

NAME THAT



TECHNIQUE!

INTRODUCTION

1) *What is it?*

This resource comprises a thesis required for promotion to 4th Dan. The instructions for writing an essay or thesis for black belt promotion include that the writing should be of some use and interest to other Taekwon-Do practitioners. The implication is to write about something you know well, and share it with others who may not know it so well yet. Korean terminology is therefore the focus of this thesis: this is an area of Taekwon-Do knowledge in which I am quite comfortable; it is also an area that needs strengthening in our Taekwon-Do community.

This resource is made of worksheets for each gup level. Each worksheet has pictures of techniques, mostly from that rank's pattern, sometimes from earlier patterns. The task is to name the technique in the picture, filling in the boxes below the picture. The techniques can and should be named in both languages.

2) *Rationale*

Lingua Franca

Taekwon-Do is international; Korean is the lingua franca, just as English is the lingua franca of international airline pilots.

During my short visit to Korea in 2007 I and the other New Zealanders were able to train with locals from kindergarten kids through to Instructors, despite our not speaking Korean, nor their having fluency in English. How? Taekwon-Do terminology.

Not long afterward a Master visited New Zealand to conduct seminars in his area of expertise. I respectfully asked him why he used the term 'roundhouse kick', perhaps that is what it is called in Europe? No he replied, he tried saying 'dollyo chagi' but the New Zealanders didn't understand him.

Certainty

I believe it was Mozi, an ancient Chinese philosopher who wrote something along these lines: the King must use exact language, and the government ministers must strive to understand the precise meaning of the King's words, then they will perfectly understand the King's wishes. When they know exactly the King's wishes, they can work to accurately fulfil his caring vision for the people. When the government ministers and magistrates carry out the King's wishes precisely and use words precisely, the people know what the law is and how they must act and there is no uncertainty. When there is no uncertainty, there is harmony in society.

Contrast this with the Whanganui / Wanganui controversy. The authorities gave out mixed messages and prevaricated, leaving the local community uncertain and upset. What would have happened if the authorities had made a firm decision? Either way, some people would not have gotten what they wanted, but at least all would have been certain, and in time the matter would have been let go into the past.

Precision

Precise language is fundamental to all the sciences and most of the arts. Precise, standardised language is central to organisational effectiveness and efficiency, for instance in the military. Words have very special meanings and describe very specific actions in this militarily founded martial art we practice.

In Taekwon-Do there are two major cases for precise and well used language. First is safe and comfortable learning. What if an Instructor calls for an 'axe kick' to be defended against? It is easy to see how someone could become physically hurt or at least over-conservative in their counterattack if they couldn't tell if the opponent was going to perform an inward downward kick, a pick-shape kick or an outward downward kick. They have different names because they are different.

Second is standardisation. While the Art continues to develop as the General intended it would, it is important that it not become fractured and spread out in different directions. With concrete, precise naming of techniques there is less room for error. The Encyclopaedia and its updates link just how a technique is to be performed with what it is called. If a movement is done differently, it has a different name, and it is a different technique.

So any of us should be able to train with other Taekwon-Doists from anywhere in the world, or at least the country, in certainty, safety and comfort.

3) *Why these categories?*

I have spent some time considering the categories of information that make up the names of techniques in Taekwon-Do. Naming these categories was often fairly straightforward, for which we all owe a debt of gratitude and admiration for clarity and reason of the General and his colleagues. Stance sidedness (left or right), stance names, tools, heights and technique type (punch / kick / strike) are all clear as parts of a technique's name. Two other categories were more problematic and prone to giving confusion. These deal with direction. There are two kinds of direction: trajectory - which way something is moving; and destination - where it is headed. For instance 'south' is a trajectory, Whakatane is a destination. An example is the confusion between movements #36 in Yul-Gok tul and #7 in Eui-Am tul. Both are called X-stance backfist side strike, but are quite different in appearance and execution, as you can see below.



The problem here is one of trajectory. Since both kinds of strike are headed to the destination 'side', we need to differentiate by trajectory. The Yul-Gok strike is an outward strike, more similar to other outward strikes (Dan-Gun # 18, Do-San #24 etc) than to the Eui-Am strike.

Although not always clear, the General used both kinds of direction in naming his techniques. In this work I have named the destination direction as 'angle', in keeping with the "angle and distance" reference in the Training Secrets of Taekwon-Do. The trajectory direction seemed best named 'trajectory'.

Two further categories needed to be named. The first one I called method. All kinds of miscellaneous bits and pieces such as twisting, upset, piercing and guarding are gathered under this category, which seems to be more or less the 'how' of the technique.

The final category needing comment I named 'shape', to collect descriptions such as W shape, X, angle, vertical, U shape etc.

4) How to use this resource

General instructions

Simply fill in the spaces below each picture with the technique name. There is an example on each page. Any category of information that isn't needed for any particular technique name is shaded out. There should be a task covering each new technique learned at each gup level. Higher ranks will find earlier techniques included in some of their task sheets. I have attempted to avoid as much confusion as possible, however some slightly interesting ones have been included for higher grades and one or two techniques are shown from the side or rear, all in the name of stimulating solid learning. Occasionally Korean and English word order differs, but this is indicated where it occurs.

Category- specific instructions and clarification

Motion – refers to ways of moving such as sliding, jumping, flying.

Left / Right – refers to stance (if applicable). See also obverse / reverse recap below.

Stance – walking, L, sitting etc.

Left / Right – refers to tool where necessary, for instance 'sitting stance right forefist middle front punch'.

Tool – refers to the body part that is meant to contact the target, for instance forefist, elbow, outer forearm, ball of the foot.

Height – the height of the tool relative to the performer's own body.

Shape – refers to a shape the technique looks like, e.g. W shape, angle, vertical, U shape.

Obverse / reverse – refers to the tool relative to the stance. See recap below.

Angle – refers to the destination the technique is done towards. One of front, sidefront, side, sideback or back.

Trajectory – refers to the path the technique takes to the target. For instance turning, rising, upward / downward, inward / outward.

Technique – punch, thrust, strike, block, kick, grab, release etc.

Left / Right & Obverse / Reverse recap:

- Where a stance is evenly weighted on both legs (50:50) the front leg names the stance as left or right. Example: the front leg of walking stance.

Left walking stance
(*Al'ee yun-ho-ah Maigi*)



- If the weight is even but neither foot further forward the stance is neither left nor right. Example: sitting stance.

Sitting stance



- If one leg is 'heavier' then that leg names the stance as left or right. Example: the back leg in L stance.



Right L-stance

Obverse means a left hand tool on a left stance or a right hand tool on a right stance. So, the front hand in walking and low stances, the back hand in rear foot, vertical, L and fixed stances, the hand on the flat foot side of an X stance, one leg stance or bending stance.

Reverse means a left hand tool on a right stance or a right hand tool on a left stance. So the back hand in walking and low stances, the front hand in rear foot, vertical, L and fixed stances, the hand on the lifted foot side of an X stance, one leg stance or bending stance.

Answers

Through school and beyond I've had teachers who allowed the use of the answers at the back of the exercise book, or to use a calculator to check and work backward through mathematics problems. The condition of course is that the tool is used to support learning, not bypass it.

Students of all ranks should attempt all quizzes at and below their own level and if uncertain refer to the answer booklet.

Note

Certain techniques are named slightly differently on different pages, for instance:

- L stance knifehand side strike
- L stance knifehand side outward strike
- L stance knifehand outward strike.

This is a compromise between the demands of exact terminology on the one hand and space on the other. The second version above is the most complete. Simply fill in whichever version of the name is asked for on that particular page.

Especially at junior grades some information has been omitted as needlessly pedantic and confusing. For instance:

- outer forearm low side block
- left walking stance right forefist reverse front punch
- positioning of the off hand in front thrust / inward strike / sideback strike etc
- left middle side piercing kick while executing a high punch with the left forefist
- normal motion
- full / half / side facing

5) Thanks and acknowledgement

General Choi and his colleagues

The terminology developed by General Choi Hong Hi and his colleagues is clear, systematic and logical, a vast improvement on the earlier naming systems in the martial arts. Thanks to their efforts we have the ability to look at the name of a technique not seen before and have a good idea of how to perform it. This is something to be deeply grateful for, especially considering that even the performing arts have been struggling with the description of human movement for centuries.

New Zealand Taekwon-Do researchers

Mark Banicevich, for his deep and broad researches into the Korean terminology of Taekwon-Do and his thesis "A Translation of the Chang Hon pattern set into Taekwon-Do terminology in Korean, including an English - Korean / Korean – English Taekwon-Do dictionary". The creators of the ITF NZ Colour Belt and Black Belt Techniques Syllabus Handbooks.

Kim Jeong-Hoe and Park Myung-Hee

Mr Kim is a Chinese language major, Mrs Park a Korean language major, both of whom I had the good fortune to meet in Busan in 2007. Their uniquely suited fields of expertise have greatly aided my understanding of Taekwon-Do Korean and its origins in the above two languages.

Kane Raukura

Thankyou to Sir, my Instructor and mentor in Taekwon-Do and life.

Francis (Frank) Doogan

Thankyou for encouraging scholarship.

6) Mistakes

Any mistakes are unintentional, please contact me at maobrendong@hotmail.com . Discussion is welcome.

NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	walking stance	gunnun so
Tool:	outer forearm	bakat palmok
Height:	low	najunde
Angle:	side	yop
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:			
Stance:			
Tool:			
Height:			
Angle:			
Technique:			



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	walking stance	gunnun so
Tool:	outer forearm	bakat palmok
Height:	low	naunde
Angle:	side	yop
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:	RIGHT / ORUN	LEFT / WEN	RIGHT / ORUN
Stance:	WALKING STANCE / GUNNUN SO	WALKING STANCE / GUNNUN SO	WALKING STANCE / GUNNUN SO
Tool:	FOREFIST / AP JOOMUK	KNIFEHAND / SONKAL	INNER FOREARM / AN PALMOK
Height:	MIDDLE / KAUNDE	LOW / NAUNDE	MIDDLE / KAUNDE
Angle:	FRONT / AP	SIDE / YOP	SIDE / YOP
Technique:	PUNCH / JIRUGI	BLOCK / MAKGI	BLOCK / MAKGI



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	right	aruu
Stance:	walking stance	gunnun so
Tool:	inner forearm	an palmok
Height:	middle	kaunde
Angle:	side	yop
Technique:	back	maegi



	Technique One	Technique Two	Technique Three
Left / right:			
Stance:			
Tool:			
Height:			
Angle:			
Technique:			



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	right	orun
Stance:	walking stance	gunnun so
Tool:	inner forearm	an palmok
Height:	middle	kaunde
Angle:	side	yop
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:	LEFT / WEN	RIGHT / ORUN	LEFT / WEN
Stance:	WALKING STANCE / GUNNUN SO	WALKING STANCE / GUNNUN SO	L STANCE / NIUNJA SO
Tool:	OUTER FOREARM / BAKAT PALMOK	FOREFIST / AP JOOMUK	INNER FOREARM / AN PALMOK
Height:	LOW / NAJUNDE	MIDDLE / KAUNDE	MIDDLE / KAUNDE
Angle:	SIDE / YOP	FRONT / AP	SIDE / YOP
Technique:	BLOCK / MAKGI	PUNCH / JIRUGI	BLOCK / MAKGI



NAME THAT TECHNIQUE!



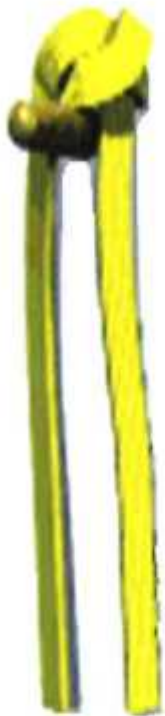
	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	L stance	niunja so
Tool:	inner forearm	an palmok
Height:	middle	kaunde
Angle:	side	yop
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:			
Stance:			
Tool:			
Height:			
Angle:			
Method:			
Technique:			



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	L stance	niunja so
Tool:	inner forearm	an palmok
Height:	middle	kaunde
Angle:	side	yop
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:	LEFT / WEN	LEFT / WEN	RIGHT / ORUN
Stance:	WALKING STANCE / GUNNUN SO	WALKING STANCE / GUNNUN SO	L STANCE / NIUNJA SO
Tool:	KNIFEHAND / SONKAL	FOREFIST / AP JOOMUK	KNIFEHAND / SONKAL
Height:	LOW / NAJUNDE	HIGH / NOPUNDE	MIDDLE / KAUNDE
Angle:	SIDE / YOP	FRONT / AP	
Method:			GUARDING / DAEBI
Technique:	BLOCK / MAKGI	PUNCH / JIRUGI	BLOCK / MAKGI



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	walking stance	gunnun so
Tool:	outer forearm	bakat palmok
Height:	low	najunde
Angle:	side	yop
Technique:	block	makegi



	Technique One	Technique Two	Technique Three
Left / right:			
Stance:			
Tool:			
Height:			
Angle:			
Trajectory:			
Technique:			



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	walking stance	gunnun so
Tool:	outer forearm	bakat palmok
Height:	low	najunde
Angle:	side	yop
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:	LEFT / WEN	LEFT / WEN	LEFT / WEN
Stance:	L STANCE / NIUNJA SO	WALKING STANCE / GUNNUN SO	L STANCE / NIUNJA SO
Tool:	TWIN FOREARM / SANG PALMOK	FOREARM / PALMOK	KNIFEHAND / SONKAL
Height:			MIDDLE / KAUNDE
Angle:			SIDE / YOP
Trajectory:		RISING / CHOOKYO	OUTWARD / BAKURO
Technique:	BLOCK / MAKGI	BLOCK / MAKGI	STRIKE / TAERIGI



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	walking stance	gunnun so
Tool:	forefist	ap joomuk
Height:	high	nopunde
Angle:	front	ap
Technique:	punch	jinugi



	Technique One	Technique Two	Technique Three
Left / right:			
Stance:			
Tool:			
Height:			
Angle:			
Technique:			



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	walking stance	gunnun so
Tool:	forefist	ap joomuk
Height:	high	nopunde
Angle:	front	ap
Technique:	punch	jinagi



	Technique One	Technique Two	Technique Three
Left / right:	LEFT / WEN	LEFT / WEN	
Stance:	WALKING STANCE / GUNNUN SO	WALKING STANCE / GUNNUN SO	SITTING STANCE / ANNUN SO
Tool:	OUTER FOREARM / BAKAT PALMOK	BACKFIST / DUNG JOOMUK	KNIFEHAND / SONKAL
Height:	HIGH / NOPUNDE	HIGH / NOPUNDE	MIDDLE / KAUNDE
Angle:	SIDE / YOP	SIDE / YOP	SIDE / YOP
Technique:	BLOCK / MAKGI	STRIKE / TAERIGI	STRIKE / TAERIGI



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	walking stance	gunnun so
Tool:	knifehand	sonkal
Height:	low	najunde
Angle:	side	yop
Technique:	block	makgi



	Technique One	Technique Two
Left / right:		
Stance:		
Tool:		
Height:		
Angle:		
Technique:		



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	walking stance	gunnun so
Tool:	knifehand	sonkal
Height:	low	najunde
Angle:	side	yop
Technique:	block	makgi



	Technique One	Technique Two
Left / right:	RIGHT / ORUN	
Stance:	WALKING STANCE / GUNNUN SO	
Tool:	STRAIGHT FINGERTIP / SUN SONKUT	
Height:	MIDDLE / KAUNDE	
Angle:	FRONT / AP	
Technique:	THRUST / TULGI	RELEASE FROM A GRAB / JAPPYOSULTAE



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	Right	orun
Stance:	L stance	niunja so
Tool:	knifehand	sonkal
Height:	middle	kaunde
Method:	guarding	daebi
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:			
Stance:			
Tool:			
Height:			
Obverse / Reverse:			
Angle:			
Method:		(ENGLISH ONLY)	
Technique:			
Method:		(KOREAN ONLY)	





NAME THAT TECHNIQUE!

	Example Technique	
	(English)	(Korean)
Left / right:	Right	Orun
Stance:	L stance	niunja so
Tool:	knifehand	sonkal
Height:	middle	kaunde
Method:	guarding	daebi
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:	RIGHT / ORUN	LEFT / WEN	LEFT / WEN
Stance:	WALKING STANCE / GUNNUN SO		WALKING STANCE / GUNNUN SO
Tool:	FOREFIST / AP JOOMUK	BALL OF THE FOOT / AP KUMCHI	OUTER FOREARM / BAKAT PALMOK
Height:	MIDDLE / KAUNDE	MIDDLE / KAUNDE	HIGH / NOPUNDE
Obverse / Reverse:	REVERSE / BANDAE		
Angle:	FRONT / AP	FRONT / AP	
Method:		SNAP (ENGLISH ONLY)	WEDGING / HECHYO
Technique:	PUNCH / JIRUGI	KICK / CHA	BLOCK / MAKGI
Method:		BUSIGI (KOREAN ONLY)	



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	right	orun
Stance:	walking stance	gunnun so
Tool:	straight fingertip	sun sonkut
Height:	middle	kaunde
Angle:	front	ap
Technique:	thrust	tulgi



	Technique One	Technique Two	Technique Three
Left / right:			
Stance:			
Tool:			
Height:			
Angle:			
Trajectory:			
Method:			
Technique:			



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	right	orun
Stance:	walking stance	gunnun so
Tool:	straight fingertip	sun sonkeut
Height:	middle	kaunde
Angle:	front	ap
Technique:	thrust	tulgi



	Technique One	Technique Two	Technique Three
Left / right:	LEFT / WEN	LEFT / WEN	RIGHT / ORUN
Stance:	L STANCE / NIUNJA SO	WALKING STANCE / GUNNUN SO	
Tool:	KNIFEHAND / SONKAL	INNER FOREARM / AN PALMOK	FOOTSWORD / BALKAL
Height:	HIGH / NOPUNDE		MIDDLE / KAUNDE
Angle:			SIDE / YOP
Trajectory:	INWARD / ANURO	CIRCULAR / DOLLIMYO	
Method: (English only)			PIERCING (ENGLISH ONLY)
Technique:	STRIKE / TAERIGI	BLOCK / MAKGI	KICK / CHA
Method: (Korean only)			JIRUGI (KOREAN ONLY)



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	walking stance	gunmun so
Tool:	outer forearm	bakat palmok
Height:	low	najunde
Angle:	side	yop
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:			
Stance:			
Tool:			
Height:			
Obverse / reverse:			
Method:			
Technique:			



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	walking stance	gunnun so
Tool:	outer forearm	bakat palmok
Height:	low	naunde
Angle:	side	yop
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:	RIGHT / ORUN	LEFT / WEN	RIGHT / ORUN
Stance:	FIXED STANCE / GOJUNG SO	L STANCE / NIUNJA SO	L STANCE / NIUNJA SO
Tool:	FOREFIST / AP JOOMUK	TWIN FOREARM / SANG PALMOK	FOREARM / PALMOK
Height:	MIDDLE / KAUNDE		MIDDLE / KAUNDE
Obverse / reverse:	OBVERSE / BARO		
Method:			GUARDING / DAEBI
Technique:	PUNCH / JIRUGI	BLOCK / MAKGI	BLOCK / MAKGI



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	walking stance	gunnun so
Tool:	outer forearm	bakat palmok
Height:	high	nopunde
Method:	wedging	hechyo
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:			
Stance:			
Tool:			
Height:			
Obverse / reverse:			
Angle:			
Trajectory:			
Technique:			



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	walking stance	gunnun so
Tool:	outer forearm	bakeat palmok
Height:	high	nopunde
Method:	wedging	hechyo
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:		RIGHT / ORUN	LEFT / WEN
Stance:	SITTING STANCE / ANNUN SO	L STANCE / NIUNJA SO	WALKING STANCE / GUNNUN SO
Tool:	FOREFIST / AP JOOMUK	TWIN KNIFEHAND / SANG SONKAL	PALM / SONBADAK
Height:	MIDDLE / KAUNDE		MIDDLE / KAUNDE
Obverse / reverse:			REVERSE / BANDAE
Angle:	FRONT / AP		SIDE / YOP
Trajectory:			HOOING / GOLCHO
Technique:	PUNCH / JIRUGI	BLOCK / MAKGI	BLOCK / MAKGI



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	L stance	ninunja so
Tool:	knifehand	somkeal
Height:	high	nopunaee
Trajectory:	inward	anuro
Technique:	strike	tasnigi



	Technique One	Technique Two	Technique Three
Left / right:			
Stance:			
Tool:			
Height:			
Obverse / reverse:			
Angle:			
Method:			
Technique:			



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	L stance	niunja so
Tool:	knifehand	sonkal
Height:	high	nopunde
Trajectory:	inward	anuro
Technique:	strike	taerigi



	Technique One	Technique Two	Technique Three
Left / right:	LEFT / WEN	LEFT / WEN	LEFT / WEN
Stance:	WALKING STANCE / GUNNUN SO	L STANCE / NIUNJA SO	WALKING STANCE / GUNNUN SO
Tool:	FRONT ELBOW / AP PALKUP	KNIFEHAND / SONKAL	PALM / SONBADAK
Height:		MIDDLE / KAUNDE	MIDDLE / KAUNDE
Obverse / reverse:			OBVERSE / BARO
Angle:		SIDE / YOP	SIDE / YOP
Method:			HOOKING / GOLCHO
Technique:	STRIKE / TAERIGI	STRIKE / TAERIGI	BLOCK / MAKGI



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	right	orun
Stance:	walking stance	gunnun so
Tool:	straight fingertip	sun sonkut
Height:	middle	kaunde
Angle:	front	ap
Technique:	thrust	tulgi



	Technique One	Technique Two	Technique Three
Motion:			
Left / right:			
Stance:			
Tool:			
Height:			
Obverse / reverse:			
Angle:			
Technique:			



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	right	orun
Stance:	walking stance	gunnun so
Tool:	straight fingertip	sun sonkeut
Height:	middle	kaunde
Angle:	front	ap
Technique:	thrust	tulgi



	Technique One	Technique Two	Technique Three
Motion:		JUMPING / TWIGI	
Left / right:	RIGHT / ORUN	LEFT / WEN	RIGHT / ORUN
Stance:	WALKING STANCE / GUNNUN SO	X STANCE / KYOCHA SO	WALKING STANCE / GUNNUN SO
Tool:	DOUBLE FOREARM / DOO PALMOK	BACKFIST / DUNG JOOMUK	FOREFIST / AP JOOMUK
Height:	HIGH / NOPUNDE	HIGH / NOPUNDE	MIDDLE / KAUNDE
Obverse / reverse:			REVERSE / BANDAE
Angle:	SIDE / YOP	SIDE / YOP	FRONT / AP
Technique:	BLOCK / MAKGI	STRIKE / TAERIGI	PUNCH / JIRUGI



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	right	orun
Stance:	walking stance	gunnun so
Tool:	double forearm	doo palmok
Height:	high	nopunde
Angle:	side	yop
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:			
Stance:			
Tool:			
Height:			
Angle:			
Method:			
Technique:			



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	right	orun
Stance:	walking stance	gunnun so
Tool:	double forearm	dos palmok
Height:	high	nopunde
Angle:	side	yop
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:	RIGHT / ORUN	RIGHT / ORUN	RIGHT / ORUN
Stance:	WALKING STANCE / GUNNUN SO	WALKING STANCE / GUNNUN SO	L STANCE / NIUNJA SO
Tool:	PALM / SONBADAK	TWIN FIST / SANG JOOMUK	BACKFIST / DUNG JOOMUK
Height:			HIGH / NOPUNDE
Angle:			SIDE / YOP
Method:	PRESSING / NOOLLO	UPSET / DWIJIBO	
Technique:	BLOCK / MAKGI	PUNCH / JIRUGI	STRIKE / TAERIGI



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	L stance	nunja so
Tool:	knifehand	somkal
Height:	middle	kaunde
Trajectory:	outward	bakuro
Technique:	strike	taerigi



	Technique One	Technique Two	Technique Three
Left / right:			
Stance:			
Tool:			
Height:			
Obverse / reverse:			
Trajectory:			
Method:			
Technique:			



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	l stance	niunja so
Tool:	knifehand	sonkal
Height:	middle	kaunde
Trajectory:	outward	bakuro
Technique:	strike	taerigi



	Technique One	Technique Two	Technique Three
Left / right:	LEFT / WEN	LEFT / WEN	LEFT / WEN
Stance:	X STANCE / KYOCHA SO	WALKING / GUNNUN SO	L STANCE / NIUNJA SO
Tool:	BACKFIST / DUNG JOOMUK	OUTER FOREARM / BAKAT PALMOK	FOREFIST / AP JOOMUK
Height:	HIGH / NOPUNDE	HIGH / NOPUNDE	MIDDLE / KAUNDE
Obverse / reverse:			REVERSE / BANDAE
Trajectory:	OUTWARD / BAKURO		
Method:		WEDGING / HECHYO	
Technique:	STRIKE / TAERIGI	BLOCK / MAKGI	PUNCH / JIRUGI



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	walking stance	gunnun so
Tool:	palm	sonbadak
Height:	middle	kaunde
Method:	hooking	golcho
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:			
Stance:			
Left / right:			
Tool:			
Height:			
Shape:			
Technique:			



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	walking stance	gunnun so
Tool:	palm	sonbadak
Height:	middle	kaunde
Method:	hooking	golcho
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:		LEFT / WEN	LEFT / WEN
Stance:	CLOSE STANCE / / MOA SO	WALKING STANCE / GUNNUN SO	FIXED STANCE / GOJUNG SO
Left / right:	RIGHT / ORUN		
Tool:	FOREFIST / AP JOOMUK	TWIN FOREFIST / SANG AP JOOMUK	
Height:		HIGH / NOPUNDE	
Shape:	ANGLE / GJOKJA	VERTICAL / SEWO	U SHAPE / DIGUTJA
Technique:	PUNCH / JIRUGI	PUNCH / JIRUGI	BLOCK / MAKGI



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	L stance	niunja so
Tool:	twin forearm	sang palmok
Height:		
Angle:		
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:			
Stance:			
Tool:			
Height:			
Angle:			
Trajectory:			
Technique:			



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	L stance	niunja so
Tool:	twin forearm	sang palmok
Height:		
Angle:		
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:	RIGHT / ORUN	LEFT / WEN	LEFT / WEN
Stance:	L STANCE / NIUNJA SO	REAR FOOT STANCE / DWITBAL SO	WALKING STANCE / GUNNUN SO
Tool:	REVERSE KNIFEHAND / SONKAL DUNG	PALM / SONBADAK	X FIST / KYOCHA JOOMUK
Height:	MIDDLE / KAUNDE		
Angle:	SIDE / YOP		
Trajectory:		UPWARD / OLLYO	RISING / CHOOKYO
Technique:	BLOCK / MAKGI	BLOCK / MAKGI	BLOCK / MAKGI





ME THAT TECHNIQUE!

	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	walking stance	gumnun so
Tool:	forefist	ap joomuk
Height:	high	nopunde
Angle:	front	ap
Technique:	punch	jinugi



Left / right:			
Stance:			
Tool:			
Height:			
Angle:			
Method: (English only)			
Technique:			
Method: (Korean only)			
	Technique One	Technique Two	Technique Three

NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	walking stance	gunnun so
Tool:	forefist	ap joonmuk
Height:	high	napunde
Angle:	front	ap
Technique:	punch	jiragi



Left / right:	LEFT / WEN	RIGHT / ORUN	
Stance:	WALKING STANCE / GUNNUN SO		
Tool:	UPPER ELBOW / WI PALKUP	BALL OF THE FOOT / AP KUMCHI	
Height:		LOW / NAJUNDE	
Angle:		SIDEFRONT / YOP	
Method: (English only)		SNAP (ENGLISH ONLY)	
Technique:	STRIKE / TAERIGI	KICK / CHA	RELEASE FROM A GRAB / JAPPYOSULTAE
Method: (Korean only)		BUSIGI (KOREAN ONLY)	
	Technique One	Technique Two	Technique Three

NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	right	orun
Stance:	walking stance	gunmun so
Tool:	palm	sonbadak
Height:		
Method:	pressing	naeo
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:			
Stance:			
Left / right:			
Tool:			
Height:			
Angle:			
Shape:			
Technique:			



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	right	orun
Stance:	walking stance	gunnun so
Tool:	palm	sonbadak
Height:		
Method:	pressing	woolo
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:	LEFT / WEN		
Stance:	WALKING STANCE / GUNNUN SO	SITTING STANCE / ANNUN SO	CLOSE STANCE / MOA SO
Left / right:			LEFT / WEN
Tool:	UPSET FINGERTIP / DWIJIBUN	OUTER FOREARM	BACKFIST / DUNG JOOMUK
Height:	LOW / NAJUNDE		HIGH / NOPUNDE
Angle:	FRONT / AP		SIDEBACK / YOPDWI
Shape:		W SHAPE / SAN	
Technique:	THRUST / TULGI	BLOCK / MAKGI	STRIKE / TAERIGI



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	walking stance	gunnun so
Tool:	inner forearm	an palmok
Height:		
Trajectory:	circular	dollimyo
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:			
Stance:			
Tool:			
Height:			
Angle:			
Method:			
Technique:			



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	walking stance	gunnun so
Tool:	inner forearm	an palmok
Height:		
Trajectory:	circular	dollimyo
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:	LEFT / WEN		RIGHT / ORUN
Stance:	WALKING STANCE / GUNNUN SO	CLOSE STANCE // MOA SO	L STANCE / NIUNJA SO
Tool:	X FIST / KYOCHA JOOMUK	TWIN SIDE ELBOW / SANG YOP PALKUP	DOUBLE FOREARM / DOO PALMOK
Height:			LOW / NAJUNDE
Angle:			SIDE / YOP
Method:	PRESSING / NOOLLO		PUSHING / MIRO
Technique:	BLOCK / MAKGI	THRUST / TULGI	BLOCK / MAKGI



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	won
Stance:	walking stance	gunnun so
Tool:	outer forearm	bakkat palmok
Height:	low	najunde
Angle:	side	yop
Technique:	block	makgi



	Technique One	Technique Two
Left / right:		
Stance:		
Tool:		
Height:		
Angle:		
Trajectory:		
Technique:		

Technique Three



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	walking stance	gunnun so
Tool:	outer forearm	bakat palmok
Height:	low	najunde
Angle:	side	yo
Technique:	block	makgi



	Technique One	Technique Two
Left / right:	LEFT / WEN	RIGHT / ORUN
Stance:	WALKING STANCE / GUNNUN SO	
Tool:	FLAT FINGERTIP / OPUN SONKUT	KNEE / MOORUP
Height:	HIGH / NOPUNDE	
Angle:	FRONT / AP	
Trajectory:		UPWARD / OLLYO
Technique:	THRUST / TULGI	KICK / CHAGI

Technique Three
EXTEND BOTH HANDS UPWARD AS IF TO GRAB THE OPPONENT'S HEAD



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	L stance	niunja so
Tool:	inner forearm	an palmok
Height:	middle	kaunde
Angle:	side	yop
Technique:	block	makgi



	Technique One	Technique Two	Technique Three	
Left / right:				And / wa
Stance:				
Tool:				
Height:				
Angle:				
Method:				
Technique:				



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	L stance	niunja so
Tool:	inner forearm	an palmok
Height:	middle	kaunde
Angle:	side	yop
Technique:	block	makgi



	Technique One	Technique Two	Technique Three	
Left / right:	RIGHT / ORUN	RIGHT / ORUN	RIGHT / ORUN	and / wa
Stance:	L STANCE / NIUNJA SO	X STANCE / KYOCHA SO	L STANCE / NIUNJA SO	
Tool:	KNIFEHAND / SONKAL	X FIST / KYOCHA JOOMUK	BACKFIST / DUNG JOOMUK	FOREARM / PALMOK
Height:	LOW / NAJUNDE		HIGH / NOPUNDE	LOW / NAJUNDE
Angle:			SIDEBACK / YOPDWI	SIDE / YOP
Method:	GUARDING / DAEBI	PRESSING / NOOLLO		
Technique:	BLOCK / MAKGI	BLOCK / MAKGI	STRIKE / TAERIGI	BLOCK / MAKGI



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	walking stance	gunnun so
Tool:	flat fingertip	opun sonkeut
Height:	high	nopunde
Angle:	front	ap
Technique:	thrust	tulgi



	Technique One	Technique Two	Technique Three
Motion:			
Left / right:			
Stance:			
Tool:			
Height:			
Obverse / reverse:			
Technique:			



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	walking stance	gunnun so
Tool:	flat fingertip	opun sonkeut
Height:	high	nopunde
Angle:	front	ap
Technique:	thrust	tulgi



	Technique One	Technique Two	Technique Three
Motion:	SLIDING / MIKULGUMYO		SLIDING / MIKULGUMYO
Left / right:	RIGHT / ORUN	RIGHT / ORUN	RIGHT / ORUN
Stance:	FIXED STANCE / GOJUNG SO	L STANCE / NIUNJA SO	L STANCE / NIUNJA SO
Tool:	FOREFIST / AP JOOMUK	FOREFIST / AP JOOMUK	SIDE ELBOW / YOP PALKUP
Height:	MIDDLE / KAUNDE	MIDDLE / KAUNDE	
Obverse / reverse:	OBVERSE / BARO	OBVERSE / BARO	
Technique:	PUNCH / JIRUGI	PUNCH / JIRUGI	THRUST / TULGI





NAME THAT TECHNIQUE!

	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	walking stance	gunnun so
Tool:	forearm	palmok
Height:		
Trajectory:	rising	chookyo
Technique:	block	makgi



Stance:		
Left / right:		
Tool:		
Height:		
Angle:		
Method:		
Technique:		

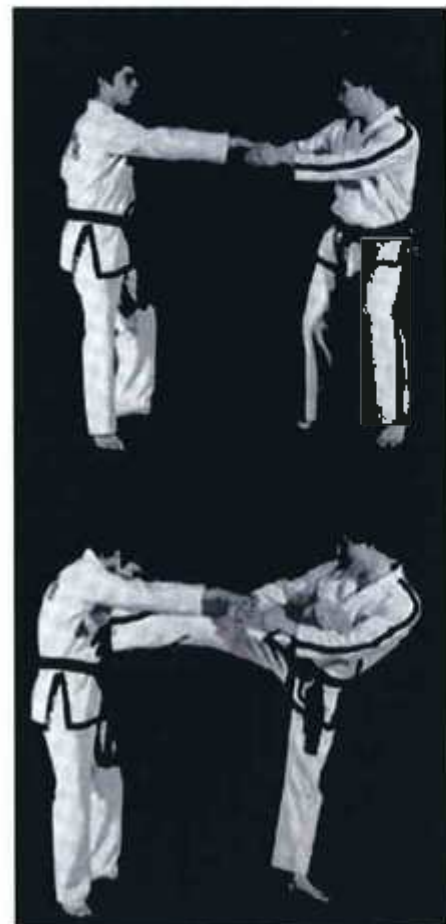


Technique One	Technique Two	Technique Three
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NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	walking stance	gunnun so
Tool:	forearm	palmok
Height:		
Trajectory:	rising	chookyo
Technique:	block	makgi

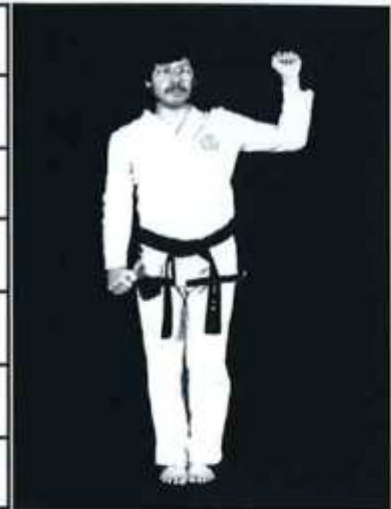


Stance:	SITTING STANCE / ANNUN SO	CLOSE STANCE / MOA SO	
Left / right:	LEFT / WEN	LEFT / WEN	
Tool:	PALM / SONBADA	INNER FOREARM / AN PALMOK	
Height:	MIDDLE / KAUNDE		
Angle:	SIDFRONT / YOBAP	SIDFRONT / YOBAP	
Method:	PUSHING / MIRO		
Technique:	BLOCK / MAKGI	BLOCK / MAKGI	RELEASE FROM A GRAB / JAPPYOSULTAE
	Technique One	Technique Two	Technique Three

NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Stance:	close stance	moa so
Left / right:	left	wen
Tool:	backfist	dung joomuk
Height:	high	nopunde
Angle:	sideback	yopdwi
Technique:	strike	taerigi



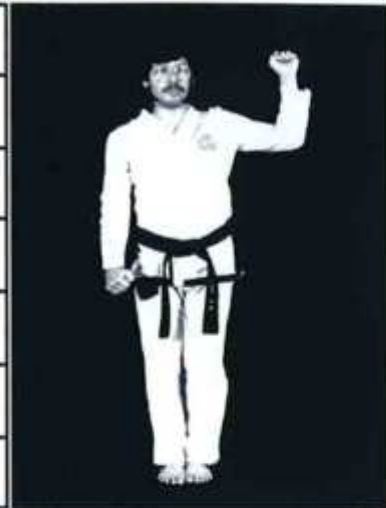
	Technique One	Technique Two	Technique Three
Left / right:			
Stance:			
Tool:			
Height:			
Angle:			
Trajectory:			
Technique:			



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Stance:	close stance	moa so
Left / right:	left	wen
Tool:	backfist	dung joomuk
Height:	high	nopunde
Angle:	sideback	yopdwi
Technique:	strike	taerigi



	Technique One	Technique Two	Technique Three
Left / right:	LEFT / WEN	LEFT / WEN	LEFT / WEN
Stance:	VERTICAL STANCE / SOOJIK SO	L STANCE / NIUNJA SO	
Tool:	KNIFEHAND / SONKAL	FOREFIST / AP JOOMUK	BALL OF THE FOOT / AP KUMCHI
Height:			HIGH / NOPUNDE
Angle:	SIDE / YOP		
Trajectory:	DOWNWARD / NAERYO	UPWARD / OLLYO	TURNING / DOLLYO
Technique:	STRIKE / TAERIGI	PUNCH / JIRUGI	KICK / CHAGI



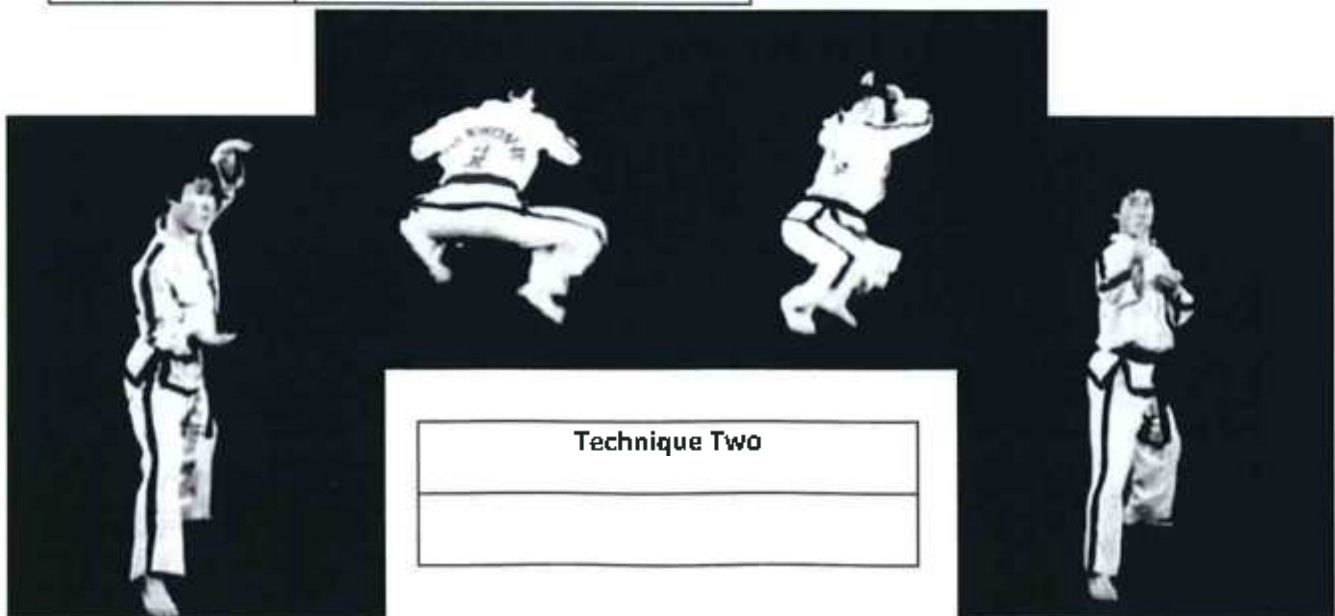
NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	L stance	niunju so
Tool:	forefist	apjoomuk
Height:		
Trajectory:	upward	oilgo
Technique:	punch	jirugi



	Technique One
Motion:	
Left / right:	
Tool:	
Angle:	
Method: (English only)	
Technique:	
Method: (Korean only)	



Technique Two

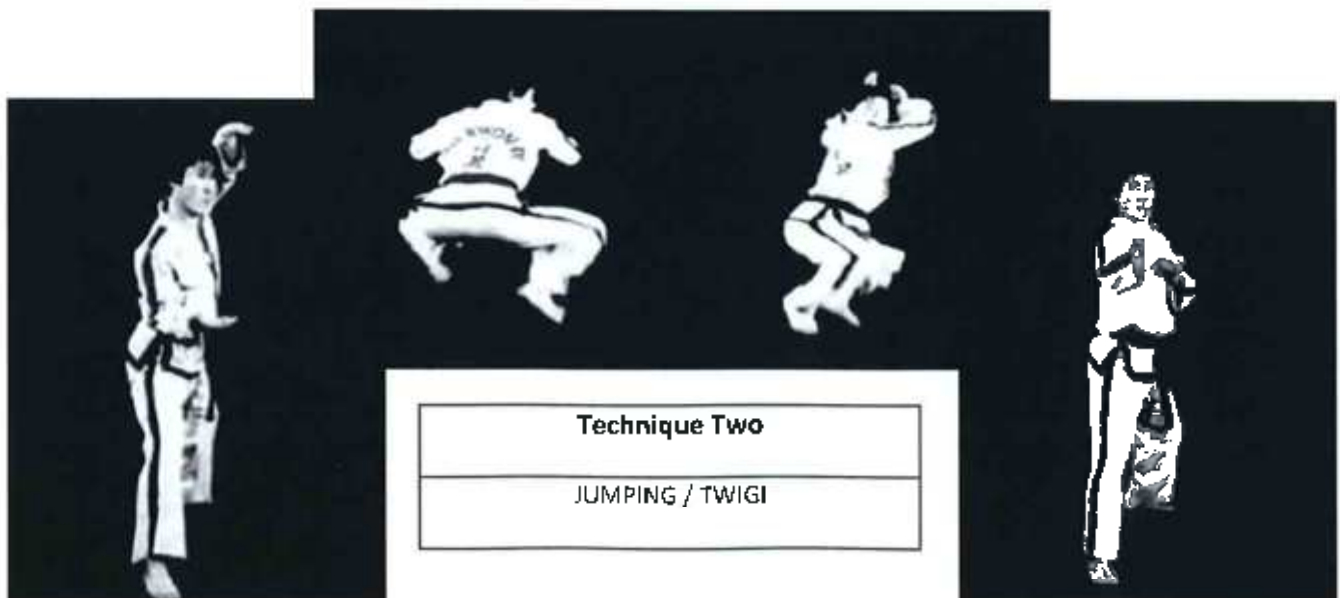
NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	left	wen
Stance:	L-stance	niunja so
Tool:	forefist	ap joonmuk
Height:		
Trajectory:	upward	ollyo
Technique:	punch	jirugi



	Technique One
Motion:	FLYING / TWIMYO
Left / right:	RIGHT / ORUN
Tool:	FOOTSWORD / BALKAL
Angle:	SIDE / YOP
Method: (English only)	PIERCING (ENGLISH ONLY)
Technique:	KICK / CHA
Method: (Korean only)	JIRUGI



Technique Two
JUMPING / TWIGI

NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	right	orun
Stance:	L stance	niunja so
Tool:	knifehand	sonkal
Height:	middle	kaunde
Method:	guarding	daebi
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:			
Stance:			
Tool:			
Height:			
Angle:			
Method:			
Technique:			



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	right	orun
Stance:	L stance	niunja so
Tool:	knifehand	sonkal
Height:	middle	kaunde
Method:	guarding	daebi
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:	RIGHT / ORUN	RIGHT / ORUN	LEFT / WEN
Stance:	WALKING STANCE / GUNNUN SO	L STANCE / NIUNJA SO	L STANCE / NIUNJA SO
Tool:	KNIFEHAND / SONKAL	OUTER FOREARM / BAKAT PALMOK	X KNIFEHAND / KYOCHA SONKAL
Height:	HIGH / NOPUNDE	LOW / NAJUNDE	
Angle:	FRONT / AP	SIDE / YOP	
Method:			CHECKING / MOMCHUA
Technique:	STRIKE / TAERIGI	BLOCK / MAKGI	BLOCK / MAKGI



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Stance:	sitting stance	niunja so
Tool:	palms	sonbadaek
Height:	middle	kaunde
Angle:	sidefront	yobap
Method:	pushing	niro
Technique:	hlook	makgi



	Technique One	Technique Two	Technique Three
Left / right:			
Stance:			
Left / right:			
Tool:			
Height:			
Obverse / reverse:			
Angle:			
Technique:			





NAME THAT TECHNIQUE!

	Example Technique	
	(English)	(Korean)
Stance:	sitting stance	niun'a so
Tool:	palm	sonjodak
Height:	middle	kaunde
Angle:	sidefront	yobap
Method:	pushing	miro
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:	LEFT / WEN		
Stance:	WALKING STANCE / GUNNUN SO	SITTING STANCE / ANNUN SO	SITTING STANCE / ANNUN SO
Left / right:	RIGHT / ORUN	RIGHT / ORUN	RIGHT / ORUN
Tool:	REVERSE KNIFEHAND / SONKAL DUNG	BACKFIST / DUNG JOOMUK	OUTER FOREARM / BAKAT PALMOK
Height:	HIGH / NOPUNDE	HIGH / NOPUNDE	MIDDLE / KAUNDE
Obverse / reverse:	REVERSE / BANDAE		
Angle:	FRONT / AP	SIDE / YOP	FRONT / AP
Technique:	STRIKE / TAERIGI	STRIKE / TAERIGI	BLOCK / MAKGI



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	right	oryun
Stance:	l-stance	niunja so
Tool:	palva	sonbadak
Height:		
Method:	pressing	noollo
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:			
Stance:			
Tool:			
Height:			
Angle:			
Trajectory:			
Method:			
Technique:			



NAME THAT TECHNIQUE!



	Example Technique	
	(English)	(Korean)
Left / right:	right	orun
Stance:	walking stance	gunnun so
Tool:	palm	sonbadak
Height:		
Method:	pressing	noolio
Technique:	block	makgi



	Technique One	Technique Two	Technique Three
Left / right:	LEFT / WEN	LEFT / WEN	RIGHT / ORUN
Stance:		WALKING STANCE / GUNNUN SO	
Tool:	FOOTSWORD / BALKAL	TWIN PALM / SANG SONBADAK	BALL OF THE FOOT / AP KUMCHI
Height:	MIDDLE / YOP		MIDDLE / KAUNDE
Angle:	BACK / DWIT		
Trajectory:		UPWARD / OLLYO	TURNING / DOLLYO
Method:	PIERCING (ENGLISH ONLY)		
Technique:	KICK / CHA	BLOCK / MAKGI	KICK / CHAGI
Method: (Korean only)	JIRUGI		

