

Tae Guk CHIL Jang Korean Terms

Step	Movement	Stance	Technique
Junbi			Kibon Junbiseogi
1	90 ⁰ turn to the left	Wen beomseogi	Batangsong momtong anmakki
2	Oreunbal apchagi, step back into	Wen beomseogi	Momtongmakki
3	180 ⁰ turn to the right	Oreun beomseogi	Batangsong momtong anmakki
4	Wenbal apchagi, step back into	Oreun beomseogi	Momtongmakki
5	90 ⁰ turn to the left	Oreun dwitkubi	Sonnal araemakki
6	Step forward	Wen dwitkubi	Sonnal araemakki
7	90 ⁰ turn to the left	Wen beomseogi	Batangsong momtong kodureo anmakki
8			Deungjumeok apchigi
9	180 ⁰ turn to the right	Oreun beomseogi	Batangsong momtong kodureo anmakki
10			Deungjumeok apchigi
11	90 ⁰ turn to the left	Moaseogi	Bojumeok
12	Step forward	Wen apkubi	Kawimakki
13	Step forward	Oreun apkubi	Kawimakki
14	270 ⁰ turn to the left	Wen apkubi	Momtong hechomakki
15	Oreunbal mureupchigi	Wenbal Dwikkoaseogi	Dujumeok jeochojireugi
16	Step back	Oreun apkubi	Arae otgoreo makki
17	180 ⁰ turn to the right	Oreun apkubi	Momtong hechomakki
18	Wenbal mureupchigi	Oreunbal Dwikkoaseogi	Dujumeok jeochojireugi
19	Step back	Wen apkubi	Arae otgoreo makki
20	90 ⁰ turn to the left	Wen apseogi	Deungjumeok bakkatmakki
21	Oreunbal pyojeokchagi	Juchumseogi	Palkup pyojeokchigi
22	90 ⁰ turn to the right, draw left foot forward	Oreun apseogi	Deungjumeok bakkatmakki
23	Wenbal pyojeokchagi	Juchumseogi	Palkup pyojeokchigi
24	90 ⁰ turn to the left	Juchumseogi	Hanssonal yopmakki
25	Step forward	Juchumseogi	Momtong yopjireugi *
Baro	Pull right foot back		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
Left stance	Wen seogi
Right stance	Oreun seogi

Backward cross stance
Tiger stance
Closed stance
Riding stance
Covered fist ready stance

Dwikkaoseogi
Beomseogi
Moaseogi
Juchumseogi
Bojumeok

Blocks

Down block
Body inner block (opposite side as the forward foot)
Body inner block (same side as the forward foot)
Face block (rising upwards)
Single knife hand body block
Knife hand body block
Pressing body block
Single knife hand twisting block
Two hand low (cleaving) block
Palm Block
Low cross hand block
Single knife hand side block
Supported palm block
Scissor block

Araemakki
Momtong anmakki
Momtongmakki
Olgulmakki
Hanssonal momtong bakkatmakki
Sonnal momtongmakki
Batangsong momtong nullomakki
Hanssonal olgul bitureomakki
Arae hechomakki
Batangson momtongmakki
Arae otgoreo makki
Hanssonal yopmakki
Batangsong momtong kodureo anmakki
Kawimakki

Punches

Body reverse punch (same side as the forward foot)
Body regular punch (opposite side as the forward foot)
Face reverse punch (same side as the forward foot)
Body double punch
Side punch

Momtong bandaejireugi
Momtong barojireugi
Olgul bandaejireugi
Momtong dubeonjireugi
Yopjireugi

Kicks

Left foot front kick
Right foot front kick
Left side-kick
Right side-kick

Wenbal apchagi
Oreunbal apchagi
Wenbal yopchagi
Oreunbal yopchagi

Roundhouse kick

Dollychagi

Target kick

Pyojeokchagi

Strikes

Knife hand neck strike

Hansonnal mokchigi

Spear hand body strike

Pyonsonkkeut sewotzireugi

Knife hand strike to the neck (with open hand upper block)

Jebi poom mokchigi

Back-fist

Deungjumeok apchigi

Hammer-fist (hitting downwards)

Mejumeok naeryochigi

Elbow strike (turning)

Palkup dollyochaigi

Elbow strike (target hitting)

Palkup pyojeokchigi

Double stomach punch (fists palm up)

Dujumeok jeochojireugi

Back-fist outer strike

Deungjumeok bakkatmakki

Upward knee strike

Mureupchigi