

Taekwondo Technical Terminology

Kukkiwon

World Taekwondo Headquarters

Preface

Commemorating the publication of Taekwondo Terminology...

March 1, 2012

Dear Members of the Taekwondo Family

Since the Kukkiwon was founded in 1973, the *Taekwondo Textbook* has been published and revised in 1987 and 2005 respectively. However, there is still some difficulty in communication within the taekwondo community where technical terminology is frequently used.

Due to the lack of coherence and uniformity in the technical terminology, formulating the names of new techniques has not been easy and different people have used different names for the same techniques. In addition, some technical terms are too long to learn and non-Koreans have difficulty pronouncing them in Korean. On the other hand, the terms for sparring and demonstration have not been regulated, creating confusion among the players and participants. Thus, there has been an urgent need for the standardization of the technical terminology of taekwondo.

In order to respond to the demand, the Kukkiwon started to collect and review the technical terms used in *dojang* (martial art studios) and competition arenas over the past two years and finally selected 138 terms. The outcome of the efforts is now compiled in the present book with the explanation of each technique.

The standardized *Taekwondo Technique Terminology* has accomplished the coherence, uniformity, and simplicity needed for these terms. The book has also included contents missing from the *Taekwondo Textbook* regarding subjects such as the methodology and direction of techniques and other omitted techniques.

From now on, the names of new techniques can be formulated with coherence and pronounced with brevity in five syllables so that they can be easily learned and used where taekwondo is taught and practiced. Since the pronunciation of Korean words has been adapted according to the romanization system of the National Institute of the Korean Language, the taekwondo terms will be pronounced the same way all around the world.

By publishing the present compilation of terminology, the various skills of sparring, breaking, self-defense including the present official *poomsae* (patterns) will be easily and correctly expressed and eventually helpful to the first-line leaders and the academic world. Nevertheless, the present work cannot be without flaws; thereby, we will continuously improve it through thorough research.

With an eye to the future, the Kukkiwon will serve the members of the global taekwondo community by developing a new prototype of martial arts through extensive study of original techniques and theory. We anticipate your continuous support and affection for taekwondo.

Thank you.

Kang, Won Sik
The President of Kukkiwon

Introductory Remarks

■ Range of Main Entries

The present collection of technical terminology contains various headings from *Poomsae* (forms), *Gyeorugi* (sparring), *Gyeokpa* (breaking) and *Hoshinsul* (self-defense), which constitute the basics of Taekwondo skills.

■ Arrangement of Main Entries

The headings are arranged and written in the order of the Roman alphabet.

■ Arrangement of Information

All technical headings written in Korean are transcribed in the Roman alphabets according to the pronunciation of standard Korean. In addition, both brief and full descriptions of each heading are provided in separate paragraphs. Underneath the descriptions, the usage of heading is suggested with its synonyms.

<Example>

Romanization of Technical Term → Original Term in Korean → Term in the Native Language → Brief Description → Full Description → <Use of Skill> →
▶ Sub Heading → (Omitted Wording) → [=Synonym]

■ Signs

< > Use of Technique

▶ Sub-headings

() Omittable Wording

[] Synonyms

Criteria for the Standardization of Terminology

1. Basics of Taekwondo

When Taekwondo techniques are broken down, the smallest meaningful units of technical terms, which cannot be split any smaller, are defined as ‘the basics of Taekwondo.’

2. Technical Terminology

Various techniques, tactics, etc. based on the basics of Taekwondo are referred to as ‘technical terminology.’ This includes all kinds of skills performed in *Poomsae* (patterns), *Gyeorugi* (sparring), *Gyeokpa* (breaking) and *Hoshinsul* (self-defense).

<Example>

Poomsae: *Bakkat-makgi* (Outward Block)

Gyeorugi: *Narae-chagi* (Double Kick)

Gyeokpa: *540° Dwhuryeo-chagi* (540° Back Whip Kick)

Hoshinsul: *Georeo-neomgigi* (Trip & Sweep)

3. Composition of Terminology

The technical terms of Taekwondo are arranged in the order of ‘applicable part of the body + method + skill.’

4. Synonyms of Terminology

The synonyms of some technical terms are included and can be used interchangeably.

- ▶ *Gyeorugi-junbi* (Sparring Posture) [= *Gyeorumsae*]
- ▶ *Du-palgup-yeop-chigi* (Two Elbow Yoke Strike) [= *Meongae-chigi*]
- ▶ *Dwidora-ttwieo-dollyeo-chagi* (Back Jumping Spin Kick) [= *Dolgae-chagi*]

- ▶ *Ttwieo-ieo-dollyeo-chagi* (Double Kick) [=Narae-chagi]
- ▶ *Ttwieo-ieo-ap-chagi* (Alternate Jumping Front Kick) [=Dubaldangseong-chagi]
- ▶ (*Bakkatpalmok*) *Naeryeo-makgi* (Outside Wrist Downward Block) [=Arae-makgi]
- ▶ (*Bakkatpalmok*) *An-makgi* (Outside Wrist Inward Block) [=Momtong-makgi]
- ▶ (*Bakkatpalmok*) *Ollyeo-makgi* (Outside Wrist Upward Block) [=Oelgul-makgi]
- ▶ *Ageumson Ap-chigi* (Arc Hand Forward Strike) [=Kaljaebi]
- ▶ *Anpalmok Ollyeo-makgi* (Inside Wrist Upward Block) [=Kkeuleo-olligi]

5. Classification of the Applicable Parts of Body

Different body parts are used for different techniques and are classified as follows:

Makgi(Blocking): *Bakkatpalmok* (Outside Wrist), *Anpalmok* (Inside Wrist), *Deungpalmok* (Back of the Wrist), *Gupinsonmok* (Bent Wrist), *Apchuk* (Ball of the Foot), *Baldeung* (Instep of the Foot), *Balnal* (Foot Blade), *Balnaldeung* (Inside Edge of the Foot or Reverse Foot Blade), *Balbadak* (Sole of the Foot) and *Jeonggangi* (Shin)

Jireugi(Punching): *Jumeok* (Fist), *Pyeonjumeok* (Half-clenched Fist or Flat Fist), *Bamjumeok* (Extended Knuckle Fist), *Jipgejumeok* (Pincers Fist) and *Jipgebamjumeok* (Trigger Finger Fist)

Jjireugi(Thrusting): *Pyeonsonkkeut* (Flat Fingertips or Spear Hand), *Gawisonkkeut* (Scissors Fingertips), *Hansonkkeut* (Single Fingertip), *Moundusonkket* (Combined Two Fingertips) and *Mounsesonkket* (Combined Three Fingertips)

Jjikgi(Chopping): *Modumsonkkeut* (Combined Fingertips)

Chigi(Striking): *Deungjumeok* (Back Knuckle), *Mejumeok* (Hammer Fist), *Sonnal* (Knife Hand), *Sonnaldeung* (Reverse Knife Hand), *Sondeung* (Back of the Hand or Back Hand), *Gomson* (Bear Hand), *Batangson* (Heel of the Palm or Palm Heel), *Gupinsonmok* (Bent Wrist), *Ageumson* (Arc Hand), *Palgup* (Elbow) and *Mureup* (Knee)

Chagi(Kicking): *Apchuk* (Ball of the Foot), *Dwichuk* (Heel of the Foot), *Dwikkumchi* (Back of the Heel), *Balkkeut* (Tips of the Toes), *Balnal* (Foot Blade), *Balnaldeung* (Inside Edge of the Foot or Reverse Foot Blade), *Balbadak* (Sole of the Foot) and *Baldeung* (Instep of the Foot)

6. Method of Classification

The terms are classified according to the ‘shape, motion and direction’ of the methods as follows:

[Shape]

Arm: *gawi* (scissors), *geumgang* (Geumgangyeoksa Statue), *nalgae* (wing), ‘ㄷ’ or *digeutja* (a Korean letter), *meonge* (yoke), *bawi* (rock), *santeul* (mountain), *oe-santeul* (single mountain), *jebipum* (swallow), *chetdari* (fork), *taesan* (steep mountain), *pyojeok* (target) and *hwangso* (bull)

Leg: *gawi* (scissors), *gyeotdari* (assisting leg), *bandal* (crescent moon), and *hakdari* (a crane standing on one foot)

[Motion]

Arm: *dollyeo* (turn), *biteureo* (twist), *eoepo* (turn down or horizontal), *jeocheo* (turn over or upside down), *sewo* (turn up or vertical), *geodeureo* (support), *eotgeoreo* (cross), *dangyeo* (pull), *mireo* (push), *geodeo* (deflect or parry), *bada* (absorb), *nulleo* (press), *hwidulleo* (swing) and *japgo* (hold or grab)

Leg: *georeo* (trip), *nakka* (hook), *dollyeo* (turn), *ttwieo* (jump or leap), *mireo* (push), *balbucheo* (skip), *jejari* (in place), *gulleo* (stamp) and *jitjjiki* (stamping on the instep).

Trunk: *gulleo* (roll), *neomeo* (jump over), *teureo* (turn), *biteureo* (twist) *sugyeo* (ducking or bend forward), *jeocheo* (lean backward)

[Direction]

Ollyeo (upward), *naeryeo* (downward), *ap* (forward or front), *dwi* (backward, back or rear), *yeop* (side or sideways), *mo* (diagonal), *bakkat* (outward, outside or outer) and *an* (inward, inside or inner)

7. Classification of Techniques

The techniques of Taekwondo are classified as follows:

[Techniques]

Kkeokgi (snapping), *neomgigi* (throwing down or tripping up), *makgi* (blocking), *ppaegi* (pulling out), *jireugi* (punching), *jjireugi* (thrusting), *jjikgi* (chopping), *chagi* (kicking), *chigi* (striking) and *pihagi* (evading or dodging)

[Auxiliary Techniques]

Ditgi (stepping), *ttwigi* (jumping), *milgi* (pushing), *seogi* (stance) and *japgi* (grabbing)

8. Description of the Left and Right Side

Seogi (Stance) is described as explained below. The rest of the skills are described according to the side of the advancing arm or leg.

When standing on a single leg, 'the left or right side' is determined by the supporting leg. This rule is applied to *Gyeotdari-seogi* (Assisting Stance), *Hakdari-seogi* (Crane Stance), *Ogeum-seogi* (Inner Knee Stance) and so on.

<Example>

Wen-hakdari-seogi (Left Crane Stance) is standing on the left leg

Oren-ogeum-seogi (Right Inner Knee Stance) is standing on the right leg

When performing *Kkoa-seogi* (Cross Stance), the moving foot becomes the criterion as to whether it is the front/rear or the left/right.

<Example>

Wen-ap-kkoa-seogi – The left is the supporting leg and it crosses over the other leg.

Oren-dwi-kkoa-seogi – The right is the supporting leg and it crosses behind the other leg.

When one side is bent more than the other side, the lower leg becomes the criterion for ‘left or right.’ This rule is applied to *Apgubi* (Forward Stance), *Dwitgubi* (Back Stance), ‘⊥’ *seogi* or *Ojja-seogi* (Ojja Stance, named after the Korean letter), etc.

<Example>

Wen-apgubi – The left leg is in front of other leg in the posture of *Apgubi* (Forward Stance).

Oreun-apgubi – The right leg is behind in the posture of *Dwitgubi* (Backward Stance).

When both legs are in the same shape, the advancing foot becomes the criterion for the name. If the left foot is in front, the name starts with ‘left.’ This rule is applied to *Mo-narani-seogi* (Diagonal Parallel Stance), *Mo-juchum-seogi* (Diagonal Riding Stance), *Ap-seogi* (Walking Stance), *Beom-seogi* (Tiger Stance), etc.

<Example>

Wen-mo-juchum-seogi – the left leg is in front in the posture of *Mo-narani-seogi* (Diagonal Parallel Stance)

Oreun-beom-seogi – the right leg is in front in the posture of *Beom-seogi* (Tiger Stance).

9. Expression of Posture

When the direction of the body including the degree of bending one’s legs and motion of one’s arms and legs, occur all at once in one posture; the terms as shown below can be used as commands while instructing.

<Example>

Juchum-seogi-momtong-jireugi – a punch to the trunk in a Horseback Riding Stance

Nachueo-juchum-seogi – Lower Horseback Riding Stance

Apgubi-sonnal-an-makgi – Knife Hand Inward Block in Forward Stance

10. Description of Target Area in Offense and Defense

Target areas in offense and defense are omitted in principle; however, they can be used as preparatory commands while instructing. When giving more elaborate explanations of *Poomsae* (forms), the detailed target areas can be utilized as follows:

[Target areas in Offense and Defense]

Eolgul (Face) / *Momtong* (Trunk) / *Arae* (Lower Body)

[Detailed Target]

Philtrum (*Injung*), chin, neck, waist, temple, solar plexus (*myeongchi*), back, knee, instep, target (one's own open hand), wrist area (*palmok*), wrist joint (*sonmok*), ankle, head, shoulder, elbow, underneath the jaws (*tteok mit*), and groin (*nangsim*).

<example>

(*Eolgul*) *Batangson-ap-chigi* – Palm Heel Forward Strike in the face

(*Momtong*) *Mejumeok-bakkat-chigi* – Hammer Fist Outward Strike in the trunk

(*Arae*) *Pyeonsonkkeut-jeocheo-jjireugi* – Flat Fingertips or Spear Hand Turned-over Thrust in the lower body

11. Terminology of Breaking Techniques

The breaking techniques are expressed as follows:

[Expression in Height and Number of Targets]

The difference in terms of height is expressed as *Dangye* and the number of target *Bang*. The wording of breaking techniques can be either omitted if they are too complicated or expressed simply as *Dabangyang-gyeokpa* (Multi-direction Break)

<Example>

Dollyeo-chagi se-dangye – Turn Kick in three different levels of height

Gawi-chagi daseot-bang – Scissors Kick in the form of five different targets

Contents

1. *Chagi*(차기): Kicking
2. *Chigi*(치기): Striking
3. *Ditgi*(딛기): Stepping
4. *Japgi*(잡기): Grabbing
5. *Jireugi*(지르기): Punching
6. *Jjireugi*(찌르기): Thrusting
7. *Jjiggi*(찍기): Chopping
8. *Junbi-jase*(준비자세): Ready Posture
9. *Kkeokgi*(꺾기): Locking
10. *Makgi*(막기): Blocking
11. *Milgi*(밀기): Pushing
12. *Neomgigi*(넘기기): Throwing down or Tripping up
13. *Pihagi*(피하기): Evading or Dodging
14. *Ppaegi*(빼기): Pulling out
15. *Seogi*(서기): Stance
16. *Teuksupum*(특수품): Special Forms
17. *Ttwigi*(뛰기): Jumping

* Appendix

Applicable Parts of the Body (사용부위)

Gyeokpa(격파): Breaking

1. *Chagi*(차기): Kicking

Techniques of striking a target with the feet by extending or turning legs

They are the skills to dominate the opponent in a confrontation by delivering a strike with the foot. They are offensive skills using the power generated from flexing and extending the knee or swinging the leg.

An-chagi(안차기): Inward Kick

A technique of striking a target from the outside to the inside of the performer with the inside edge of the foot (Reverse Foot Blade)

This is a skill that requires swinging of the foot from the outside to the inside with the knee facing upward. This skill is designed to strike the side of an opponent's face with the reverse foot blade and is used in such skills as *Pyojeok-chagi* (Target Kick).

Ap-chagi(앞차기): Front (Snap) Kick

A technique to strike a target in front of the performer with the foot

This is a skill of delivering a blow to the opponent's chin, solar plexus, stomach, etc. with one's instep, the ball of the foot, or heel. Commonly, *Ap-chagi* is executed by bending the knee and extending it to kick straight into the target. Occasionally, one can kick straight up to the opponent's chin and testicles. One may also push the opponent with the foot to maintain the distance with him or her.

<use>

- ▶ *Dwichuk-ap-chagi* / 뒤축 앞차기 / Front Kick with the heel of the foot
- ▶ *Ttwieo-dubal-ap-chagi* / 뛰어 두발 앞차기 / Jumping Two-foot Front Kick

- ▶ *Ttwieo-ap-chagi* / 뛰어 앞차기 / Jumping Front Kick
- ▶ *Modum-ap-chagi* / 모듬 앞차기 / Drawing Front Kick
- ▶ *Baldeung-ap-chagi* / 발등 앞차기 / Instep Front Kick
- ▶ *Apchuk-ap-chagi* / 앞축 앞차기 / Front Kick with the ball of the foot
- ▶ *Japgo-ap-chagi* / 잡고 앞차기 / Grabbing Front Kick

***Bada-chagi*(받아차기): Counter-Kick**

A technique of counterattacking the opponent's attack.

When the opponent launches a kicking attack in sparring, one can counter it with such skills as *Dollyeo-chagi* (Roundhouse Kick), *Naeryeo-chagi* (Axe Kick), *Dwi-chagi* (Back Kick), *Dwihuryeo-chagi* (Back Whip Kick), etc. This common term is used for all such circumstances.

<use>

- ▶ *Dwitbal-bada-chagi* / 뒷발 받아차기 / Rear Foot Counter-kick
- ▶ *Apbal-bada-chagi* / 앞발 받아차기 / Front Foot Counter-kick

***Bakkat-chagi*(바깥차기): Outward Kick**

A striking technique using the outside edge of the foot (Foot Blade) from the inside to the outside.

This is a skill of striking the side of the opponent's face with the blade of the foot by swinging the foot widely with the knee, facing up from the inside to the outside of the performer.

***Balbucheo-chagi*(발붙여차기): Skipping Kick**

A technique of bringing the rear foot to the position of the front foot and immediately striking the target with the front foot.

This skill is commonly used when the opponent is out of range and/or the performer cannot reach the opponent from a stationary posture. In order to close the distance between the performer and the opponent and/or to increase speed and power of the kick, make a skipping step forward with the rear foot and bring it in close to the heel of the front foot. Simultaneously, deliver a blow to the head or trunk of the opponent with the front foot. When this skill is combined with kicking techniques such as *Balbucheo-dollyeo-chagi* (Skipping Roundhouse Kick), *Balbucheo-yeop-chagi* (Skipping Side Kick) and *Balbucheo-huryeo-chagi* (Skipping Whip Kick), they can be classified under this general term.

***Bandal-chagi*(반달차기): Crescent Kick**

A technique of striking the target by swinging the foot inward

In appearance, it is a striking skill similar to *Dollyeo-chagi* (Roundhouse Kick). However, in this case, the supporting leg does not pivot. Instead, the kicking leg is slightly turned inward to deliver a strike.

***Biteureo-chagi*(비틀어차기): Twisting Kick**

A technique of striking a target from the inside to the outside of the body with the instep

When the opponent advances with *Dollyeo-chagi* and *Naeryeo-chagi*, one may take a step to the left or the right and strike the opponent's face or trunk from the inside to the outside of one's body.

<use>

- ▶ *Ttwieo-biteureo-chagi* / 뛰어 비틀어차기 / Jumping Twisting Kick
- ▶ (*Baldeung*) *Biteureo-chagi* / (발등) 비틀어차기 / (Instep) Twisting Kick
- ▶ *Japgo-biteureo-chagi* / 잡고 비틀어차기 / Grabbing Twisting Kick

***Dabangyang-chagi*(다방향차기): Multi-direction Kick**

Kicking techniques used for striking targets placed in various locations with one leap.

This is a skill of breaking several targets located in various directions consecutively by throwing oneself up into the air with one big leap.

***Dolgae-chagi*(돌개차기): Tornado Kick**

A technique of turn backward to deliver a kick

To deceive or to strike the opponent harder, the front foot is used as an axis to make a full or more turns backward to deliver a kick.

<use>

- ▶ *(360° Dolgae-chagi / (360도) 돌개차기 / (360°) Tornado Kick*
- ▶ *540° Dolgae-chagi / 540도 돌개차기 / 540° Tornado Kick*
- ▶ *720° Dolgae-chagi / 720도 돌개차기 / 720° Tornado Kick*

***Dollyeo-chagi*(돌려차기): Roundhouse Kick**

A technique of turning the foot inward to strike a target

This is a skill of pivoting the supporting leg and completely turning the hip in to strike the opponent's face or trunk with the ball of the foot or the instep. A turning kick is generally employed to strike the opponent's vital points such as temples and ribs with the ball of the foot. In sparring and kicking practice, the instep is utilized in order to expand the area of the striking surface or to avoid injuring the opponent while still getting points.

<use>

- ▶ *Gulleo-dollyeo-chagi / 굴러 돌려차기 / Stamping Roundhouse Kick*
- ▶ *Ttwieo-dollyeo-chagi / 뛰어 돌려차기 / Jumping Roundhouse Kick*
- ▶ *Modum-dollyeo-chagi / 모뎀 돌려차기 / Drawing Roundhouse Kick*

- ▶ *Baldeung-dollyeo-chagi* / 발등 돌려차기 / Instep Roundhouse Kick
- ▶ *Balbuchyeo-dollyeo-chagi* / 발붙여 돌려차기 / Skipping Roundhouse Kick
- ▶ *Apchuk-dollyeo-chagi* / 앞축 돌려차기 / Roundhouse Kick with the ball of the foot
- ▶ *Japgo-dollyeo-chagi* / 잡고 돌려차기 / Grabbing Roundhouse kick

***Dubaldangseong-chagi*(두발당성차기): Flying Kick**

A technique of jumping up and kicking the front target with both feet in sequence

The leading foot (rear foot) is used as a feint motion by kicking it low. The following foot (front foot) strikes the front target with precision by kicking it high.

***Dwi-chagi*(뒤차기): Back Kick**

A technique of striking the target by bending the knee and thrusting backward

This is a skill of striking the opponent with the heel in his or her stomach or chest. This is generally employed by turning one's body backward and executing a kick when the opponent is in front. Occasionally, one may deliver a straight kick in a fixed position to the target.

<use>

- ▶ *Dwi-chagi* / 뒤차기 / Back Kick
- ▶ *Ttwieo-dwi-chagi* / 뛰어 뒤차기 / Jumping Back Kick

***Gawi-chagi*(가위차기): Scissors Kick**

A technique of striking two targets simultaneously with both feet widely separated

This is a striking skill to jump and spread both feet in the shape of scissors

and hit two different targets in the air at the same time. One foot employs *Biteureo-chagi* while the other foot *Yeop-chagi* (Side Kick).

<use>

- ▶ *Gawi-chagi(dubang): Biteureo-chagi + Yeop-chagi /*
가위차기(두 방): 비틀어차기 + 옆차기 /
Scissors Kick(two targets): Twist Kick + Side Kick
- ▶ *Gawi-chagi-sebang: Gawi-chagi + Dollyeo-chagi /*
가위차기 세 방: 가위차기 + 돌려차기 /
Scissors Kick with three targets: Scissors Kick + Roundhouse Kick
- ▶ *Gawi-chagi-nebang: Gawi-chagi + Dollyeo-chagi + Huryeo-chagi /*
가위차기 네 방: 가위차기 + 돌려차기 + 후려차기 /
Scissors Kick with four targets: Scissors Kick + Roundhouse Kick + Whip Kick
- ▶ *Gawi-chagi-daseotbang: Ap-chagi + Gawi-chagi + Dollyeo-chagi + Huryeo-chagi /*
가위차기 다섯 방: 앞차기 + 가위차기 + 돌려차기 + 후려차기 /
Scissors Kick with five targets: Front Kick + Scissors Kick + Roundhouse Kick + Whip Kick

***Geodeup-chagi*(거듭차기): Repeating Kick**

A technique of executing the same kind of kick successively with the same foot

This is a technique of striking the target with one foot several times with the same kind of kick while the other foot is in a fixed position.

<use>

- ▶ *Geodeup-dollyeo-chagi / 거듭 돌려차기 / Repeating Roundhouse Kick*
- ▶ *Geodeup-ap-chagi / 거듭 앞차기 / Repeating Front kick*
- ▶ *Geodeup-yeop-chagi / 거듭 옆차기 / Repeating Side kick*

***Gongjungjebi-chagi*(공중제비차기): Jumping Flip Kick**

A technique of turning oneself vertically in the air and kicking a target with

one or both feet.

The performer uses his or her waist as an axis to jump up and turn over in the air in order to strike a target high above the head with one or both feet and land safely on the ground.

<use>

▶ *Gongjungjebi-modum-(ap)chagi* / 공중제비 모듬(앞)차기 / Jumping Flip Drawing (Front) Kick

▶ *Gongjungjebi-(ap)chagi* / 공중제비(앞)차기 / Jumping Flip (Front) Kick

***Gulleo-chagi*(굴러차기): Stamping Kick**

A technique of stamping a foot on the ground and consecutively striking a target with the same stamping foot

This is a kicking skill in which the front foot is lifted off the ground and stamped hard enough to gain a momentum. When the following rear foot is about to touch the ground, one kicks the target with the pounded foot. This skill is commonly applied to *Ap-chagi*, *Dollyeo-chagi*, *Yeop-chagi*, etc.

***Huryeo-chagi*(후려차기): Whipping Kick**

A technique of whipping the heel in a wide curve and striking the target

This is a skill of whipping the sole or the heel and striking the opponent's face. Generally, this kick is executed with one's body facing front, the knee bending and extending, and the heel swinging into the target. Occasionally, this kick can be done without bending the knee or by turning one's body backward.

<use>

▶ *360° Dwi-huryeo-chagi* / 360도 뒤후려차기 / 360° Back Whip Kick

▶ *540° Dwi-huryeo-chagi* / 540도 뒤후려차기 / 540° Back Whip Kick

▶ *Dwi-huryeo-chagi* / 뒤후려차기 / Back Whip Kick

- ▶ *Dwitbal-dwi-huryeo-chagi* / 뒷발 후려차기 / Rear Foot Whip Kick
- ▶ *Ttwieo-dwi-huryeo-chagi* / 뛰어 뒤후려차기 / Jumping Back Whip Kick
- ▶ *Balbuchoe-huryeo-chagi* / 발붙여 후려차기 / Skipping Whip Kick
- ▶ *Apbal-huryeo-chagi* / 앞발 후려차기 / Front Foot Whip Kick
- ▶ *Japgo-huryeo-chagi* / 잡고 후려차기 / Grabbing Whip Kick

***Leo-chagi*(이어차기): Alternating Kick**

A technique of performing the same kind of kick by alternating the use of each foot in sequence

In practice, the same kind of kicking skill is performed alternately with both feet until mastery is acquired. In sparring, a skill such as *Dollyeoi-chag* is executed consecutively and this can be expressed as *Leo-dollyeo-chagi* (Alternating Roundhouse Kick).

***Japgo-chagi*(잡고차기): Grabbing Kick**

A technique of grabbing part of the opponent's body and striking with the foot

This is a skill of immobilizing the opponent by grabbing part of the opponent's body and kicking him or her. These skills are combined with various kicking techniques and can be named *Japgo-ap-chagi*, *Japgo-dollyeo-chagi*, *Japgo-yeop-chagi*, *Japgo-naeryeo-chagi*, *Japgo-biteureo-chagi*, *Japgo-huryeo-chagi* and so forth.

***Jitjiki*(짓찐기): Stamping on instep**

A technique of stamping on the opponent's instep with the performer's foot

This is a skill of stepping on the opponent's instep so that he or she cannot move or escape or crushing it into the ground.

***Mireo-chagi*(밀어차기): Pushing Kick**

A technique of pushing the opponent with the foot

This is a pushing technique to make the opponent fall or to maintain some distance with him or her by using the ball or sole of the foot.

<use>

- ▶ *Mireo-ap-chagi* / 밀어 앞차기 / Pushing Front Kick
- ▶ *Mireo-yeop-chagi* / 밀어 옆차기 / Pushing Side Kick

***Modum-chagi*(모듬차기): Drawing Kick**

A technique of striking the same target with both feet simultaneously

This is a kicking skill of drawing one's feet together in the air to strike the same target. Such kicking skills as *Modum-ap-chagi*, *Modum-dollyeo-chagi* and *Modum-yeop-chagi* can be classified under this general term.

***Naeryeo-chagi*(내려차기): Axe Kick**

A technique of striking a target from the upper to lower direction

This is a striking skill using the sole of the foot or heel aiming at the opponent's face or shoulder. *Naeryeo-chagi* is usually performed with the knee bent, lifted, extended forward, and then striking vertically downward on the opponent. In sparring, the strike can be performed inward or outward depending on the position of the opponent.

<use>

- ▶ *Dwidora-ttwieo-naeryeo-chagi* / 뒤돌아 뛰어 내려차기 / Back Jumping Axe Kick
- ▶ *Balbucho-naeryeo-chagi* / 발붙여 내려차기 / Skip Axe Kick

▶ *Japgo-naeryeo-chagi* / 잡고 내려차기 / Grabbing Axe Kick

***Nakka-chagi*(낙차기): Hook Kick**

A technique of striking a target with the heel by bending the knee

When the opponent evades one's side kick and closes in, one can use the power generated from the extended knee by bending it and striking the back of the opponent's head or back. One may also hook the neck or the back of the knee according to the circumstances.

***Narae-chagi*(나래차기): Double Kicks**

A technique of executing Roundhouse Kicks alternately with both feet in the air

The first kick is a feint motion so that the leg is not fully extended. The second kick is to be used to strike a target with precision and power.

***Pyojeok-chagi*(표적차기): Target Kick**

A technique of making a target with the open hand and kicking into it

When practicing *Poomsae* (forms), one makes an imaginary target with one's hand and strikes it with *An-chagi* (Inward kick).

***Ttwieo-chagi*(뛰어차기): Jumping Kick**

A technique of jumping and striking a target

This is a skill of jumping forward and striking a high or distant target unreachable from a stationery posture. When this skill is combined with kicking

techniques such as *Ap-chagi*, *Dollyeo-chagi*, *Yeop-chagi*, *Naeryeo-chagi*, *Dwi-chagi* and *Dwi-huryeo-chagi*, they can be classified under this general term.

***Yeop-chagi*(옆차기): Side Kick**

A technique of delivering a kick by turning one's body to the side

This is a skill of striking the opponent's face or chest with the outside edge of the foot or the heel. The side kick is usually performed by turning one's body to the side and at the same time bending the leg and extending it to kick the target. In some circumstances, one may push the opponent with the foot to maintain the distance from the opponent.

<use>

- ▶ *Gulleo-yeop-chagi* / 굴러 옆차기 / Stamping Side Kick
- ▶ *Ttwieo-yeop-chagi* / 뛰어 옆차기 / Jumping Side kick
- ▶ *Modum-yeop-chagi* / 모듬 옆차기 / Drawing Side Kick
- ▶ *Balbucho-yeop-chagi* / 발붙여 옆차기 / Skipping Side Kick
- ▶ *Japgo-yeop-chagi* / 잡고 옆차기 / Grabbing Side Kick

2. *Chigi*(치기): Striking

All kinds of offensive techniques delivered by the hand excluding fist, fingertips and foot

They are the techniques of striking targets by using the rotational force of the body while the elbow is being bent and extended or just in a state of being bent. These techniques include all offensive strikes executed with hands except *Jireugi* (punching), *Jjirueugi* (thrusting), and *Jjikgi* (chopping)

An-chigi(안치기): Inward Strike

A technique of striking the opponent from the outside to the inside

This is a turning striking skill that travels from the outside to the inside of the performer using *Gomson* (Bear Hand), *Sonnal* (Knife Hand), *Sonnaldeung* (Reverse Knife Hand), *Mejumeok* (Hammer Fist) or *Batangson* (Palm Heel).

<use>

- ▶ *Gomson-an-chigi* / 곰손 안치기 / Bear Hand Inward Strike
- ▶ *Du-mejumeok-an-chigi* / 두 메주먹 안치기 / -Double Hammer Fist Inward Strike
- ▶ *Du-sonnal-an-chigi* / 두 손날 안치기 / Two-Knife Hand Inward Strike
- ▶ *Mejumeok-an-chigi* / 메주먹 안치기 / Hammer Fist Inward Strike
- ▶ *Batangson-an-chigi* / 바탕손 안치기 / Palm Heel Inward Strike
- ▶ *Sonnaldeung-an-chigi* / 손날등 안치기 / Reverse Knife Hand Inward strike
- ▶ *Sonnal-an-chigi* / 손날 안치기 / Knife Hand Inward Strike

Ap-chigi(앞치기): Forward Strike

A technique of striking a target with *Deungjumeok* (Back Fist) or *Ageumson* (Arc Hand)

This is a skill to strike the opponent's nose or philtrum by bending one's elbow and striking from the inside to the front or from the outside to the inside in a circular motion with back knuckle. Also, one may strike the opponent's throat or chest in a linear motion with *Batangson* or *Ageumson*.

<use>

- ▶ *Gomson-ap-chigi* / 곰손 앞치기 / Bear Hand Forward Strike
- ▶ *Deungjumeok-ap-chigi* / 등주먹 앞치기 / Back Fist Forward Strike
- ▶ *Batangson-ap-chigi* / 바탕손 앞치기 / Palm Heel Forward Strike
- ▶ *Ageumson-ap-chigi* / 아금손 앞치기 / Arc Hand Forward Strike

***Bakkat-chigi*(바깥치기): Outward Strike**

A technique of striking the outside of a target

This is a skill of striking the outside of the opponent using *Deungjumeok* (Back Fist), *Mejumeok* (Hammer Fist), *Sonnal* (Knife Hand), etc. with his or her elbow bent. This skill is an outward traveling strike carried out from the inside of the performer and can be executed with the support of the other hand.

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- ▶ *Geodeureo-bakkat-chigi* / 거들어 바깥치기 / Assisting Outward Strike
- ▶ *Deungjumeok-bakkat-chigi* / 등주먹 바깥치기 / Back Fist Outward Strike
- ▶ *Mejumeok-bakkat-chigi* / 메주먹 바깥치기 / Hammer Fist Outward Strike
- ▶ *Sonnal-bakkat-chigi* / 손날 바깥치기 / Knife Hand Outward Strike
- ▶ *Sonnaldeung-bakkat-chigi* / 손날등 바깥치기 / Reverse Knife Hand Outward Strike

***Biteureo-chigi*(비틀어치기): Twisting Strike**

A striking technique of twisting the body of the performer

This is a striking skill of twisting one's trunk with the advancing leg and striking arm facing and traveling against each other.

***Danggyeo-chigi*(당겨치기): Pulling Strike**

A technique of pulling the opponent and delivering a strike with *Deungjumeok*, *Mejumeok*, *Palkkumchi* (elbow), etc.

This is a striking skill of pulling the opponent with one hand, making him or her immobilized or inescapable and delivering a blow with the other hand using *Deungjumeok*, *Mejumeok*, *Palkkumchi* and so forth.

<use>

▶ *Danggyeo-deungjumeok-ap-chigi* / 당겨 등주먹 앞치기 / Pulling Back Fist Front Strike

▶ *Danggyeo-palgup-ap-chigi* / 당겨 팔굽 앞치기 / Pulling Elbow Front Strike

***Dollyeo-chigi*(돌려치기): Turning Strike**

A striking technique of using the rotational force of the body moving horizontally against the target

This is a striking skill of delivering a blow to the opponent's temple or solar plexus with the bent elbow. The performer may use his or her knee to attack the opponent in the solar plexus or the ribs.

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▶ *Mureup-dollyeo-chigi* / 무릎 돌려치기 / Knee Turn Strike

▶ *Palgup-dollyeo-chigi* / 팔굽 돌려치기 / Elbow Turn Strike

***Dwi-chigi*(뒤치기): Back Elbow Strike**

A technique of striking the target behind with the elbow

This is a skill of striking the ribs of the assailant backward with the elbow when the performer is grabbed by the assailant from behind

***Geodeureo-chigi*(거들어치기): Supporting Strike**

A striking technique with the support of the other hand

It is a striking skill of one hand with the support of the other which adds additional mass and speed to the striking hand, thus generating a greater rotational force of the body. It can also be used as a preparatory motion for follow-ups in sequence.

***Jebipum-chigi*(제비품치기): Swallow Strike**

A technique of striking inward or forward with one hand while blocking upward with the other hand

This is a skill of bringing defense and offense together in one movement. The performer can execute *Ollyeo-makgi* (Upward Block) using one hand in the form of the Knife Hand while striking the opponent's jaw or neck with *Batangson-ap-chigi* (Palm Heel Forward Strike) or *Sonnal-an-chigi* (Knife Hand Inward Strike) with the other hand.

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▶ *Jebipum (batangson) ap-chigi* / 제비품 (바탕손) 앞치기 / Swallow (Palm Heel) Front Strike

▶ *Jebipum (sonnal) an-chigi* / 제비품 (손날) 안치기 / Swallow (Knife) Inward Strike

***Naeryeo-chigi*(내려치기): Downward Strike**

A striking technique delivered from a higher to lower level

This refers to a vertical strike with the bent elbow delivered to a target by using the Back Fist, Hammer Fist, Knife Hand, Elbow, etc. When striking with the Reverse Knife Hand, the arm should be completely extended to avoid injury

to the joint.

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- ▶ *Deungjumeok-naeryeo-chigi* / 등주먹 내려치기 / Back Fist Downward Strike
- ▶ *Mejumeok-naeryeo-chigi* / 메주먹 내려치기 / Hammer Fist Downward Strike
- ▶ *Sonnal-naeryeo-chigi* / 손날 내려치기 / Knife Hand Downward Strike
- ▶ *Sonnaldeung-naeryeo-chigi* / 손날등 내려치기 / Reverse Knife Hand Downward Strike
- ▶ *Palgup-naeryeo-chigi* / 팔굽 내려치기 / Elbow Downward Strike

***Ollyeo-chigi*(올려치기): Upward Strike**

A striking technique vertically delivered from a lower to a higher level

This is a striking skill to deliver a blow to the opponent's jaw with *Batangson* or *Gupin-sonmok* (Bent Wrist) or his or her solar plexus with the elbow. When grabbing the opponent, the performer may strike the solar plexus or stomach of the opponent with his or her knee.

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- ▶ *Gupinsonmok-ollyeo-chigi* / 굽힌손목 올려치기 / Bent Wrist Upward Strike
- ▶ *Mureup-ollyeo-chigi* / 무릎 올려치기 / Knee Upward Strike
- ▶ *Batangson-ollyeo-chigi* / 바탕손 올려치기 / Palm Heel Upward Strike
- ▶ *Palgup-ollyeo-chigi* / 팔굽 올려치기 / Elbow Upward Strike

***Pyojeok-chigi*(표적치기): Target Strike**

After making an imaginary target with one hand, it is a technique of striking it with the other hand.

Especially, when performing *Poomsae*, the performer may picture an imaginary opponent by making a target with his or her own hand open and facing toward him or her and drive a blow into the imaginary target with the other hand in the form of *Mejumeok* or *Palgup*.

<use>

- ▶ *Mejumeok-naeryeo-pyojeok-chigi* / 메주먹 내려 표적치기 / Hammer Fist Downward Target Strike
- ▶ *Mejumeok-pyojeok-chigi* / 메주먹 표적치기 / Hammer Fist Target Strike
- ▶ *Palgup-pyojeok-chigi* / 팔굽 표적치기 / Elbow Target Strike

***Yeop-chigi*(옆치기): Side Strike**

A striking technique of delivering a blow to the target standing on the side

This is a skill of delivering a blow in the head or trunk of the opponent standing at the side with *Deungjumeok*, *Mejumeok*, *Sonnal*, *Palgup*, etc.

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- ▶ *Du-palgup-yeop-chigi* [=Meonge-chigi] / 두 팔굽 옆치기 [=멍에치기] / Two-elbow Side Strike [=Yoke Strike]
- ▶ *Deungjumeok-yeop-chigi* / 등주먹 옆치기 / Back Fist Side Strike
- ▶ *Mejumeok-yeop-chigi* / 메주먹 옆치기 / Hammer Fist Side Strike
- ▶ *Sonnal-yeop-chigi* / 손날 옆치기 / Knife Hand Side Strike
- ▶ *Sonnaldeung-yeop-chigi* / 손날등 옆치기 / Reverse Knife Hand Side Strike
- ▶ *Palgup-yeop-chigi* / 팔굽 옆치기 / Elbow Side Strike

3. Ditgi(딛기): Stepping

Movements of changing directions or one's feet to various points in order to adjust one's distance to the opponent, where one executes attacks or makes defensive moves

These include all kinds of foot movements involved in Taekwondo and are used in the form of *Nae-ditgi*, *Dora-ditgi*, *Mo-ditgi*, *Mulleo-ditgi*, *Yeop-ditgi* and *Jejari-ditgi*.

***Dora-ditgi*(돌아딛기): Turning Step**

A motion of changing direction to the left or right or back

This is a motion of taking a step by turning one foot clockwise or counterclockwise centering around the other foot. When the upper body turns backward to the left, it is called *Wen-dora-ditgi* and to the right, *Oreun-dora-ditgi*.

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- ▶ *Oreun-dora-ditgi* / 오른 돌아딛기 / Right Turn Step
- ▶ *Wen-dora-ditgi* / 왼 돌아딛기 / Left Turn Step
- ▶ *Dwi-dora-ditgi* / 뒤 돌아딛기 / Back Turn Step

***Jejari-ditgi*(제자리딛기): Stepping in place**

A motion of bouncing in place

This is a movement of keeping the center of gravity in between the front and rear foot and moving the feet up and down simultaneously or alternating the feet while stepping in place.

***Mo-ditgi*(모딛기): Diagonal Step**

A motion of moving the center of gravity diagonally

This is a movement of moving the left or right foot diagonally forward or backward to move the center of gravity to the side of left front, left back, right front or right back.

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- ▶ *Oreun-dwi-ditgi* / 오른뒤 딛기 / Right Backward Step
- ▶ *Oreun-ap-ditgi* / 오른앞 딛기 / Right Forward Step
- ▶ *Wen-dwi-ditgi* / 왼뒤 딛기 / Left Backward Step
- ▶ *Wen-ap-ditgi* / 왼앞 딛기 / Left Forward Step

Mulleo-ditgi(물러딛기): Backward Step

A motion of moving the center of gravity backward

This is a movement of traveling one or more steps backward with the front or rear foot while moving the center of gravity backward. If the front foot steps back first, it is *Apbal-mulleo-ditgi* and if the rear foot moves first it is *Dwitbal-mulleo-ditgi*.

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- ▶ (*Dubal*) *mulleo-ditgi* / 두 발 물러딛기 / Two-foot Backward Step
- ▶ *Dwitbal-mulleo-ditgi* / 뒷발 물러딛기 / Rear Foot Backward Step
- ▶ *Apbal-mulleo-ditgi* / 앞발 물러딛기 / Front Foot Backward Step

Nae-ditgi(내딛기): Forward Step

A motion of changing the center of gravity towards the front

This is a movement to take one step or more with the front or rear foot while moving the center of gravity forward. If the front foot advances first, it is called *Apbal-nae-ditgi* and the rear foot, *Dwitbal-nae-ditgi*.

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- ▶ *(Du-bal) nae-ditgi* / (두 발) 내딛기 / (Two-foot) Forward Step
- ▶ *Dwitbal-nae-ditgi* / 뒷발 내딛기 / Rear Foot Forward Step
- ▶ *Apbal-nae-ditgi* / 앞발 내딛기 / Front Foot Forward Step

***Yeop-ditgi*(옆딛기): Side Step**

A motion of moving the center of gravity to the left or right

This is a movement of stepping to the left or the right while shifting the center of gravity.

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- ▶ *Oreun-ditgi* / 오른 딛기 / Right Step
- ▶ *Wen-ditgi* / 왼 딛기 / Left Step

4. *Japgi*(잡기): Grabbing

Auxiliary techniques of holding the opponent's body, collar, etc. with the hands

They are auxiliary skills to interfere with the opponent's movement or immobilize him or her by grabbing a part of his or her body with the performer's hands.

5. *Jireugi*(지르기): Punching

Techniques of striking with the fists

They are the skills of striking the opponent's vital points with the Fist, Pincers Fist, and Half-clenched Fist (Flat Fist). These striking surfaces are utilized with *Jireugi*, *Jeocheo-jireugi* (Turn-over Punch), *Dollyeo-jireugi* (Turning Punch), *Dwi-jireugi* (Punch to the rear), etc.

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- ▶ (*Jumeok*) *jireugi* / (주먹) 지르기 / (Fist) Punch
- ▶ *Bamjumeok jireugi* / 밤주먹 지르기 / Knuckle Fist Punch
- ▶ *Jipge-jumeok-jireugi* / 집게주먹 지르기 / Pincers Fist Punch
- ▶ *Jipge-bamjumeok jireugi* / 집게밤주먹 지르기 / Trigger Finger Fist Punch
- ▶ *Pyeon-jumeok-jireugi* / 편주먹 지르기 / Half-clenched Fist(Flat Fist) Punch

Chetdari-jireugi(헛다리지르기): Fork Punch

A technique of extending both arms in the shape of a fork

Both fists are aimed at the trunk of the opponent. When seen from above, the shape of both arms looks like a fork

Chi-jireugi(치지르기): Uppercut Punch

A technique of striking a punch vertically upward

This is a striking skill to deliver a turned over fist vertically to the target. It is mainly used to strike the chin; however, if the opponent lowers his or her head, one may hit his or her philtrum.

Danggyeo-jireugi(당겨지르기): Pulling and Punching

A technique of pulling the opponent with one hand and delivering a blow to the opponent's chin or solar plexus with the fist turned over.

By holding the opponent by the collar, one can immobilize him or her and deliver a blow in the chin or solar plexus with the fist turned upside down.

***Digeutja-jireugi*(‘ㄷ’자지르기): *Digeutja* Punch (‘ㄷ’ Shaped Punch)**

A technique of punching with both arms shaped after the Korean letter ‘ㄷ’

The performer's fist delivers *Oelgul-jireugi* (Punch in the face) while the other does *Jeocheo-jireugi* (Turn-over Punch). When seen from a lateral view, this punching skill is executed in the shape of a Korean letter ‘ㄷ.’

***Dollyeo-jireugi*(돌려지르기): *Turning* Punch**

A technique of striking the side of an opponent standing in front of the performer with the fist

This is a skill of delivering a punch traveling in a circular motion to the side of a target. It is mainly used when attacking the side of the face or the side of the trunk.

***Dwi-jireugi*(뒤지르기): *Backward* Punch**

A technique of striking a target behind the performer

This is a skill of delivering a punch to the head of the opponent standing behind the performer. The fist travels in a circular motion by turning the waist to the target standing behind the performer.

***Geumgang-jireugi*(금강지르기): *Geumgang* Punch**

A technique of blocking upward and punching forward or sideways simultaneously

This skill is named after the figure of *Geumgangyeoksa* statue (literally meaning, the Diamond Warrior, whose role was to protect the Buddhist temples during the period of the Silla dynasty in ancient Korea). One hand is used for *ollyeo-makgi* (Upward Block) while the other is used to deliver a strike to the face or trunk of the opponent standing in front or on the side.

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- ▶ *Geumgang-ap-jireugi* / 금강 앞지르기 / Geumgang Forward Punch
- ▶ *Geumgang-yeop-jireugi* / 금강 옆지르기 / Geumgang Side Punch

***Jeocheo-jireugi*(젓혀지르기): Turn-over Punch**

A technique of striking the opponent with the fist turning over

When the opponent closes in, the performer strikes the opponent's ribs from the bottom to upward.

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- ▶ *Bam-jumeok-jeocheo-jireugi* / 밤주먹 젓혀지르기 / Knuckle Fist Turn-over Punch
- ▶ (*Jumeok*) *jeocheo-jireugi* / (주먹) 젓혀지르기 / (Fist) Turn-over Punch

***Naeryeo-jireugi*(내려지르기): Downward Punch**

A technique of striking a lower target with the fist

This is a skill of striking a lower target by executing a vertical, downward punch by lowering one's back. It is mainly used in breaking a target or attacking the opponent on the ground.

***Pyojeok-jireugi*(표적지르기): Target Punch**

A technique of striking an imaginary target with the fist

By making an imaginary target with one's hand, the performer uses it as a virtual target.

***Sewo-jiruegi*(세워지르기): Vertical Punch**

A technique of striking a target with the fist turned vertically

This skill is to throw the vertically erected fist straight to the target by using the turning force of the body.

***Yeop-jireugi*(옆지르기): Side Punch**

A striking technique by turning one's body toward the side

This skill is to throw the fist in a straight line by turning the body to the side using the turning force of the body.

6. *Jjireugi*(찌르기): Thrusting

Techniques of striking the opponent's vital points with the fingertips

These skills have the same movements as those of punching techniques; however, their striking surfaces are the fingertips so that they can deliver a strong impact to the opponent's vital points

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- ▶ *Moeundusonkkeut-sewo-jjireugi* / 모은두손끝 세워찌르기 / Combined Two-fingertip Vertical Thrust
- ▶ *Moeunsesonkkeut-sewo-jjireugi* / 모은세손끝 세워찌르기 / Combined Three-fingertip Vertical Thrust
- ▶ *Hansonkkeut-sewo-jjireugi* / 한손끝 세워찌르기 / Single Fingertip Vertical Thrust

Eopeo-jjireugi(엎어찌르기): Horizontal Thrust

A technique of thrusting a target with the fingertips horizontally turned down

This is a skill to strike the opponent's vital points such as the philtrum or neck. One may use scissors fingers.

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- ▶ *Gawisonkkeut-jjireugi* / 가위손끝 찌르기 / Scissors Fingertip Thrust
- ▶ (*Pyeonsonkkeut*) *eopeo-jjireugi* / (편손끝) 엎어찌르기 / (Spear Hand) Horizontal Thrust

Jeocheo-jjireugi(젓혀찌르기): Turn-over Thrust

A technique of thrusting at a target with the fingertips turned over.

This is a skill of striking the opponent's lower abdomen and groin.

***Sewo-jjireugi*(세워찌르기): Vertical Thrust**

A technique of thrusting at a target with the fingertips vertically turned up

This is a skill to strike the opponent's solar plexus. By using *Hansonkkeut* (Single Fingertip), *Moeundusonkkeut* (Combined Two Fingertips) and *Moeunsesonkkeut* (Combined Three Fingertips), one can strike the opponent's eyes or neck. In order to defend and attack consecutively, one hand executes *Nulleo-makgi* (Pressing Block) while the other hand performs *Geodeureo-sewo-jjireugi* (Supporting Vertical Thrust) in succession.

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- ▶ *Geodeureo-sewo-jjireugi* / 거들어 세워찌르기 / Supporting Vertical Thrust
- ▶ (*Pyeonsonkkeut*) *sewo-jjireugi* / (편손끝) 세워찌르기 / (Spear Hand) Vertical Thrust

7. *Jjikgi*(찍기): Chopping

Techniques of striking the target swiftly with combined fingertips

This is a skill of striking with the fingertips after they are firmly closed at the first knuckles of five fingers and used in such techniques as *Naeryeo-jjikgi* (Downward Chop) *An-jjikgi* (Inward Chop) and *Ap-jjikgi* (Forward Chop).

<use>

- ▶ *Naeryeo-jjikgi* / 내려찍기 / Downward Chop
- ▶ *An-jjikgi* / 안찍기 / Inward Chop
- ▶ *Ap-jjikgi* / 앞찍기 / Forward Chop

8. *Junbi-jase*(준비자세): Ready Posture

Postures for physical relaxation, breath control and mental focus before executing Taekwondo techniques

There are five fundamental, standardized postures in *Poomsae* (Forms) whereas individuals may freely adopt postures in *Gyeorugi* (sparring) in accordance with their physical conditions and characteristics.

***Bojumeok-junbi*(보주먹준비): Covered Fist Posture**

A ready posture of wrapping the right fist with the left hand and lifting them up to the front of body

In *Moa-seogi* (Closed Stance), the right hand is clenched into a fist while the left hand is open wide to cover the right hand gently. The two hands should be lifted up from *Danjeon* (the lower abdomen) to the philtrum or chest.

***Dujumeok-heori-junbi*(두주먹허리준비): Two-fist-on-the-waist Posture**

A ready posture with both fists on the side of waistline

This is a ready posture with hammer fists placed on the waist. Starting in the form of *Moa-seogi* for the feet, the back knuckles should face down and the elbows completely pulled back so that they cannot be seen from the frontal view.

***Gibon-junbi*(기본준비): Basic Posture**

A basic posture adopted before starting the most of *Poomsae*

This is a ready posture starting in a state of *Moa-seogi* for the feet by moving the left foot one step to the side. Draw the open hands up to the level of the solar plexus and, as one breathes out, slowly transfer both fists to the level of *Danjeon*.

Gyeopson-junbi(겹손준비): Overlapped-hand Posture

A ready posture with both hands overlapped in front of *Danjeon*

This is a ready posture in the form of *Moa-seogi* for the feet. Both hands are overlapped across each other with the left hand on top of the right. The overlapped hands should be slightly apart from the *Danjeon* area.

Gyeorugi-junbi(겨루기준비): Sparring Posture [=겨름새: *Gyeorumsae*]

A posture freely taken by two opponents before sparring starts

Standing sideways, one clenches both fists with the front arm bent about 90° and a hand lifted up to the level of the shoulder. The other arm is placed in front of the solar plexus, one fist width away. This posture is supposed to make offensive and defensive movements exchangeable at any time. If the left foot is in front, it is *Wen-gyeorumsae* and when the right foot is in front, *Oren-gyeorumsae*.

<use>

- ▶ *Oreun-gyeorumsae* / Right Sparring Posture
- ▶ *Wen-gyeorumsae* / Left Sparring Posture

Tongmilgi-junbi(통밀기준비): Log Pushing Posture

A ready posture appearing to push a log with the two palms

In *Narani-seogi* (Parallel Stance), both hand blades are lifted from *Danjeon* all the way to the face. Then, the two hands are pushed forward slowly as if one pushes a log away.

9. *Kkeokgi*(꺾기): Lock

Techniques of restraining by pressing or twisting the opponent's joints

These are restraining skills to press or twist the opponent's wrist, elbow, shoulder, ankle, or knee with the performer's hand. These skills are executed when the performer is seized by the assailant or one is grabbing the opponent at close range.

Biteureo-kkeokgi(비틀어꺾기): Twisting and Lock

A locking technique by twisting the assailant's joints

This is a locking skill to twist the opponent's arm in a clockwise or counterclockwise direction when the performer is grabbed by the wrist or the collar.

<use>

- ▶ *Sonmok-biteureo-kkeokgi* / 손목 비틀어꺾기 / Wrist Joint Twist & Lock
- ▶ *Palgup-biteureo-kkeokgi* / 팔굽 비틀어꺾기 / Elbow Twist & Lock

Nulleo-kkeokgi(눌러꺾기): Pressing and Lock

A locking technique by pressing the assailant's joints

This is a locking skill to grab the opponent by the arm and press his or her elbow or shoulder joint with an arc hand or to grab the opponent by the leg and press his or her knee joint.

<use>

- ▶ *Mureup-nulleo-kkeokgi* / 무릎 눌러꺾기 / Knee Pressing and Lock
- ▶ *Palgup-nulleo-kkeokgi* / 팔굽 눌러꺾기 / Elbow Pressing and Lock

10. *Makgi*(막기): Blocking

Techniques of protecting the vital parts of the defender's body from the assailant's attack by blocking it off with a hand, arm, foot or leg

Cheo-makgi (Striking Block) is one of the conventional blocking skills frequently used in defensive Taekwondo techniques. The defender confronts the assailant's attack by matching force for force. Occasionally, *Bada-makgi* (Absorbing Block) absorbing the impact of punching and kicking attacks, *Georeo-makgi* (Tripping Block) obstructing the offense in advance, and *Geodeo-makgi* (Deflecting Block) deflecting or pushing off the opponent's attack are also employed.

An-makgi(안막기): Inward Block

A technique of blocking from the outside to the inside of the defender's body with the hand, foot, arm or leg

When the assailant attacks from the front, the blocking surfaces such as 'Outside Wrist' (outside edge of the wrist), 'Knife Hand' (the outside edge of hand), 'Palm Heel' (base of the palm) and 'Reverse Foot Blade' (inside edge of the foot) are employed to block it from the outside of defender's body to the inside.

<use>

- ▶ (*Bakkatpalmok*) *an-makgi* [=Momtong-makgi] / (바깥팔목) 안막기 [=몸통막기] / (Outside Wrist) Inward Block [=Trunk Block]
- ▶ *Batangson-an-makgi* / 바탕손 안막기 / Palm Heel Inward Block
- ▶ *Balnaldeung-an-makgi* / 발날등 안막기 / Reverse Foot Blade Inward Block
- ▶ *Sonnal-an-makgi* / 손날 안막기 / Knife Hand Inward Block
- ▶ *Anpalmok-an-makgi* / 안팔목 안막기 / Inside Wrist Inward Block

***Bada-makgi*(받아막기): Absorbing Block**

A technique of alleviating the impact of the assailant's attack by absorbing it with a hand or foot of the defender

This is a skill of reducing the shock and pain generated by the assailant's attack by buffering its direct path of attack.

<use>

- ▶ *Balbadak-badamakgi* / 발바닥 받아막기 / Foot Sole Absorbing Block
- ▶ *Sonbadak-badamakgi* / 손바닥 받아막기 / Palm Absorbing Block
- ▶ *Junggangi-badamakgi* / 정강이 받아막기 / Shin Absorbing Block

***Bakkat-makgi*(바깥막기): Outward Block**

A technique of blocking the assailant's attack from the inside to the outside of the defender's body

This is a blocking skill with a motion from the inside to the outside of defender's body using *Bakkatpalmok* (Outside Wrist), *Anpalmok* (Inside Wrist), *Sonnal* (Knife Hand), *Gupinsonmok* (Bent Wrist), etc. when the assailant attacks from the outside or front side of the defender.

<use>

- ▶ *Gupinsonmok-bakkat-makgi* / 굽힌손목 바깥막기 / Bent Wrist Outward Block
- ▶ (*Bakkatpalmok*) *geodeureo-bakkat-makgi* / (바깥팔목) 거들어 바깥막기 / (Outside Wrist) Supporting Outward Block
- ▶ (*Bakkatpalmok*) *Bakkat-makgi* / (바깥팔목) 바깥막기 / (Outside Wrist) Outward Block
- ▶ *Anpalmok-geodeureo-bakkat-makgi* / 안팔목 거들어 바깥막기 / Inside Wrist Supporting Outward Block
- ▶ *Anpalmok-bakkat-makgi* / 안팔목 바깥막기 / Inside Wrist Outward Block
- ▶ *Sonnal-geodeureo-bakkat-makgi* / 손날 거들어 바깥막기 / Knife Hand Supporting Outward Block

- ▶ *Sonnal-bakkat-makgi* / 손날 바깥막기 / Knife Hand Outward Block
- ▶ *Sonnaldeung-geodeureo-bakkat-makgi* / 손날등 거들어 바깥막기 / Reverse Knife Hand Supporting Outward Block
- ▶ *Sonnaldeung-bakkat-makgi* / 손날등 바깥막기 / Reverse Knife Hand Outward Block
- ▶ *Sonbadak-geodeureo-anpalmok-bakkat-makgi* / 손바닥 거들어 안팔목 바깥막기 / Palm Supporting Inside Wrist Outward Block

***Biteureo-makgi*(비틀어막기): Twisting Block**

A technique of blocking with the opposite hand of the advancing foot with a twisting motion of the body

This is a blocking skill using the opposite arm and leg to block and advance simultaneously. When advancing the left foot, the defender twists his or her body from the right to the left side and uses the right hand as a blocking surface and vice versa.

<use>

- ▶ (*Bakkatpalmok*) *biteureo-naeryeo-makgi* / (바깥팔목) 비틀어 내려막기 / (Outside Wrist) Twisting Downward Block
- ▶ (*Bakkatpalmok*) *biteureo-bakkat-makgi* / (바깥팔목) 비틀어 바깥막기 / (Outside Wrist) Twisting Outward Block
- ▶ *Sonnaldeung-biteureo-bakkat-makgi* / 손날등 비틀어 바깥막기 / Reverse Knife Hand Twisting Outward Block
- ▶ *Sonnal-biteureo-yeop-makgi* / 손날 비틀어 옆막기 / Knife Hand Twisting Side Block
- ▶ *Sonnal-biteureo-bakkat-makgi* / 손날 비틀어 바깥막기 / Knife Hand Twisting Outward Block
- ▶ *Anpalmok-biteureo-bakkat-makgi* / 안팔목 비틀어 바깥막기 / Inside Wrist Twisting Outward Block

***Cha-makgi*(차막기): Kicking Block**

A technique of blocking the assailant's attack by striking it with the foot or leg

This blocking skill is to directly confront the opponent's advance by striking it with the leg or foot, causing serious injury to the attacker. This skill makes defense and offense possible at the same time.

<use>

- ▶ *Bakkat-cha-makgi* / 바깥 차막기 / Outward Kicking Block
- ▶ *An-cha-makgi* / 안 차막기 / Inward Kicking Block
- ▶ *Ap-cha-makgi* / 앞 차막기 / Front Kicking Block
- ▶ *Yeop-cha-makgi* / 옆 차막기 / Side Kicking Block

***Cheo-makgi*(쳐막기): Striking Block**

A technique of blocking the opponent's attack by striking it with the hand or arm

This blocking skill is to directly confront the assailant's attack by strike it with the arm or hand, causing severe damage to the opponent. This skill makes defense and offense possible at the same time.

<use>

- ▶ *Naeryeo (cheo) makgi* / 내려 (쳐)막기 / Downward (Striking) Block
- ▶ *Bakkat (cheo) makgi* / 바깥 (쳐)막기 / Outward (Striking) Block
- ▶ *An (cheo) makgi* / 안 (쳐)막기 / Inward (Striking) Block
- ▶ *Ollyeo (cheo) makgi* / 올려 (쳐)막기 / Upward (Striking) Block

***Gawi-makgi*(가위막기): Scissors Block**

A technique of executing *Anpalmok-bakkat-makgi* (Inside Wrist Outward Block) and *Naeryeo-makgi* (Downward Block) simultaneously.

This skill is named after a scissoring motion of crossing both arms each other in front of the chest. One hand makes an outward block with the inside wrist while the other makes a downward block with the outside wrist simultaneously

to block the attack of the assailant aimed at the trunk and lower body of the defender.

***Geodeo-makgi*(걸어막기): Deflecting Block**

A technique of pushing off the assailant's attack to the side of the defender's body

This is a skill to deflect the opponent's attack abruptly with a hand or arm and break away from the direction of the attacker.

<use>

- ▶ *Naeryeo-makgi* / 내려막기 / Downward Block
- ▶ *Bakkat-makgi* / 바깥막기 / Outward Block
- ▶ *An-makgi* / 안막기 / Inward Block
- ▶ *Ollyeo-makgi* / 올려막기 / Upward Block

***Geodeureo-makgi*(거들어막기): Supporting Block**

A blocking technique of one hand with the support of the other

This is a supporting motion of the other hand to generate a stronger force when blocking the opponent's attack. It is also used as a preparatory motion to follow up the next move.

***Georeo-makgi*(걸어막기): Tripping Block**

A technique of intercepting the opponent's attack in advance

This is a blocking skill to trip up the assailant's attacking hand or foot with the defender's arm or leg to intercept the attack in advance. In *Gyeorugi* (sparring) situations, when at close range with the opponent, the athlete may lift up both arms to prevent the opponent from landing a kick on the face.

<use>

- ▶ *Balnal-georeo-makgi* / 발날 걸어막기 / Foot Blade Tripping Block
- ▶ *Sonnal-eotgeoreo-makgi* / 손날 엇걸어막기 / Knife Hand Cross Block
- ▶ (*Palmok*) *eotgeoreo-makgi* / (팔목) 엇걸어막기 / (Wrist) Cross Block

***Geumgang-makgi*(금강막기): Geumgang Block**

A technique of combining *Ollyeo-makgi* (Upward Block) and *Naeryeo-yeop-makgi* (Downward Side Block) or *Bakkat-makgi* (Outward Block)

This skill is named after the statue of *Geumgangyeoksa* (literally, Diamond Warrior). When the opponent attacks the face and trunk or the face and lower body simultaneously, the defender may block upward with one hand to protect the face and block downward or outward with the other hand to protect the trunk or lower body. The defender may use the Knife Hands as well.

<use>

- ▶ *Geumgang (naeryeo-yeop) makgi* / 금강 (내려 옆)막기 / Geumgang (Downward Side) Block
- ▶ *Geumgang-bakkat-makgi* / 금강 바깥막기 / Geumgang Outward Block
- ▶ *Sonnal-geumgang (naeryeo-yeop) makgi* / 손날 금강 (내려 옆)막기 / Knife Hand (Downward Side) Block
- ▶ *Sonnal-geumgang-bakkat-makgi* / 손날 금강 바깥막기 / Knife Hand Outward Block

***Hecheo-makgi*(헤쳐막기): Scattered Block**

A blocking technique by crossing both wrists and pulling them out to the sides

When the two opponents attack from two opposite sides, the defender crosses both wrists and pulls them away from each other in opposite directions. The blocking surfaces can be either the inside wrist or the outside wrists.

<use>

- ▶ *(Bakkat-palmok) hecheo-makgi* / (바깥팔목) 헤쳐막기 / (Outside Wrist) Scattered Block
- ▶ *Sonnal-hecheo-makgi* / 손날 헤쳐막기 / Knife Hand Scattered Block
- ▶ *Sonnaldeung-hecheo-makgi* / 손날등 헤쳐막기 / Reverse Knife Hand Scattered Block
- ▶ *An-palmok-hecheo-makgi* / 안팔목 헤쳐막기 / Inside Wrist Scattered Block

***Hwangso-makgi*(황소막기): Bull Block**

A blocking technique of lifting the outside edges of both wrists over the head

This is a blocking skill employed when the assailant attacks over the head of the defender. The defender lifts both arms abruptly over the head at a sloping angle in the shape of bull's horns so that the opponent's power is weakened down along the diagonal lines of the lifted forearms.

***Naeryeo-makgi*(내려막기): Downward Block**

A technique of blocking the assailant's attack downward from top to bottom.

This is a skill of blocking downward when the opponent attacks the defender's stomach or genitals. One may use *Bakkatpalmok* (Outside Wrist), *Batangson* (Palm Heel), *Sonnal* (Knife Hand), etc. to block from the chest level to the groin area.

<use>

- ▶ *Geodeureo-naeryeo-makgi* / 거들어 내려막기 / Supporting Downward Block
- ▶ *(Bakkatpalmok) naeryeo-makgi* [=Arae-makgi] / (바깥팔목) 내려막기 [=아래막기] / (Outside Wrist) Downward Block [=Low Block]
- ▶ *Sonnal-geodeureo-naeryeo-makgi* / 손날 거들어 내려막기 / Knife Hand Supporting Downward Block
- ▶ *Sonnal-naeryeo-makgi* / 손날 내려막기 / Knife Hand Downward Block
- ▶ *Sonnaldeung-geodeureo-naeryeo-makgi* / 손날등 거들어 내려막기 / Reverse Knife Hand Supporting Downward Block

***Nulleo-makgi*(눌러막기): Pressing Block**

A blocking technique of pressing downward against the assailant's attack

This is a skill of blocking the assailant's attack aimed at the stomach by pressing the defender's hand down from the chest level to the lower body. The Outside Wrist, Palm Heel, Knife Hand, etc. can be employed.

<use>

- ▶ (*Bakkatpalmok*) *nulleo-makgi* / (바깥팔목) 눌러막기 / (Outside Wrist) Pressing Block
- ▶ *Batangson-nulleo-makgi* / 바탕손 눌러막기 / Palm Heel Pressing Block
- ▶ *Sonnal-nulleo-makgi* / 손날 눌러막기 / Knife Hand Pressing Block

***Oesanteul-makgi*(외산틀막기): Single Mountain Block**

A technique of combining *Anpalmok-bakkat-makgi* (Inside Wrist Outward Block) and *Bakkatpalmok-naeryeo-makgi* (Outside Wrist Downward Block)

This is a skill of blocking the attacks aimed at the face and the lower part of the body. The face is blocked with the Inside Wrist of one hand while the lower part of the body with the Outside Wrist of the other hand to the side. The defender may use a combination of the Knife Hand and Reverse Knife Hand (the inside edge of the hand) instead.

<use>

- ▶ (*Palmok*) *oe-santeul-makgi* / (팔목) 외산틀막기 / (Wrist) Single Mountain Block
- ▶ *Pyeonson-oe-santeul-makgi* / 편손 외산틀막기 / Open Hand Single Mountain Block

***Ollyeo-makgi*(올려막기): Upward Block**

A technique of blocking the opponent's attack upward

When attacked, the defender can use the Outside Wrist, Knife Hand or Palm Heel to block upward from the lower to the upper position.

<use>

- ▶ *Gupinsonmok-ollyeo-makgi* / 굽힌손목 올려막기 / Bent Wrist Upward Block
- ▶ *Kkeureo-olligi* [=Anpalmok-ollyeo-makgi] / 끌어올리기 [=안팔목 올려막기] / *Kkeureo-olligi (English version!)* [=Inside Wrist Upward Block]
- ▶ (*Bakkatpalmok*) *ollyeo-makgi* [=eolgul-makgi] / (바깥팔목) 올려막기 [=얼굴막기] / (Outside Wrist) Upward Block [=Face Block]
- ▶ *Sonnal-ollyeo-makgi* / 손날 올려막기 / Knife Hand Upward Block

***Santeul-makgi*(산틀막기): Mountain Block**

A technique of blocking with both the inside and outside edges of the wrists simultaneously

This is a skill of blocking two simultaneous attacks aimed at the defender's face with the inside edge of the wrist to the clockwise direction and with the outside edge of the wrist to the counterclockwise direction. This block is a skill of blocking both sides at the same time with one's arms in the shape of a mountain. Also, the Knife Hand and the Reverse Knife Hand can be used.

<use>

- ▶ (*Palmok*) *santeul-makgi* / (팔목) 산틀막기 / (Wrist) Mountain Block
- ▶ *Pyeonson-santeul-makgi* / 편손 산틀막기 / Open Hand Mountain Block
- ▶ *Hecheo-santeul-makgi* / 헤쳐 산틀막기 / Scattered Mountain Block

***Yeop-makgi*(옆막기): Side Block**

A technique of blocking the opponent's strike from the side

This is a skill of blocking the opponent's attack coming from the side by using the Outside Wrist, the Inside Wrist, the Knife Hand, the Reverse Knife Hand and so forth. This skill is executed by swinging a hand from the inside to the side and occasionally, one may use both hands to block – one hand blocks with the support of the other(국문내용 무).

<use>

- ▶ *(Bakkapalmok) geodeureo-naerye-yeop-makgi* / (바깥팔목) 거들어 내려 옆막기 / (Outside Wrist) Supporting Downward Side Block
- ▶ *(Bakkatpalmok) geodeureo-yeop-makgi* / (바깥팔목) 거들어 옆막기 / (Outside Wrist) Supporting Side Block
- ▶ *(Bakkatpalmok) naerye-yeop-makgi* / (바깥팔목) 내려 옆막기 / (Outside Wrist) Downward Side Block
- ▶ *(Bakkatpalmok) yeop-makgi* / (바깥팔목) 옆막기 / (Outside Wrist) Side Block
- ▶ *Sonnal-geodeureo-naerye-yeop-makgi* / 손날 거들어 내려 옆막기 / Knife Hand Supporting Downward Side Block
- ▶ *Sonnal-geodeureo-yeop-makgi* / 손날 거들어 옆막기 / Knife Hand Supporting Side Block
- ▶ *Sonnal-naerye-yeop-makgi* / 손날 내려 옆막기 / Knife Hand Downward Side Block
- ▶ *Sonnaldeung-geodeureo-naerye-yeop-makgi* / 손날등 거들어 내려 옆막기 / Reverse Knife Hand Supporting Downward Side Block
- ▶ *Sonnaldeung-yeop-makgi* / 손날등 옆막기 / Reverse Knife Hand Side Block
- ▶ *Sonnal-yeop-makgi* / 손날 옆막기 / Knife Hand Side Block
- ▶ *Anpalmok-geodeureo-yeop-makgi* / 안팔목 거들어 옆막기 / Inside Wrist Supporting Side Block
- ▶ *Anpalmok-yeop-makgi* / 안팔목 옆막기 / Inside Wrist Side Block

11. Milgi(밀기): Pushing

A motion to push or push away the opponent with one's hands or feet

This is a movement to keep one's distance with the opponent by pushing away in order to create sufficient space to facilitate an attack or to dodge the opponent's attack.

Bawi-milgi(바위밀기): Rock Pushing

A motion of pushing an imaginary rock

This is a rock pushing movement in order to focus the performer's mind and control his or her breathing. This is performed in the forward stance with one hand at the waist and the other at the performer's flank and both pushed up all the way to the face.

***Milcheo-naegi*(밀쳐내기): Pushing Away**

A motion to push away the opponent with the performer's hand or foot abruptly

This is a sudden movement to forcefully push the opponent away with two hands or a foot to secure distance.

***Mireo-naegi*(밀어내기): Pushing**

A motion of pushing a big imaginary object slowly with the force of one's hand or foot

This is not a skill to be used when one is confronted with an opponent. It is a movement employed in the *Poomsae* training for the purpose of self-discipline and control of one's breath.

<use>

- ▶ *Nalgae-pyeogi* / 날개펴기 / Wing Spreading
- ▶ *Bawi-milgi* / 바위밀기 / Rock Pushing
- ▶ *Taesan-milgi* / 태산밀기 / Huge Mountain Pushing
- ▶ *Tong-milgi* / 통밀기 / Log Pushing

***Nalgae-pyeogi*(날개펴기): Wing Spreading**

A motion of pushing both palms to the sides as a bird spreads its wings

This is a movement of lifting both hands up to the chest level and at the height of the shoulders, with the fingertips facing upward and spreading the elbows straight to the sides.

***Taesan-milgi*(태산밀기): Huge Mountain Pushing**

A motion of pushing an imaginary mountain

This is a movement of pushing a big mountain in order to focus the performer's mind and control his or her breathing. This movement can be delivered by putting the heels of both palms close to each other in the form of the Palm Heel. The fingertips on the side of the front foot should point down while those on the side of the rear foot point up. These open hands are to be pushed to the front of the chest.

***Tong-milgi*(통밀기): Log Pushing**

A motion of pushing an imaginary log with both palms

This is a movement lifting both palms from the *Danjeon* (lower abdomen) all the way to the face with both palms facing upward and then slowly pushing both palms forward as if the performer holds a log and pushes it out.

12. *Neomgigi*(넘기기): Throwing down or Tripping up

Tripping up or throwing down techniques by pulling or pushing the opponent off balance

***Deureo-neomgigi*(들어넘기기): Throwing-down Technique**

A throwing down technique by lifting the opponent up

This is a throwing-up skill using the strength of the performer's waist springing from the bottom up while holding up the opponent's arm or leg with one's hands or arms.

▶ *Ogeum-deureo-neomgigi* / 오금 들어넘기기 / Inner Knee Throwing-down Technique

***Georeo-neomgigi*(걸어넘기기): Tripping-up Technique or Sweeping Technique**

A technique by tripping up the opponent's leg

This is a tripping-up skill to pull the opponent by the arm or the collar, or to push the opponent's chest or shoulder with a hand and, at the same time, trip up the opponent's ankle or the Inner Knee with the performer's foot or leg.

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▶ *Balmok-georeo-neomgigi* / 발목 걸어넘기기 / Ankle Tripping-up Technique

▶ *Ogeum-georeo-neomgigi* / 오금 걸어넘기기 / Inner Knee Tripping-up Technique

13. Pihagi(피하기): Evading or Dodging

Techniques of moving the performer's body to evade or dodge the opponent's attack

These are skills to avoid the opponent's attack by turning or twisting the performer's body to the left or right or by lowering it forward or leaning it backward.

Biteureo-pihagi(비틀어피하기): Twisting Evasive Technique

An evading technique of twisting the performer's upper body

This is an evasive skill of twisting the upper body to the left when the left foot is in front or to the right when the right foot is in front.

Jeocheo-pihagi(젖혀피하기): Back Leaning Evasive Technique

A technique of leaning the upper body backward to evade the opponent's attack

This is a skill of evading the opponent's attack by leaning the performer's upper body backward and lowering the posture.

Sugyeo-pihagi(숙여피하기): Ducking Evasive Technique

A dodging technique by lowering the upper body

This is an evasive skill of lowering the performer's upper body forward and duckling one's posture to avoid the opponent's attack.

***Teureo-pihagi*(틀어피하기): Turning Evasive Technique**

A technique of evading by turning the upper body

This is a dodging skill by turning the upper body to the right when the left foot is in front or turning it to the left when the right foot is in front.

14. Ppaegi(빼기): Pulling out

A technique of pulling oneself free when part of the defender's body is seized by the opponent

They are the skills executed by twisting or turning the joint and pulling it out when the defender's wrist or ankle is grabbed by the assailant.

Hwidulleo-ppaegi(휘둘러빼기): Swing and Pulling

A technique of swinging inward or outward and pulling one's wrist by using the performer's elbow or shoulder as an axis

When grabbed by the arm or the collar, the defender may swing the arm widely on the axis of the elbow or the shoulder snapping the opponent's arm and pulling his or her wrist out.

Nulleo-ppaegi(눌러빼기): Pressing and Pulling

A technique of turning the grabbed wrist outward or inward and pressing it free

This is a skill of turning the wrist grabbed by the opponent clockwise or counterclockwise and when the opponent's hand is loosened, use the outside edge of the same hand to press the opponent's hand and pull it free.

Teureo-ppaegi(틀어빼기): Turning and Pulling

A technique of instantly turning and pulling the grabbed wrist

When the assailant grabs the defender's wrist, make the grabbed hand open wide, turn the inner wrist into the point where the opponent's thumb and four fingers meet and pull it out instantly.

<use>

- ▶ *Araero (teureo) ppaegi* / 아래로 (틀어)빼기 / Downward (Turning and) Pulling
- ▶ *Wiro (teureo) ppaegi* / 위로 (틀어)빼기 / Upward (Turning and) Pulling

15. *Seogi*(서기): Stance

Various postures of standing on one's feet in order to perform offensive and defensive techniques.

They are the various standing postures with feet positioned on the ground to efficiently shift the performer's center of gravity and/or change his or her directions.

***Apgubi*(앞굽이): Forward Stance**

A stance with the center of gravity on the front leg

This is a stance of shifting the center of gravity forward and loading much of the weight on the supporting front leg.

***Ap-seogi*(앞서기): Walking Stance**

Stance of taking one walking step forward

The width between the two feet is about the length of one walking step and the center of gravity remains in the middle with the trunk in an upright position.

***Beom-seogi*(범서기): Tiger Stance**

A lowered stance of *Ap-seogi* (Walking Stance) with both knees placed close enough to touch each other

This is a stance to make both small and big motions easy toward the front or back. Both knees are placed close enough to touch each other with the heel of

the front foot and the ball of the rear foot on a similar line. The heel of the front foot is off the ground while the center of gravity is almost on the rear foot.

***Dwitgubi*(뒷굽이): Back Stance**

A stance with the center of gravity on the rear leg

With both feet bent, the center of gravity is shifted backward and much of the weight is on the supporting rear leg. If the front leg is shifted more to the center of the body, this posture is called *Ojja-seogi* (‘ㄱ’ Shape Stance).

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- ▶ *Ojja-seogi* / ‘ㄱ’자 서기 / ‘ㄱ’ Shape Stance
- ▶ *Dwitgubi* / 뒷굽이 / Back Stance

***Gyeotdari-seogi*(결다리서기): Assisting Stance**

A posture of bending the legs by moving the center of gravity on one foot and keeping the center of balance with the assistance of the other foot

Both knees are lowered as in *Juchum-seogi* (Horseback Riding Stance). The big toe of the assisting rear foot is brought inward to touch the middle part of the inside edge of the supporting front foot. With the supporting foot in place, the ball of the assisting foot only touches the ground when its heel is lifted off the ground.

***Hakdari-seogi*(학다리서기): Crane Stance**

A stance of lowering one knee, while lifting up the other foot to place its inside edge near the inside edge of the knee or the crook of the knee (or the inner knee).

This stance is named after the shape of a crane standing on one foot. The center of gravity is placed on one foot while the other foot is placed on the side of the knee of the supporting leg to stay on balance.

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- ▶ *Ogum-seogi* / 오금서기 / Inner Knee Stance
- ▶ *Hakdari-seogi* / 학다리서기 / Crane Stance

***Juchum-seogi*(주춤서기): Horseback Riding Stance**

A stance where both feet are parallel, both legs slightly bent with the width of two feet between them

When looking down at the knees of both legs which are bent, they should be on the same line with the ends of feet. The trunk and both knees and shins should be upright. The trunk, knees and shins are in the upright position. When the ends of feet are turned inward, it is *Anjjong-juchum-seogi* (Inward Horseback Riding Stance). When one foot is one step forward, it is *Ap-juchum-seogi* (Forward Horseback Riding Stance). When one foot is diagonally forward, then it is called *Mo-juchum-seogi* (Diagonal Horseback Riding Stance).

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- ▶ (*Narani*) *juchum-seogi* / (나란히) 주춤서기 / (Parallel) Horseback Riding Stance
- ▶ *Mo-juchum-seo* / 모 주춤서기 / Diagonal Horseback Riding Stance
- ▶ *Anjjong-juchum-seogi* / 안짱 주춤서기 / Inward Horseback Riding Stance
- ▶ *Ap-juchum-seogi* / 앞 주춤서기 / Forward Horseback Riding Stance

***Kkoa-seogi*(꼬아서기): Cross Stance**

A stance with both feet crossing each other when moving or making a turn to the front, back or side.

In the state of lowering the center of gravity, this is a posture used when shifting the performer's body to the front, back or side. When the moving foot

is shifted to the front of the supporting foot, it is called *Ap-kkoa-seogi* (Front Cross Stance). When shifted to the back of the foot, *Dwi-kkoa-seogi* (Rear Cross Stance).

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- ▶ *Dwi-kkoa-seogi* / 뒤 꼬아서기 / Rear Cross Stance
- ▶ *Ap-kkoa-seogi* / 앞 꼬아서기 / Front Cross Stance

***Moa-seogi*(모아서기): Closed Stance**

A stance with the inside edges of both feet completely closed together and both knees straightened

Before or after *Poomsae*, this posture is adopted to focus the performer's mind and relieve his or her physical tension. When only the balls of the feet are closed together, it is called *Apchuk-moa-seogi*, and only ~~the bottoms of the~~ heels are closed together, *Dwichuk-moa-seogi*.

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- ▶ (*Dubal*) *moa-seogi* / (두 발) 모아서기 / (Two-foot) Closed Stance
- ▶ *Dwichuk-moa-seogi* / 뒤축 모아서기 / Heel Closed Stance
- ▶ *Apchuk-moa-seogi* / 앞축 모아서기 / Ball of the feet Closed Stance

***Mo-seogi*(모서기): Diagonal Stance**

A stance of facing diagonally with the center of gravity evenly distributed to both legs

This is a stance where both feet are turned diagonally to attack the opponent or evade his or her offense.

***Narani-seogi*(나란히서기): Parallel Stance**

A stance where both feet are parallel to each other

This is a stance with both knees straightened, the center of gravity kept in the middle and the inside edges of both feet facing together. When the end of toes face inward, it is called *Anjjong-seogi* (Inward Stance) and when they face outward, *Pyeoni-seogi* (Natural Stance)

<use>

- ▶ *Narani-seogi* / 나란히 서기 / Parallel Stance
- ▶ *Anjjong-seogi* / 안쪽서기 / Inward Stance
- ▶ *Pyeoni-seogi* / 편히서기 / Natural Stance

***Yeop-seogi*(옆서기): Side Stance**

A stance of pivoting the right or left foot perpendicular to the inside edge of the other foot from *Narani-seogi* (Parallel Stance)

With both knees straightened, the width between two feet is about the length of one foot. The end of the advancing foot should be at a right angle to the other foot.

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- ▶ *Oreun-seogi* / 오른 서기 / Right Stance
- ▶ *Wen-seogi* / 왼 서기 / Left Stance

16. *Teuksupum*(특수품): Special Forms

Doljjeogwi(돌쩌귀): Hinge

A preparatory motion for performing attacks and defenses in sequence

It is used as a preparatory movement for the follow-up moves. The upper Back Knuckle faces upward for *Keun-doljjeogwi* (Big Hinge) whereas it faces forward for *Jageun-doljjeogwi* (Small Hinge).

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- ▶ *Jageun-doljjeogwi* / 작은 돌쩌귀 / Small Hinge
- ▶ *Keun-doljjeogwi* / 큰 돌쩌귀 / Big Hinge

17. *Ttwigi*(뛰기): Jumping

Applications of a jumping movements to apply the diverse technical skills of Taekwondo

These are movements used to attack a target that is higher or farther than normal, or to evade the opponent's attack. They can involve one or more vertical turns or horizontal flips.

***Meolli-ttwigi*(멀리뛰기): Long Jump**

A movement of jumping to attack a target at a distance

This is a jumping movement to attack a target at a distance unreachable from where one is standing with a fist or foot.

***Nopi-ttwigi*(높이뛰기): High Jump**

A motion of springing up to deliver a strike to a high target

This is a springing up movement to reach a high target, unreachable from a stationary posture, to strike it with a fist or foot.

***Ttwieo-dolgi*(뛰어돌기): Jumping Turn**

A motion of making one or more full turn in the air vertically or horizontally

This is a movement of springing up to make one or more full turns. If one makes a horizontal motion such as *Dolgae-chagi* (Tornado kick) or *540° Dwhuryeo-chagi* (540° Back Whip Kick), it is called *Garo-dolgi* (Horizontal

Turning). A vertical kick, such as *Gongjungjebi-chagi* (Jumping Flip Kick) or *Gongjungjebi-modum-chagi* (Jumping Flip Drawing Kick) is called *Sero-dolgi* (Vertical Turning).

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- ▶ *Garodolgi* / 가로돌기(=수직축회전) / Horizontal Turning (=Vertical Axis Spinning)
- ▶ *Serodolgi* / 세로돌기(=수평축회전) / Vertical Turning (=Horizontal Axis Spinning)

***Twieo-neomgi*(뛰어넘기): Jumping over an obstacle**

A motion of leaping over an obstacle to execute a strike to the target

This is a movement of jumping over a person or an object to strike the target with a foot or a fist.

Appendix

Applicable Parts of the Body

Body parts used when delivering Taekwondo techniques

***Ageumson*(아금손): technically known as ‘Arc Hand’**

When the hand is open, the thumb and the index finger are spread wide with the knuckles of the fingers slightly curled inward in the shape of the crescent moon

***Anpalmok*(안팔목): technically known as ‘Inside Wrist’**

The inside edge of the wrist when a punch is delivered

***Apchuk*(앞축): Ball of the Foot**

The frontal area of the sole of the foot when the toes are all pulled back

***Bakkatpalmok*(바깥팔목): technically known as ‘Outside Wrist’**

The area indicating the outside edge of the wrist when a punch is delivered

***Balbadak*(발바닥): Sole of the Foot**

The bottom of the foot

***Baldeung*(발등): Instep of the Foot**

The top of the foot or upper part of the foot

***Balkkeut*(발끝): Tips of the Toes**

The ends of the toes when the foot is straightened

***Balnal*(발날): technically known as ‘Foot Blade’**

The outside edge of the foot or the edge between the sole and the instep from the little toe to the heel

***Balnaldeung*(발날등): technically known as ‘Reverse Foot Blade’**

The inside edge of the foot or the reverse side of the outside edge of the foot

***Bamjumeok*(밤주먹): technically known as ‘Knuckle Fist’**

The knuckle with the middle knuckle of the middle finger protruded

***Batangson*(바탕손): technically known as ‘Palm Heel’**

The heel (or base) of the palm or the lower part of the palm when the hand is bent upward.

***Deungjumeok*(등주먹): technically known as ‘Back Fist’**

The upper part of the first two knuckles of the index finger and the middle finger when a punch is delivered.

***Deungpalmok*(등팔목): Back of the Wrist**

The upper side of the wrist when a punch is delivered

***Dwichuk*(뒤축): Heel**

The rear part of the sole

***Dwikkumchi*(뒤꿈치): Back of the Heel**

The edge of the heel where it joins the Achilles tendon

***Gawisonkkeut*(가위손끝): technically known as ‘Scissors Fingertips’**

The fingertips of the index finger and the middle finger, stretched and opened apart while three other fingers are rolled into the palm.

***Gomson*(곰손): technically known as ‘Bear Hand’**

Indicating the parts including the heel of the palm (*Batangson*: Palm Heel) and the third knuckles of the fingers except the thumb which are more tightly rolled into the palm than those of *Pyeonjumeok* (Half-clenched Fist)

***Gupinsonmok*(굽힌손목): technically known as ‘Bent Wrist’**

It is the joint area between the back of the hand and the back of the wrist (area) which is bent inward.

***Hansonkkeut*(한손끝): technically known as ‘Single Fingertip’**

The extended point of the index fingertip with the rest of the fingers all curled

***Jeonggangi*(정강이): Shin**

The area where the frontal bones of the lower leg are located

***Jipgebamjumeok*(집게밤주먹): technically known as ‘Trigger Finger Fist’**

Forefinger Fist

The fist with the second knuckle of the index finger protruded when the fist is clenched

***Jipgejumeok*(집게주먹): technically known as ‘Pincers Fist’**

The state of making a pair of pincers with the thumb and the index finger while keeping the other three fingers rolled into the palm

***Jumeok*(주먹): Fist**

Representing the hand with the fingers all curled up, especially the frontal part of the first knuckles of the index finger and middle finger as the striking area

***Mejumeok*(메주먹): technically known as ‘Hammer Fist’**

The outside edge of the fist when a punch is delivered

***Mitpalmok*(밀팔목): Base of the Wrist or Inner Wrist**

The area of the wrist facing down when a punch is delivered

***Modumsonkkeut*(모듬손끝): technically known as ‘Combined Fingertips’**

The fingertips of the five fingers all curled together

***Moeundusonkkeut*(모은두손끝): technically known as ‘Combined Two Fingertips’**

The fingertips of the index finger and the middle finger are stretched and closed together while other three fingers are rolled into the palm.

***Moeunsesonkkeut*(모은세손끝): ‘Combined Three Fingertips’**

The fingertips of the three large fingers with the index finger and the ring finger are stretched and closed together with the middle finger on top of them while the thumb and the little finger are rolled together.

***Mureup*(무릎): Knee**

The area where the patella is located between the upper and lower leg

***Pal*(팔): Arm**

The part between the shoulder and the wrist which can be flexed or extended at the joint of the elbow

***Palgup*(팔굽): Elbow**

The outer part of the joint where the upper and lower arm meet

***Palmok*(팔목): Wrist Area**

The area between the hand and the forearm which can be measured with the four fingers from the base of the hand

***Pyeonjumeok*(편주먹): technically known as ‘Half-clenched Fist / Flat Fist’**

The second or middle knuckle area when the first knuckles of the four fingers are extended or flattened from the form of a clenched fist

***Pyeonsonkkeut*(편손끝): technically known as ‘Spear Hand’**

The end point where the middle finger is slightly curved to be in line with the index and ring fingers while all fingers are pressed together

***Son*(손): Hand**

The part of the arm below the wrist with its fingers and thumb open

***Sonbadak*(손바닥): Palm**

The inside surface of the hand between the base of the fingers and the wrist

***Sondeung*(손등): technically known as ‘Back Hand’**

The back of the hand or the reverse side of the palm

***Sonnal*(손날): technically known as ‘Knife Hand’**

The outside edge of the open hand from the little finger to the wrist with the other three fingers and thumb all fixed together with their tips slightly bent inward

***Sonnaldeung*(손날등): technically known as 'Reverse Knife Hand'**

The inside edge of the open hand with the thumb tucked into the palm covering the side area from the first knuckle of the thumb and that of the index finger

Gyeokpa(격파): Breaking

Techniques of breaking hard objects with hands or feet

This is the process of demonstrating the power and skills one has developed through the study of Taekwondo by breaking objects

Creative Break(창작격파)

A newly applied breaking technique by an individual player

This is a breaking skill created by individual to strike a target by using the high level of techniques never before attempted or successfully performed by others.

Far Jumping Break(멀리뛰어격파)

A technique to jump forward to reach a target in the distance with approach run

This is a breaking skill using a hand or foot to strike a target unreachable without assistance from where one is standing.

<use>

- ▶ *Ttwieo-dwi-chagi* / 뛰어 뒤차기 / Jumping Back (Thrust) Kick
- ▶ *Ttwieo-yeop-chagi* / 뛰어 옆차기 / Jumping Side Kick
- ▶ *Modumbal-yeop-chagi* / 모듬발 옆차기 / Drawing Side Kick

High Jumping Break(높이뛰어격파)

A technique of springing into the air with approach run to break a target

The objective of this skill is to break a target, placed too high to reach from where one stands, using hands or feet

<use>

- ▶ *Gaseum-balkko-dolgae-chagi* / 가슴 밟고 돌개차기 / Tornado Kick by stepping on the chest of a person
- ▶ *Gaseum-balkko-dollyeo-chagi* / 가슴 밟고 돌려차기 / Roundhouse Kick by stepping on the chest of a person
- ▶ *Gaseum-balkko-ap-chagi* / 가슴 밟고 앞차기 / Front Kick by stepping on the chest of a person
- ▶ *Ttwieo-dwihuryeo-chagi* / 뛰어 뒤후려차기 / Jumping Back Whip Kick
- ▶ *Ttwieo-ap-chagi* / 뛰어 앞차기 / Jumping Front Kick
- ▶ *Modum-ap-chagi* / 모뎀 앞차기 / Drawing Front Kick

Horizontal Turn Break(가로돌아격파)

A technique to spring into the air with the neck as an axis and where it makes one or more full turns horizontally to break a target with the feet

It is a breaking skill one can perform from a fixed stance, blind-folded or without using any assistance.

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- ▶ *540° nun-garigo (ttwieo) dolgae-chagi* / 눈 가리고 (뛰어) 540도 돌개차기 / 540° (Jumping) Tornado Kick blindfolded
- ▶ *540° nun-garigo (ttwieo) dwihuryeo-chagi* / 눈 가리고 (뛰어) 540도 뒤후려차기 / 540° Back Whip Kick blindfolded
- ▶ *540~720° dolgae-chagi* / 540~720도 돌개차기 / 540~720° Tornado Kick
- ▶ *540° dwihuryeo-chagi han~se dangye* / 540도 뒤후려차기 한~세 단계 / 540° Back Whip Kick in one to three different levels of height

Jumping-over Break(뛰어넘어격파)

A technique of jumping over an obstacle to break a target

This is a skill to deliver a strike to the target with a hand or foot after jumping over such obstacles as human hurdles or other objects

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- ▶ ~ *neomeo yeop-chagi* / ~넘어 옆차기 / Side Kick by jumping over an obstacle

Single Leap Break(한번뛰어격파)

A technique to break a number of fixed targets with one leap

This is a breaking skill by performing one technique with both feet alternately to break a number of targets or by using both hands and feet together with different techniques.

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- ▶ *Gawi-chagi se~daseot bang* / 가위차기 세~다섯 방 / Scissors Kicks in the form of three to five different targets
- ▶ *Deung-balgo-ap-chagi-se-dangye* / 등 밟고 앞차기 세 단계 / Front Kick in three different levels of height by stepping over a person's back
- ▶ *Ttwieo-dollyeo-chagi-se-dangye* / 뛰어 돌려차기 세 단계 / Jumping Roundhouse Kick in three different levels of height
- ▶ *Ttwieo-ap-chagi-se-dangye* / 뛰어 앞차기 세 단계 / Jumping Front Kick in three different levels of height
- ▶ *Ttwieo-yeop-chagi-se-dangye* / 뛰어 옆차기 세 단계 / Jumping Side Kick in three different levels of height

Power Break(위력격파)

A breaking technique to measure one's striking power

This is a breaking skill using punching, striking or kicking techniques to break fixed targets such as boards, roof tiles or marble.

<use>

- ▶ *Jumeok* / 주먹 / Fist
- ▶ *Sonnal* / 손날 / Knife Hand
- ▶ *Deungjumeok* / 등주먹 / Back Fist
- ▶ *Songnaldeungi* / 손날등 / Reverse Knife Hand
- ▶ *Apchuk* / 앞축 / Ball of the Foot
- ▶ *Dwichuk* / 뒷축 / Heel of the Foot
- ▶ *Dwikkumchi* / 뒤꿈치 / Back of the Heel

Various Target Break(여러표적격파)

A technique of rapidly breaking moving or fixed targets from different directions

This is a breaking skill by using Taekwondo techniques to strike various targets all at once or one at a time sequentially.

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- ▶ *Dabanghyang-gyeokpa* / 다방향격파 / Multi-direction Break
- ▶ *Illyeol-gyeokpa* / 일렬격파 / Single Line-up Break

Vertical Turn Break(세로돌아격파)

A breaking technique by springing into the air with the rotating axis being the waist or chest and turning the whole body vertically to strike the target with a foot

This is a breaking technique one can attempt with his or her eyes covered or by dashing forward.

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- ▶ *Gaseum-balkko-gongjungjebi-chagi* / 가슴 밟고 공중제비차기 / Jumping Flip Kick by stepping on a person's chest

- ▶ *Gongjungjebi-modum-chagi* / 공중제비 모듬차기 / Jumping Flip Drawing Kick
- ▶ *Gongjungjebi-chagi* / 공중제비차기 / Jumping Flip Kick
- ▶ *Nun-garigo-gongjungjebi-modum-chagi* / 눈 가리고 공중제비 모듬차기 / Jumping Flip Drawing Kick blindfolded
- ▶ *Nun-garigo-gongjungjebi-chagi* / 눈 가리고 공중제비차기 / Jumping Flip Kick blindfolded
- ▶ ~ *Deonjigo-naedimyeo-gongjungjebi-chagi* / ~던지고 내딛으며 공중제비차기 / Jumping Flip Kick with an object thrown into the air

Glossary

Korean phonetic order

(360도) 돌개차기	(360°) Tornado kick
(나란히) 주춤서기	Horseback riding stance
(두 발) 내딛기	(Two-foot) Forward Step
(두 발) 모아서기	(Two feet) Closed stance
(두 발) 물러딛기	(Two feet) Backward step
(뛰어) 540도 뒤후려차기 한~세 단계	540° back (jumping) whip kick one to three steps
(뛰어) 540도~720도 돌개차기	540° ~ 720° tornado kick
(바깥팔목) 거들어 내려 옆막기	(Outside Wrist) Supporting Downward Side Block
(바깥팔목) 거들어 바깥막기	(Outside Wrist) Supporting Outward Block
(바깥팔목) 거들어 옆막기	(Outside Wrist) Supporting Side Block
(바깥팔목) 내려 옆막기	(Outside Wrist) Downward Side Block
(바깥팔목) 내려막기	(Outside Wrist) Downward Block
(바깥팔목) 눌러막기	(Outside Wrist) Pressing Block
(바깥팔목) 바깥막기	(Outside Wrist) Outward Block
(바깥팔목) 비틀어 내려막기	(Outside Wrist) Twisting Downward Block
(바깥팔목) 비틀어 바깥막기	(Outside Wrist) Twisting Outward Block
(바깥팔목) 안막기	(Outside Wrist) Inward Block
(바깥팔목) 옆막기	(Outside Wrist) Side Block wrist
(바깥팔목) 올려막기	(Outside Wrist) Upward Block
(바깥팔목) 헤쳐막기	(Outside Wrist) Scattered block
(발등) 비틀어차기	(Instep) Twisting Kick
(주먹) 젓혀지르기	(Fist) Turn-over Punch
(주먹) 지르기	Punching
(팔목) 산틀막기	(Wrist) Mountain shape block
(팔목) 엇걸어막기	(Wrist) Cross Block
(팔목) 외산틀막기	(Wrist) Single Mountain Block
(편손끝) 세워찌르기	(Spear hand) Vertical thrust
(편손끝) 옆어찌르기	(Spear hand) Horizontal thrust
~넘어 옆차기	Side kick by jumping over an object
~던지고 내딛으며 공중제비차기	Jumping Flip Kick with an object thrown into the air

‘ㄷ’자지르기	‘ㄷ’ Shaped Punch or Diguetja Punch
‘ㄱ’자서기	‘ㄱ’ shape stance
360도 뒤후려차기	360° back whipping kick
540도 돌개차기	540° tornado kick
540도 뒤후려차기	540° back whip kick
720도 돌개차기	720° tornado kick
㉠	
가로돌기	Horizontal Turning
가로돌아격파	Vertical turn break
가슴 밟고 공중제비차기	Jumping flip kick by stepping on a person's chest
가슴 밟고 돌개차기	Whirl kick by stepping on a person's chest
가슴 밟고 돌려차기	Round house kick by stepping on a person's chest
가슴 밟고 앞차기	Front kick by stepping on a person's chest
가위막기	Scissors block
가위손끝 찌르기	Scissors fingertip thrust
가위손끝	Scissors fingertips
가위차기 (두 방)	Scissors Kick (two targets)
가위차기 네 방	Scissors kick with four targets
가위차기 다섯 방	Scissors kick with five targets
가위차기 세 방	Scissors kick with three targets
가위차기	Scissors kick
거들어 내려막기	Supporting Downward Block
거들어 바깥치기	Assisting outward strike
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거들어 세워찌르기	Supporting Vertical Thrust
거들어막기	Supporting block
거들어치기	Supporting strike
거듭 돌려차기	Repeating roundhouse kick
거듭 앞차기	Repeating front kick
거듭 옆차기	Repeating side kick
거듭차기	Repeating kick

걸어막기	Deflecting block
걸어넘기기	Tripping-up Technique
걸어막기	Tripping block
겨루기준비	Sparring posture
격파	Breaking
겹손준비	Overlapped Hand Posture
곁다리서기	Assisting stance
곰손 안치기	Bear Hand Inward strike
곰손 앞치기	Bear Hand front strike
곰손	Bear hand
공중제비 모듬차기	Jumping Flip Drawing Kick
공중제비차기	Jumping Flip kick
굴러 돌려차기	Stamping Roundhouse kick
굴러 옆차기	Stamping Side Kick
굴러차기	Stamping kick
굽힌손목 바깥막기	Bent Wrist Outward Block
굽힌손목 올려막기	Bent Wrist Upward Block
굽힌손목 올려치기	Bent Wrist Upward Strike
굽힌손목	Bent Wrist
금강 (내려 옆)막기	Geumgang (Downward Side) Block
금강 바깥막기	Geumgang Outward Block
금강 앞지르기	Geumgang Forward Punch
금강 옆지르기	Geumgang Side Punch
금강막기	Geumgang block
금강지르기	Geumgang punch
기본준비	Basic posture
꺾기	Locking
꼬아서기	Cross stance
끌어올리기	Inside Wrist Upward Block
㉞	
나란히서기	Parallel stance
나래차기	Double Kick
뉘아차기	Hook kick
날개펴기	Wing spreading
내딛기	Forward step
내려 (걸어)막기	Downward block

내려 (쳐)막기	Downward (Striking) Block
내려막기	Downward block
내려지르기	Downward punch
내려찍기	Downward chop
내려차기	Axe kick
내려치기	Axe strike
넘기기	Throwing down or Tripping up
높이뛰기	High jump
높이뛰어격파	High jumping break
눈 가리고 (뛰어) 540도 돌개차기	540° (Jumping) Tornado kick with blindfolded
눈 가리고 (뛰어) 540도 뒤후려차기	540° (jumping) back whip kick with blindfolded
눈 가리고 공중제비 모듬차기	Jumping Flip Drawing Kick blindfolded
눈 가리고 공중제비차기	Jumping Flip Kick blindfolded
눌러꺾기	Press and Lock
눌러막기	Pressing Block
눌러빼기	Pressing and Pulling
Page 50	
㉔	
다방향격파	Multiple direction breaking
다방향차기	Multi-direction Kick
당겨 등주먹 앞치기	Pulling Back fist front strike
당겨 팔굽 앞치기	Pulling Elbow front strike
당겨지르기	Pulling and Punching
당겨치기	Pulling strike
돌개차기	Tornado kick
돌려지르기	Turning punch
돌려차기	Roundhouse Kick
돌려치기	Turning strike
돌아딛기	Turning step
돌쩌귀	Hinge
두 메주먹 안치기	Double hammer fist inward strike
두 손날 안치기	Double knife hand inward strike
두발당성차기	Alternate jumping kick

두손끝 세워찌르기	Two fingertip Vertical thrusting
두주먹허리준비	Two Fists on the Waist Posture
두팔굽 옆치기 [=멍에치기]	Two-elbow Side Strike
뒤 꼬아서기	Rear cross stance
뒤꿈치	The back of the heel
뒤돌아 뛰어 내려차기	Back Jumping axe kick
뒤지르기	Backward punch
뒤차기	Back Kick
뒤축 모아서기	Heel Closed Stance
뒤축 앞차기	Front Kick with the heel of the foot
뒤축	The heel
뒤치기	Back elbow strike
뒤후려차기	Back Whip Kick
뒷굽이	Back stance
뒷발 내딛기	Rear Foot forward step
뒷발 물러딛기	Rear Foot backward step
뒷발 받아차기	Rear Foot counter kick
뒷발 후려차기	Rear Foot whip kick
들어넘기기	Throwing-down Technique
등 밟고 앞차기 세 단계	Front Kick in three different levels of height by stepping over a person's back
등주먹 내려치기	Back fist downward strike
등주먹 바깥치기	Back fist outward strike
등주먹 앞치기	Back fist front strike
등주먹 옆치기	Back fist side strike
등주먹	Back fist
등팔목	The back of the wrist
딛기	Stepping
뛰기	Jumping
뛰어 돌려차기 세 단계	Jumping Roundhouse Kick in three different levels of height
뛰어 돌려차기	Roundhouse kick
뛰어 두발 앞차기	Jumping Two-foot Front Kick
뛰어 두발 옆차기	Jumping Two-foot Side Kick
뛰어 뒤차기	Jumping back kick
뛰어 뒤후려차기	Jumping back whip kick

뛰어 비틀어차기	Jumping Twisting kick
뛰어 앞차기 세 단계	Jumping Front Kick in three different levels of height
뛰어 앞차기	Jumping front kick
뛰어 옆차기 세 단계	Jumping Side Kick in three different levels of height
뛰어 옆차기	Jumping side kick
뛰어넘기	Jumping over an Obstacle
뛰어넘어격파	Jumping over Break
뛰어들기	Jumping turn
뛰어차기	Jumping kick
Page 51	
㉞	
막기	Blocking
멀리뛰기	Long jumping
멀리뛰어격파	Far jumping break
메주먹 내려 표적치기	Downward target strike by hammer fist
메주먹 내려치기	Hammer fist downward strike
메주먹 바깥치기	Hammer fist outward strike
메주먹 안치기	Hammer fist inward strike
메주먹 옆치기	Hammer fist side strike
메주먹 표적치기	Hammer Fist Target strike
메주먹	Hammer Fist
모 주춤서기	Diagonal Horseback Riding Stance
모뎀 돌려차기	Drawing Roundhouse kick
모뎀 앞차기	Drawing front kick
모뎀 옆차기	Drawing side kick
모뎀발 옆차기	Drawing Side Kick
모뎀손끝	Combined fingertips
모뎀차기	Drawing kick
모뎀기	Diagonal step
모서기	Diagonal stance
모아서기	Closed feet stance
모은두손끝	Combined two fingertips
모은세손끝	Combined three fingertips

무릎 눌러꺾기	Knee press and lock
무릎 돌려치기	Knee strike
무릎 올려치기	Knee Upward strike
무릎	The knee
물러닫기	Backward step
밀기	Pushing
밀어 앞차기	Pushing front kick
밀어 옆차기	Pushing side kick
밀어내기	Pushing
밀어차기	Pushing kick
밀쳐내기	Pushing away
밑으로 (틀어)빠기	Downward Turning and Pulling
밑팔목	The base of the wrist or inner wrist
㉞	
바깥 (걸어)막기	Outward block
바깥 (쳐)막기	In to out middle block
바깥 차막기	Outer kicking block
바깥막기	Outward block
바깥차기	Outward kick
바깥치기	Outward strike
바깥팔목	Outside wrist
바위밀기	Rock pushing
바탕손 내려막기	Downward block by palm heel
바탕손 눌러막기	Palm Heel Pressing Block
바탕손 안막기	Palm Heel Inward Block
바탕손 안치기	Palm heel inward strike
바탕손 앞치기	Palm heel forward strike
바탕손 올려치기	Palm heel upward strike
바탕손	Palm Heel
반달차기	Crescent kick
받아막기	Absorbing block
받아차기	Counter-kick
발끝	The tips of the toes
발날 걸어막기	Foot Blade Tripping Block
발날	The outside edge of the foot,

	technically known as 'Foot Blade'
발날등 안막기	Reverse Foot Blade Inward Block
Page 52	
발날등	The inside edge of the foot, technically known as 'Reverse Foot Blade'
발등 돌려차기	Instep Roundhouse Kick
발등 앞차기	Instep Front Kick
발등	Instep
발목 걸어넘기기	Ankle Tripping-up Technique
발바닥 받아막기	Foot Sole Absorbing Block
발바닥	The sole of the foot
발붙여 내려차기	Skip axe kick
발붙여 돌려차기	Skipping Roundhouse Kick
발붙여 옆차기	Skipping Side Kick
발붙여 후려차기	Skipping Whip Kick
발붙여차기	Skipping Kick
밤주먹 젓혀지르기	Knuckle Fist Turn-over Punch
밤주먹	Knuckle Fist
범서기	Tiger stance
보주먹준비	Covered fist posture
비틀어꺾기	Twisting and Lock
비틀어막기	Twisting block
비틀어차기	Twisting kick
비틀어치기	Twisting strike
비틀어피하기	Twisting Evasive Technique
빼기	Pulling
㉞	
사용 부위	Applicable Parts of the Body
산틀막기	Mountain block
서기	Stance
세로돌기 [=수평축회전]	Vertical Turning (=Horizontal Axis Spinning)
세로돌아격파	Vertical turn break

세손끝 세워찌르기	Three fingertips Vertical thrusting
세운편주먹	The vertically half-clenched fist or vertical flat fist
세워지르기	Vertical punch
세워찌르기	Vertical thrust
손	The hand
손날 거들어 내려 옆막기	Knife Hand Supporting Downward Side Block
손날 거들어 내려막기	Knife Hand Supporting Downward Block
손날 거들어 바깥막기	Knife Hand Supporting Outward Block
손날 거들어 옆막기	Knife Hand Supporting Side Block
손날 금강 내려 옆막기	Knife Hand (Downward Side) Block
손날 금강 바깥막기	Knife Hand Outward Block
손날 내려 옆막기	Knife Hand Downward Side Block
손날 내려막기	Knife Hand Downward Block
손날 내려치기	Knife hand downward strike
손날 눌러막기	Knife Hand Pressing Block
손날 바깥막기	Knife Hand Outward Block
손날 바깥치기	Knife hand outward strike
손날 비틀어 바깥막기	Knife Hand Twisting Outward Block
손날 비틀어 옆막기	Knife Hand Twisting Side Block
손날 안막기	Knife Hand Inward Block
손날 안치기	Knife hand inward strike
손날 엇걸어막기	Knife Hand Cross Block
손날 옆막기	Knife Hand Side Block
손날 옆치기	Knife hand side strike
손날 올려막기	Knife hand upward block
손날 헤쳐막기	Knife hand scattered block
손날	Knife hand
손날등 거들어 내려 옆막기	Reverse Knife Hand Supporting Downward Side Block
손날등 거들어 내려막기	Reverse Knife Hand Supporting Downward Block
손날등 거들어 바깥막기	Reverse Knife Hand Supporting Outward Block
손날등 내려치기	Reverse Knife Hand Downward Strike

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손날등 바깥막기	Reverse Knife Hand Outward Block
손날등 바깥치기	Reverse Knife Hand Outward Strike
손날등 비틀어 바깥막기	Reverse Knife Hand Twisting Outward Block
손날등 안치기	Reverse Knife Hand Inward strike
손날등 옆막기	Reverse Knife Hand Side Block
손날등 옆치기	Reverse Knife Hand Side Strike
손날등 헤쳐막기	Reverse Knife Hand Scattered Block
손날등	Reverse Knife Hand
손등	The back of the hand, technically known as 'Back Hand'
손목 비틀어꺾기	Wrist Twist & Lock
손바닥 거들어 안팔목 바깥막기	Palm Supporting Inside Wrist Outward Block
손바닥 받아막기	Palm Absorbing Block
손바닥	The palm
숙여피하기	Ducking Evasive Technique
◎	
아금손 앞치기 [=칼재비]	Arc Hand Forward Strike
아금손	Arc hand
안 (걸어)막기	Inward block
안 (쳐)막기	Inward (Striking) Block
안 차막기	Inward kicking block
안막기	Inward block
안짱 주춤서기	Inward Horseback Riding Stance
안짱서기	Inward stance
안찍기	Inward chop
안차기	Inward kick
안치기	Inward strike
안팔목 거들어 바깥막기	Inside Wrist Supporting Outward Block
안팔목 거들어 옆막기	Inside Wrist Supporting Side Block
안팔목 바깥막기	Inside Wrist Outward Block
안팔목 비틀어 바깥막기	Inside Wrist Twisting Outward Block

안팔목 안막기	Inside Wrist Inward Block
안팔목 옆막기	Inside Wrist Side Block
안팔목 헤쳐막기	Inside wrist Scattered block
안팔목	Inside Wrist
앞 꼬아서기	Front crossed stance
앞 주춤서기	Forward Horseback Riding Stance
앞 차막기	Front kicking block
앞굽이	Forward stance
앞발 내딛기	Front foot forward step
앞발 물러딛기	Front foot backward step
앞발 받아차차기	Front foot counter-kick
앞발 후려차기	Front foot whip kick
앞서기	Walking stance
앞찍기	Forward chop
앞차기	Front kick
앞축 돌려차기	Roundhouse kick by ball of a foot
앞축 모아서기	Ball of the feet Closed Stance
앞축 앞차기	Front kick by ball of a foot
앞축	The ball of the foot
앞치기	Forward strike
옆어찌르기	Horizontal thrust
여러표적격파	Various target break
옆 차막기	Side kicking block
옆딛기	Side step
옆막기	Side block
옆서기	Side stance
옆지르기	Side punch
옆차기	Side kick
옆치기	Side strike
Page 54	
오금 걸어넘기기	Inner Knee Tripping-up Technique
오금서기	Inner Knee Stance
오른 겨룸새	Right sparring posture
오른 돌아딛기	Right Turn Step

오른 딛기	Right step
오른 서기	Right stance
오른뒤 딛기	Right backward step
오른앞 딛기	Right forward step
올려 (걷어)막기	Upward block
올려 (쳐)막기	Upward (Striking) Block
올려막기	Upward block
올려치기	Upward strike
외산틀막기	Single mountain block
왼 겨룸새	Left sparring posture
왼 돌아딛기	Left turn step
왼 딛기	Left step
왼 서기	Left stance
왼뒤 딛기	Left backward step
왼앞 딛기	Left forward step
위력격파	Power break
위로 틀어빼기	Upward (Turning and) Pulling
이어차기	Alternating kick
일렬격파	Single Line-up Break
㉞	
작은 돌쩌귀	Small hinge
잡고 내려차기	Grabbing Axe Kick
잡고 돌려차기	Grabbing roundhouse kick
잡고 비틀어차기	Grabbing Twisting Kick
잡고 앞차기	Grabbing front kick
잡고차기	Grabbing kick
잡고 후려차기	Grabbing Whip Kick
잡기	Grabbing
정강이 받아막기	Shin Absorbing Block
정강이	The shin
젓혀지르기	Turn-over Punch
젓혀찌르기	Turn-over Thrust
젓혀피하기	Back leaning Evasive Technique
제비품 (바탕손) 앞치기	Swallow (Palm Heel) Front Strike
제비품 (손날) 안치기	Swallow (Knife) Inward Strike

제비품치기	Swallow strike
제자리딛기	Stepping in Place
주먹	The fist
주춤서기	Horseback riding stance
준비자세	Ready posture
지르기	Punching
집게밤주먹	The fist with the index finger protruded technically known as ‘Trigger Finger’ Trigger Finger Fist/Index finger fist
집게주먹 앞치기	Pincers fist front strike
집게주먹 지르기	Pincers fist punch
집게주먹	Pincers fist
짓찜기	Stamping on Instep
찌르기	Thrusting
찍기	Chopping
㉘	
차기	Kicking
차막기	Kicking block
창의격파	Creative break
젓다리지르기	Fork punch
쳐막기	Striking block
Page 55	
치기	Striking
치지르기	Uppercut punch
㉙	
큰 돌쩌귀	Big hinge
㉚	
태산밀기	Huge mountain pushing
통밀기	Log pushing
통밀기준비	Log pushing posture
특수품	Special Forms

틀어빠기	Turn and Pull out Turning and Pulling
틀어피하기	Turning Evasive Technique
㉞	
팔	The arm
팔굽 내려치기	Elbow downward strike
팔굽 눌러꺾기	Elbow press and lock
팔굽 돌려치기	Elbow turn strike
팔굽 옆치기	Elbow side strike
팔굽 올려치기	Elbow upward strike
팔굽 표적치기	Elbow Target Strike
팔굽	The elbow
팔목	The wrist
편손 산틀막기	Open hand mountain block
편손 외산틀막기	Open hand single mountain block
편손끝	The flat fingertips, technically known as 'Spear Hand'
편주먹 지르기	Flat fist punch
편주먹	The half clenched fist, technically known as 'Flat Fist'
편히서기	Natural stance
표적지르기	Target punch
표적차기	Target kick
표적치기	Target strike
피하기	Evading or Dodging
㉟	
학다리서기	Crane stance
한번뛰어격파	Single leap break
한손끝 세워찌르기	Single fingertip vertical thrusting
한손끝	The single fingertip
헤쳐 산틀막기	Scattered Mountain Block
헤쳐막기	Scattered block
황소막기	Bull block

후러차기	Whipping kick
휘둘러빼기	Swing and Pulling

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