

General Terminology for 7th Dan Grading

Poomse Koryo

Korean

Tong Milgi
Godup Yop Chigi
Sonnal Bakgat Mok Chigi
Han Sonnal Arae Makgi
Kal Jaebi
Murup Gokgi
Pyojok Jirugi
Pyon Songut Jaechyo Djirugi
Palgub Yop Chigi
Ap Goa Sogi
Arae Pyojok Chigi (Me Jumok)

Australian

Holding Volley Ball then push forward
Double Side Kick (Low then middle)
Knife Hand to Neck (Inside to outside)
Single Low Knife Hand Block
Strike to Neck with open hand
Scoop up ankle and strike the knee
Punch into open hand
Striking the Groin with open hand
Elbow Strike to the side
Standing Stance
Hammer Fist to open hand in front of abdomen

Korean

An Palmok Momtong Hechyo Makgi
Batangson Tok Chigi
Han Sonnal Mongtong An Makgi
Hakdari Sogi
Gumgang Maki
Gumgang Maki
Santul Makgi
Arae Hechyo Makgi

Poomse Kumgang

Australian

Double Outside Body Block
Palm heal strike to the chin
Single Knife Hand Body Block
Crane Stance standing on one leg
Face and lower Blocks together
Face and lower Blocks together
Both arm raised
Cross arms as we do lower block

Korean

Sonnal Arae Hechyo Makgi
Momtong Du Bon Jirugi
Jebi Pum Mok Chigi
Montong Baro Jigugi
Gumgang Momtong Makgi
Danggyo Tok Jirugi
Hakdari Sogi
Jagun Dol Djogi
Goduro Pyon Songut Djirugi
Dung Jumok Bakgat Chigi
Gawi Makgi

Poomse Taebaek

Australian

Double Knife Block to the side.
Double Body Punch
Swallow Strike to the Neck
Right leg forward punch left hand
Face & Body Block together
Upper Cut to the chin
Crane Stance
One hand on hip other in front of the body
Nulllo Makgi & Spearhand
Back Fist
Scissors Block

Poomse Pyongwon

Korean

Gyop Son
Tong Milgi
Han Sonnal Arae Maki
Han Sonnal Mommtong Bakgat Maki
Palgub Olyo Tok Chigi
Mom Dolyo Yop Chagi
Goduro Olgul Yop Makgi
Dung Jumok Danggyo Tok Chigi
Goa Sogi
Mong -e Chigi
Hechyo Santul Makgi
Hakdari Sogi
Gumgang Maki
Jagun Dol Djogi

Australian

Open Overlap if front of body
Holding Volley Ball then push forward
Single Low Knife Block
Single Middle Knife Block
Elbow strike to the chin
Turning Side Kick
Single Side Block (Pyongwon)
Back Fist to Chin
Crossed Leg Stance
Double Elbow Strike
Mountain Block
Crane Stance
Face and lower Blocks together
One hand on hip other in front of the body

Poomse Shipjin

Korean

Hwangso Makgi
Sonbadak Goduro Momtong Bakgat Makgi
Pyon Songut Opo Djirugi
Mong-e Chigi
Hechyo Santul Makgi
Bawi Milgi
Sonnal Dung Momtong Hechyo Makgi
Chetdari Jirugi

Australian

Bull Block
Minor Body Block with palm of forearm
Spear Hand to stomach
Double elbow strike
Mountain Block
Pushing Volley Ball
Reverse Knife Body Block
Double Body Punch

Poomse Jitae

Korean

Momtong Yop Makgi
Momtong Baro Jirugi
Han Sonnal Olgul Makgi
Hwangso Makgi
Me Jumok Pyojok Chigi

Australian

Side Minor Body Block
Opposite Body Punch
Single Knife Hand Face Block
Bull Block
Hammer Fist to open hand

Poomse Chonkwon

Korean

Gyop Son
Nalgae Pyogi
Bam Jumok Sosum Jirugi
Han Sonnal Bituro Makgi
Momtong Bandae Jirugi
An Palmok Goduro Momtong Bakgat Makgi
Jajin Bal
Gumgang Yop Jirugi
Pyojok Chagi
Sonnal Wei Santul Makgi
Bom Sogi
Taesan Milgi

Australian

Open Overlap if front of body
Arms Straight with palms up
Double Punch second knuckle forward
Twisting Single Knife Block
Middle Punch Leg & Arm same side
Double Body Block
Hitting Forearm
Face Block & Side Body Punch
Kick to open hand
Knife Hand Santul Makgi
Cat Stance
Double Open Hand Pushing Block