**Terminology**

Below is a list of terminology suitable for students up to blackbelt. Don’t panic, I know it looks daunting but it’s not as bad as it looks.

The trick is to remember the body parts, then the techniques ie strikes (taerigi), thrusts (tulgi) punches (jirigi) etc. and then directions such as upward (ollyo) and downward (naeryo). That will enable you to bolt the words together so for downward knifehand strike it will be naeryo sonkal taerigi, inward forearm block is annaero palmok makgi and so on.

**Parts of the Body**

Upset Finger Tips – Dwijibun Sonkut

Side Sole – Yop Bal Badak  
Arc Hand – Bandal Son

Ball of Foot Ap Kumchi

Heel Dwitch Hook

Inside of Foot Balkal

Outside of Foot (foot Sword) Baldung

Reverse Foot Sword – Balkal Dung

Front of fist (fore fist) Ap Joomuk

Back Fist Dung Joomuk

Side Fist Yop Joomuk

Elbow Palkup

Forearm Palmok

Inner Forearm An Palmok

Outer Forearm Bakat Palmok

High Body Section Nopunde

Middle Section Kaunde

Low Section Nojunde

Head Mori

Knee Moorup

Palm San Badak

Reverse Knifehand Sonkal Dung

Knifehand Sonkal

Finger Tips Sonkut

Waist Hori

**Basic Movements**

Double Side Elbow Thrust – Jau Palkup Tulgi

Double Finger Thrust – Doo Songarak Tulgi

Cross Cut with Flat Fingertips – Ghutgi Opun Sonkut

U-Shaped Grasp – Digutja Japgi  
Horizontal Punch – Soopyong Jirugi  
Grabbing – Butjaba  
Sliding – Mikulgi  
U Shaped Punch – Digutja Jirugi

Reverse Knife Hand – Sonkal Dung  
Straight Elbow – Sun Palkup

Sliding – Mikulgi  
Upward Punch – Ollyo Jirugi

Twin Upset Punch – Sang Dwijibo Jirugi  
Upper Elbow Strike – Wi Palkup Taerigi  
Flat Finger Tip Thrust – Opun Sonkut Tulgi  
Twin Vertical Punch – Sang Sewo Jirugi  
Reverse Knife Hand Strike – Sonkal Dung Taerigi  
Release Move – Jappyosol Tae  
Straight Spear Finger Thrust – Sun Sonkut Tulgi

**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

Walking Stance - Gunnan Sogi

Sitting Stance - Annan Sogi

L Stance Stance -

**Misc**

3 Step Sparring Sambo Matsoki

2 Step Saprring Ibo Matsoki

1 Step Saprring Ilbo Matsoki

Semi Free Sparring Ban Jayoo Matsoki

Free Sparring Jayoo Matsoki

Obverse Punch Baro Jirugi

Checking Block Momchau Makgi

BTC Formed 1988

TAGB August 1983

TKD International November 1993

Outward Bakaero

Outside Bakat

**Kicks**

Vertical Kick – Sewo Chagi

Back Kick –  Dwit Chagi  
Side Kick – Yop Chagi

Turning Kick Dollyo Chagi

Reverse Turning Kick Bandae Dollyo Chagi

Reverse Turning Hooking Kick – Bandae Dollyo Goro Chagi  
Consecutive Kick – Yonsok Chagi

Crescent Kick – Bandal Chagi

Front Snap Kick – Ap Chabusigi

Flying High Kick – Twimyo Nopi Chagi

Axe Kick Naeryo Chagi

**Blocks**

Double Arc Hand Block – Doo Bandal Son Makgi  
Scooping Block – Duro Makgi  
Upward Block – Ollyo Makgi  
W Shaped Block – San Makgi

U Shaped Block – Digutja Makgi  
Twin Straight Forearm Block –  Sang Sun Palmok Makgi  
Hooking Block – Golcho Makgi  
Grasping Block – Butjaba Makgi  
X Fist Pressing Block – Kyocha Nollo Makgi  
Upward Palm Block – Ollyo Sonbadak Makgi

Circular Block – Dollymio Makgi  
Waist Block – Hori Makgi  
Palm Pushing Block – Sonbadak Miro Makgi  
Twin Forearm Block – Sang Palmok Makgi  
Pushing Block – Miro Makgi