**Parts of the Body**

Heaven Hands Hanul Son  
Under Forearm Mit Palmok  
Upset Finger Tips – Dwijibun Sonkut

Side Sole – Yop Bal Badak  
Arc Hand – Bandal Son

**Basic Movements**

9 Shape Block – Gutja Makgi

Middle Knuckle Punch – Joongi Joomuk Jirugi

Double Side Elbow Thrust – Jau Palkup Tulgi

Double Finger Thrust – Doo Songarak Tulgi

Cross Cut with Flat Fingertips – Ghutgi Opun Sonkut

Reverse Foot Sword – Balkal Dung

Pushing Block – Miro Makgi  
Waving Kick – Doro Chagi

Front Pushing Kick – Ap Cha Milgi

U-Shaped Grasp – Digutja Japgi  
Double Arc Hand Block – Doo Bandal Son Makgi  
Scooping Block – Duro Makgi  
Horizontal Punch – Soopyong Jirugi  
Grabbing – Butjaba  
Sliding – Mikulgi  
U Shaped Punch – Digutja Jirugi

Reverse Knife Hand – Sonkal Dung  
Straight Elbow – Sun Palkup

Instep – Baldung

Sliding – Mikulgi  
Upward Block – Ollyo Makgi  
Upward Punch – Ollyo Jirugi  
Vertical Kick – Sewo Chagi  
Twisting Kick – Bituro Makgi  
Twin Foot Kick – Sang Bal Chagi  
Flying High Kick – Twimyo Nopi Chagi

W Shaped Block – San Makgi

U Shaped Block – Digutja Makgi  
Twin Straight Forearm Block –  Sang Sun Palmok Makgi  
Twin Upset Punch – Sang Dwijibo Jirugi  
Upper Elbow Strike – Wi Palkup Taerigi  
Back Kick –  Dwit Chagi  
Pressing Kick – Noollo Chagi  
Side Thrust Kick – Yop Cha Tulgi  
Reverse Turning Hooking Kick – Bandae Dollyo Goro Chagi  
Consecutive Kick – Yonsok Chagi

Hooking Block – Golcho Makgi  
Grasping Block – Butjaba Makgi  
X Fist Pressing Block – Kyocha Nollo Makgi  
Upward Palm Block – Ollyo Sonbadak Makgi  
Flat Finger Tip Thrust – Opun Sonkut Tulgi  
Twin Vertical Punch – Sang Sewo Jirugi  
Crescent Kick – Bandal Chagi

Circular Block – Dollymio Makgi  
Waist Block – Hori Makgi  
Palm Pushing Block – Sonbadak Miro Makgi  
Reverse Knife Hand Strike – Sonkal Dung Taerigi  
Release Move – Jappyosol Tae  
Straight Spear Finger Thrust – Sun Sonkut Tulgi  
Side Piercing Kick – Yop Cha Jirugi

Twin Forearm Block – Sang Palmok Makgi  
Side Piercing Kick – Yop Chajirugi

Front Snap Kick – Ap Chabusigi

**Stances**

Warrior Stance – Moosa Sogi  
Diagonal Stance – Sasun Sogi

One Leg Stance – Wae Bal Sogi

Rear Foot Stance – Dwit Bal Sogi  
Low Stance – Nachuo Sogi

**Misc**

3 Step Sparring Sambo Matsoki

2 Step Saprring Ibo Matsoki

1 Step Saprring Ilbo Matsoki

Semi Free Sparring Ban Jayoo Matsoki

Free Sparring

Obverse Punch Baro Jirugi

Checking Block Momchau Makgi

BTC Formed 1988

TAGB August 1983

TKD International November 1993

Outward Bakaero

Outside Bakat