

Tae Guk YUK Jang Korean Terms

Step	Movement	Stance	Technique
Junbi			Kibon Junbiseogi
1	90° turn to the left	Wen apkubi	Araemakki
2	Oreunbal apchagi, step back into	Oreun dwitkubi	Momtung bakkatmakki
3	180° turn to the right	Oreun apkubi	Araemakki
4	Wenbal apchagi, step back into	Wen dwitkubi	Momtung bakkatmakki
5	90° turn to the left	Wen apkubi	Oreun hanssonal olgul bitureomakki
6	Oreunbal olgul dollychagi Land in Junbiseogi facing 90° to the left, step forward	Wen apkubi	Olgul bakkatmakki
6-1			Momtung barojireugi
7	Oreunbal apchagi	Oreun apkubi	Momtung barojireugi
8	180° turn to the right	Oreun apkubi	Olgul bakkatmakki
8-1			Momtung barojireugi
9	Wenbal apchagi	Wen apkubi	Momtung barojireugi
10	90° turn to the left	Junbiseogi	Arae hechomakki
11	Step forward	Oreun apkubi	Wen hanssonal olgul bitureomakki
12	Wenbal olgul dollychagi * Land in Junbiseogi facing 90° to the right, turn 180° turn to the right	Oreun apkubi	Araemakki
13	Wenbal apchagi, step back into	Wen dwitkubi	Momtung bakkatmakki
14	180° turn to the left	Wen apkubi	Araemakki
15	Oreunbal apchagi, step back into	Oreun dwitkubi	Momtung bakkatmakki
16	90° turn to the left, step with right foot	Oreun dwitkubi	Sonnal momtongmakki
17	Step back	Wen dwitkubi	Sonnal momtongmakki
18	Step back	Wen apkubi	Wen batangson momtongmakki
18-1			Momtung barojireugi
19	Step back	Oreun apkubi	Oreun batangson momtongmakki
19-2			Momtung barojireugi
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

Dwikkaoseogi

Blocks

Down block

Araemakki

Body inner block (opposite side as the forward foot)

Momtong anmakki

Body inner block (same side as the forward foot)

Momtongmakki

Face block (rising upwards)

Olgulmakki

Single knife hand body block

Hanssonal Momtong bakkatmakki

Knife hand body block

Sonnal momtongmakki

Pressing body block

Batangsong Momtong nullomakki

Single knife hand twisting block

Hanssonal olgul bitureomakki

Two hand low (cleaving) block

Arae hechomakki

Palm Block

Batangson momtongmakki

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

Left side-kick

Wenbal yopchagi

Right side-kick

Oreunbal yopchagi

Roundhouse kick

Dollychagi

Strikes

Knife hand neck strike

Hanssonal 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

