

SOUTHMIDLANDS TAE KWON-DO

HAND TECHNIQUES

English

OBVERSE PUNCH
KNIFE HAND STRIKE
REVERSE PUNCH
STRAIGHT FINGERTIP THRUST
BACK FIST STRIKE
INWARD KNIFE HAND STRIKE
SIDE PUNCH
FRONT PUNCH
FRONT ELBOW STRIKE
UPPER ELBOW STRIKE
TWIN VERTICAL PUNCH
TWIN UPSET PUNCH
ANGLE PUNCH
UPSET FINGERTIP THRUST
FLAT FINGERTIP THRUST
UPWARD PUNCH
DOWNWARD KNIFE HAND STRIKE
SIDE ELBOW THRUST
REVERSE KNIFE HAND STRIKE
UPSET PUNCH
SIDE FIST DOWNWARD STRIKE
BACK ELBOW THRUST
HORIZONTAL PUNCH
TWIN ELBOW HORIZONTAL THRUST
MIDDLE KNUCKLE FIST PUNCH
CRESCENT PUNCH
TURNING PUNCH
DOUBLE FINGERTIP THRUST
BACK HAND DOWNWARD STRIKE
TWIN KNIFEHAND HORIZONTAL STRIKE
ARC HAND STRIKE
TWIN FORE KNUCKLE FIST CRESCENT PUNCH
OPEN FIST REVERSE PUNCH
FLAT FINGERTIP CROSS CUT
HIGH ELBOW STRIKE
ARC HAND CRESCENT STRIKE
STRAIGHT DOWNWARD ELBOW THRUST
TWIN KNIFE HAND INWARD STRIKE
DOWNWARD PUNCH
FLYING CONSECUTIVE PUNCH
DOUBLE FIST PUNCH
U SHAPED PUNCH
BACK HAND HORIZONTAL STRIKE
LONG FIST PUNCH
FLYING KNIFE HAND STRIKE
TWIN SIDE FIST HORIZONTAL STRIKE

Korean

BARO JIRUGI
SONKAL TAERIGI
BANDAE JIRUGI
SON SONKUT TULGI
DUNG JOOMUK TAERIGI
ANURO SONKAL TAERIGI
YOP JIRUGI
AP JIRUGI
AP PALKUP TAERIGI
WI PALKUP TAERIGI
SANG SEWO JIRUGI
SANG DWIJIBO JIRUGI
KIOKJA JIRUGI
DWIJIBON SONKUT TULGI
OPUN SONKUT TULGI
OLLYO JIRUGI
NAERYO SONKAL TAERIGI
YOP PALKUP TULGI
SONKAL DUNG TAERIGI
DWIJIBO JIRUGI
YOP JOOMUK NAERYO TAERIGI
DWIT PALKUP TULGI
SOOPYONG JIRUGI
SANG PALKUP SOOPYONG TULGI
JOONGI JOOMUK JIRUGI
BANDAL JIRUGI
DOLLYO JIRUGI
DOO SONGARAT TULGI
SON DUNG NAERYO TAERIGI
SANG SONKAL SOOPYONG TAERIGI
BANDALSON TAERIGI
SANG INJI JOOMUK BANDAL JIRUGI
PYON JOOMUK BANDAE JIRUGI
OPUN SONKUT BAKURO GUTGI
NOPUN PALKUP TAERIGI
BANDALSON BANDAL TAERIGI
SON NAERYO PALKUP TULGI
SANG SONKAL ANURO TAERIGI
NAERYO JIRUGI
TWIMYO YONSOK JIRUGI
DOO JOOMUK JIRUGI
DIGUTCHA JIRUGI
SONDUNG SOOPYONG TAERIGI
GHIN JOOMUK JIRUGI
TWIMYO SONKAL TAERIGI
SANG YOP JOOMUK SOOPYONG TAERIGI