

Tae Guk SAM Jang Korean Terms

Step	Movement	Stance	Technique
Junbi			Kibon Junbiseogi
1	90 ⁰ turn to the left	Wen apseogi	Araemakki
2	Oreunbal apchagi	Oreun apkubi	Momtong dubeonjireugi
3	180 ⁰ turn to the right	Oreun apseogi	Araemakki
4	Wenbal apchagi	Wen apkubi	Momtong dubeonjireugi
5	90 ⁰ turn to the left	Wen apseogi	Hansonnal mokchigi
6	Step forward	Oreun apseogi	Hansonnal mokchigi
7	90 ⁰ turn to the left	Oreun dwitkubi	Hansonnal Momtong bakkatmakki
8	Slide front foot forward	Wen apkubi	Momtong barojireugi
9	180 ⁰ turn to the right	Wen dwitkubi	Hansonnal Momtong bakkatmakki
10	Slide front foot forward	Oreun apkubi	Momtong barojireugi
11	90 ⁰ turn to the left	Wen apseogi	Momtong anmakki
12	Step forward	Oreun apseogi	Momtong anmakki
13	270 ⁰ turn to the left	Wen apseogi	Araemakki
14	Oreunbal apchagi	Oreun apkubi	Momtong dubeonjireugi
15	180 ⁰ turn to the right	Oreun apseogi	Araemakki
16	Wenbal apchagi	Wen apkubi	Momtong dubeonjireugi
17	90 ⁰ turn to the left	Wen apseogi	Araemakki
17-1			Momtong barojireugi
18	Step forward	Oreun apseogi	Araemakki
18-1			Momtong barojireugi
19	Wenbal apchagi	Wen apseogi	Araemakki
19-1			Momtong barojireugi
20	Oreunbal apchagi	Oreun apseogi	Araemakki
20-1			Momtong barojireugi *
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
Left back stance	Wen dwitkubi
Right back stance	Oreun dwitkubi

Blocks

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

Single knife hand body block

Hansonnal Momtong bakkatmakki

Punches

Body reverse punch (same side as the forward foot)

Momtong bandaejireugi

Body regular punch (opposite side as the forward foot)

Momtong barojireugi

Face reverse punch (same side as the forward foot)

Olgul bandaejireugi

Body double punch

Momtong dubeonjireugi

Kicks

Left foot front kick

Wenbal apchagi

Right foot front kick

Oreunbal apchagi

Strikes

Knife hand neck strike

Hansonnal mokchigi