

SOUTHMIDLANDS TAE KWON-DO

BLOCKS

English

OUTER FOREARM BLOCK
INNER FOREARM BLOCK
RISING BLOCK
GUARDING BLOCK
TWIN FOREARM BLOCK
CIRCULAR BLOCK
WEDGING BLOCK
HOOKING BLOCK
TWIN KNIFE HAND BLOCK
DOUBLE FORE ARM BLOCK
REVERSE KNIFE HAND BLOCK
UPWARDS PALM BLOCK
RISING X FIST BLOCK
PRESSING BLOCK
U SHAPED BLOCK
X FIST PRESSING BLOCK
W SHAPED BLOCK
PALM PUSHING BLOCK
X KNIFE HAND CHECKING BLOCK
FOREFIST PRESSING BLOCK
U SHAPED GRASP
DOUBLE ARC HAND BLOCK
SCOOPING BLOCK
9 SHAPED BLOCK
KNIFE HAND INWARD BLOCK
ALTERNATING DOWNWARD PALM BLOCK
TWIN PALM PRESSING BLOCK
INNER FORE ARM PARALLEL BLOCK
OUTER FORE ARM DOWNWARD BLOCK
X KNIFE HAND RISING BLOCK
X FIST CHECKING BLOCK
WAIST BLOCK
TWIN STRAIGHT FORE ARM BLOCK
PALM DOWNWARD BLOCK
ARC HAND REVERSE RISING BLOCK

Korean

BAKAT PALMOK MAKGI
AN PALMOK MAKGI
CHOOKYO MAKGI
DAEBI MAKGI
SANG PALMOK MAKGI
DOLLIMYO MAKGI
HECHYO MAKGI
GOLCHO MAKGI
SANG SONKAL MAKGI
DOO PALMOK MAKGI
SONKAL DUNG MAKGI
OLLYO SONBADUK MAKGI
CHOOKYO KYOCHA JOOMUK MAKGI
NOOLLO MAKGI
DIGUTCHA MAKGI
KYOCHA JOOMUK NOOLLO MAKGI
SAN MAKGI
SONBADUK MIRO MAKGI
KYOCHA SONKAL MOMCHAU MAKGI
AP JOOMUK NOOLLO MAKGI
DIGUTCHA JAPGI
DOO BANDALSON MAKGI
DURO MAKGI
GUTCHA MAKGI
SONKAL ANURO MAKGI
EUHKALLIN NAERYO SONBADUK MAKGI
SANG SONBADUK NOOLLO MAKGI
AN PALMOK NARANI MAKGI
BAKAT PALMOK NAERYO MAKGI
KYOCHA SONKAL CHOOKYO MAKGI
KYOCHA JOOMUK MOMCHAU MAKGI
HORI MAKGI
SANG SONPALMOK MOMCHAU MAKGI
SONBASDUK NAERYO MAKGI
BANDALSON BANDAE CHOOKYO MAKGI