ENGLISH TO KOREAN

BLOCKS
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 - GAWI MAKKI
   one hand Low Block
6. Double Block - One hand High Block -
   One hand knife hand High Block - SONNAL KGUNGA MAKKI
7. High Block - EOLGOOL MAKKI
8. Inside Block - MOMTONG MAKKI
9. Low Block - ARAE MAKKI

BODY
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
1. Elbow - PAL KOOP
2. Backward Elbow Strike - DWIRYO CHIGI
3. Upward Elbow Strike - OLLYO CHIGI
4. Sideways Elbow Strike - YEOPEROO CHIGI

HANDS
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 - JIREUGI
   but the striking point is the four fingers
6. Hitting - SONNAL
7. Knife Hand - CHIGI
8. Punching - CHIGI

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

INSTRUCTOR
1. Master Instructor - SAH BUM NIM

KICKS
1. Front Kick - APCHAGI
2. Kicking - CHAGI
3. Side Kick - YEPEEURO
4. Turning Kick - DOLLYO CHIGI - CHIGI

NUMBERS - COUNTING
1. HANA - 6. YED SUT
2. DOOL - 7. IL GOP
3. SET - 8. YEO DURDB
4. NET - 9. AH Hop
5. DA SUT - 10. YEO

NUMBERS POOM-SE
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
1. School - Do Jang