



Basic Stances & Movements

Stances

Ready Stance (Chumbi Seogi)	Feet shoulder-width apart, fists lightly clenched in front of the body. Foundation for balance and readiness.
Forward Stance (Ap Kubi)	One leg forward, bent at the knee, other leg straight. Weight distribution is typically 60/40.
Back Stance (Dwit Kubi)	One leg forward, bent, with the other leg extended behind. Majority of the weight (70-80%) on the rear leg.
Horse Stance (Kiba Dachi)	Feet wide, knees bent, resembling riding a horse. Emphasizes lower body strength and stability.
Fighting Stance	A balanced stance with one foot slightly forward. Allows quick movement and effective defense/offense.

Striking Techniques

Hand Strikes

Punch (Jireugi)	A linear strike delivered with a closed fist. Power generated from the legs and core.
Knife Hand Strike (Sonnal Chigi)	A strike delivered with the edge of the hand. Versatile for attacking vital points.
Backfist (Dwit Jireugi)	A strike delivered with the back of the fist. Effective at close range.
Elbow Strike (Palkup Chigi)	A strike delivered with the elbow. Devastating at close quarters.
Hammerfist	Strike delivered with the bottom of a closed fist, often downwards.

Grappling & Joint Locks

Takedowns

Single Leg Takedown	Grasping one of the opponent's legs and using leverage to bring them to the ground.
Double Leg Takedown	Securing both of the opponent's legs and driving forward to take them down.
Hip Throw (O Goshi)	Using hip positioning and leverage to throw the opponent over the hip.
Shoulder Throw (Seoi Nage)	Using shoulder leverage to throw an opponent forward.

Defensive Techniques & Terminology

Blocks

Rising Block (Olyo Makgi)	A block that moves upward to defend against overhead attacks.
Inward Block (An Makgi)	A block that moves from the outside in, deflecting strikes towards the center of the body.
Outward Block (Bakat Makgi)	A block that moves from the inside out, deflecting strikes away from the body.
Low Block (Arae Makgi)	A block that moves downward to defend against low attacks.

Basic Movements

Stepping	Moving the feet to adjust stance or advance/retreat. Precise footwork is key.
Shifting	Transferring weight between legs without significantly changing stance. Used for power generation.
Pivoting	Rotating on the ball of the foot to change direction or generate power. Crucial for circular techniques.
Dodging	Evading an attack by moving the body out of the line of fire. Emphasizes agility and reflexes.
Weaving	Moving the upper body from side to side to avoid strikes. Protects the head and body.

Kicking Techniques

Front Kick (Ap Chagi)	A linear kick delivered with the ball of the foot. Used for pushing or attacking the torso.
Roundhouse Kick (Dollyo Chagi)	A circular kick delivered with the instep or shin. Powerful and versatile.
Side Kick (Yeop Chagi)	A linear kick delivered with the outside edge of the foot. Emphasizes power and penetration.
Back Kick (Dwit Chagi)	A kick delivered backwards with the heel. Effective for creating distance.
Axe Kick (Naeryeo Chagi)	A descending kick delivered with the heel. Used for breaking guards.

Joint Locks

Armbar (Ude Gatame)	Extending the opponent's arm at the elbow joint to create pressure.
Kimura (Gyaku Ude Gatame)	Applying pressure to the shoulder joint by twisting the arm behind the back.
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.
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.

Evasions

Slipping	Subtle head movement to avoid a punch by moving it slightly to the side.
Bobbing and Weaving	Moving the head and upper body in a fluid motion to evade punches.
Footwork	Using foot movement to create distance or angle away from an attack.