

KORYO TERMINOLOGY

KOREAN

ENGLISH

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| 1. Dwit Gubi/ Sonnel Bakkat Makki | Back Stance/ Knife outside Block |
| 2. Kiodup Yog Chagi | Double Side Kick |
| 3. Ap Gugi/ Sonnel Mok Chigi | Front Stance/ Knife hand neck strike |
| 4. Montong Jurugi | Body Punch |
| 5. Dwit Gubi/ Montong An Makki | Back Stance/ Inward Body Block |
| 6. (Repeat as above 1-5) | |
| 7. Ap Gubi/ Sonnel Arae Makki | Front Stance/ Knife hand lower Block |
| 8. Agwison Khal Jaebi | Arc Hand strike |
| 9. Ap Chagi | Front Kick |
| 10. (Repeat as above 7-9 x 3 – Khiap on Agwison Khal Jaebi) | |
| 11. Ap Gubi/ Mureup Kkukki | Front Stance/ Knee Break |
| 12. Ap Gubi/ An Palmok Montong Hacho Makki
Pushing block | Front Stance/ Inward forearm |
| 13. Ap Chagi/ Ap Gubi/ Mureup Kkukki | Front Kick/ Front Stance/ Knee Break |
| 14. Ap Seogi/ An Palmok Montong Hacho Makki
Pushing Block | Walking Stance/ Inward forearm |
| 15. Juchum Seogi/ Han Sonnel Yop Makki | Horsriding Stance/ Single Knife Side Block |
| 16. Pyojeok Jurugi | Target Punch |
| 17. Ap Koa Seogi/ Yop Chagi | Front Cross Stance/ Side Kick |
| 18. Ap Gubi/ Pyonsonkeut Arae Jecho tzireugi | Front Stance/ Lower Spearhand Thrust |
| 19. Ap Seogi/ Arae Makki | Walking Stance/ Lower Block |
| 20. Ap Seogi/ Batangson Nulla Makki | Walking Stance/ Palm pushing block |
| 21. Juchum Seogi/ Yop Polgup Chigi | Horsriding Stance/ Side Elbow Strike |
| 22. Repeat 17 – 21 | |
| 23. Moa Seogi/ Me Jumeok Arae Pyojeok Chigi | Closed Stance/ Hammer lower target Strike |
| 24. Ap Gubi/ Han Sonnal Bakkat Mok Chigi/ | Front Stance/ Single Knife Hand outside Neck Strike |
| 25. Sonnal Arae Makki | Knifehand lower block |
| 26. Ap Gubi/ Han Sonnal Mok Chigi | Front Stance/ Single Knife Hand Neck Strike |
| 27. Sonnal Arae Makki | Knifehand lower block |
| 28. Ap Gubi/ Han Sonnal Mok Chigi/ | Front Stance/ Single Knife Hand Neck Strike |
| 29. Sonnal Arae Makki | Knifehand lower block |
| 30. Ap Gubi/ Agwison Khal Jabi (Khiap) | Front Stance/ Arc Hand Strike - Power |