**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