
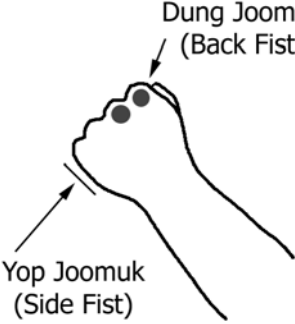


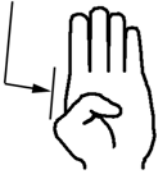

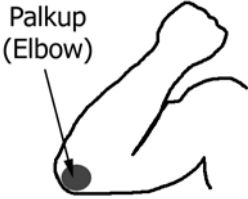
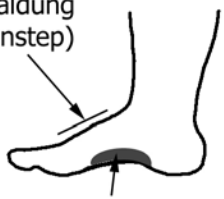


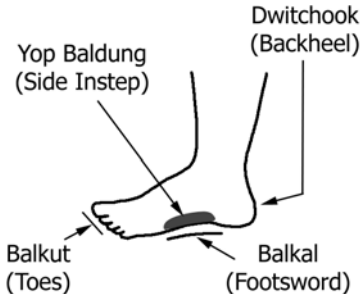
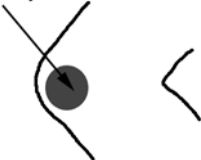
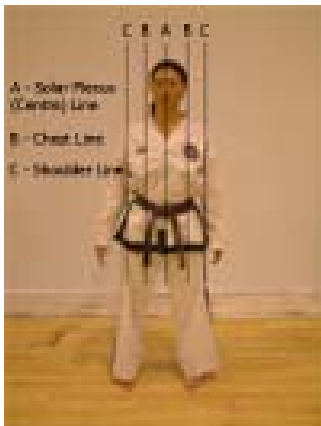


ATTACKING AND BLOCKING TOOLS

<p>Ap Joomuk (Forefist)</p> 	<p>Dung Joomuk (Back Fist)</p> <p>Yop Joomuk (Side Fist)</p> 
<p>An Palmok (Inner Forearm)</p> <p>Bakat Palmok (Outer Forearm)</p> 	<p>Sonkut (Fingertip)</p> <p>Sonkal (Knifehand)</p> 
<p>Sonkal Dung (Reverse Knifehand)</p> 	<p>Sonbadak (Palm)</p> 

 <p>Palkup (Elbow)</p>	 <p>Baldung (Instep)</p> <p>Balkal Dung (Reverse Footsword)</p>
 <p>Ap Kumchi (Ball of the Foot)</p>	 <p>Yop Bal Badak (Side Sole)</p> <p>Dwitkumchi (Back Sole)</p>
 <p>Yop Baldung (Side Instep)</p> <p>Dwitchook (Backheel)</p> <p>Balkut (Toes)</p> <p>Balkal (Footsword)</p>	 <p>Moorup (Knee)</p>

SECTIONS OF THE BODY



KICKING TOOLS

OFFENSIVE KICKS

- | | |
|-----------------------|--|
| Front Snap Kick | ▪ Ball of the Foot, Instep, Knee, Toes |
| Side Piercing Kick | ▪ Footsword |
| Turning Kick | ▪ Ball of the Foot, Instep, Knee, Toes |
| Back Piercing Kick | ▪ Footsword |
| Reverse Turning Kick | ▪ Backheel |
| Reverse Hooking Kick | ▪ Backheel |
| Downward Kick | ▪ Backheel |
| Pressing Kick | ▪ Footsword |
| Inward Vertical Kick | ▪ Reverse Footsword |
| Outward Vertical Kick | ▪ Footsword |
| Upward Kick | ▪ Knee |
| Twisting Kick | ▪ Ball of the Foot, Instep, Knee, Toes |

DEFENSIVE KICKS

- | | |
|--------------------|--------------------|
| Side Checking Kick | ▪ Side Sole |
| Hooking Kick | ▪ Side Instep |
| Crescent Kick | ▪ Side Sole |
| Front Rising Kick | ▪ Ball of the Foot |
| Side Rising Kick | ▪ Footsword |