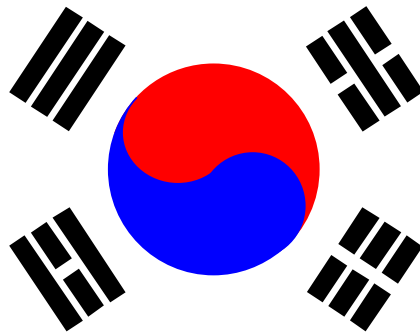








Hapkido Curriculum

UKMA Creed

- I will respect myself.
- I will respect the arts of Tae Kwon Do and Hapkido.
- I will respect the five tenets - Courtesy, Integrity, Self-Control, Perseverance, Indomitable Spirit.
 - I will use what I learn in class defensively.



	Kun	Heaven
	Yi	Fire
	Kan	Water
	Kon	Earth

The blue means yin and the red means yang. Yin means dark and cold, while Yang means bright and hot. The white background color of the flag means peace. The Korean national flag is called “Taeguk-ki” as its design comes from the symbol of Teaguek (Great Absolute or the entity of the cosmos.) The Korean flag symbolizes the overcoming of hardships and triumphs the Korean people overcame.



Hapkido is a powerful and innovative Korean martial art. Literally translated, the word *Hap* means coordination or harmony, *Ki* denotes the essence of power, and *Do* means the art or the *Way*. Hapkido incorporates powerful and precise kicking techniques; fluid and highly effective throwing techniques; and decisive and sharp hand techniques. This concise and practical martial art is the result of a 1300-year pursuit of the *Way*.

The philosophy of Hapkido stems from three basic principles: The first is *non-resistance*: yield to your opponent by meeting force with minimum force to deflect and not clash with your opponent's power. The second is *circular motion*: the use of circular, fluid, flowing movements are emphasized rather than linear movements. The third is the *water principle*: total penetration of an opponent's defenses through continual attack. Instead of opposing force by force, a Hapkidoist completes his opponent's movement by "accepting his flow of energy as he aims it," and defeats him by "borrowing his own force." In addition, these are included in philosophy:

- Righteousness (Jong Euye)
- Courtesy (Yea Euye)
- Patience (Ien Nae)

A good Hapkido practitioner does not oppose force or give way completely. A Hapkido practitioner is pliable as a spring; he is the complement and not the opposition to his opponent's strength. The philosophy of Hapkido is based on the symbol of *Um* and *Yang*, a pair of mutually complementary and interdependent forces that act continually, without cessation, in the universe. *Um* and *Yang* are two inseparable forces of one unceasing interplay of movement. They are conceived of as essentially one, or as two coexisting forces of one indivisible whole.

The birth of modern Hapkido can be traced to the efforts of a group of Korean nationals in the post Japanese colonial period of Korea, Choi Yong Sul (b. 1904, d. 1986) and his most prominent students; Suh Bok Sub, the first student of the art; Ji Han Jae (b. 1936), arguably the greatest promoter of the art; Kim Moo Hong, a major innovator in the art; Myung Jae Nam, who forged a greater connection between the art of Hapkido and Japanese aikido and then founded Hankido, and others, all of whom were direct students of Choi or of his immediate students. There are 5 major applications of Hapkido. They are:

1. Pal gup gu ki - Elbow lock/break
2. Ba gat gu ki - outer wrist twist/break
3. Ba gat hye jun - four corner throw
4. Ahn hye jun - upper wrist twist/break
5. Ahn gu ki - reverse wrist twist/break



Belt Meanings

- White Belt:** Signifies innocence, as that of a beginning student who has no previous knowledge of Tae Kwon Do.
- Yellow Belt:** Signifies Earth, from which a plant sprout and takes root as Tae Kwon Do foundation is being made.
- Green Belt:** Signifies the plant's growth as the Tae Kwon Do skill begins to develop.
- Blue Belt:** Signifies the Heaven towards which the plant matures into a towering tree as training in Tae Kwon Do progresses.
- Red Belt:** Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
- Black Belt:** Opposite of white; therefore, signifies the maturity and proficiency in Tae Kwon Do. Black also indicates the wearer's incapacity to be affected by darkness and fear.



Student Expectations, Roles and Responsibilities

1. Try to arrive to class at least 10 minutes early.
2. Uniform is to be cleaned and neat with UKMA patch on left chest. Patches are given out after the 1st month of your enrollment.
3. Bow before entering, leaving dojang, stepping on and off the mat, higher level belts.
4. If you arrive late, you wait to be bowed in by the Instructor.
5. Be respectful of other classes going on while you are waiting for your class.
6. Once class starts, there is to be no talking unless you have a question.
7. Always take instruction without arguing or disagreeing such as "but my leg IS straight!" It is the instructor's job to correct things you may not see.
8. Never teach a technique to a lower student without getting the instructors permission.
9. Always turn away when adjusting your uniform or belt.
10. If you are opening/closing class, you open/close class as follows:
 - *Cha-Ryot (Attention)*
 - *Kuk -ki eh daehan Kyung-Yet (Bow to flag)*
 - *Muk-Yum (Meditation)*
 - *Ba-Ro (Return to order)*
 - *E do so (Stand up)*
 - *Cha-Ryot (Attention)*
 - *Kyung-Yet (Bow to Instructor) – Blue belt to 3rd Dan*
 - *Sah Bum Nim Gae Kynug-Yet - 4th - 6th Dan*
 - *Kwan Jang Nim Gae Kyung-Yet - 7th - 9th Dan*
 -
11. Fingernails and toenails are to be trimmed and clean.
12. If you are not feeling well, please stay home and rest.
13. Feet and hands are to be clean before entering onto the mat.
14. Blue belts through 3rd Dans are to be addressed as Sir/Mam/Mr./Ms./Mrs.
15. 4th Dans are to be address as Sah Bum Nim (Instructor).
16. 5th and 6th Dans are to be addressed as Master.
17. 7th, 8th, 9th Dans are to be addressed as Kwan Jang Nim (Grand Master).



18. Blue belts and up may be asked to assist helping lower belts if needed.
19. All students are to help make sure the dojang is clean during and after classes.
20. If you need to sit down or hurt, let the Instructor know.
21. If you need to leave early, let the instructor know.
22. Never do anything to dishonor your school or instructor.
23. Respect and discipline shall be maintained at all times.
24. Tae Kwon Do and Hapkido are not to be used outside the dojang unless circumstances are required to do so.

Instructor Expectations, Roles and Responsibilities

1. 3rd Dans are required to teach a class, or parts of a class in order to test for 4th Dan. You are to track your own hours on the attendance sheets.
2. Start class on time with 2 loud claps.
3. Try to be aware of time.
4. If you unable to make your class, please contact others to see if they can cover.
5. Follow the class guidelines and modify if needed.
6. You may ask lower belts to open class exercises, then bow you in as described above. Same will apply for closing class.
7. Be aware of the level of belts ranks when giving techniques.
8. Students are to follow your instructions.
9. You are there to teach/instruct and not a workout for yourself, depending on structure. Be aware of watching students and helping if needed.
10. If you are working with a lower belt, you work at their level.
11. Ask other students to help if needed.
12. If questions are asked and you are not sure, ask other Instructors in class or GMB when you see him next. It's ok to say you will find out get back to them. It's ok to not have all the answers.



13. If you have to leave before the end of class, make sure someone can lock up and let them know what needs to be done.
14. After class, make sure all is done according to closing list.
15. If anyone is hurt, all emergency contacts are in the folder in back office. Follow up with them the next day or that night.

Guide To Basic Class

To begin class, the instructor will set up lines accordingly to rank and seniority. To call the class to attention, clapping hands two times is used. Class consists of the following:

1st warm up exercises

Instructor will do 2 or 3 basic warm ups before bowing in.

Opening class

Instructor will call the following commands:

1. Cha-Ryot (Attention)
2. Kuk -ki eh daehan Kyung-Yet (Bow to flag)
3. Muk-Yum (Meditation)
4. Ba-Ro (Return to order)
5. Cha-Ryot (Attention)
6. Kyung-Yet (Bow to instructor)

2nd warm up exercises - 5 minutes

Instructor will call the commands in the warm up exercises.

Ki-Cho (Basic Techniques) - 20 minutes

Instructor will call the commands for drills. Ki-Cho may consist of partner drills, pad drills and or other fundamentals.

Jump rope - 5 minutes

Instructor will call the commands and time durations.

Poomse (Forms) - 20 minutes

Instructor will call the commands for specific poomses according to belt levels.

Sparring (Dae-Ryun) - 20 minutes

Instructor will call the commands and time durations. This includes 1 and 3 step sparring, contact, light contact, no contact and or 20 kicks.

Closing class - 5 minutes

Instructor will call the following commands:

1. Cha-Ryot (Attention)
2. Kuk -ki eh daehan Kyung-Yet (Bow to flag)



3. Muk-Yum (Meditation)
4. Ba-Ro (Return to order)
5. Cha-Ryot (Attention)
6. Kyung-Yet (Bow to instructor)

In addition, this includes ALL students helping with picking up the Dojang (School) before leaving. The instructor will advise what needs to be done.



Hapkido 10th Kub White - 9th Kub High White

Ghoo Ru Ghee/Nak Buhp:
Rolls/Falls:

Shoulder Roll And Up From Kneeling
Back Fall From Seated, Side Fall from Seated

Il-Bo Dae Ryun:
One-Step Sparring:

Ba gat gu ki
Pal gup gu ki

Duhn Jee Gee:
Throws:

Sweep
Hip

Break Releases

Same Side Wrist Grab(Son Mok)

1. Fist pull back, hammer fist to face
2. Hammer fist strike, spin elbow
3. Spin under heel to sternum

Cross Hand Grab(Yuk Son Mok)

1. Up, over and down, elbow to face
2. Under and over, opposite hand strike to face
3. Elbow to sternum, hammer fist to collar bone



Hapkido 9th Kub High White - 8th Kub Yellow

Ghoo Ru Ghee/Nak Buhp:
Rolls/Falls:

Shoulder Roll And Up From Kneeling.
Back Fall From Seated, Side Fall from Seated

Il-Bo Dae Ryun:
One-Step Sparring:

Ahn Hye Jun

Dan Kum Sul:
Knife Defense:

Chest Attack Jung(Bong Kong Kyuck)
Pal Gup Gu Ki
Ba Gat Gu Ki

Single Same Side Wrist Grab(Son Mok)

1. Ba gat gu ki
2. Pal gup gu ki
3. Ahn hye jun
4. Ba gat hye jun

Cross Hand Gra(Yuk Son Mok)

1. Ba gat gu ki
2. Pal gup gu ki
3. Ahn hye jun
4. Ba gat hye jun



Hapkido 8th Kub Yellow - 7th Kub High Yellow

Ghoo Ru Ghee/Nak Buhp:
Rolls/Falls:

Standing Shoulder Roll And Up, Squatting
Back Fall, Squatting Side Fall

Il-Bo Dae Ryun:
One-Step Sparring:

Ba gat hye jun

Dan Kum Sul:
Knife Defense:

Chest Attack(Jung Bong Kong Kyuck)
Ahn Hye Jun

Front Choke(Mok Ju Ru Ki)

1. Pal gup gu ki
2. Ahn gu ki
3. Arc hand with belt grab, sweep

Two Hands Grab Two Hands(Du Son Mok Eu Ro Du Son Mok)

1. Ba gat hye jun
2. Ba gat gu ki
3. Ahn hye jun

Two Hands Grab One(Ssang Son Mok)

1. Pal gup gu ki
2. Ba gat hye jun
3. Ba gat gu ki



Hapkido 7th Kub High Yellow - 6th Kub Green

Ghoo Ru Ghee/Nak Buhp:
Rolls/Falls:

Standing Shoulder Roll And Side Fall, Standing
Side and Back Fall

Dan Kum Sul:
Knife Defense:

Overhead Attack(Sang Dong Kong Kyuck)
Pal Gup Gu Ki

Reverse Side Attack(Yup Kong Kyuck)
Pal Gup Gu Ki

Side Attack(Yup Kong Kyuck)
Ba Gat Hye Jun

Back Choke(Dwi Mok Jo Ru Ki)

1. Pal gup gu ki
2. Ba gat gu ki

Rear Two Hands on Shoulder(Dwi Du Uh Ki)

1. Ba gat gu ki
2. Pal gup gu ki
3. Ahn hye jun

Two Hands Chest Grab(Du Ka Sum)

1. Ahn gu ki
2. Neck Twisting Takedown
3. Ba gat gu ki



Hapkido 6th Kub Green - 5th Kub High Green

Ghoo Ru Ghee:
Rolls:

Air Falls

Dan Kum Sul:
Knife Defense:

Side Attack(Yup Kong Kyuck)
Ba Gat Hye Jun

Dee Jap Ki(Belt Grab)
Over

1. Knuckle strike pal gup gu ki
2. Ahn gu ki

Under

Eagle claw

1. Elbow break sweep
2. Ba gat gu ki

Twist Grip(Myuk Sal Chuk Kyo)

1. Ba gat gu ki
2. Reverse ba gat hye jun, collar pull down

Low Sleeve(So Mai Jae)

1. Ridge forearm pressure point
2. Ahn gu ki

Middle Sleeve(Pal Duk Jae)

1. Ahn gu ki.
2. Sweep



Hapkido 5th Kub High Green - 4th Kub Blue

High Sleeve(Ouk Ja Jae)

1. Pal gup gu ki - arm trap
2. Ahn gu ki

Collar Grab From Rear(Dwi Mok Jae)

1. Twin forearm pal gup gu ki
2. Sweep

Hair Grabs(Muo Ree)

1. Pal gup gu ki
2. Reverse ba gat hye jun

Rear Middle Sleeve Grab(Dwi Du Pal)

1. Step behind, knee up throw back
2. Step behind, knee pull up

Two Hands Grab Two Hands From Rear(Dwi Du Son Mok)

1. Ba gat gu ki
2. Pal gup gu ki
3. Ahn hye jun.



Hapkido 4th Kub Blue - 3rd Kub High Blue

Il-Bo Dae Ryun(One-Step Sparring)

1. Guet noo roo gu ki - 3 arm pin
2. Forearm ba gat hye jun
3. Dol yo dun ju ki - rotary throw
4. Dol ah dun ju ki - head back throw
5. Yop dun ju ki - arm/shoulder throw
6. Crescent, knee over lock
7. Inside crescent, side thrust kick
8. Inside sleeve throw
9. Twin fist lock
10. Outside neck throw

Just Before Holding(Jaup Ki Jon)

1. Outside, pal gup gu ki
2. Outside, ba gat gu ki
3. Inside, two arm over shoulder throw



Hapkido 3rd Kub High Blue - 2nd Kub Red

At The Moment of Throwing(Dun Jee Il Dae)

1. Step in, forearm to ribs, head pull back, chop
2. Palm heel to ears, spear hand to throat

Front Bear Hug Arms Free(Aup Pal An Aon Ki)

1. Spear hand to throat
2. Neck twisting takedown

Front Bear Hug, Arms Bound (Aup Pal Aon Ki)

Twin spear hand pressure point, under chin strike

Rear Bear Hug, Arms Free(Dwi Pal An Aon Ki)

Wrist break, pal gup gu ki

Rear Bear Hug, Arms Bound(Dwi Pal Park Aon Ki)

Double elbow, shoulder throw

Full Nelson Grab(Dwi Mok Kam Ki)

Finger Lock and spin

Side Head Lock

Palm strike, back throw

Rear Forearm Lock

1. Shoulder throw
2. Spin outside, sweep

Side Wrist Grab(Yup Son Mok)

1. Ahn gu ki
2. Ba gat hye jun



Hapkido 2nd Kub Red - 1st Kub High Red

Duhn Jee Ghee:
Throws:

Kneeling Reverse Circular.

Lying Down Defense

1. Ba gat gu ki
2. Neck twist

Kick Defenses(Bang Jok Sul)

Ap Chaki

1. Inside - shin pal gup gu ki
2. Outside - sweep/throw
3. Shuffle back with left knuckle strike to top of foot, right spin hook kick to face

Yop Chaki

1. Outside - ba gat gu ki
2. Outside - instep grab and twist
3. Outside - axe kick over opponent's kick, right round kick to face

Dollyo Chaki

1. Trap, elbow to thigh, spin elbow
2. Trap, spear hand to groin, sweep
3. Trap, spin sweep
4. Drop spin heel



Hapkido 1st Kub High Red - BoDan

Kneeling/Sitting (An Jo) 1 Up 1 Down - (Son Mok)

1. Ahn gu ki
2. Ba gat gu ki
3. Ba gat hye jun
4. Stomach throw

Kneeling/Sitting (An Jo) Both - (Du Son Mok)

1. Pal gup gu ki
2. Ba gat gu ki
3. Ba gat hye jun
4. Ahn gu ki
5. Ahn hye jun
6. Breath throw

Kneeling/Sitting (An Jo) 1 Up 1 Down

1. Side leg takedown
2. Shin takedown



Hapkido BoDan – 1st Dan

Review all techniques

Ahp Chagi/Chirugi(Front Snap Kick w/Punch)

1. Pal gup gu ki
2. Ba gat gu ki
3. Ba gat hye jun
4. Ahn hye jun
5. Ahn gu ki

Du Bon Ji Ru Ki(Double Punch)

1. Pal gup gu ki
2. Ba gat gu ki
3. Ba gat hye jun
4. Ahn hye jun
5. Ahn gu ki

Paper (3-5-Pages):

How has my TKD helped my HKD and how has my HKD helped my TKD.



Hapkido 1st Dan Black Belt Dang Bong Sul (Short Stick Defense)

Strikes/Blocks

1. Top of head
2. Left temple
3. Right temple
4. Left jaw
5. Right jaw
6. Left elbow
7. Right elbow
8. Left knee
9. Right knee
10. Throat

Attacks

1. Shoulder lock, neck press on ground
2. Under armpit, behind chicken wing, trap press and knee takeout
3. Inner forearm press/throw
4. Pressing hip throw
5. Pal gup gu ki to the side
6. Ba gat gu ki
7. Trapping wrist reverse circular
8. Throat stab, reverse ba gat hye jun wrist press
9. Cross collar side neck trap
10. Throat stab, shin takedown press

Defense against punch(Bong Kwon Dang Bong Sul)

1. Reverse strike, temple strike
2. Inside wrist strike, middle section strike with bottom
3. Outside wrist strike, pal gup gu ki
4. Under and over throat spear
5. Ba gat gu ki
6. Under arm pal gup gu ki
7. Neck throw
8. Front behind the neck x-throw
9. Pressing hip throw
10. Under armpit spear throw
11. Outer wrist strike, knee takedown

Defense against side thrust kick

1. Outside ankle strike - over
2. Inside ankle strike
3. Step back blade strike
4. Downward ankle strike
5. Outside knee trap takedown
6. Inside trap/rotate over calf takedown lock

Paper (3-5-Pages):

Topic of choice.



Hapkido 2nd Dan Black Belt Jang Sul (Cane Defense)

Strikes/Blocks

1. Top of head
2. Left temple
3. Right temple
4. Left jaw
5. Right jaw
6. Left elbow
7. Right elbow
8. Left knee
9. Right knee
10. Throat

Attacks

1. Neck hook press takedown
2. Front shoulder blade, front takedown
3. Shoulder lock, twist pushback
4. Groin hook under chin push back
5. Belt hook push back, roll over leg lock
6. Hooking pal gup gu ki takedown

Defense against punch(Bang Kwon Jang Sul)

1. Fist strike, step back with right
2. Forehead strike, step back with right
3. Neck thrust with 2 hands, right step
4. Between leg twist
5. Step on foot between leg thrust back
6. Behind both leg takedown
7. Under arm lock/throw
8. Ba gat hye jun
9. Neck lock takedown, over arm, under neck

Defense against kick(Bang Jok Jang Sul)

FSK

1. Upper leg thrust
2. Neck thrust
3. Right turning strike to shin
4. Inside shin press takedown

STK

1. Blade strike
2. Right turning strike to inside ankle
3. Leg thrust
4. Planted ankle strike, hook, side thrust kick, hold cane from bottom
5. Outside knee lock takedown

Paper (3-5 Pages):

Topic of choice.



Hapkido 3rd Dan Black Belt Bamboo Sword(Jukdo)

1. Top of head
2. Left temple
3. Right temple
4. Left jaw
5. Right jaw
6. Left elbow
7. Right elbow
8. Left knee
9. Right knee
10. Throat

Defense against overhead strike

1. Left side step, wrist strike
2. Left side step, head strike
3. High thrust
4. Left side step, high thrust
5. Left side step, middle thrust
6. Left side step, middle slash to opponent's right side
7. Right side step, downward block, butt of sword to face

Bare hand defense against overhead strike

1. Pal gup gu ki
2. Ba gat gu ki
3. Ahn hye jun
4. Armpit pal gup gu ki
5. Twin arm trap, elbow lock and throw
6. Dol rye dun ji ki

Paper (3-5 Pages): What does Becoming a Sah Bum Nim mean to me and how does it apply to my training at this point.



Arnis

Striking

1. Left temple
2. Right temple
3. Left rib/elbow
4. Right rib/elbow
5. Stomach upper stab
6. Left chest
7. Right chest
8. Right knee
9. Left knee
10. Left eye
11. Right eye
12. Top of head

Blocking/Striking

1. Outside block, counter to temple
2. Inside block, palm cover, counter with strike
3. Same as #1
4. Same as #2
5. Downward block, counter to head
6. Same as #1, palm cover
7. Same as #2, palm cover
8. Downward block, then same as #1
9. Downward block, then same as #2
10. Same as #1, palm cover
11. Same as #2, palm cover
12. Umbrella, then same as #1

Disarms

1. Grab, roll and twist – variation – end over wrist trap
2. Over and under swing – variation – ahn gu ki
3. Left hand under wrist, rotate out
4. Rotate over, ahn gu ki or thumb
5. Cut block, end over
6. Grab stick, rotate end over
7. Grab, rotate out
8. Cut out block,
9. Cut in block, under wrist rotation
10. Same as #1
11. Under wrist rotation
12. High block, end inside wrist, thumb lock



Pressure Point Techniques

Striking - (Dai Rye Ki)

1. Spear hand under side of chin
2. Tiger mouth under chin
3. Thumb knuckle punch to side of temple
4. Center knuckle vertical punch to throat
5. Palm heel to solar plexus
6. Knife hand to throat, palm down
7. Center knuckle vertical punch to cheek bone
8. Palm heel to under lower side of jaw
9. Spear hand to side of groin, step on foot, toes outside
10. Center knuckle vertical punch to side of groin, step on foot, toes outside
11. Bent wrist strike to side of temple
12. Eagle beak to side of temple
13. Knife hand, collar bone
14. Five finger strike to face, eyes
15. Back fist to collar bone
16. Inner knife hand to throat

Pressing

1. Downward spear hand to throat, grab belt
2. Trachea hold, grab belt
3. Thumb press under ear, grab head
4. Back of neck press and twist
5. Thumb downward press, grab dobok, right thumb down on clavicle and twist to ground
6. Neck tendon pinch, grab with right hand, twist to ground
7. Jaw hook pull, right hand under left side of jaw and twist to ground
8. Lower jawline pressure point press, two hands push back
9. Spear hand press under arm pit, pal gup gu ki

Joint Locking and Throwing - (Kuck Ki) (Dun Jee Ki)

1. Under wrist, ahn hye jun throw
2. Hand press point throw, thumb, index finger ahn hye jun throw
3. Forearm press throw, ahn hye jun
4. Outside elbow press – up to down pal gup gu ki
5. Palm push, armbar push back, palm to palm
6. Two hands palm up, single ahn hye jun push back, back fall
7. Back of neck pressure point throw



Terminology

Body Movements

<i>mom omgigi</i>	movement of the body
<i>mahki</i>	block
<i>chagi</i>	kick
<i>chirugi</i>	thrust (or punch)
<i>chigi</i>	strike (with the hand)
<i>jeek gi</i>	strike (with the foot)
<i>bahk gi</i>	strike (with the head)
<i>sahn ki sool</i>	hand technique
<i>bahl ki sool</i>	foot technique
<i>kyorugi</i>	sparring
<i>bituro</i>	twisting
<i>gamya</i>	stepping (also "omkyuh didigi")
<i>kuht neun</i>	walking
<i>uro</i>	moving in a particular direction
<i>bang hyang bakoogi</i>	changing direction
<i>bitkyuh surgi</i>	escaping
<i>tdwim yu</i>	jumping
<i>dora</i>	to turn
<i>dolmyo</i>	spinning
<i>mee keul myu</i>	sliding (also "mee kul gi")
<i>jupgi</i>	holding/grabbing
<i>donzigi</i>	throwing
<i>goorugi</i>	rolling/tumbling
<i>pyihagi</i>	dodging
<i>hecho</i>	spreading
<i>moyo</i>	gathering
<i>bojoo</i>	covering

Directions

<i>oo</i>	right (also "oh-ruen")
<i>joa</i>	left (also "wen")
<i>ahp</i>	front



ahn

bahkat

bahnda

dwi

ahnuro

bahkuro

whee

whee uro

guande

ulgool

momtong

ahrae

inner

outer

reverse

back

inward

outward

high (up)

upward

middle

high section (also
"sahngdahn")

middle section

low section

Hand Postions

sahnkal

sahnkal jecho

sahnkal deung

sahn bahtong

sahn deung

ah keum sahn

joomok

deung joomuk

yup joomuk

me joomuk

inju joomuk

bamchu joomuk

doo bam joomuk

pyun joomuk

omji joomuk

sahnkeut

gawi sahnkeut

knifehand

knifehand with palm up

ridgehand

palm heel

back hand

arc hand

fist

back fist

side fist

hammer-fist

forefinger one-knuckle fist

middle-finger one-knuckle
fist

two-knuckle fist

flat (or open) fist

thumb-knuckle fist

spearfinger

scissors-shaped spearfingers

Hand Attacks

bahro chirugi

straight (return) punch



bahndae chirugi
gullgi chirugi
doo bun chirugi
sae bun chirugi
sahnkeut chirugi
sewo chirugi
gotjang chirugi
dolrya chirugi
dwijubo chirugi
nehryuh chirugi
chi chirugi
dikootja chirugi

reverse punch
hook punch
double punch
triple punch
spearfinger thrust
vertical punch
vertical fist punch
round punch
upset punch
downward punch
uppercut punch
`U' (or `C') shaped punch (hi-lo)

Blocks

bahkat palmahk mahki
ahn palmahk mahki
sahng palmahk mahki
ahnuro mahki
bahkuro mahki
ahrae mahki
olgool mahki
daebi mahki
gahwi mahki

keumgang mahki

kyo cha mahki
santeul mahki
hechuh mahki
hwang so mahki
bahtangsahn nooluh mahki
deuluh oll ryu mahki

outer forearm block
inner forearm block
twin forearm block
inward block
outward block
low block
high block
guarding block
scissors block
diamond-shaped (Hercules)
block
`X'-shaped block (
mountain-shaped block
scattered block (or wedge block)
ox (or "bull") block
pressing down block
upward scooping fist block

Kicks

cha olligi
ahp chagi

stretching kick
front kick



yup chagi

dolrya chagi

dwi chagi

bahndaedolrya chagi

gullgi chagi

bahndall chagi

hoohrio chagi

beakya chagi

nehryuh jeek gi

mil a chagi

dolmyo chagi

tdwim yah chagi

natgeh tdwim yu chagi

nalla chagi

gahwi chagi

ohpo chagi

side kick

round (roundhouse) kick

back kick

reverse round kick ("hook kick"
for some styles)

hook kick

crescent kick

wheel kick

slap kick

ax kick; literally

pushing kick (

spinning kick

jumping kick

hopping kick

flying kick

scissors kick

falling kick (leg sweep)

Stances

sohgi

ahp sohgi

ahp koo bi sohgi

dwi sohgi

beom sohgi

kuht neun sohgi

juchoom sohgi

mot sohgi

choon bi sohgi

gibon sohgi

naranhee sohgi

koh ah sohgi

kyo cha sohgi

cha yun sohgi

hahktari sohgi

stance

front stance

front bent knee

back stance

cat (or tiger) stance

walking stance

horseback riding stance

fighting stance

ready stance

basic stance

parallel stance

crossed foot stance

`X'-stance

natural stance

crane stance

Equipment



hogoo

sahn boho jang kap

pahlmahk bohodae

jung kang yi bohodae

nang shim bohodae

muh ree bohodae

eep bohodae

chest protector

protective gloves

forearm guard

shin guard

groin cup

protective head gear

mouth guard