

Korean Translation of Basic Movements

SEOGI (Stance)

1. Naranhi seogi – parallel stance
2. Ap seogi – walking stance
3. Ap kubi – forward stance
4. Dwitkubi – back stance
5. Oreun / Wen seogi – right / left stance
6. Kkoa seogi – crossed stance
 - a. Dwikkoa seogi – back crossed stance
 - b. Apkkoa seogi – forward crossed stance
7. Beom seogi – tiger stance
8. Moa seogi – closed stance
9. Juchum seogi – riding stance
10. Hakdari seogi – crane stance
11. Kyotdari seogi – assisting stance
12. Ogeum seogi – crossed crane stance

MAKKI (BLOCK)

1. Arae makki – Low block
2. Momtong makki –Middle block
3. Momtong anmakki – Middle block
4. Olgul makki – High block
5. Momtong bakkat makki –outer middle block
6. Sonnal makki – knifehand middle block
7. Sonnal arae makki – knifehand low block
8. Hansonnal makki – single knifehand block
9. Hannsonal olgul bitureo makki – single knifehand high twist block
10. Hannsonal arae makki – single knifehand low block
11. Olgul bakkatmakki – high outer block
12. Batangson momtong makki – palm hand middle block

13. Batangson momtong an makki – palm hand middle block
14. Batangson momtong keodureo an makki
– supported palm hand middle block
15. Kawi makki – Scissors block
16. Momtong hecho makki – double outer middle block
17. Anpalmok momtong hecho makki – double inside forearm middle block
18. Otkoreo arae makki – X low block
19. Kodureo bakkat makki – Supported outer middle block
20. Wesanteul makki – Single mountain block
21. Kodureo arae makki – Supported low block
22. Batangson nullo makki – palm pressing block
23. Keumgang momtong makki – Diamond middle block

JIREUGI (PUNCHING)

1. Baro jireugi / Bandae Jireugi – Punch
2. Jecho jireugi – Uppercut
3. Dujumeok jecho jireugi – Double middle uppercut
4. Dankyo teok jireugi – pulling uppercut
5. Olgul jireugi – high punch
6. Yop jireugi – Side punch
7. Momtong dubeon jireugi – Double middle punch

CHAGI (KICKING)

1. Ap chagi – Front kick
2. Dollyo chagi – Roundhouse kick
3. Yop chagi – Side Kick
4. Yopchago palkup pyojeokchigi – Side kick and elbow target strike
5. Pyojeok chagi – Target kick
6. Dubal dangsang ap chagi – Double front kick
7. Momdollyo yop chagi – Turning side kick

CHIGI (STRIKE)

1. Ap chigi – Front strike
2. Olgul bakkat chigi – High outer strike
3. Deungjumeok bakkat chigi – Backfist outer strike
4. Deungjumeok ap chigi – backfist front strike
5. Deungjumeok olgul ap chigi – High backfist front strike
6. Palkup dollyo chigi – Elbow hook
7. Palkup yop chigi – Elbow strike (Koryo)
8. Hansonnal mok chigi – Knifehand neck strike
9. Sonnal Bakkat chigi – Knifehand outer neck strike
10. Jebipoom mok chigi – Swallow neck strike
11. Mejumeok naeryo chigi – Hammer strike
12. Mureup chigi – Knee strike
13. Palkup pyojeok chigi – Target elbow strike

TZIREUGI (THRUSTING)

1. Pyonsonkeut sewo tzireugi – Erected spearhand
2. Pyonsonkeut upeo tzireugi – Spearhand
3. Pyonsonkkeut jeochon tzireugi – Turned over spearhand

BASIC MOVEMENT (14 kinds)

1. Joon bi - Ready stance
2. Juchum seogi momtong jireugi – Riding stance with middle punch
3. Ap kubi arae makki – Forward stance with low block
4. Ap kubi momtong bandae jireugi – Forward stance with punch
5. Ap kubi ap chagi – Forward stance and front kick
6. Dwitkubi momtong bakkat makki – Back stance with outer middle block
7. Ap kubi deungjumeok ap chigi – Forward stance with backfist front strike
8. Ap kubi yop chagi – Forward stance and side kick
9. Dwitkubi momtong makki – Back stance with middle block
10. Dwitkubi sonnal makki – Back stance with knifehand middle block
11. Ap kubi dollyo chagi – Forward stance and roundhouse kick
12. Ap kubi olgul makki – Forward stance with high block
13. Ap kubi hansonnal mok chigi – Forward stance with knifehand neck strike
14. Dwitkubi momtong baro jireugi – Back stance with punch