

Korean Terminology grading checklist

	Korean		English
Blue belt +	Apkubi Seogi	Hint: With these two I will say stepping forward in	Long Stance
	Dwikubi Seogi		Back Stance
	Kyorugi Seogi	Hint: I will say left leg back into	Fighting Stance
	Momtong Jireugi		Middle punch
	Egool Makki		High block
	Arae Makki		Low block
	Momtong an Makki		Inward block
	Momtong bakkat Makki		Outward block
	Bandae Jireugi	Hint: This will follow a block	Reverse punch
	Sonnal an Chigi		Inward knife hand strike
	Sonnal Bakkat Makki		Single knife hand block
	Ap Chagi		Front kick
	Bit Chagi		Turning kick
	Yeop Chagi		Side kick
	Bandal an Chagi		Inward crescent kick
	Bandal bakkat Chagi		Outward crescent kick
Red stripe +	Mikulgi Yeop Chagi		Sliding side kick
	Dwi Chagi		Back kick
	Pyonson Chigi		Spear hand strike
	Palkop an Chigi		Inward elbow strike
Red belt +	Egool Eotgeuro Makki		High cross block
	Narae Ap Chagi		Double front kick
	Hooryo Chagi		Hook kick
	Deung Joomeok Chigi		Back fist strike