

Sasaran

- a. Bagian depan
- b. Bagian belakang

Bagian-bagian Tubuh

1. Bagian tubuh untuk menyerang dan bertahan
2. Sasaran



Jumeok

- a) Deung-Jumeuk
- b) Me-jumeok

Son

- a) Sonnal
- b) Sonnal-Deung
- c) Batang-Son
- d) Pyonso-Keut
 - Pyonson-keut sewo chireugi
 - Pyonson-keut opeo chireugi
 - Jechin-pyonson-keut
 - Gawison keut
 - Ageum son

Pal

- a) An-Palmok
- b) Bakkat-Palmok
- c) Deung-Palmok
- d) Mit-Palmok

Palkup

- a) Pal-koop-pyo-jhok-chi-gi (The Elbow Middle Section Strike)
- b) Pal-koop-dolyo-chi-gi (The Elbow Face Round Strike)
- c) Pal-koop-ol-rio-chi-gi (The Elbow Upward Strike)
- d) Pal-koop-yeop-chi-gi (The Elbow Side Strike)
- e) Pal-koop-dwi-ro-chi-gi (The Elbow Back strike)

Dari

- a) Murup (The Knee Strike)
- b) Jeonggang Wi (Tulang kering)

Bal

- a) Apcuk
- b) Dwichuk
- c) Dwickkumchi
- d) Balnal
- e) Baldeung
- f) Balnal Deung
- g) Balbadak
- h) Balkkeut

