



# Terminology

## GRADING SYLLABUS

4<sup>TH</sup> Gup BLUE BELT 3 stripes to 3<sup>RD</sup> Gup RED BELT 1 stripes

### Punching Techniques

Body Punch	Momtong Jirugi
Face Punch	Olgul Jirugi
Double Body Punch	Momtong Du Bon Jirugi
Double Body Punch & Face Punch	Momtong Du Bon Jirugi & Olgul Jirugi
Side Body Punch	Yop Momtong Jirugi

### Blocking Techniques

Lower Block	Arae Makgi
Body Block	Momtong Makgi
Minor Body Block	Momtong An Polmok BakgatMakgi
Outside Body Block	Momtong Bakgat Makgi
Face Block	Olgul Makgi

<http://home.people.net.au/~KORYO/>