



BURNTWOOD & CANNOCK

Foot striking tools continue

Instep Baldung
Toes Balkut
Knee Moorup

BLOCKS

_(ALL BLOCKS WITH * ARE 1ST DAN BLOCKS)

INNER FOREARM BLOCK	AN PALMOK MAKGI
OUTER FOREARM BLOCK	BAKAT PALMOK MAKGI
CIRCULAR BLOCK	DOLLIMYO MAKGI
DOUBLE ARC HAND BLOCK	DOO BANDALSON MAKGI *
DOUBLE FOREARM BLOCK	DOO PALMOK MAKGI
DOUBLE FOREARM PUSHING BLOCK	DOO PALMOK MIRO MAKGI
DOWNWARD BLOCK	NAERYO MAKGI *
FOREAEM GUARDING BLOCK	PALMAK DAEBI MAKGI
KNIFEHAND GUARDING BLOCK	SONKAL DAEBI MAKGI
HOOKING BLOCK	GOLCHA MAKGI
INWARD BLOCK	ANURO MAKGI
LOW OUTER FOREARM BLOCK	NAJUNDE BAKAT PALMOK MAKGI
MIDDLE INNER FOREARM BLOCK	KAUNDE AN PALMOK MAKGI
NINE SHAPE BLOCK	GUTJA MAKGI *
OUTER FOREARM OUTWARD BLOCK	BAKAT PALMOK BAKURO MAKGI
PALM PRESSING BLOCK	SONBADAK NOOLYO MAKGI
PALM PUSHING BLOCK	SONBADAK MIRO MAKGI
PALM HEEL HOOKING BLOCK	GOLCHA MAKGI
MIDDLE SIDE X-CHECKING BLOCK WITH KNIFEHAND *	KYOGCHA SONKAL MOMCHAU MAKGI
REVERSE KNIFEHAND BLOCK	SONKAL DUNG MAKGI
RISEING BLOCK	CHOOKYO MAKGI
SCOOPING BLOCK	DURO MAKGI *
TWIN FOREARM BLOCK	SANG PALMOK MAKGI
TWIN KNIFEHAND BLOCK	SANG SONKAL MAKGI
TWIN STRIGHT FOREARM BLOCK	SANG SUN PALMOK MAKGI
TWIN UPWARD PALM BLOCK	SANG SONBADAK OLLYO MAKGI
UPWARD PALMHEEL BLOCK	OLLYO SONBADAK MAKGI
U SHAPE BLOCK	MONGDUNGI MAKGI
U SHAPE GRASP	MONGDUNGI JAPGI *
W SHAPE BLOCK	SAN MAKGI
WAIST BLOCK	HORI MAKGI
WEDGING BLOCK	HECHYO MAKGI
X FIST BLOCK	KYOGCHA JOOMUK MAKGI
X FIST PRESSING BLOCK	KYOGCHA JOOMUK NOOLLO MAKGI