



Terminology

GRADING SYLLABUS

3RD Gup RED BELT 1 stripe to 2ND Gup RED BELT 2 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



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Striking Techniques

Knife Hand Strike to the side of the Neck
Upright Spearhand Strike

Palm Heel Strike to the Chin
Knuckle Punch
Elbow Strike
Back Fist
Hammer Fist

Sonnal Mok Chigi
Pyon Songut Sewo
Djirugi
Batangson Tok Chigi
Pyon Jumok Jirugi
Palgub Chigi
Dung Jumok
Me Jumok

Kicking Techniques

Front Kick
Roundhouse Kick
Side Kick

Ap Chagi
Dolyo Chagi
Yop Chagi