**Strikes, thrusts, arm**

**& hand techniques (1)**

Side Knifehand Strike = Yop Sonkal Taerigi

Straight Fingertip Thrust = Sun Sonkut Tulgi

Backfist Strike = Dung Joomuk Taerigi

Release From Grab = Jappyosol Tae

Inward Knifehand Strike = Anuro Sonkal Taerigi

Side Punch = Yop Jirugi

Front Elbow Strike = Ap Palkup Taerigi

Upper Elbow Strike = Wi Palkup Taerigi

Twin Vertical Punch = Sang Sewo Jirugi

Twin Upset Punch = Sang Dwijibo Jirugi

Angle Punch = Giokja Jirugi

Upset Fingertip Thrust = Dwijibun Sonkut Tulgi

**Strikes, thrusts, arm**

**& hand techniques (2)**

Twin Forefist Vertical Punch = Sang Joomuk Sewo Jirugi

Flat Fingertip Thrust = Opun Sonkut Tulgi

Forefist Upward Punch = Ap Joomuk Ollyo Jirugi

Downward Knifehand Strike = Naeryo Sonkal Taerigi

Side Elbow Strike = Yop Palkup Taerigi

Side Elbow Thrust = Yop Palkup Tulgi

Back Elbow Strike = Dwit Palkup Taerigi

Back Elbow Thrust = Dwit Palkup Tulgi

Reverse Knifehand Strike = Sonkal Dung Taerigi