

# **SOUTHMIDLANDS TAE KWON-DO**

## **HAND PARTS**

### **English**

HAND PARTS  
FORE FIST  
BACK FIST  
SIDE FIST  
UNDER FIST  
LONG FIST  
OPEN FIST  
PALM  
MIDDLE KNUCKLE FIST  
FORE KNUCKLE FIST  
THUMB KNUCKLE FIST  
KNIFE HAND  
REVERSE KNIFEHAND  
FINGERTIPS  
FLAT FINGERTIPS  
STRAIGHT FINGERTIPS  
UPSET FINGERTIPS  
ANGLE FINGERTIPS  
DOUBLE FINGERTIP  
ARC HAND  
BACKHAND  
BEAR HAND  
BOW WRIST  
FINGER BELLY

### **Korean**

SANG BANSIN  
AP JOOMUK  
DUNG JOOMUK  
YOP JOOMUK  
MIT JOOMUK  
GHIN JOOMUK  
PYUN JOOMUK  
SONBADUK  
JOONGI JOOMUK  
INJI JOOMUK  
UMJI JOOMUK  
SONKAL  
SONKAL DUNG  
SONKUT  
OPUN SONKUT  
SON SONKUT  
DWIJIBUN SONKUT  
HOMI SONKUT  
DOO SONGARAT  
BANDALSON  
SONDUNG  
GOMSON  
SONMOK DUNG  
SONGARAT BADA