

Tae Guk IL Jang Korean Terms

Step	Movement	Stance	Technique
Junbi			Kibon Junbiseogi
1	90 ⁰ turn to the left	Wen apseogi	Araemakki
2	Step forward	Oreun apseogi	Momtong bandaejireugi
3	180 ⁰ turn to the right	Oreun apseogi	Araemakki
4	Step forward	Wen apseogi	Momtong bandaejireugi
5	90 ⁰ turn to the left	Wen apkubi	Araemakki
6	Remain in same stance	Wen apkubi	Momtong barojireugi
7	90 ⁰ turn to the right	Oreun apseogi	Momtong anmakki
8	Step forward	Wen apseogi	Momtong barojireugi
9	180 ⁰ turn to the left	Wen apseogi	Momtong anmakki
10	Step forward	Oreun apseogi	Momtong barojireugi
11	90 ⁰ turn to the right	Oreun apkubi	Araemakki
12	Remain in same stance	Oreun apkubi	Momtong barojireugi
13	90 ⁰ turn to the left	Wen apseogi	Olgulmakki
14	Oreunbal apchagi	Oreun apseogi	Momtong bandaejireugi
15	180 ⁰ turn to the right	Oreun apseogi	Olgulmakki
16	Wenbal apchagi	Wen apseogi	Momtong bandaejireugi
17	90 ⁰ turn to the right	Wen apkubi	Araemakki
18	Step forward	Oreun apkubi	Momtong bandaejireugi *
Baro	180 ⁰ turn to the left		Kibon Junbiseogi

* Kihop

Terms

Stances

Ready stance	Kibon Junbiseogi
Left walking stance	Wen apseogi
Right walking stance	Oreun apseogi
Left long stance	Wen apkubi
Right long stance	Oreun apkubi

Blocks

Down block	Araemakki
Body inner block (opposite side as the forward foot)	Momtong anmakki
Face block (rising upwards)	Olgulmakki

Punches

Body reverse punch (same side as the forward foot)	Momtong bandaejireugi
Body regular punch (opposite side as the forward foot)	Momtong barojireugi

Kicks

Left foot front kick	Wenbal apchagi
Right foot front kick	Oreunbal apchagi