

# Stances

## STANCE

Side Facing  
Full Facing  
Half Facing  
Sitting  
Parallel  
Walking  
Attention  
Diagonal  
L  
X  
Fixed  
Close  
Bending  
One Leg  
Vertical  
Rear Foot  
Low  
Outer Open Stance (45 Degree)  
Inner Open Stance (toes inward)  
Ready  
Parallel Ready  
Walking Ready  
Bending Ready  
Warrior Ready Stance  
L-Ready  
X-Ready  
Sitting Ready  
Close Ready (type A,B,C)  
Crouched

## SOGI

Yopmom  
Ohnmom  
Bahnmom  
Annun Sogi  
Narani Sogi  
Gunnun Sogi  
Charyot Sogi  
Sasun Sogi  
Niunja Sogi  
Kyocho Sogi  
Gojung Sogi  
Mao Sogi  
Guburyo Sogi  
Waebal Sogi  
Soo Jik Sogi  
Dwit Bal Sogi  
Nachuo Sogi  
Bakat Palja Sogi  
An Palja Sogi  
Junbi Sogi  
Narani Junbi Sogi  
Gunnun Junbi Sogi  
Guburyo Junbi Sogi  
Moosa Junbi Sogi  
Niunja Junbi Sogi  
Kyocho Junbi Sogi  
Annun Junbi Sogi  
Moa Junbi Sogi (A,B,C)  
Oguryo Sogi

# Body Parts

## BODY PARTS

### HAND PARTS

Fore-fist  
Side-fist  
Back-fist  
Under Fist  
Long Fist  
Open Fist  
Palm  
Knuckle Fist  
Middle Knuckle Fist  
Fore-Knuckle Fist  
Thumb Knuckle Fist  
Knife-hand  
Reverse Knife-hand  
Base Of Knife-hand  
Fingertip  
Flat Fingertip  
Straight Fingertip  
Upset Fingertip  
Angle Fingertip  
Forefinger  
Double Fingertip  
Arc Hand  
Back Hand  
Forearm  
Inner Forearm  
Outer Forearm  
Back Forearm  
Under Forearm  
Elbow  
Front Elbow  
Finger Pincers  
Finger Belly  
Press Finger  
Bow Whist  
Thumb  
Thumb Ridge  
Bear Hand

## MOM BANSIN

### SANG BANSIN

Ap Joomuk  
Yop Joomuk  
Dung Joomuk  
Mit Joomuk  
Ghin Joomuk  
Phun Joomuk  
Sonbadak  
Songarak Joomuk  
Joongi Joomuk  
Inji Joomuk  
Umji Joomuk  
Sonkal  
Sonkal Dung  
Sonkal Batang  
Sonkut  
Opun Sonkut  
Sun Sonkut  
Dwijibun Sonkut  
Homi Sonkut  
Han Songarak  
Doo Songarak  
Bandal Son  
Sondung  
Palmok  
An Palmok  
Bakat Palmok  
Dungpalmok  
Mitpalmok  
Palkup  
Wi Pulkup  
Jipge Son  
Songarak Badak  
Jiap  
Sonmok Dung  
Umji  
Umji Batang  
Gomson

## **FOOT PARTS**

Back Sole  
Ball of foot  
Sole  
Side Sole  
Foot  
Foot Sword  
Toes  
Instep  
Side Instep  
Reverse Foot-sword  
Back heel  
Knee

## **MISCELLANEOUS PARTS**

Head  
Forehead  
Occiput (back of head)  
Shoulder  
Outer Ankle Joint  
Inner Ankle Joint  
Tibia  
Inner Tibia  
Shin  
Back Tibia  
Outer Tibia  
Toe edge

## **HA BANSIN**

Dwitkumchee  
Ap Kumchee  
Kumchee  
Yop Bal Badak  
Bal  
Balkal  
Balkut  
Baldung  
Yop Baldung  
Balkal Dung  
Dwichook  
Moorup

## **GITA BOOWI**

Mori  
Ima  
Hudoo  
Euhke  
Bakat Balmok Gwanjol  
An Balmok Gwanjol  
Kyong Gol  
An Kyong Gol  
Jong Kwaeng-I  
Dwit Kyong Gol  
Bakat Kyong Gol  
Balgarak Nal

# Hand Techniques

## HAND TECHNIQUE

Vertical Punch  
Side Punch  
Side Front Punch  
Upward Punch  
Upset Punch  
U-shape Punch  
Crescent Punch  
Downward Punch  
Turning Punch  
Angle Punch  
Knuckle Fist Punch  
Twin Fore-knuckle Fist  
Middle Knuckle Fist  
Twin Middle Knuckle Fist  
Thumb Knuckle Fist  
Horizontal Punch  
Long Fist Punch  
Open Fist Punch  
Double Fist Punch  
Horizontal Thrust  
Twin Elbow  
Single Elbow  
Back Elbow  
Twin Side Back Elbow  
Cross Cut  
Inward Cross Cut  
Outward Cross Cut  
Side Cross Cut  
Upper Elbow Strike  
Upper Back Elbow Strike  
Front Elbow Strike  
High Elbow Strike  
Inward Knife-Hand Strike  
Twin Knife-hand Strike  
Reverse Knife-hand Strike  
Twin Reverse Knife-hand Strike  
Under Fist Strike  
Bear Hand Strike  
Finger Pincers Strike  
Downward Strike  
Side Downward Strike

## SON GISOOL

Sewo Jirugi  
Yop Jirugi  
Yobap Jirugi  
Ollyo Jirugi  
Dwijibo Jirugi  
Digutj Jirugi  
Bandal Jirugi  
Naeryo Jirugi  
Dollyo Jirugi  
Giokja Jirugi  
Songarak Joomuk Jirugi  
Sang Han Songarak Joomuk  
Kaunde Joongji Joomuk Jirugi  
Sang Kaunde Joongji Joomuk Jirugi  
Umji Songarak Joomuk  
Soopyong Jirugi  
Ghin Joomuk Jirugi  
Pyon Joomuk Jirugi  
Doo Joomuk Jirugi  
Soopyong Tulgi  
Sang Palkup  
Wae Palkup  
Dwit Palkup  
Sang Yop Dwit Palkup  
Ghutgi  
Anuro Ghutgi  
Bakuro Ghutgi  
Yop Ghutgi  
Wi Palkup Taerigi  
Widwi Palkup Taerigi  
Ap Palkup Taerigi  
Nopun Palkup Taerigi  
Anuro Sonkal Taerigi  
Sang Sonkal Taerigi  
Sonkal Dung Taerigi  
Sang Sonkal Dung Taerigi  
Mit Joomuk Taerigi  
Gomson Taerigi  
Jipge Son Taerigi  
Naeryo Taerigi  
Yop Naeryo Taerigi

Side Downward Knife-Hand Strike  
Side Downward Side Fist Strike  
Side Downward Back Hand Strike  
Front Downward Strike  
Outward Knife-hand strike  
Outward Side-fist Strike  
Knife Hand Side Strike  
Side Fist Strike  
Back Fist Strike  
Twin Back Fist  
Back Hand Strike  
Twin Back Hand  
Back Fist Wedging Strike  
Knife-Hand Horizontal Strike  
Twin Back Fist Horizontal Strike  
Twin Side Fist Horizontal Strike  
Twin Back Hand Horizontal Strike  
Back Fist Side Front Strike  
Back Hand Side Front Strike  
Reverse Knife-hand Side Front Strike  
Front Back-fist Strike  
Front Knife-hand Strike  
Front Reverse Knife-hand Strike  
Crescent Strike  
Arc Hand Crescent Strike  
Finger Pincers Crescent Strike  
Backside Strike  
Side Front Strike  
Reverse Knife-hand Side Front Strike

### **THRUSTING TECHNIQUE**

Fingertip  
Double Fingertip  
Flat Fingertip  
Upset Fingertip  
Straight Fingertip  
Angle Fingertip  
Downward Thrust  
Straight Elbow  
Side Thrust  
Double Fingertip  
Side-front Thrust  
Side Elbow  
Single Side Elbow  
Twin Side Elbow

Yop Naeryo Sonkal Taerigi  
Yop Naeryo Yop Joomuk Taerigi  
Yop Naeryo Sondung Taerigi  
Ap Naeryo Taerigi  
Bakuro Sonkal Taerigi  
Bakuro Yop Joomuk Taerigi  
Sonkal Yop Taerigi  
Yop Joomuk Taerigi  
Dung Joomuk Taerigi  
Sang Dung Joomuk Taerigi  
Sondung Taerigi  
Sang Sondung Taerigi  
Dung Joomuk Hechyo Taerigi  
Sonkal Soopyong Taerigi  
Sang Dung Joomuk Soopyong Taerigi  
Sang Yop Joomuk Soopyong Taerigi  
Sang Sondung Taerigi  
Dung Joomuk Yobap Taerigi  
Sondung Yobap Taerigi  
Sonkal Dung Yobap Taerigi  
Ap Dung Joomuk Taerigi  
Ap Sonkal Taerigi  
Ap Sonkal Dung Taerigi  
Bandal Taerigi  
Bandal Son Taerigi  
Jipge Son Bandal Taerigi  
Yopdwi Taerigi  
Yobap Taerigi  
Sonkal Dung Yobap Taerigi

### **TULGI**

Sonkut Tulgi  
Doo Sonkut Tulgi  
Opun Sonkut Tulgi  
Dwijibo Sonkut Tulgi  
Sun Sonkut Tulgi  
Homi Sonkut Tulgi  
Naeryo Tulgi  
Sun Palkup Tulgi  
Yop Tulgi  
Doo Sonkut Tulgi  
Yobap Tulgi  
Yop Palkup  
Wae Yop Palkup  
Sang Yop Palkup

## **FLYING HAND TECHNIQUE**

Flying Punch  
Flying Vertical Punch  
Flying Upset Punch  
Flying Front Punch  
Flying Side Strike  
Flying Side Front Strike  
Flying Back Fist Side Strike  
Flying Back Hand Side Strike  
Flying Knife-hand Side Strike  
Flying Side-fist Side Strike  
Flying Front Strike  
Flying Reverse Knife-hand Front Strike  
Flying Back-fist Front Strike  
Flying Mid-air Strike  
Flying Spinning 180 Degree  
Flying Spinning 360 Degree  
Flying Flat Fingertip Cross-cut  
Flying Flat Fingertip Inward Cross-cut  
Flying Flat Fingertip Outward Cross-cut  
Flying Double Attack  
Flying Double Punch  
Flying Vertical Double Side Punch  
Flying Middle Knuckle Fist

## **TWIMYO SON GISOOL**

Twimyo Jirugi  
Twimyo Sewo Jirugi  
Twimyo Dwijibo Jirugi  
Twimyo Ap Jirugi  
Twimyo Yop Taerigi  
Twimyo Yobap Taerigi  
Twimyo Dung Joomuk Yop Taerigi  
Twimyo Sondung Yop Taerigi  
Twimyo Sonkal Yop Taerigi  
Twimyo Yop Joomuk Yop Taerigi  
Twimyo Ap Taerigi  
Twimyo Sonkal Dung Ap Taerigi  
Twimyo Dung Joomuk Ap Taerigi  
Twio Dolmyo Taerigi  
180 Twio Dolmyo Taerigi  
360 Twio Dolmyo Taerigi  
Twimyo Opun Sonkut Ghutgi  
Twimyo Opun Sonkut Anuro Ghutgi  
Twimyo Opun Sonkut Bakuro Ghutgi  
Twimyo I - Jung Gong Gyok  
Twimyo I - Jung Jirugi  
Twimyo Soojik I - Jung Yop Jirugi  
Twimyo Kaunde Joongi Joomuk Jirugi

# Foot Techniques

## FOOT TECHNIQUES

### KICK PREFIXES:

Front  
Side  
Piercing  
Raising  
Thrusting  
Snap  
Skipping  
Dodging Kick  
Consecutive  
Combination Kick  
Direction of Kicks  
Foot Shifting  
Spot Kicks

### KICKS

Hooking  
Reverse Hooking  
Turning  
Side Turning (On 75 Degree)  
Reverse Turning  
Twisting  
Low Twisting  
Middle Twisting  
High Twisting  
Downward  
Pick-Shape Kick  
Crescent  
Front Rising  
Side Rising  
Front Piercing  
Side Piercing  
Reverse Hooking  
Back Piercing  
Front Snap Kick  
Vertical  
Stamping  
Sweeping  
Straight Kick

## BAI GISOOL

Ap  
Yop  
Cha Jirugi  
Olligi  
Cha Tulgi  
Cha Busigi  
Durokamyo  
Pihamyo Chagi  
Yonsuk Chagi  
Honhap Chagi  
Chon Bang Hyang  
Jajun Bal  
Gujari Chagi

### CHAGI

Golcha Chagi  
Bandaе Dollyo Goro chagi  
Dollyo Chagi  
Yop Dollyo Chagi  
Bandaе Dollyo Chagi  
Bituro Chagi  
Najunde Bituro Chagi  
Kaunde Bituro Chagi  
Nopunde Bituro Chagi  
Naero Chagi  
Gokaeng-I Chagi  
Bandal Chagi  
Ap Cha Olligi  
Yop Cha Olligi  
Ap Cha Jirugi  
Yop Cha Jirugi  
Bandaе Dollyo Goro  
Dwitcha Jirugi  
Apcha Busigi  
Sewo Chagi  
Cha Bapgi  
Suroh Chagi  
Jigeau Chagi

Foot Tackling (Take down)  
Counter Kick  
Punching Kick  
U-Shape Punching Kick  
Side Punching Kick  
Front Punching Kick  
Horizontal Striking Kick  
Grasping Kick  
Pressing Kick  
Inward Kick  
Outward Kick  
Upward Kick (Knee)  
Side Front Snap Kick  
Back Snap Kick  
Side Pushing Kick  
Back Pushing Kick  
Double Kick  
Triple Kick  
Skip Kick  
Waving Kick  
Checking  
Front Checking  
Side Checking  
Hooking Kick

### **FLYING TECHNIQUES**

Flying Kick  
2 Directional Kick  
Flying Front Kick  
Flying Side Front Kick  
Flying Turning Kick  
Flying Hooking Kick  
Flying Reverse Turning Kick  
Flying Side Piercing Kick  
Flying Side Thrusting Kick  
Flying Side Pushing Kick  
Flying High Kick  
Flying Twisting Kick  
Flying Crescent Kick  
Flying Two Directional Kick  
Flying Three Directional Kick  
Flying Twin Foot Front Kick  
Flying Front-Back Kick  
Flying Combination Kick  
Flying Consecutive Kick  
Overhead Kick

Bal Golgi  
Bada Chagi  
Jirumyo Chagi  
Digutja Jirumyo Chagi  
Yop Jirumyo Chagi  
Ap Jirumyo Chagi  
Soopyong Taerimyo Chagi  
Butjapyo Chagi  
Noollo Chagi  
Anuro Chagi  
Baturu Chagi  
Ollyo Chagi  
Yopap Cha Busigi  
Dwitcha Busigi  
Yopcha Milgi  
Dwitcha Milgi  
L-Jung Chagi  
Samjung Chagi  
Duro Gamyo Chagi  
Doro Chagi  
Cha Mumchugi  
Apcha Momchugi  
Yopcha Momchugi  
Golcho Chagi

### **TWIMYO GISOOL**

Twimyo Chagi  
Sangbang Chagi  
Twimyo Ap Chagi  
Twimyo Yobap Chagi  
Twimyo Yop Chagi  
Twimyo Golcho Chagi  
Twimyo Bandae Dollyo Chagi  
Twimyo Yopcha Jirugi  
Twimyo Yopcha Tulgi  
Twimyo Yopcha Milgi  
Twimyo Nopi Chagi  
Twimyo Bituro Chagi  
Twimyo Bandal Chagi  
Twimyo Sangbang Chagi  
Twimyo Sambang Chagi  
Twimyo Sangbal Ap Chagi  
Twimyo Apdwi Chagi  
Twimyo Honap Chagi  
Twimyo Yonsok Chagi  
Twio Nomo Chagi



Overhead Double Kick  
Flying Verticle Kick  
Flying High Kick  
Flying Downward Kick  
Flying Twin Foot Front Kick  
Flying Twin Foot Front Checking Kick  
Flying Twin Foot Side Piercing Kick  
Flying Double Foot Side Pushing Kick  
Flying Twin Foot Middle Twisting Kick  
Flying Twin Foot High Kick  
Mid-Air Kick  
Mid-Air Double Kick  
Tumbling Kick (Back Summersault)  
Flying Spiral Kick  
Flying Scissors-shape Kick  
Flying Square Punching Kick  
Flying Trapezoid Punching Kick  
Flying U-shape Punching Kick  
Flying Horizontal Striking Kick  
Flying Crescent Kick  
Flying Hooking Kick  
Flying Double Side Kick  
Flying Double Turning Kick  
Flying Double Front Kick  
Flying Double Twisting Kick  
Flying Triple Kick  
Reflex Kick (using wall)

Twio Nomo I-Jung Chagi  
Twimyo Sewo Chagi  
Twimyo Nopi Chagi  
Twimyo Naeryo Chagi  
Twimyo Sangbal Ap chagi  
Twimyo Sangbal Apcha Momchugi  
Twimyo Sangbal Yopcha Jirugi  
Twimyo Doobal Yopcha Milgi  
Twimyo Sangbal Kaude Bituro Chagi  
Twimyo Sangbal Nopi Chagi  
Twio Dolmyo Chagi  
Twio Dolmyo I - Jung Chagi  
Joma Chagi  
Twimyo Rasonsik Chagi  
Twimyo Kawi Chagi  
Twio Sagak Jirumyo Chagi  
Twio Jaegak Jirumyo Chagi  
Twio Digutja Jirumyo Chagi  
Twio Soopyong Taerimyo Chagi  
Twimyo Bandal Chagi  
Twimyo Golcho Chagi  
Twimyo I - Jung Yop Chagi  
Twimyo I - Jung Dollyo Chagi  
Twimyo I - Jung Ap Chagi  
Twimyo I - Jung Bituro Chagi  
Twimyo Samjung Chagi  
Bansa Chagi

# Vital Spots

## VITAL SPOTS

High Section of the Body  
Middle Section  
Low Section  
The Head  
The Neck  
The Chest  
The Abdomen  
The Extremities  
Skull  
Temple  
Bridge of nose  
Eyeball  
Mastoid  
Mandibula  
Philtrum  
Jaw  
Point of the chin  
Lips  
Angle of the mandible  
Upper neck  
Adam's Apple  
Windpipe  
Clavicle  
Thenar  
Radial artery  
Back wrist artery  
Wrist joint  
Nose  
Neck Artery  
Sternum  
Heart  
Solar Plexus  
Spleen  
Liver  
Epigastrium  
Lower Abdomen  
Public region  
Groin  
Scrotum  
Instep  
Occiput

## KUPSO

Nopun Bumbun  
Kaunde Babun  
Najun Babun  
Mori  
Mok  
Gasum  
Bakboo  
Pal Gwa Dari  
Dae sin moon  
Gwanja Nori  
Migan  
Angoo  
Hoo-i-boo  
Tok gwanjol  
Injoong  
Yop tok  
Mit tok  
Ipsul  
Wit tok  
Witmok  
Gyol hoo  
Soom tong  
Swe gol  
Umjigoo  
Maekbak sonmok dongmaek  
Dung sonmok dongmaek  
Sonmok gwanjol  
Kotdung  
Mok Dongmaek  
Hyung gol  
Shin jang  
Myong chi  
Bi jang  
Gan jang  
Sang bokboo  
Ha bokboo  
Chiboo  
Sataguni  
Nang shim  
Baldung  
Hoodoo

Cervix  
Upper back  
Small of the back  
Kidney  
Fossa  
Achilles tendon  
Ankle joint  
Elbow joint  
Armpit  
Floating ribs  
Knee joint  
Inner thigh  
Tibia

Gyong boo  
Gyon gap  
Gyong chu  
Kongpal  
Ogum  
Dwichuk himjool  
Balmok gwanjol  
Palgup gwanjol  
Gyodurang  
Nuk gol  
Murupgwanjol  
Anjok hobok dari  
Kyong gol

# Dojang Terminology

## DOJANG TERMINOLOGY

Training Hall	Do jang
Training Equipment	Sooryon Jangbi
Practice Suit	Do Bok
Shirt (Do Bok top)	Jeogori
Pants	Baji
Belt	Ti
Training Aids	Dallyon Goo
Straw Pads	Jip Byogae
Focus Pads	Chatjum Bangpae
Blocking Apparatus	Makgi Dae
Pullers	Dollyon Jool
Dumbbells	Aryong
Skipping Rope	Twim Jool
Stance Mould	Sogi Pan
Push Ups	Momtong Bachim
Leg Stretching	Dari Pyogi
Punching Ball	Dallyon Gong
Mirror	Ko Ul
Power Holder	Gyokpa Dae
Special Technique Holder	Tukgi Dae

## MISCELLANEOUS TERMINOLOGY

One	Hanna
Two	Dool
Three	Set
Four	Net
Five	Tassot
Six	Yassot
Seven	Ilgop
Eight	Yaudal
Nine	Ahop
Ten	Yaul
To your spot	Paru
In your own time	Koryi Apse
Rest	Chose
Stop	Goman
Start	Si Jak
Bow	Kyong ye
Attention	Charyot
1 <sup>st</sup> - 3 <sup>rd</sup> Degree	Boo-Sabum

4 <sup>th</sup> - 6 <sup>th</sup> Degree	Sabum
7 <sup>th</sup> - 8 <sup>th</sup> Degree	Sahyun
9 <sup>th</sup> Degree	Sasung
Head of Organisation	Kwan Jang
Principal (eg. School)	Kyo Jang
Bow to the Flag	Gooki Deh Hyo, Kyong ye
Bow to the National Instructor	Boo-Sabum nim geh, Kyong ye
Bow to the International Instructor	Sabum nim geh, Kyong ye
Bow to the Master	Sahyun nim geh, Kyong ye
Bow to the Grand Master	Sasung nim geh, Kyong ye
Greetings: Good Morning/Evening	Annyongh Asimnigga
"Lets Go"	Kapsipsida
How to use	Sayong Bop
History of Taekwon-do	Taekwon-do Yoksa
Composition of Taekwon-do	Taekwon-do Goosung
Circle of Taekwon-do (In Composition)	Soonhwan Do
Title and Function	Chingho wa Kinung
Distinction of the Turtle	Chingho Kubun
Section of the Body	Mom Dungboon
Training Schedule	Sooryun Gehek Pyo
Fundamental Exercises	Gibon Yonsup
Preparatory Exercise	Junbi Undang
Direction of Diagram	Bang Hyang Pyo
Toward A	A - Bang
Toward B	B - Bang
Toward C	C - Bang
Toward D	D - Bang
Back View	Dwit Mosup
Side View	Yopmosup
Front View	Apmosup
Bow Posture	Kyong Sogi
Procedure for leading a class	Sooryon Jidi Bop
Method of Exercise	Yonsup Bop
Spot Training	Gujari Chagi
Callisthenics	Dosoo Dollyon
Tool	Boowi
System of Rank	Dan Gup Jedo
Test	Simsa
Classification of Instructors	Sabum Jongyu
Classification of Umpire	Simpan Jongyu
Demonstration	Sibum
Dynamic Stability	Dongtchuk Anjong
Static Stability	Jungtchuk Anjong

# Additional Korean Terminology

## SECTION

High  
Middle  
Low  
Front  
Side  
Back  
Left  
Right

## SPARRING

3-step  
2-step  
1-step  
Free  
Pre-arranged sparring  
Pre-arranged free sparring  
Model Sparring

## SELF-DEFENCE TECHNIQUES

How to defend from a grab  
Defences against a sudden attack  
Defence against an arm opponent  
Throwing and Falling Techniques  
Against a Dagger  
Against a Bayonet (Rifle with knife)  
Against a Club  
Against a Pole  
Defence Against a Pistol

## COMPETITION

Rules for Competition  
Male  
Female  
Weight  
Micro  
Light  
Middle

## DUNGBOON

Nopunde  
Kaunde  
Najunde  
Ap  
Yop  
Dwit  
Wen  
Oran

## MATSOGI

Sambo Matsogi  
Ibo Matsogi  
Iilbo Matsogi  
Jayo Matsogi  
Yaksok Matsogi  
Yaksok Jayu Matsogi  
Mobum Matsogi

## HOSIN SUL

Jappyosul Tae  
Dae Boori Gong Gyok  
Dae Moogi  
Dunjigi Wa Torojigi  
Dae Dando  
Dae Chong Gum  
Dae Gonbong  
Dae Mongdung - I  
Dae Gwon Chong

## KYONG GI

Kyong Gi Kyu Jong  
Namja  
Yoja  
Chegup  
Aju Jagun  
Kabyoun  
Kaunde

Heavy  
Hyper  
Time allowance  
Injury  
Disqualification  
Fouls  
Warnings  
Demerit  
Points  
Scoring  
Vital Spots

Mukoun  
Gajang Khun  
Shingan Baedang  
Busang  
Silkyok  
Banchik  
Kyongko  
Kamjom  
Dukjom  
Chejom  
Ghupso

### **ACTIONS:**

Attack technique  
Defence Technique  
Holding  
Covering  
Checking  
Dodging  
Stepping  
Double Stepping  
Treble Stepping  
Shift Stepping  
Step - stepping  
Step - turning  
Jumping  
Body dropping (dipping)  
Foot Lifting  
Sliding  
Forging  
Sine Wave  
Leg Stretching  
Push Ups

Gong Gyokgi  
Bang Eau Gi  
Bachigi  
Karioogi  
Mom chugi  
Pihagi  
Omgyo Didigi  
Ibo Omgyo Didigi  
Sambo Omgyo Didigi  
Jajunbal Omgyo Didigi  
Omgyo Didimyo Jajunbal  
Omgyo Didimyo Dolgi  
Twiggi  
Mom Nachugi  
Bal Dulgi  
Mikulgi  
Dollyon  
Hwaling Pahdo  
Dari Pyogi  
Momtong Bachim

### **MORAL CULTURE**

Humanity  
Righteousness  
Propriety  
Wisdom  
Trust  
Travel  
Cold Showers and Baths  
Public Service  
Etiquette

### **JUNGSHIN SOOYANG**

In  
Ui  
Ye  
Ji  
Shin  
Yo Haeng  
Naengsoo Machal  
Sahwe Bongsa  
Ye Jol

## **TENETS OF TAEKWON-DO**

Courtesy  
Integrity  
Perseverance  
Self Control  
Indomitable Spirit

## **THE PHILOSOPHY OF TAEKWON-DO**

The Theory of power  
\*Reaction Force  
\*Concentration  
\*Equilibrium  
\*Breath Control  
\*Mass  
\*Speed  
\*Speed and Reflex

## **TAEKWON-DO JUNGSHIN**

Ye Ui  
Yom chi  
In Nae  
Guk Gi  
Baekjul Boolgool

## **TAEKWON-DO CHULHAK**

Him Ui Wolli  
Bandong Ryok  
Jip Joong  
Kyun Hyung  
Hohup Jojul  
Zilyang  
Sokdo  
Sokdo wa Banung