

Tae Guk O Jang Korean Terms

Step	Movement	Stance	Technique
Junbi			Kibon Junbiseogi
1	90 ⁰ turn to the left	Wen apkubi	Araemakki
2	Pull left foot in	Wen seogi	Mejumeok naeryochigi
3	180 ⁰ turn to the right	Oreun apkubi	Araemakki
4	Pull right foot in	Oreun seogi	Mejumeok naeryochigi
5	90 ⁰ turn to the left	Wen apkubi	Momtongmakki
			Momtong anmakki
6	Oreunbal apchagi	Oreun apkubi	Deungjumeok apchigi
7			Momtong anmakki
8	Wenbal apchagi	Wen apkubi	Deungjumeok apchigi
9			Momtong anmakki
10	Step forward	Oreun apkubi	Deungjumeok olgul apchigi
11	270 ⁰ turn to the left	Oreun dwitkubi	Hanssonal bakkatmakki
12	Step forward	Oreun apkubi	Palkup dollyochaigi
13	180 ⁰ turn to the right	Wen dwitkubi	Hanssonal bakkatmakki
14	Oreunbal apchagi	Wen apkubi	Palkup dollyochaigi
15	90 ⁰ turn to the left	Wen apkubi	Olgulmakki
16	Oreunbal yopchagi (with hammer fist)	Oreun apkubi	Palkup pyojeokchigi
17	180 ⁰ turn to the right	Oreun apkubi	Olgulmakki
18	Wenbal yopchagi (with hammer fist)	Wen apkubi	Palkup pyojeokchigi
19	90 ⁰ turn to the left	Wen apkubi	Araemakki
19-1			Momtong anmakki
20	Step forward (and stamp)	Dwikkaoseogi	Momtongmakki
20-1			Deungjumeok apchigi *
Baro	180 ⁰ 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
Left stance	Wen seogi
Right stance	Oreun seogi
Backward cross stance	Dwikkaoseogi

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	Hansonnal 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	Hansonnal mokchigi
Spear hand body strike	Pyonsonkkeut sewotzireugi
Knife hand strike to the neck (with open hand upper block)	Jebi poom mokchigi
Back-fist (face hitting)	Deungjumeok olgul apchigi
Hammer-fist (down hitting)	Mejumeok naeryochigi
Elbow strike (turning)	Palkup dollyochaigi
Back-fist (front hitting)	Deungjumeok apchigi
Elbow strike (target hitting)	Palkup pyojeokchigi