



## BURNTWOOD & CANNOCK

### STANCES

ATTENTION STANCE	CHARYOT SOGI	( ALL * KOREAN IS FOR 1ST DAN+)
PARALLEL READY STANCE	NARANI JUMBI SOGI	
SITTING STANCE	ANNUN SOGI	
WALKING STANCE	GUNNUN SOGI	
L STANCE	NIUNJA SOGI	
FIXED STANCE	GOJUNG SOGI	
CLOSE STANCE	MOA SOGI	
CLOSE READY STANCE	MOA JUMBI SOGI	
LOW STANCE	NACHUO SOGI	
REAR FOOT STANCE	DWIT BAL SOGI	
VERTICAL STANCE	SOO JIK SOGI	
DIAGONAL STANCE	SANUN SOGI*	
X STANCE	KYOGA SOGI	
BENDING READY STANCE	GUBURYO JUMBI SOGI	
ONE LEG STANCE	WAEBAL SOGI*	
PARALLEL STANCE WITH HEAVENLY HAND	NARANI SO HANALSON SOGI	

### ATTACKS

FOREFIST PUNCH	AP JOOMUK JIRUGI
SIDE PUNCH	YOP JIRUGI
MIDDLE KNUCKLE PUNCH	JOONGI JOOMUK JIRUGI *
FORE KNUCKLE PUNCH	INJI JOOMUK JIRUGI *
BACK FIST STRIKE	DUNG JOOMUK TAERIGI
SIDE FIST STRIKE	YOP JOOMUK TAERIGI
UPWARD PUNCH	OLLYO JIRUGI
UPSET PUNCH	DWIJIBON JIRUGI
TWIN UPSET PUNCH	SANG DWIJIBON JIRUGI
VERTICAL TWIN FIST PUNCH	SANG JOOMUK SEWO JIRUGI
CRESCENT PUNCH	BANDAL JIRUGI *
TURNING PUNCH	DOLLYO JIRUGI
DOWNWARD PUNCH	NAERYO JIRUGI *
HORIZONTAL PUNCH	SOOPYUNG JIRUGI*
U SHAPE PUNCH	DIGULTJA JIRUGI*
FRONT ELBOW STRIKE	AP PALKUP TAERIGI
BACK ELBOW STRIKE	DWIT PALKUP TAERIGI
UPWARD ELBOW STRIKE	WI PALKUP TAERIGI
SIDE ELBOW STRIKE	YOP PALKUP TAERIGI
DOWNWARD THRUSTING ELBOW STRIKE	NAERYO SUN PALKUP TAERIGI*
KNIFE HAND STRIKE	SONKAL TAERIGI
INWARD KNIFE HAND STRIKE	ANURO SONKAL TAERIGI
DOWNWARD KNIFEHAND STRIKE	NAERYO SONKAL TAERIGI
FLAT FINGERTIP THRUST	OPUN SONKUT TULGI
MIDDLE SECTION FINGERTIP THRUST	KAUNDE SUN SONKUT TULGI
CROSSCUT FLAT FINGERTIP	OPUN SONKUT*
HORIZONTAL KNIFEHAND STRIKE	SOOPJONG SONKAL TAERIGI*
SIDE FIST	YOP JOOMUK
HAND	SON