

White Belt, 10th Kup

Basic terms

charyot,

kyongrye,

jumbi,

paro,

sho,

kihap,

anja,

pyonhi anja,

arae,

momtong,

olgul,

Body parts

jumeok,

apjumeok,

apchuk,

baldeung,

Stances (seogi)

moa-Seogi,

naranhi-seogi,

juchum-seogi,

ap-seogi,

Strikes (jireugi)

momtong-jireugi,

arae-jireugi,

olgul-jireugi,

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dubeon-jireugi,

sebeon-jireugi,

Blocks (makki)

arae-makki,

momtong an-makki,

olgul-makki

Kicks (chagi)

Apcha-ollegi

bakkat-chagi,

an-chagi,

ap-chagi,

Self-Defense (ho-sun-sol)

A holds B's right hand with his/her left hand

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A holds B's left hand with his/her left hand

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A holds one of B's hands, with both hands, and B tries to get free, in two different ways.

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A holds B's both hands, and B tries to get free.

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