

English	Korean pronunciation	Korean Writing
<b>Kicking</b>	<b>Jok Sool (Bal cha gi)</b>	<b>족술 (발차기)</b>
Heel raising kick	ppu deo oli gi	뽀어 올리기
inside kick	an da ri cha gi	안다리 차기
outside kick	bak kat da ri cha gi	바깥다리 차기
front kick	ap cha gi	앞 차기
side kick	yup cha gi	옆 차기
turning kick	jjik uh cha gi	찍어 차기
pushing kick	Mirro cha gi	밀어 차기
Twisting Kick	Bal Deung cha gi	발등 차기
hook kick	Mok gamah cha gi	목감아 차기
back kick	dui cha gi	뒤 차기
knee kick	mu rup cha gi	무릎 차기
Reverse hook kick	Hoe chook cha gi	회축 차기
foot knife edge down kick	jok do cha ne ri gi	족도차내리기
Toe pushing kick to groin	Jok ki cha gi	족기 차기
low curve kick	jok do met cha dol ri gi	족도 매차돌리기
low circle heel kick	de kum chi met cha dol ri gi	뒷꿈치 매차돌리기
Heel Kick to chin	de kum chi ol ryu cha gi	뒷꿈치 올려 차기
Combination kicks	Bokshik bal cha gi	복식 발차기
<b>Breakfall</b>	<b>Nak bub</b>	<b>낙법</b>
Front breakfall	Jeon bang nak bub	전방 낙법
Side breakfall	Cheuk bang nak bub	측방 낙법
Righthand side breakfall	Woo cheuk bang nak bub	우측방 낙법
Lefthand side breakfall	Jwoa cheuk bang nak bub	좌측방 낙법
Back breakfall	Hoo bang nak bub	후방 낙법
Rolling breakfall	Gooru gi nak bub	구르기 낙법
Jump rolling breakfall	Goyang ee nak bub	고양이 낙법
Jump turn side breakfall	Gongjoong Hoejeon nak bub	공중 회전 낙법
<b>Self-defence techniques</b>	<b>Ho shin sool (Soolki)</b>	<b>호신술 (술기)</b>
Pre-emptive attack	Sun sool	선술
Wrist techniques	Son mok sool	손목술
Against Clothes grabbing	Eui bok sool	의복술
Punching defence	Bang gwon sool (Joo muk mak gi)	방권술 (주먹막기)
Kicking defence	Bang jok Sool (Bak mak gi)	방족술 (발막기)
Against Grappling	Bang too Sool	방투술
Judo defence	Yoodo mak gi	유도막기
knief defence	Bang gum sool (Kal mak gi)	방검술 (칼막기)
Sitting down techniques	Jwa gi	좌기
Lying down techniques	Wa gi	와기
Short stick techniques	Danbnong sool	단봉술
Long staff techniques	Jangbong sool	장봉술