

Hand techniques

arc hand *bandal son*
backfist front strike *dung joomuk ap taerigi*
back fist strike *dung joomuk taerigi*
double finger strike *doo songarak taerigi*
double punch *doo jirugi*
downward punch *naeryo jirugi*
downward strike *naeryo taerigi*
flat fingertip thrust *opun sonkut tulgi*
front elbow strike *ap palkup taerigi*
hooking punch *golcho jirugi*
inward knife hand strike *annuro sonkal taerigi*
knife hand guarding block *sonkal daebi makgi*
knife hand strike *sokal taerigi*
obverse punch *baro jirugi*
punch *jirugi*
reverse knife hand strike *sonkal dung taerigi*
reverse punch *bandae jirugi*
side fist *yop joomuk*
side punch *yop jirugi*
straight fingertip thrust *sun sonkut tulgi*
turning punch *dollyo jirugi*
twin upset punch *sang dwijibo jirugi*
twin vertical punch *sang sewo jirugi*
upper elbow strike *wi palkup taerigi*
upset fingertip thrust *dwijibun sonkut tulgi*
upset punch *dwijibo jirugi*
upward punch *olloyo jirugi*
vertical strike *sewo taerigi*

Foot techniques

Axe kick *naeryo chagi*
back kick *dwit chagi*
crescent kick *bandal chagi*
flying kick *twimyo chagi*
flying side kick *twimyo yop chagi*
front kick *ap chagi*
front pushing kick *ap cha milgi*
front rising kick *Apcha oligi*
front snap kick *Apcha busigi*
hooking kick *golcho chagi*
jumping back kick *twigi dwit chagi*
jumping front kick *twigi ap chagi*
jumping reverse turning kick *twigi bandae dollyo chagi*
kick *chagi*
pressing kick *noollo chagi*
pushing kick *Milgi chagi*
reverse side kick *bandae yop chagi*
reverse turning kick *bandae dollyo chagi*
side kick *yop chagi*
side piercing kick *yop cha jirugi*
side thrusting kick *yop cha tulgi*
sweeping kick *goro chagi*
turning kick *dollyo chagi*
twisting kick *bituro chagi*
upward knee kick *olloy moorup chagi*
vertical kick *sewo chagi*
waving kick *doro chagi*

Blocks

checking block *momchau makgi*
circular block *dollo myo makgi*
double forearm block *doo palmok makgi*
downward block *naeryo makgi*
guarding block *daebi makgi*
hooking block *golcho makgi*
inner forearm block *An palmok makgi*
inward block *annuro makgi*
inward outer forearm block *annuro bakat palmok makgi*
low block *najunde makgi*
middle block *kaunde makgi*
outer forearm block *bakat palmok makgi*
palm pushing block *sonbadak miro makgi*
palm upward block *sonbadak ollyo makgi*
pressing block *Noollo makgi*
pushing block *Miro makgi*
reverse knifehand block *sonkal dung makgi*
rising block *chookyo makgi*
stick block *mondungi makgi*
twin forearm block *sang palmok makgi*
twin knifehand block *sang sonkal makgi*
U shaped block *digutja makgi*
W shaped block *san makgi*
waist block *hori makgi*
wedging block *hecho makgi*
x-block *kyocha makgi*
x-fist rising block *kyocha jirugi chookyo makgi*
x fist pressing block *kyocha joomuk noolo makgi*
x knifehand checking block *kyocha sonkal momchau makgi*

Stances

bending ready stance *goburyo sogi*
close ready stance *moa chunbi sogi*
fixed stance *gojung sogi*
low stance *nachuo sogi*
L-stance *niunja sogi*
one leg stance *wae bal sogi*
parallel stance *narani sogi*
ready stance *chunbi sogi*
rear foot stance *dwit bal sogi*
sitting stance *annun sogi*
vertical stance *soojik sogi*
walking stance *gunnun sogi*
x-stance *kyocha sogi*

Body parts

backfist *dung joomuk*
ball of foot *ap kumchi*
elbow *palkup*
fingers *sonkut*
foot *kwon*
footsword *balkal*
front fore fist *ap joomuk*
hand *tae*
head *mori*
heel *dwit chook*
inner forearm *an palmok*
inside knife hand *sonkal dung*
instep *baldung*
knee *moorup*
knife hand *sonkal*
palm heel *sonbadak*
reverse footsword *balkal dung*
toes *balkut*
upset fingertips *dwijibun sonkut*

Numbers

one *Hana*

two *Dul*

three *Set*

four *net*

five *Daseot*

six *Yeoseot*

seven *Ilgop*

eight *Yeodeol*

nine *Ahop*

ten *Yeol*

Sections

high *nopunde*

middle *kaunde*

low *najunde*

Miscellaneous

4 directional punching *sajo jirugi*
attention *charyot*
belt *ti*
bow *kyong ye*
do *way*
flying *twimyo*
free sparring *jayoo matsoki*
inward *annuro*
jumping *twigi*
low *najunde*
low section upset *dwijibun*
mid section upset *dwijibo*
one step sparring *llbo matsoki*
outward *bakaero*
pattern *tul*
press ups *momtong bachia*
ready *chunbi*
release from grab *jappyosol tae*
return to ready *barrol*
semi free sparring *ban jayoo matsoki*
spinning *dolmyo*
start *sijak*
stop *goman*
straight *sun*
thrust *tulgi*
training hall *dojang*
uniform *dobok*
upset *dwijibo*
vertical *sewo*