung
Foot sole – Bal badak
Back sole – dwitkumchi
Back heel - dwitchook
Knee - Moorup