

Benamingen van standen, trappen, weringen, enz.

| | | |
|--------------------------|----|-------------------------|
| Ap | -- | voorwaarts |
| Dwit | -- | achterwaarts |
| Koobi | -- | stand |
| Jireugi | -- | stoot |
| Chagi | -- | trap |
| Makki | -- | wering |
| Area | -- | laag |
| Momtong | -- | midden (lichaam) |
| Eolgul | -- | hoog |
| Ap koobi | -- | lange stand |
| Dwit koobi | -- | korte stand |
| Ap chagi | -- | voorw.trap |
| Dollyo chagi | -- | ronde trap |
| Yeop chagi | -- | zijw.trap |
| Dwit chagi | -- | backkick |
| Nearyo chagi | -- | neerw.trap |
| Area makki | -- | lage wering |
| Momtong makki | -- | binnenw.wering (midden) |
| Momtong anmakki | -- | buitenw.wering (midden) |
| Eolgul makki | -- | hoge wering |
| Sonnal makki | -- | dubbele wering |
| 1 ^{ste} poomsae | -- | Il yang |
| 2 ^{de} poomsae | -- | I yang |
| 3 ^{de} " | -- | sam " |
| 4 ^{de} " | -- | sa " |
| 5 ^{de} " | -- | O " |