



Vocabulary 12 – KEY

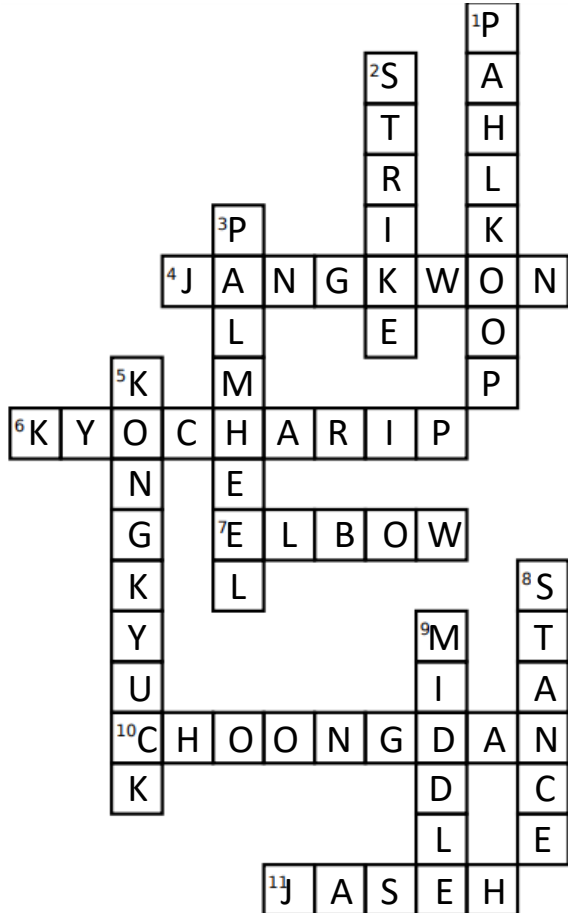
- Low/middle/high open hand blocks ~ *Han/choong/sang dan soo do mahk kee*
- Low/high two fist X block ~ *Sang soo ha/sang dan mahk kee*
- Elbow strike ~ *Pahl koop kong kyuck*
- Palm heel attack ~ *Jang kwon kong kyuck*
- Crossed leg stance ~ *Kyo cha rip jaseh*
- Two fist (reinforced) middle block ~ *Sang soo choong dan mahk kee*

At Home Training

Word Search

E E K K H A M P J W N J J D	ATTACK	LOW
D L M M C K C A T T A S E	BLOCK	MAHKKEE
M S D Y Z U K H W P D S A C	CHOONGDAN	MIDDLE
M T F D H S Y L O W A E N R	CROSSED	OPEN
K A A Y I Z O K G J H H G O	ELBOW	PAHLKOOP
C N B A G M C O G A A P D F	FIST	PALMHEEL
O C D P H C H O O N G D A N	HADAN	REINFORCED
L F E H M L A P D G O Z N I	HAND	SANGDAN
B D E S S O R C B K V K Q E	HIGH	SANGSOO
X F I S T R I K E W B P D R	JANGKWON	SOODO
U K L F N E P O W O B L E G	JASEH	STANCE
E Q R O D O O S G N A S D T	KONGKYUCK	STRIKE
	KYOCHARIP	TWO
	LEG	XBLOCK

Crossword - (E) = Answer is English, (K) = Answer is Korean



Down:

1. elbow (K, 2 words)
2. kong kyuck (E)
3. jang kwon (E, 2 words)
5. strike (K, 2 words)
8. jaseh (E)
9. choong dan (E)

Across:

4. palm heel (K, 2 words)
6. crossed leg (K, 3 words)
7. pahl koop (E)
10. middle (K, 2 words)
11. stance (K)

MAT CHAT

