

Terminology Guide

Hand Techniques

지르기	Jireugi	Punch
막기	Makki	Block
찌르기	Chireugi	Thrusting
치기	Chigi	Strike
내려	Naeryo	Downward
헤쳐	Hechyo	Wedging
잡기	Japgi	Grasping
거들어	Geodeuro	Assisted
표적	Pyojeok	Target (Punch – Koryo, Kick – Chil Jang, Elbow – Oh and Chil Jang)
보주먹	Bo Jumeok	Covered Fist (Taeguk Chil Jang)
가위	Gawi	Scissor (Taeguk Chil Jang)
두번 지르기	Du Beon Jireugi	Double punch (Two consecutive punches, Sam Jang)
두 주먹 지르기	Du Jumeok Jireugi	Twin Punch (Two simultaneous punches)
제비 품 목 치기	Jebi Poom Mok Chigi	Swallow shaped neck strike (Sa Jang)
통밀기	Tong Milgi	Pushing Hands (Koryo)
겹선	Gyeopson	Overlapping hands (PyongWon)
큰 돌 찌귀	Kheun Dolzeogi	Large Hinge (Keumgang)
작은돌 찌귀	Jageun Dolzeogi	Small Hinge (Keumgang)
팍위 밀기	Pawi Milgi	Rock Pushing (Sipjin)
태산 밀기	T'aesan Milgi	Mountain Pushing (Chongwon)
날개 펴기	Nalgae Pyeogi	Wing Spreading (Chongwon) (Pyeogi = Stretching)