



# KUK KI WON-WTF ILLUSTRATED TAE KWON DO BASICS

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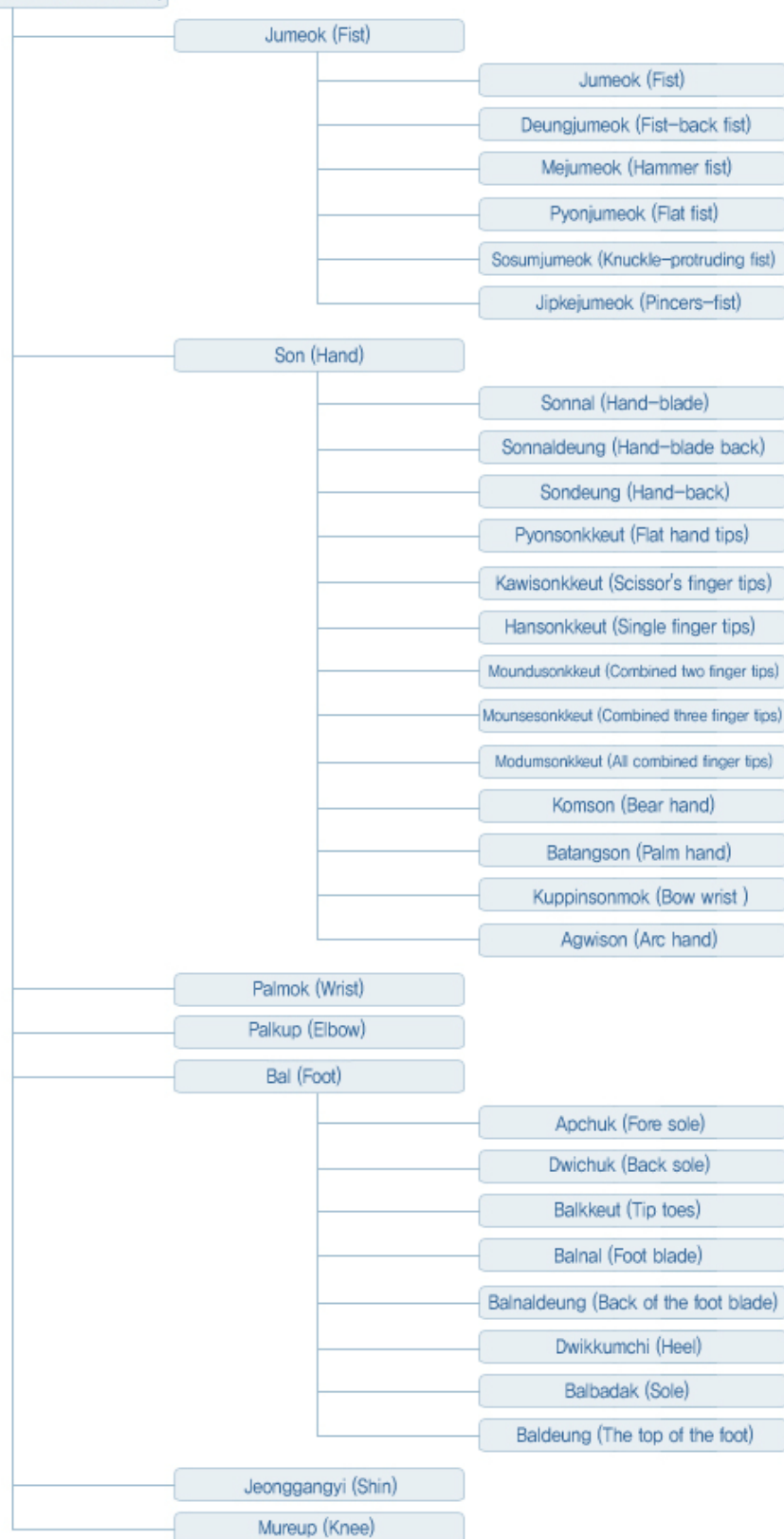
 Kukkiwon 635 Yeoksam-dong Gangnam-gu Seoul Korea 135-908 TEL 82-2-567-1058,9  
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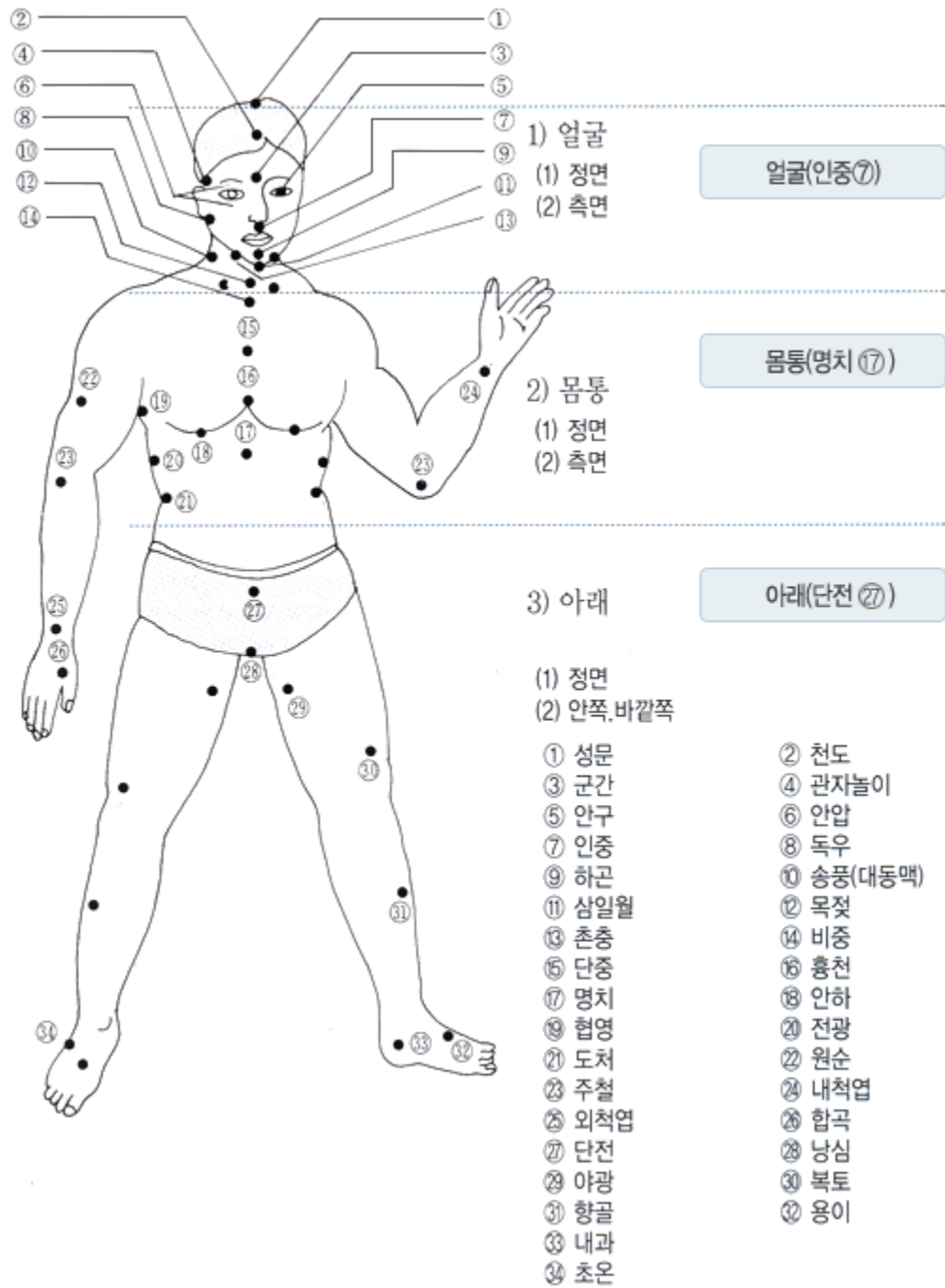
CONVERSION INTO PDF FORMAT BY  
MOHAMMAD HAIKAL  
EAST JAVA-INDONESIA

# APPLICABLE PARTS OF THE BODY

parts of attack and defence in body



# TARGETS OF ATTACKS



# DEFENSES



▲ olgul makki



▲ olgul bakkat makki



▲ (3) anpalmok olgul bakkat makki



▲ (4) olgul an makki





▲ (5) olgul bitureo makki



▲ (6) bakkatpalmok olgul yop makki



▲ (7) olgul hecho makki



▲ (8) momtong bakkat makki



▲ momtong kodureo makki



▲ (10) bakkatpalmok momtong  
yop makki



▲ (11) momtong makki 1



▲ (11) momtong makki 2



▲ (12) momtong an makki



▲ (13) momtong bitureo makki



▲ (14) momtong hecho makki



▲ (16) arae makki



▲ (17) arae kodureo makki



▲ (18) arae yop makki



▲ (19) arae bitureo makki



▲ (20) arae hecho makki



▲ (21) arae otgoreo makki



▲ (22) olgul yop makki



▲ (23) olgul kodureo yop makki



▲ (24) anpalmok olgul bitureo makki



▲ (25) hecho santul makki



▲ (26) anpalmok momtong  
bakkat makki



▲ (27) anpalmok momtong  
kodureo makki



▲ (28) momtong yop makki



▲ (29) anpalmok momtong bitureo makki



▲ (30) anpalmok momtong hecho makki



▲ (31) sonnal makki



▲ (34) sonnal olgul otgoreo makki



▲ (36) sonnal momtong yop makki



▲ (37) sonnal momtong hecho makki



▲ (38) sonnal arae makki



▲ (39) sonnal arae hecho makki



▲ (40) sonnal arae otgoreo makki



▲ (42) hanssonal olgul bakkat makki



▲ (43) hanssonal olgul yop makki



▲ (44) hanssonal olgul an makki



▲ (45) hanssonal olgul bitureo makki





▲ (48) hansonnal momtong makki



▲ (49) hansonnal momtong an makki



▲ (52) hansonnal arae makki



▲ (53) hansonnal arae yop makki



▲ (54) hansonnal arae bitureo makki



▲ (55) sonnaldeung olgul makki



▲ (56) sonnaldeung olgul hecho makki



▲ (57) sonnaldeung momtong  
makki



▲ (58) sonnaldeung momtong hecho  
makki



▲ (59) sonnaldeung arae makki



▲ (60) kuppinsonmok olgul makki



▲ (61) kuppinsonmok momtong chukyo makki



▲ (64) batangson olgul an makki



▲ (65) batangson momtong chukhyo makki



▲ (66) batangson momtong makki



▲ (67) batangson momtong nullo makki



▲ (68) batangson arae makki



▲ (71) olgul yopcho-olgyo makki



▲ (73) arae bada makki



▲ (75) momtong anchonae makki



▲ (76) anuro kodeonaegi



▲ (77) olgul bakkatchonae makki



▲ (79) jeonggangyi bada makki



▲ (1) kkureo olligi



▲ (2) santeul makki



▲ (3) sonnaldeung santeul makki



▲ (4) wesanteul makki



▲ (5) sonnal wesanteul makki



▲ (6) kawi makki



▲ (7) hwangso makki



▲ (8) sonbadak kodureo bakkat  
makki



▲ (9) olgul kodureo yop makki



▲ (10) keumgang makki



▲ (12) sonnal keumgang makki



▲ (13) hakdari keumgang makki



▲ (14) pyojeok makki



▲ (15) meongye ppaegi





▲ (16) mithuro ppaegi



▲ (17) wiwo ppaegi

# PUNCHES



▲ (2) sosum jireugi



▲ (3) phojok jireugi



▲ (4) "u"ja jireugi



▲ (5) chetdari jireugi



▲ (6) dwi jireugi



▲ (7) dangkyo teok jireugi



▲ (8) keumkang ap jireugi



▲ (9) keumkang yop jireugi



▲ (10) nalgae jireug



▲ ap-chigi



▲ (2) olgul bakkat chigi



▲ (3) olgul kodureo bakkat chigi



▲ (5) olgul yop chigi



▲ (7) momtong naeryo chigi



▲ (9) mejumoek olgul ap chigi



▲ (10) mejumoek olgul an chigi



▲ (16) mejumoek olgul naryo chigi



▲ (21) sonnal olgul ap chigi



▲ (22) sonnal olgul an chigi



▲ (23) sonnal olgul bakkat chigi



▲ (31) sonnaldeung momtong an chigi



▲ (36) komson olgul ap chigi



▲ (37) komson olgul an chigi



▲ (38) batangson teok (jaw) chigi



▲ (39) batangson momtong an chigi



▲ (42) agwison olgul ap chigi(khaljaebi)



▲ (43) kupinsonmok teok chigi



▲ (45) palkup ollyo chigi



▲ (46) palkup dollyo chigi



▲ (47) palkup naeryo chigi



▲ (48) palkup dwiro chigi



▲ (49) palkup yop chigi



▲ (50) palkup pyojeok chigi



▲ palkup pyojeok chigi



▲ (1) jebi-poom teok-chigi



▲ (2) jebi-poom mok-chigi





▲ (3) dangkyo teok chigi



▲ dangkyo teok chigi



▲ (4) Pyojeok chigi



▲ (5) meongye chigi



▲ (5) hansonkkeut tzireugi



▲ (6) moun dusonkkeut tzireugi



▲ (7) Moun sesonkkeut tzireugi



▲ (8) Modum sonkkeut tzikki



▲ (1) Hakdari seogi tzireugi

# KICKS



▲ ap chagi 1



▲ ap chagi 2



▲ ap chagi 3



▲ ap chagi 4



▲ ap chagi 5



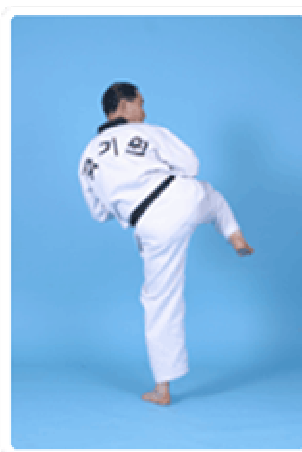
▲ ap chagi 6



▲ yop chagi 1



▲ yop chagi 2



▲ yop chagi 3



▲ yop chagi 4



▲ yop chagi 5



▲ dollyo chagi 1



▲ dollyo chagi 2



▲ dollyo chagi 3



▲ dollyo chagi 4



▲ dollyo chagi 5



▲ k) onmomdollyo huryo chagi 1



▲ k) onmomdollyo huryo chagi 2



▲ k) onmomdollyo huryo chagi 3



▲ k) onmomdollyo huryo chagi 4



▲ k) onmomdollyo huryo chagi 5



▲ k) onmomdollyo huryo chagi 6



▲ (5) bandal chagi



▲ (6) bitureo chagi



▲ dwi chagi 1



▲ dwi chagi 2



▲ dwi chagi 3





▲ ppodeo chagi 1



▲ ppodeo chagi 2



▲ ppodeo chagi 3



▲ ppodeo chagi 4



▲ mirae chagi 1



▲ mirae chagi 2



▲ mirae chagi 3



▲ nakka chagi



▲ nakka chagi



▲ naeryo chagi 1



▲ naeryo chagi 2



▲ naeryo chagi 3



▲ an chagi 1



▲ an chagi 2



▲ an chagi 3



▲ bakkat chagi 1



▲ bakkat chagi 2



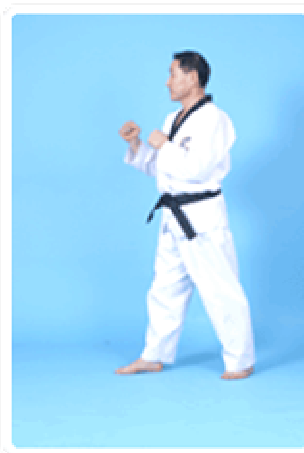
▲ bakkat chagi 3



▲ twio chagi 3



▲ twio chagi 2



▲ twio chagi 1

# SPECIAL MOVEMENTS

teuksu poom (special poom)

khun-doltzeogi (Bigger hinge)

jageun-doltzeogi (Smaller hinge)

hakdari-doltzeogi (crane leg hinge)

bawi-milgi (rock pushing)

taesan-milgi (mountain pushing)

nalgae-pyogi (wing spreading)



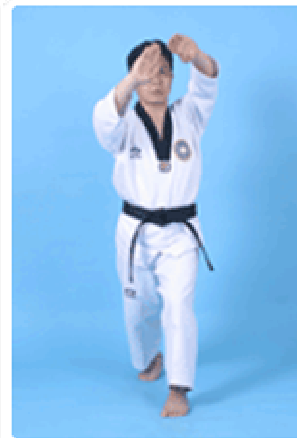
▲ khun doltzeogi



▲ (2) jageun doltzeogi



▲ (3) hakdari doltzeogi



▲ (4) bawi milgi



▲ (5) taesan milgi



▲ (6) nalgae phyogi