

SOUTHMIDLANDS TAE KWON-DO

FOOT PARTS

English

FOOT PARTS
BALL OF FOOT
FOOTSWORD
BACK SOLE
BACK HEEL
INSTEP
TOES
SIDE SOLE
REVERSE FOOTSWORD

Korean

HABANSIN
AP KUMCHI
BALKAL
DWIT KUMCHI
DWIT CHOOK
BALDUNG
BALKUT
YOP BAL BADUK
BALKAL DUNG