

THEORY TIPS FOR 2ND AND 1ST KUP STUDENTS

You should know and have an understanding of the following:

1) TYPES of Block (Makgi).

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| a) General: - | Obverse _____ | Reverse _____ |
| | Front _____ | Side _____ |
| | Side-Front _____ | |
| b) Single Handed: - | Rising _____ | Upward _____ |
| | Inward _____ | Outward _____ |
| | Circular _____ | Hooking _____ |
| c) Two handed :- | Guarding _____ | Twin _____ |
| | Wedging _____ | Pressing _____ |
| | W-Shape _____ | U-Shape _____ |
| | Pushing _____ | D'ble For'm _____ |

2) TYPES of Forefist Punch (Ap Joomuk Jirugi).

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|--|------------------|----------------|
| | Front _____ | Side _____ |
| | Side-Front _____ | Vertical _____ |
| | Upset _____ | Upward _____ |
| | Crescent _____ | Turning _____ |
| | Angle _____ | Downward _____ |

3) TYPES of Kick.

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|--|-----------------|----------------|
| | Piercing _____ | Pushing _____ |
| | Thrusting _____ | Smashing _____ |

4) Hand Parts.

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|--|------------------|---------------------|
| | Forefist _____ | Backfist _____ |
| | Knifehand _____ | Rev Knifehand _____ |
| | Fingertips _____ | Palm _____ |
| | Arc-hand _____ | Elbow _____ |
| | Forearm _____ | |

5) Foot Parts

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|--|-----------------|------------------|
| | Footsword _____ | Front Sole _____ |
| | Heel _____ | Knee _____ |

6) Stances.

- | | | |
|--|-----------------|-----------------|
| | Attention _____ | Parallel _____ |
| | Sitting _____ | Walking _____ |
| | L-Stance _____ | Close _____ |
| | Fixed _____ | Bending _____ |
| | X-Stance _____ | Rear-foot _____ |
| | Low _____ | Vertical _____ |

7) The Theory of Power.