

Additional Terminology

Words Often Used In the Training Hall.

Hana
Dul
Set
Net
Ta sut
Ya sut
Ilgup
Ya dul
A hop
Yaul
Charyot
Kyong Ye
Junbi
SiJak
Goman
Haechyo
Tiro Toro
Nagagi
Duruogi
Baro
Swiyo
Haesan

Stances

Attention Stance
Parallel Stance
Sitting Stance
Walking Stance
L-Stance
Fixed Stance
Bending Stance
X-Stance
Rear Foot Stance
Low Stance
Vertical Stance
Diagonal Stance
Warrior Stance
One Leg Stance
Crouched Stance
Open Stance

FOOT TECHNIQUES

Attack Techniques

Front Snap Kick
Side/Front Snap Kick
Turning Kick
Side Turning Kick
Side Piercing Kick
Side Thrusting Kick
Side Pushing Kick
Back Piercing Kick
Back Pushing Kick
Back Snap Kick

One
Two
Three
Four
Five
Six
Seven
Eight
Nine
Ten
Attention
Bow
Ready
Start
Stop
Break
Turn Around
Forward
Backward
Return
Relax
Class Dismissed

Sogi

Charyot Sogi
Narani Sogi
Annun Sogi
Gunnun Sogi
Nuinja Sogi
Gojung Sogi
Goburyo Sogi
Kyocho Sogi
Dwitbal Sogi
Nachuo Sogi
Soo Jik Sogi
Sasun Sogi
Moosa Sogi
Waebal Sogi
Oguryo Sogi
Palja Sogi

Bal Gisool

Gong Gyok Gi

Ap Cha Busigi
Yobap Cha Busigi
Dollyo Chagi
Yop Dollyo Chagi
Yop Cha Jirugi
Yop Cha Tulgi
Yop Cha Milgi
Dwitcha Jirugi
Dwitcha Milgi
Dwitcha Busigi

Reverse Turning Kick
Reverse Hooking Kick
Downward Kick
Pick Shaped Kick
Pressing Kick
Twisting Kick
Sweeping Kick
Stamping Kick
Vertical Kick
Flying Kick
Mid Air Kick
Overhead Kick
Consecutive Kick
Two Direction Kick
Flying Double Kick
Flying Triple Kick

Defence Techniques

Front Rising Kick
Side Rising Kick
Crescent Kick
Hooking Kick
Waving Kick
Front Checking Kick
Side Checking Kick
Dodging
Sliding
Turning
Jumping
Foot Lifting
Body Dropping
Stepping

Hand Parts

Forefist
Backfist
Sidefist
Underfist
Palm
Middle Knuckle Fist
Fore Knuckle Fist
Knifehand
Reverse Knifehand
Thumb
Forefinger
Double Forefinger
Flat Fingertip
Angle Fingertip
Straight Fingertip
Upset Fingertip
Arc Hand
Backhand
Fingerbelly
Long Fist
Open Fist

Bandae Dollyo Chagi
Bandae Dollyo Goro Chagi
Naeryo Chagi
Gok Kaengi Chagi
Noollo Ghagi
Bituro Chagi
Suroh Chagi
Cha Bapgi
Sewo Chagi
Twimyo Chagi
Twio Dolmyo Chagi
Twio Nomo Chagi
Yonsok Chagi
Sang Bang Chagi
Twimyo I-Jung Chagi
Twimyo Samjung Chagi

Bang Eau-Gi

Ap Cha Olligi
Yop Cha Olligi
Bandal Chagi
Golcho Chagi
Doro Chagi
Apcha Momchugi
Yopcha Momchugi
Pihagi
Mikulgi
Dolgi
Twiggi
Bal Dulgi
Mom Nachugi
Ongyo Didigi

Sang Bansin

Ap Joomuk
Dung Joomuk
Yop Joomuk
Mit Joomuk
Sonbadak
Joongji Joomuk
Inji Joomuk
Sonkal
Sonkal Dung
Omji Songarak
Han Songarak
Doo Songarak
ppun Sonkut
Homi Sonkut
Sun Sonkut
Dwijibun Sonkut
Bandalson
Sondung
Songarak Badak
Ghin Joomuk
Pyun Joomuk

Forearm Parts

Outer Forearm
Inner Forearm
Back Forearm
Under Forearm

Bakat Palmok
An Palmok
Dung Palmok
Mit Palmok

Elbow Parts

Back Elbow
Side Elbow
Double Side Elbow
Straight Elbow
Upper Elbow
Front Elbow
High Elbow

Dwit Palkup
Yop Palmok
Jau Palkup
Sun Palkup
Wi Palkup
Ap Palkup
Nopun Palkup

Footparts

Ball Of Foot
Back Sole
Footsword
Back Heel
Instep
Side Sole
Reverse Footsword

Ap Kumchi
Dwikumchi
Balkal
Dwichook
Baldung
Yop Bal Badak
Balkal Dung