



Hand parts

Sangbansin

1. Fore fist (Ap Joomuk)
2. Back fist (Dung Joomuk)
3. Side fist (Yop Joomuk)
4. Knifehand (Sonkal)
5. Reverse Knifehand (Sonkal Dung)
6. Finger tips (Sonkut)
7. Arc Hand (Bandal Son) – not shown
8. Elbow (Palkup) – not shown
9. Palm (Sonbadak)
10. Open fist/palm heel (Pyun Joomuk)
11. Bakat Palmok(outer)
12. An palmok(inner)
13. Dung palmok(back)
14. Mit Palmok (forearm belly)

