



Body parts

Hand Parts:

Fore fist – Ap joomuk

Back fist – Dung joomuk

Side fist – Yop joomuk

Under fist – Mit joomuk

Open fist – Pyong joomuk

Long fist – Ghin joomuk

Thumb knuckle fist – Umji joomuk

Fore knuckle fist – Inji joomuk

Middle knuckle fist – Joongji joomuk

Knifehand – Sonkal

Reverse knifehand – Sonkal dung

Back hand – Son dung

Palm – Sonbadak

Archand – Bandal son

Fingertip – Sonkut

Flat fingertip – Opun sonkut

Straight fingertip – Sun sonkut

Upset fingertip – Dwijibun sonkut

Angle fingertip – Homi sonkut

Forefinger – Han songarak

Double finger – Doo songarak

Forearm – Palmok

Inner forearm – An palmok

Outer forearm – Bakat palmok

Back forearm – Dung palmok

Under forearm – Mit palmok

Elbow – Palkup

Front elbow – Ap palkup

Side elbow – Yop palkup

Back elbow – Dwit palkup

Upper elbow – Wi palkup

High elbow – Nopun palkup

Straight elbow – Sun palkup

Foot parts:

Footsword – Balkal

Reverse footsword – Balkal dung

Front sole – Ap kumchi

Back heel – Dwitchook

Instep – Baldung

Knee - Moorup