



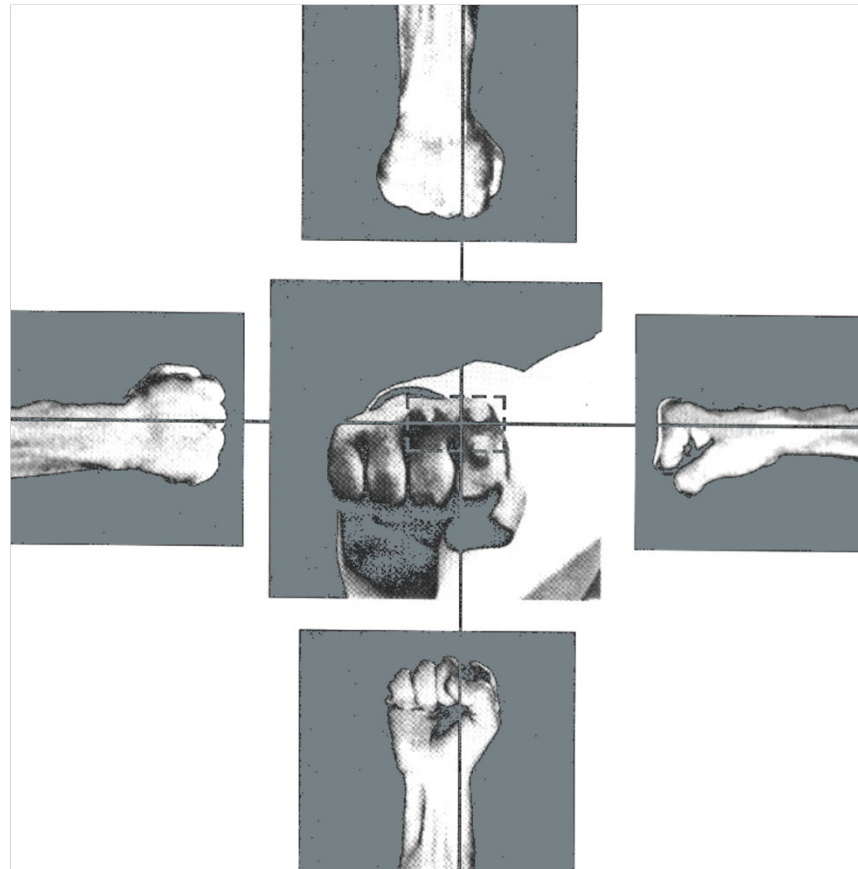
ATTACK HANDTECHNIQUES





ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)

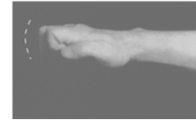




ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)





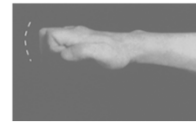
ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)

Gunnun so kaunde baro jirugi

Walking stance obverse punch





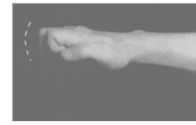
ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)

Gunnun so nopunde bandae
Jirugi

Walking stance obverse
punch





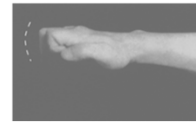
ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)

bandal jirugi

Crescent Punch





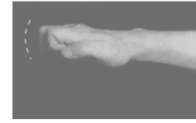
ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)

Niunja So Baro Jirugi

L- Stance obverse
punch





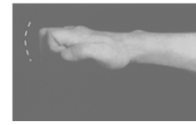
ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)

Niunja So Bandae Jirugi

L-stance reverse punch





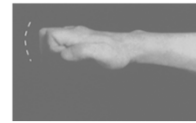
ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)

Annun so kiokja Jirugi

Angle punch





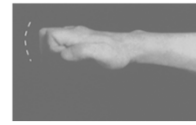
ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)

Soopyong jirugi

Horizontal punch





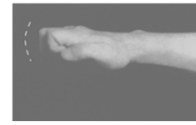
ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)

Dollyo jirugi

Turning Punch





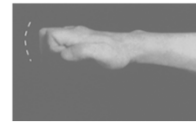
ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)

Do Joomuk Jirugi

Double Fist Punch





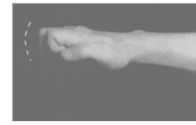
ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)

Sang joomuk

Twin Fist





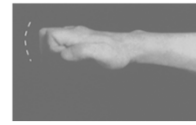
ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)

Ollyo Jirugi

Upward Punch





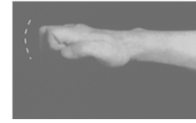
ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)

Dwitbal so bandae Jirugi

Rear foot stance reverse
punch





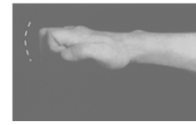
ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)

Joongji joomuk jirugi

Middle Knuckle Fist





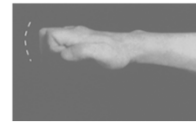
ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)

Digutja jirugi

U-Shape Punch





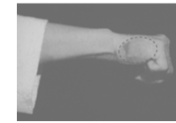
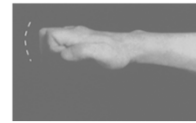
ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)

Gunnun so ghin joomuk
jirugi

Long fist punch





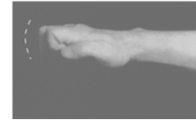
ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)

Naeryo Jirugi

Downward punch





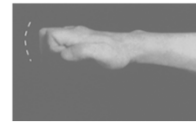
ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)

Sang ingii joomuk jirugi

Twin Fore-Knuckle Fist





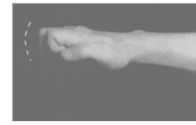
ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)

Joongji joomuk jirugi

Middle Knuckle Fist





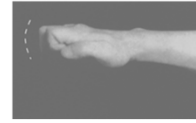
ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)

Pyon Joomuk Jirugi

Open Fist Punch





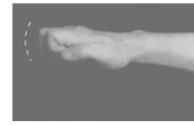
ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)

Dwijibo Jirugi

Upset Punch





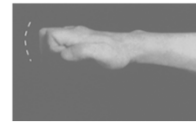
ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)

Sang joomuk

Twin Fist





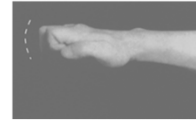
ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)

Songarak Joomuk
Jirugi

Knuckle Fist Punch





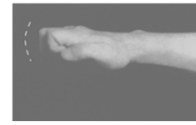
ATTACK HANDTECHNIQUES

Punching Technique (Jirugi)

Soojik so jirugi

Vertical stance punch





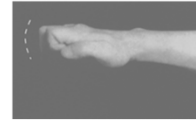
ATTACK HANDTECHNIQUES

Thrusting Technique (Tulgi)

Nopunde tulgi

Flat Fingertip





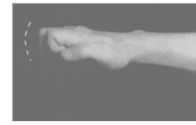
ATTACK HANDTECHNIQUES

Thrusting Technique (Tulgi)

Sonkut tulgi

Straight Fingertip





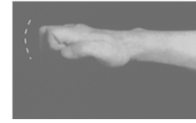
ATTACK HANDTECHNIQUES

Thrusting Technique (Tulgi)

Homi sonkut

Angle Fingertip





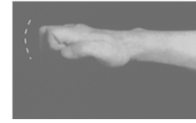
ATTACK HANDTECHNIQUES

Thrusting Technique (Tulgi)

Sun Palkup

Straight Elbow





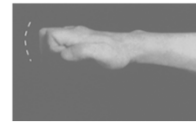
ATTACK HANDTECHNIQUES

Thrusting Technique (Tulgi)

Wae Yop Palkup

Single Side Elbow





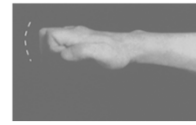
ATTACK HANDTECHNIQUES

Thrusting Technique (Tulgi)

Soopyong Tulgi

Horizontal Thrust





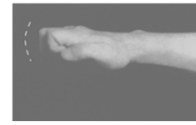
ATTACK HANDTECHNIQUES

Thrusting Technique (Tulgi)

Dwit Palkup

Back Elbow





ATTACK HANDTECHNIQUES

Thrusting Technique (Tulgi)

Sang Yop Dwit Palkup

Twin Side Back Elbow



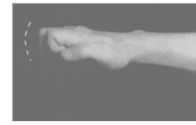


ATTACK HANDTECHNIQUES

Cross-Cut (Ghutgi)

The flat fingertip is the only tool for this technique.

It is classified into a front and side cross-cut, and the former is further broken down into an outward and inward cross-cut.



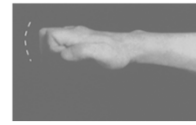
ATTACK HANDTECHNIQUES

Cross-Cut (Ghutgi)

Bakuro Ghutgi

Outward Cross-Cut





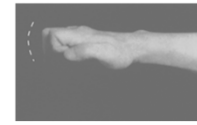
ATTACK HANDTECHNIQUES

Cross-Cut (Ghutgi)

Yop Ghutgi

Side Cross-Cut





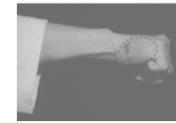
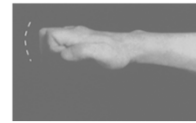
ATTACK HANDTECHNIQUES

Cross-Cut (Ghutgi)

Anuro Ghutgi

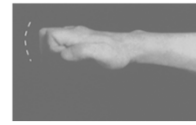
Inward Cross-Cut





ATTACK HANDTECHNIQUES

Coordination of Hip and Fingertip



ATTACK HANDTECHNIQUES

Taerigi (Striking Technique)

The striking is classified into side, front, inward, outward, side front, side rear, downward and elbow strikes.

The attacking tool reaches the target generally in a straight line with the exception of a high elbow.

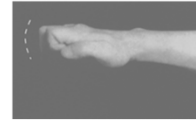


ATTACK HANDTECHNIQUES

Striking Technique (Taerigi)

Elbow Palkup

Elbow is a powerful tool at close range. The front, upper, upper- back and high elbows are utilized for striking.



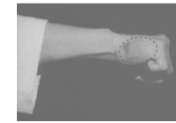
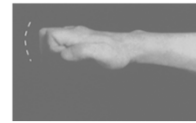
ATTACK HANDTECHNIQUES

Striking Technique (Taerigi)

Wi Palkup Taerigi

Upper Elbow Strike



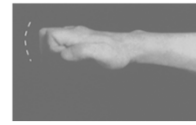


ATTACK HANDTECHNIQUES

Striking Technique (Taerigi)

Widwi Palkup Taerigi

Upper- Back Elbow
Strike



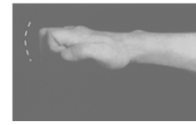
ATTACK HANDTECHNIQUES

Striking Technique (Taerigi)

Ap Palkup Taerigi

Front Elbow Strike





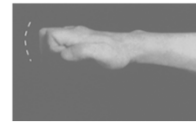
ATTACK HANDTECHNIQUES

Striking Technique (Taerigi)

Nopunde palkup taerigi

High Elbow Strike





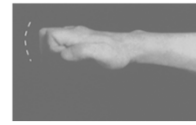
ATTACK HANDTECHNIQUES

Striking Technique (Taerigi)

Anuro Taerigi

Inward Strike





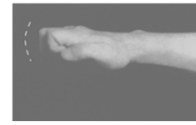
ATTACK HANDTECHNIQUES

Striking Technique (Taerigi)

Sang Sonkal

Twin Knife-Hand





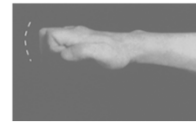
ATTACK HANDTECHNIQUES

Striking Technique (Taerigi)

Sang Sonkal Dung

Twin Reverse Knife-Hand





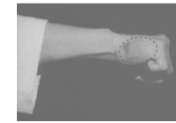
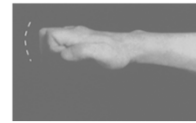
ATTACK HANDTECHNIQUES

Striking Technique (Taerigi)

Mit joomuk ap taerigi

Under Fist





ATTACK HANDTECHNIQUES

Striking Technique (Taerigi)

Finger Pincers





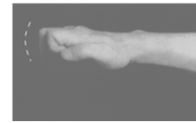
ATTACK HANDTECHNIQUES

Downward Strike (Naeryo Taerigi)

This technique is divided into front and side downward strikes. The knife-hand and back fist are the main tools, though occasionally the side fist and back hand are used.

In both cases the attacking tool becomes level with the shoulders at the moment of impact.

Keep the arm straight when using the knife-hand or the side fist while slightly bending it for the back hand or the back fist at the moment of impact.



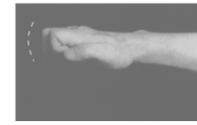
ATTACK HANDTECHNIQUES

Downward Strike (Naeryo Taerigi)

Yop Naeryo Taerigi

Side Downward Strike





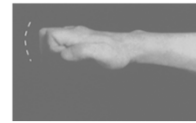
ATTACK HANDTECHNIQUES

Downward Strike (Naeryo Taerigi)

Ap Naeryo Taerigi

Front Downward Strike





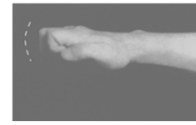
ATTACK HANDTECHNIQUES

Striking Technique (Taerigi)

Bakuro Taerigi

Outward Strike





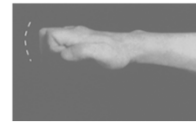
ATTACK HANDTECHNIQUES

Striking Technique (Taerigi)

Yop Taerigi

Side Strike





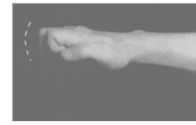
ATTACK HANDTECHNIQUES

Striking Technique (Taerigi)

Yop Jirugi

Side Fist





ATTACK HANDTECHNIQUES

Striking Technique (Taerigi)

Dung Joomuk

Back Fist

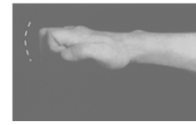




ATTACK HANDTECHNIQUES

Horizontal Strike (Soopyong Taerigi)

This technique is mainly performed with twin knife-hand, twin side fist, and single back fist, and occasionally twin back fist or twin back hand is used. Be sure to keep the arm straight and horizontal at the moment of impact.



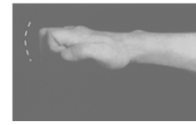
ATTACK HANDTECHNIQUES

Horizontal Strike
(Soopyong Taerigi)

Sang sonkal Taerigi

Twin Knife-Hand





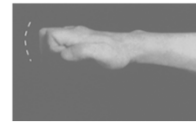
ATTACK HANDTECHNIQUES

Horizontal Strike
(Soopyong Taerigi)

Dung Joomuk

Back Fist





ATTACK HANDTECHNIQUES

Horizontal Strike (Soopyong Taerigi)

Sondung Soopyong
Taerigi

Back Hand

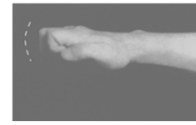




ATTACK HANDTECHNIQUES

Front Strike (Ap Taerigi)

When the body is full facing the target and the attacking tool remains at the center of the attacker's body at the moment of impact, it is called a front strike. The back fist knife-hand and reverse knife-hand are chiefly used with this technique.



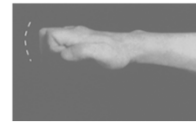
ATTACK HANDTECHNIQUES

Front Strike (Ap Taerigi)

Dung Joomuk

Back Fist





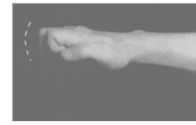
ATTACK HANDTECHNIQUES

Front Strike (Ap Taerigi)

Sonkal Taerigi

Knife-Hand





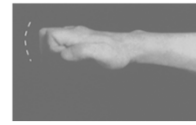
ATTACK HANDTECHNIQUES

Front Strike (Ap Taerigi)

Sonkaldung Ap Taerigi

Reverse Knife-Hand





ATTACK HANDTECHNIQUES

Crescent Strike (Bandal Taerigi)

Bandalson Ap Taerigi

Arc-Hand





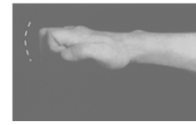
ATTACK HANDTECHNIQUES

Crescent Strike (Bandal Taerigi)

Yop Bandal Taerigi

Side Arc-Hand



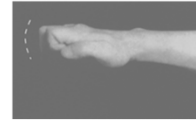


ATTACK HANDTECHNIQUES

Yopdwi Taerigi

Side Back Strike



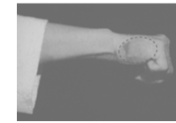
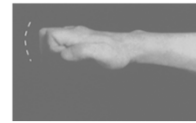


ATTACK HANDTECHNIQUES

Yopdwi Taerigi

Side Back Strike



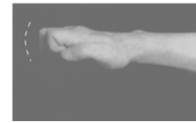


ATTACK HANDTECHNIQUES

Yobap Taerigi

Side Front Strike





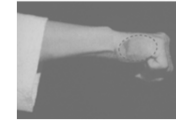
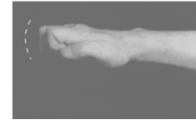
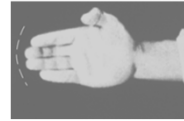
ATTACK HANDTECHNIQUES

Side Front Strike (Yobap Taerigi)

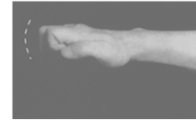
Dung Joomuk

Back fist





ATTACK HANDTECHNIQUES



ATTACK HANDTECHNIQUES
