

**1ST PGTF INSTRUCTOR CERTIFICATION COURSE
DEC 15-16, 2012, CONFUCIAN PRIVATE SECONDARY HALL, JLN HANG
JEBAT K.L.**

BASIC KOREAN TERMINOLOGY ON TKD MOVEMENTS

NOPUNDE	HIGH (Section)
KAUNDE	MIDDLE
NAJUNDE	LOW
WEN	LEFT
ORUN	RIGHT
MAKGI	BLOCK
GUNNUN SOGI	WALKING STANCE
NIUNJA SOGI	L- STANCE
ANNUN SOGI	SITTING STANCE
SOGI	STANCE
JIRUGI	PUNCH
SONKAL	KNIFEHAND
AP JOOMOK	FRONT FIST
AN PALMOK	INNER FOREARM
BAKAT PALMOK	OUTER FOREARM
SONKAL DAEBI MAKGI	KNIFE HAND BLOCK

SAJU JIRUGI

4 DIRECTION PUNCH

NARANI JUNBI SOGI	PARALLEL READY STANCE
GUNNUN SO KAUNDE AP JOOMOK JIRUGI	WALKING STANCE MIDDLE FOREFIST PUNCH

GUNNUN SO NAJUNDE BAKAT PALMOK MAKGI WALKING STANCE LOW OUTER FOREARM BLOCK

SAJU MAKGI

4 DIRECTION BLOCK

NAJUNDE SONKAL MAKGI

LOW KNIFEHAND BLOCK

KAUNDE AN PALMOK MAKGI

MIDDLE INNER FOREARM BLOCK

CHON-JI

NARANI JUNBI SOGI

PARALLEL READY STANCE

GUNNUN SO NAJUNDE BAKAT PALMOK MAKGI

WALKING STANCE LOW OUTER FOREARM BLOCK

GUNNUN SO KAUNDE AP JOOMOK JIRUGI

WALKING STANCE MIDDLE FOREFIST PUNCH

ORUN NIUNJA SO KAUNDE AN PALMOK MAKGI

RIGHT L- STANCE MIDDLE INNER FOREARM BLOCK

DAN-GUN

NARANI JUNBI SOGI

PARALLEL READY STANCE

ORUN NIUNJA SO KAUNDE SONKAL DAEBI MAKGI

RIGHT L-STANCE MIDDLE KNIFEHAND BLOCK

ORUN KUNNUN SO NOPUNDE AP JOOMOK JIRUGI

RIGHT WALKING STANCE HIGH FOREFIST PUNCH

WEN NIUNJA SO KAUNDE SONKAL DAEBI MAKGI

LEFT L-STANCE MIDDLE KNIFEHAND BLOCK

ORUN NIUNJA SO SANG PALMOK MAKGI

RIGHT L-STANCE TWIN FOREARM BLOCK

NAJUNDE BAKAT PALMOK MAGKI

LOW OUTER FOREARM BLOCK

BAKAT PALMOK CHOOKYO MAKGI

OUTER FOREARM RISING BLOCK

SONKAL YOP TAERAGI

KNIFEHAND SIDE STRIKE

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Prepared and Compiled By: Master Ngiaw Wee Sun 8th Degree