

Basic Stances & Movements

Stances		Basic Movements	
Ready Stance (Chumbi Seogi)	Feet shoulder-width apart, fists lightly clenched in front of the body. Foundation for balance and readiness.	Stepping	Moving the feet to adjust stance or advance/retreat. Precise footwork is key.
Forward Stance (Ap Kubi)	One leg forward, bent at the knee, other leg straight. Weight distribution is typically 60/40.	Shifting	Transferring weight between legs without significantly changing stance. Used for power generation.
Back Stance (Dwit Kubi)	One leg forward, bent, with the other leg extended behind. Majority of the weight (70-80%) on the rear leg.	Pivoting	Rotating on the ball of the foot to change direction or generate power. Crucial for circular techniques.
Horse Stance (Kiba Dachi)	Feet wide, knees bent, resembling riding a horse. Emphasizes lower body strength and stability.	Dodging	Evading an attack by moving the body out of the line of fire. Emphasizes agility and reflexes.
Fighting Stance	A balanced stance with one foot slightly forward. Allows quick movement and effective defense/offense.	Weaving	Moving the upper body from side to side to avoid strikes. Protects the head and body.

Striking Techniques

Hand Strikes		Kicking Techniques	
Punch (Jireugi)	A linear strike delivered with a closed fist. Power generated from the legs and core.	Front Kick (Ap Chagi)	A linear kick delivered with the ball of the foot. Used for pushing or attacking the torso.
Knife Hand Strike (Sonnal Chigi)	A strike delivered with the edge of the hand. Versatile for attacking vital points.	Roundhouse Kick (Dollyo Chagi)	A circular kick delivered with the instep or shin. Powerful and versatile.
Backfist (Dwit Jireugi)	A strike delivered with the back of the fist. Effective at close range.	Side Kick (Yeop Chagi)	A linear kick delivered with the outside edge of the foot. Emphasizes power and penetration.
Elbow Strike (Palkup Chigi)	A strike delivered with the elbow. Devastating at close quarters.	Back Kick (Dwit Chagi)	A kick delivered backwards with the heel. Effective for creating distance.
Hammerfist	Strike delivered with the bottom of a closed fist, often downwards.	Axe Kick (Naeryeo Chagi)	A descending kick delivered with the heel. Used for breaking guards.

Grappling & Joint Locks

Takedowns		Joint Locks	
Single Leg Takedown	Grasping one of the opponent's legs and using leverage to bring them to the ground.	Armbar (Ude Gatame)	Extending the opponent's arm at the elbow joint to create pressure.
Double Leg Takedown	Securing both of the opponent's legs and driving forward to take them down.	Kimura (Gyaku Ude Gatame)	Applying pressure to the shoulder joint by twisting the arm behind the back.
Hip Throw (O Goshi)	Using hip positioning and leverage to throw the opponent over the hip.	Americana (Ude Hishigi Waki Gatame)	Applying pressure to the shoulder joint by bending the arm behind the back, using the opponent's wrist against their elbow.
Shoulder Throw (Seoi Nage)	Using shoulder leverage to throw an opponent forward.	Triangle Choke (Sankaku Jime)	Restricting blood flow to the brain by using the legs and an arm to form a triangle around the opponent's neck.

Defensive Techniques & Terminology

Blocks		Evasions	
Rising Block (Ollyo Makgi)	A block that moves upward to defend against overhead attacks.	Slipping	Subtle head movement to avoid a punch by moving it slightly to the side.
Inward Block (An Makgi)	A block that moves from the outside in, deflecting strikes towards the center of the body.	Bobbing and Weaving	Moving the head and upper body in a fluid motion to evade punches.
Outward Block (Bakat Makgi)	A block that moves from the inside out, deflecting strikes away from the body.	Footwork	Using foot movement to create distance or angle away from an attack.
Low Block (Arae Makgi)	A block that moves downward to defend against low attacks.		