

ENGLISH TO KOREAN

BLOCKS

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| 1. Defending | MAKKI |
| 2. Double Block | BAKKAT MAKKI |
| 3. Double Knife Hand - Low Block | SONNAL ARAE MAKKI |
| 4. Double Knife Hand - Middle Block | SONNAL MOMTONG MAKKI |
| 5. Double Block - One hand High Block - one hand Low Block | GAWI MAKKI |
| 6. Double Block - One Hand High Block - One hand knife hand High Block | SONNAL KGUNGANG MAKKI |
| 7. High Block | EOLGOOL MAKKI |
| 8. Inside Block | MOMTONG MAKKI |
| 9. Low Block | ARAE MAKKI |

BODY

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|----------|----------|
| 1. Arms | PAL |
| 2. Body | MOM |
| 3. Fist | JOOMEOK |
| 4. Foot | CAL |
| 5. Knee | MOOR UP |
| 6. Leg | DALEE |
| 7. Palm | BATANSON |
| 8. Wrist | PALMOK |

Elbow Strikes

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|--------------------------|----------------|
| 1. Elbow | PAL KOOP |
| 2. Backward Elbow Strike | DWIRO CHIGI |
| 3. Upward Elbow Strike | OLLYO CHIGI |
| 4. Sideways Elbow Strike | YEOPEURO CHIGI |

HANDS

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| 1. A sideways blow from the waist outward | YEOP JIREUGI |
| 2. Fist with middle joint protruded | BAM — JOOMEOK |
| 3. Half Fist | RYON JOOMEOK |
| 4. Hand is formed in semi-circle | AREUM SON |
| 5. Hand is formed like SONNAL DEUNG but the striking point is the four fingers | |
| 6. Hitting | JIREUGI |
| 7. Knife Hand | SONNAL |
| 8. Punching | CHIGI |

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| 9. Ridge Hand | SONNAL DEUNG |
| 10. Spread out the middle and index finger - the strike point is the tips of the middle and index finger | |
| 11. Thrusting Stabbing | CHIREUGI |
| 12. Upper Cut | CHI JIREUGI |

INSTRUCTOR

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|----------------------|-------------|
| 1. Master Instructor | SAH BUM NIM |
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KICKS

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|-----------------|--------------------|
| 1. Front Kick | APCHAGI |
| 2. Kicking | CHAGI |
| 3. Side Kick | YEOPEURO |
| 4. Turning Kick | DOLLYO CHIGI CHIGI |

NUMBERS - COUNTING

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|-----------|-------------|
| 1. HANA | 6. YED SUT |
| 2. DOOL | 7. IL GOP |
| 3. SET | 8. YEO DURB |
| 4. NET | 9. AH HOP |
| 5. DA SUT | 10. YEOL |

NUMBERS POOM-SE

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|--------------|----------------|
| 1. IL CHANG | 6. YOK CHANG |
| 2. YEE CHANG | 7. CHIL CHANG |
| 3. SAM CHANG | 8. PAL CHANG |
| 4. SA CHANG | 9. GOO CHANG |
| 5. OH CHANG | 10. SHIP CHANG |

SCHOOL

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|-----------|---------|
| 1. School | Do Jang |
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