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**ARM AND HAND PARTS**

Forefist = Ap Joomuk

Backfist = Dung Joomuk

Open Fist = Pyon Joomuk

Long Fist = Ghin Joomuk

Fingertips = Sonkut

Knuckles = Songarak

Knuckle Fist = Songarak Joomuk

Arc Hand = Bandalson

Knifehand = Sonkal

Reverse Knifehand = Sonkal Dung

Palm = Sonbadak

Palm Heel = Pyun Joomuk

Forearm = Palmok

Back Hand = Son Dung

Elbow = Palkup