



## Advanced Korean Terminology

### Kicks (Chagi)

Downward Kick – Nearyo chagi

Reverse Turning kick – Banae dollyo chagi

Front Rising Kick – Ap chaolligi

Spinning Hook Kick – Banae dollyo golcho chagi

Sweeping Kick – Goro chagi

### Punches

Knife Hand strike – Sonkal taerigi

Elbow – Palkup

### Commands / Knowledge

Sparring – Matsoki

Jumping – Twigi

Thrust – Tulgi

Snap – Busigi

Rising – Olligi

Piecing – Jirugi

Rising - Chookyo



### **Stances**

Sitting stance – Annun sogi

X Stance – Kyocha sogi

### **Parts of the Body**

Knife/Ridge Hand – Sonkal

Forearm – Palmok

Heel of foot – Dwichook

Toes – Balkat

Palm – Sonbadak

Fist – Jookmuk

Finger tips – Sonkut

### **Weapons**

Double Sticks – Dool bow dan

Nunachu – Each eel bong OR Bow dan lee gan

