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**FOOT PARTS**

Ball of foot = Ap Kumchi

(Front Sole)

**** Toes = Balkut

 Instep = Baldung

 **Foot**

 **Parts**

 Footsword

 (Blade of the foot)

Reverse/Inner Footsword = BalKal

 (Arch of foot)

 = Balkal Dung

 Heel = Dwit Chook