

## **SEOGI (Stance)**

1. Naranhi seogi – parallel, ready stance
2. Ap seogi – walking stance
3. Ap kubi seogi – forward stance
4. Dwit kubi seogi – back stance
5. Oreun / Wen seogi – right / left stance
6. Kkoa seogi – crossed stance
  - a. Dwit kkoa seogi – back crossed stance
  - b. Ap kkoa seogi – forward crossed stance
7. Beom seogi – tiger, cat stance
8. Moa seogi – closed stance
9. Juchum seogi – horse riding stance
10. Hakdari seogi – crane stance

## **JIREUGI (PUNCHING)**

1. Bandae Jireugi – Front hand punch
2. Baro jireugi – Reverse hand punch
3. Jecho jireugi – Uppercut
4. Dujumeok jecho jireugi – Double middle uppercut
5. Olgul jireugi – High punch
6. Yop jireugi – Side punch
7. Momtong dubeon jireugi – Double middle punch

## **CHAGI (KICKING)**

1. Ap chagi – Front kick
2. Dollyo chagi – Roundhouse kick
3. Bi chagi – 45 Degree roundhouse kick
4. Yop chagi – Side kick
5. Mirro chagi – Push kick
5. Huryo chagi – Front hook kick
6. Apcha Olligi – Raising kick
7. Mom dollyo chagi – Reverse turning kick, back hook kick
8. An chagi – Inner crescent kick
9. Bakkat chagi – Outer crescent kick
10. Yopchago palkup pyojeokchigi – Side kick and elbow target strike
11. Dubal dangsang ap chagi – Double front kick
12. Dwit yop chagi – Turning side kick

## **MAKKI (BLOCK)**

1. Arae makki – Low block
2. Momtong an makki – Middle inner block
3. Momtong bakat makki – Middle outer block
4. Olgul makki – High block
5. Sonnal makki – knifehand middle block
6. Sonnal arae makki – knifehand low block
7. Hansonnal makki – single knifehand block
8. Hannsonal olgul bitureo makki – single knifehand high twist block
9. Hannsonal arae makki – single knifehand low block
10. Olgul bakkatmakki – high outer block
11. Batangson momtong an makki – palm hand middle block
12. Kawi makki – Scissors block
13. Momtong hecho makki – double outer middle block
14. Anpalmok momtong hecho makki – wedge block
15. Otkoreo arae makki – X low block
16. Otkoreo olgul makki – X high block
17. Wesanteul makki – Single mountain block
18. Batangson nullo makki – palm pressing block
19. Keumgang momtong makki – Diamond middle block

## **CHIGI (STRIKE)**

1. Ap chigi – Front strike
2. Deungjumeok bakkat chigi – Side backfist strike
3. Deungjumeok ap chigi – Downward backfist strike
4. Deungjumeok olgul ap chigi – High backfist front strike
5. Palkup dollyo chigi – Elbow hook
6. Palkup yop chigi – Side elbow strike (Koryo)
7. Hansonnal mok chigi – Knifehand neck strike
8. Sonnal Bakkat chigi – Knifehand outer neck strike
9. Mejumeok naeryo chigi – Hammer fist strike
10. Mureup chigi – Knee strike
11. Palkup pyojeok chigi – Target elbow strike

## **TZIREUGI (THRUSTING)**

1. Pyonsonkeut sewo tzireugi – Erected spearhand
2. Pyonsonkeut upeo tzireugi – Spearhand
3. Pyonsonkkeut jeochu tzireugi – Turned over spearhand