

Ap Joomuk	Fore fist
Dung Joomuk	Back fist
Yop Joomuk	Side fist
Mit Joomuk	Under fist
Ghin Joomuk	Long fist
Songarak Joomuk	Knuckle fist
Sonkal	Knifehand
Sonkal Dung	Reverse knifehand
Sonkut	Fingertip
Palkup	Elbow
Balkal	Footsword
Ap Kumchi	Front sole
Dwitchook	Back heel
Moorup	Knee
Dwitkumchi	Back sole
Baldung	Instep
Balkal Dung	Reverse footsword
Balkut	Toes