**Parts of the Body**

Heaven Hands Hanul Son
Under Forearm Mit Palmok
Upset Finger Tips – Dwijibun Sonkut

Side Sole – Yop Bal Badak
Arc Hand – Bandal Son

**Basic Movements**

9 Shape Block – Gutja Makgi

Middle Knuckle Punch – Joongi Joomuk Jirugi

Double Side Elbow Thrust – Jau Palkup Tulgi

Double Finger Thrust – Doo Songarak Tulgi

Cross Cut with Flat Fingertips – Ghutgi Opun Sonkut

Reverse Foot Sword – Balkal Dung

Pushing Block – Miro Makgi
Waving Kick – Doro Chagi

Front Pushing Kick – Ap Cha Milgi

 U-Shaped Grasp – Digutja Japgi
Double Arc Hand Block – Doo Bandal Son Makgi
Scooping Block – Duro Makgi
Horizontal Punch – Soopyong Jirugi
Grabbing – Butjaba
Sliding – Mikulgi
U Shaped Punch – Digutja Jirugi

Reverse Knife Hand – Sonkal Dung
Straight Elbow – Sun Palkup

Instep – Baldung

Sliding – Mikulgi
Upward Block – Ollyo Makgi
Upward Punch – Ollyo Jirugi
Vertical Kick – Sewo Chagi
Twisting Kick – Bituro Makgi
Twin Foot Kick – Sang Bal Chagi
Flying High Kick – Twimyo Nopi Chagi

W Shaped Block – San Makgi

U Shaped Block – Digutja Makgi
Twin Straight Forearm Block –  Sang Sun Palmok Makgi
Twin Upset Punch – Sang Dwijibo Jirugi
Upper Elbow Strike – Wi Palkup Taerigi
Back Kick –  Dwit Chagi
Pressing Kick – Noollo Chagi
Side Thrust Kick – Yop Cha Tulgi
Reverse Turning Hooking Kick – Bandae Dollyo Goro Chagi
Consecutive Kick – Yonsok Chagi

Hooking Block – Golcho Makgi
Grasping Block – Butjaba Makgi
X Fist Pressing Block – Kyocha Nollo Makgi
Upward Palm Block – Ollyo Sonbadak Makgi
Flat Finger Tip Thrust – Opun Sonkut Tulgi
Twin Vertical Punch – Sang Sewo Jirugi
Crescent Kick – Bandal Chagi

Circular Block – Dollymio Makgi
Waist Block – Hori Makgi
Palm Pushing Block – Sonbadak Miro Makgi
Reverse Knife Hand Strike – Sonkal Dung Taerigi
Release Move – Jappyosol Tae
Straight Spear Finger Thrust – Sun Sonkut Tulgi
Side Piercing Kick – Yop Cha Jirugi

Twin Forearm Block – Sang Palmok Makgi
Side Piercing Kick – Yop Chajirugi

Front Snap Kick – Ap Chabusigi

**Stances**

Warrior Stance – Moosa Sogi
Diagonal Stance – Sasun Sogi

One Leg Stance – Wae Bal Sogi

Rear Foot Stance – Dwit Bal Sogi
Low Stance – Nachuo Sogi

**Misc**

3 Step Sparring Sambo Matsoki

2 Step Saprring Ibo Matsoki

1 Step Saprring Ilbo Matsoki

Semi Free Sparring Ban Jayoo Matsoki

Free Sparring

Obverse Punch Baro Jirugi

Checking Block Momchau Makgi

BTC Formed 1988

TAGB August 1983

TKD International November 1993

Outward Bakaero

Outside Bakat