**Parts of the Body**

Heaven Hands Hanul Son  
Under Forearm Mit Palmok  
Back Forearm Dung Palmok

Upset Finger Tips – Dwijibun Sonkut

Side Sole – Yop Bal Badak  
Arc Hand – Bandal Son  
Side Fist –  Yop Joomuk

**Basic Movements**

U-Shaped Grasp – Digutja Japgi  
Double Arc Hand Block – Doo Bandal Son Makgi  
Scooping Block – Duro Makgi  
9 Shape Block – Gutja Makgi  
Middle Knuckle Punch – Joongi Joomuk Jirugi  
Horizontal Punch – Soopyong Jirugi  
Double Side Elbow Thrust – Jau Palkup Tulgi  
Grabbing – Butjaba  
Sliding – Mikulgi  
U Shaped Punch – Digutja Jirugi

Side Fist – Yop Joomok  
Reverse Knife Hand – Sonkal Dung

Double Finger Thrust – Doo Songarak Tulgi  
Cross Cut with Flat Fingertips – Ghutgi Opun Sonkut  
Straight Elbow – Sun Palkup

Instep – Baldung  
Reverse Foot Sword – Balkal Dung

Sliding – Mikulgi  
Flying – Twimyo  
Pushing Block – Miro Makgi  
Upward Block – Ollyo Makgi  
Upward Punch – Ollyo Jirugi  
Downward Punch – Naeryo 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  
Upper Elbow Strike – Wi Palkup Taerigi  
Waving Kick – Doro Chagi  
Flying Kick – Twimyo Chagi  
Front Pushing Kick – Ap Cha Milgi

X-Block – Kyocha Makgi  
Pressing Block – Noollo Makgi  
Downward Block – Naeryo Makgi  
U Shaped Block – Digutja Makgi  
Twin Straight Forearm Block –  Sang Sun Palmok Makgi  
Turning Punch – Dollyo Jirugi  
Twin Upset Punch – Sang Dwijibo Jirugi  
Upper Elbow Strike – Wi Palkup Taerigi  
Downward Kick – Naeryo Chagi  
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

Double Forearm Block – Doo Palmok Makgi  
Hooking Block – Golcho Makgi  
Grasping Block – Butjaba Makgi  
X Fist Pressing Block – Kyocha Nollo Makgi  
Upward Palm Block – Ollyo Sonbadak Makgi  
Twin Knife Hand Block – Sang Sonkal Makgi  
Upset Punch –  Dwijibo Jirugi  
Flat Finger Tip Thrust – Opun Sonkut Tulgi  
Twin Vertical Punch – Sang Sewo Jirugi  
Hooking Kick – Golcho Chagi  
Crescent Kick – Bandal Chagi

Circular Block – Dollymio Makgi  
Hooking Block – Golcho Makgi  
Waist Block – Hori Makgi  
Palm Pushing Block – Sonbadak Miro Makgi  
Vertical Punch – Sewo Jirugi  
Side Punch – Yop Jirugi  
Reverse Knife Hand Strike – Sonkal Dung Taerigi  
Reverse Side Kick Bandae Yop Chagi  
Reverse Turning Kick Bandae Dollyo Chagi

Wedging Block – Hechyo Makgi  
Release Move – Jappyosol Tae  
Straight Spear Finger Thrust – Sun Sonkut Tulgi  
Side Piercing Kick – Yop Cha Jirugi

Knife Hand Guarding Block – Sonkal Daebi Makgi  
Twin Forearm Block – Sang Palmok Makgi  
Inward Outer Forearm Block – Anaero Bakat Palmok Makgi  
Back Fist Strike – Dung Joomuk Taerigi  
Front Back Fist Strike – Ap Dung Joomuk Taerigi  
Turning Kick – Dollyo Chagi  
Side Piercing Kick – Yop Chajirugi

Rising Block – Chookyo Makgi  
Forearm Guarding Block – Palmok Daebi Makgi  
Knife Hand Strike – Sonkal Taerigi  
Double Punch – Doo Jirugi  
Front Snap Kick – Ap Chabusigi  
Kick – Chagi

**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