

# TRANSLATIONS

This is a translation of various techniques from English to Korean

<b>PUNCHING</b>	<b>JIRUGI</b>
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Obverse	SO BARO
Reverse	SO BANDAE
Vertical	SEWO
Side	YOP
Upward	OLLYO
Upset	DWIJIBO
Downward	NAERYO
Crescent	BANDAL
U Shape	DIGUTJA
Turning	DOLLYO
Horizontal	SOOPYONG
Knuckle Fist	SONGARAK JOOMUK

<b>STANCE</b>	<b>SOGI</b>
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Parallel	NARANI
Close	MOA
Walking	GUNNUN
L	NIUNJA
X	KYOCHA
One Leg	WAEBAL
Bending A & B	GUBURYO
Vertical	SOO JIK
Diagonal	SASUN
Sitting	ANNUN
Fixed	GOJUNG
Rear Foot	DWIT BAL
Low	NACHUO

<b>SECTION</b>	<b>DUNGBOON</b>
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High	NOPUNDE
Middle	KAUNDE
Low	NAJUNDE
Front	AP
Side	YOP
Back	DWIT
Flying	TWIMYO

<b>ELBOW</b>	<b>PALKUP</b>
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Back	DWIT
Side	YOP
Double Side	JAU
Straight	SUN
Upper	WI
Front	AP
High	NOPUN

## TRANSLATIONS

FOOT TECH	JOK JI
Turning Kick	DOLLYO CHAGI
Side Piercing Kick	YOP CHA JIRUGI
Side Thrusting Kick	YOP CHA TULGI
Back Piercing Kick	DWITCHA JIRUGI
Front Snap Kick	APCHA BUSIGI
Stamping Kick	CHA BAPGI
Downward Kick	NAERYO CHAGI
Reverse Turning Kick	BANDAE DOLLYO CHAGI
Reverse Hooking Kick	BANDAE DOLLYO GORO CHAGI
Twisting Kick	BITURO CHAGI
Vertical Kick	SEWO CHAGI
Flying Kick	TWIMYO CHAGI
Flying Front Kick	TWIMYO AP CHAGI
Flying Turning Kick	TWIMYO DOLLYO CHAGI
Flying Reverse Turning Kick	TWIMYO BANDAE DOLLYO CHAGI
Flying Side Piercing Kick	TWIMYO YOPCHA JIRUGI
Flying Side Thrusting Kick	TWIMYO YOPCHA TULGI
Flying High Kick	TWIMYO NOPI CHAGI
Flying Twisting Kick	TWIMYO BITURO CHAGI
Rising Kick	CHA OLLIGI
Front	AP
Side	YOP
Crescent Kick	BANDAL CHAGI
Checking Kick	CHA MUH CHAGI
Hooking Kick	GOLCHA CHAGI
Sweeping Kick	GORO CHAGI

## TRANSLATIONS

<b>BLOCKING</b>	<b>MAKGI</b>
High	NOPUNDE
Middle	KAUNDE
Low	NAJUNDE
Inward	ANURO
Outward	BAKURO
Double Forearm	DOO PALMOK
Outside	BAKAT
Inside	AN
Rising	CHOOKYO
X Fist	GYOCHA JOOMUK
X Knife Hand	GYOCHA SONKAL
Upward	OLLYO
Downward	NAERYO
Pressing	NOOLLO
Hooking	GOLCHO
Wedging	HECHYO
Pushing	MIRO
Scooping	DURO
Guarding	DAEBI
Twin Forearm	SANG PALMOK
Double Arc Hand	DOOBANDALSON
Circular	DOLLI MYO
Nine Shape	GUTJA
U Shape	MONG DUNG-I