

## Tae Guk SA Jang Korean Terms

Step	Movement	Stance	Technique
Junbi			Kibon Junbiseogi
1	90 <sup>0</sup> turn to the left	Oreun dwitkubi	Sonnal momtongmakki
2	Step forward	Oreun apkubi	Batangsong Momtong nullomakki and Pyonsonkkeut sewotzireugi
3	180 <sup>0</sup> turn to the right	Wen dwitkubi	Sonnal momtongmakki
4	Step forward	Wen apkubi	Batangsong Momtong nullomakki and Pyonsonkkeut sewotzireugi
5	90 <sup>0</sup> turn to the left	Wen apkubi	Jebi poom mokchigi
6	Oreunbal apchagi	Oreun apkubi	Momtong barojireugi
7	Wenbal yopchagi		
8	Oreunbal yopchagi	Wen dwitkubi	Sonnal momtongmakki
9	270 <sup>0</sup> turn to the left	Oreun dwitkubi	Momtong bakkatmakki
10	Oreunbal apchagi	Oreun dwitkubi	Momtong anmakki
11	180 <sup>0</sup> turn to the right	Wen dwitkubi	Momtong bakkatmakki
12	Wenbal apchagi	Wen dwitkubi	Momtong anmakki
13	90 <sup>0</sup> turn to the left	Wen apkubi	Jebi poom mokchigi
14	Oreunbal apchagi	Oreun apkubi	Deungjumeok olgul apchigi
15	90 <sup>0</sup> turn to the left	Wen apseogi	Momtongmakki
16			Momtong barojireugi
17	180 <sup>0</sup> turn to the right	Oreun apseogi	Momtongmakki
18			Momtong barojireugi
19	90 <sup>0</sup> turn to the left	Wen apkubi	Momtongmakki
19-1			Momtong dubeonjireugi
20	Step forward	Oreun apkubi	Momtongmakki
20-1			Momtong dubeonjireugi *
Baro	180 <sup>0</sup> turn to the left		Kibon Junbiseogi

\* Kihop

## Terms

### Stances

Ready stance	Kibon Junbiseogi
Left walking stance	Wen apseogi
Right walking stance	Oreun apseogi
Left long stance	Wen apkubi
Right long stance	Oreun apkubi
Left back stance	Wen dwitkubi
Right back stance	Oreun dwitkubi

### Blocks

Down block	Araemakki
Body inner block (opposite side as the forward foot)	Momtong anmakki
Body inner block (same side as the forward foot)	Momtongmakki

Face block (rising upwards)	Olgulmakki
Single knife hand body block	Hanssonal Momtong bakkatmakki
Knife hand body block	Sonnal momtongmakki
Pressing body block	Batangsong Momtong nullomakki
<u>Punches</u>	
Body reverse punch (same side as the forward foot)	Momtong bandaejireugi
Body regular punch (opposite side as the forward foot)	Momtong barojireugi
Face reverse punch (same side as the forward foot)	Olgul bandaejireugi
Body double punch	Momtong dubeonjireugi
<u>Kicks</u>	
Left foot front kick	Wenbal apchagi
Right foot front kick	Oreunbal apchagi
Left side kick	Wenbal yopchagi
Right side kick	Oreunbal yopchagi
<u>Strikes</u>	
Knife hand neck strike	Hanssonal mokchigi
Spear hand body strike	Pyonsonkkeut sewotzireugi
Knife hand strike to the neck (with open hand upper block)	Jebi poom mokchigi
Back-fist strike to the face	Deungjumeok olgul apchigi