

Stances (Sogi)

Parallel Ready –
Attention –
Closed Ready –
Walking –
Sitting –
L-Stance –
Fixed –
Bending Ready –
Vertical stance –
Rear Foot –
X-stance –
One Leg –
Low/Long –
Horizontal –
Diagonal –

Heavenly Hands-

Kicks (Chagi)

Front Kick –
Front Snap Kick –
Front rising kick –
Side piercing kick –
Side rising kick –
Side pushing kick –
Side Thrusting kick –
Turning kick –
Twisting kick –
Axe (Downward) kick –
Back kick –
Back piercing kick –
Hooking kick –
Pressing kick –
Stamping kick –
Knee kick –
Front Checking kick –
Side checking kick –
Vertical kick –
Crescent kick –
Sweeping kick –
Waving kick –
Pick Shape kick –
Dodging Kick –
2 Directional kick –

Punches [Jirugi]

Front fist punch –
Side punch –
Twin Vertical Punch –
Twin upset punch –
Angle punch –
Turning punch –
Horizontal punch –

Strikes [Terigi]

Knifehand –
Palm Heel strike –
Double finger strike –

Thrusts [Tulgi]

Flat fingertip thrust –
Side elbow thrust –

Blocks

Guarding block –
Inner forearm block –
Outer forearm block –
Rising block –
Double forearm block –
Waist block –
Twin block –
Palm waist block –
Palm press block –
Palm hook block –
U-shape block –
U-shape grasp –
9-shape block –
Wedging block –
Checking –
Circular –
Pressing block –
Pushing block –
Scooping block –
Downward block –
Luring block –

Distances/Directions

High -
Middle –
Low –

Front -
Side -
Back -
Inward -
Outward –
Upset –
Open –
Vertical –
Downward –
Upward –
Circular –
Horizontal -
Obverse -
Reverse –
Jumping -
Flying –
Sliding -
Grab –
Grasping -

Upper Body Parts

Knifehand –
Reverse Knife Hand –
Palm -
Elbow –
Arc-hand –
Forefist –
Side fist –
Back fist –
Open Fist –
Bear Hand –
Fore knuckle Fist –
Mid-Knuckle Fist –
Fingertip -

Lower Body Parts

Ball of foot –
Toes –
Foot sword edge -
Instep –
Foot sole –
Back sole –
Back heel -
Knee -