

L = low section
 M = middle section
 H = high section
 D = dual sections - see notes above

BE = back elbow
 BF = back-fist
 CF = circular forearm
 DF = double forearm
 DH = double head
 DM = double palm
 DP = double pressing palm (up & down)
 DU = double upset
 FE = front elbow
 FH = fists on hips
 FS = front snap
 FT = flat spear-hand
 GD = guarding fists
 GK = guarding knife-hand
 HF = hammer-fist
 HK = hooking knife-hand
 IF = inner forearm
 IK = inner knife-hand
 JS = jumping side-kick
 KH = knife-hand
 KN = knee
 LG = lunge
 OF = outer forearm
 PM = upward palm
 PP = pushing palm
 PR = pressing
 RF = rising forearm
 RH = ridge-hand
 RR = reverse ridge-hand
 RV = reverse
 RX = rising X
 SB = side back-fist
 SK = side knife-hand
 SP = spear-hand
 ST = side thrusting
 TF = twin forearm
 TG = turning
 TK = twin forearm w/knife-hands
 TN = turning (round-house)
 TV = twin vertical
 UE = upper elbow
 UP = upset
 US = U shaped
 WD = wedging
 WS = w shaped
 XF = X fist
 XK = X-knife-hand

The Last Letter

B = block
 G = grab
 K = kick
 N = neutral
 P = punch
 S = strike
 T = spot

Middle Two Letters Sorted by Category

fists

BF = back-fist
 FH = fists on hips
 GD = guarding fists
 HF = hammer-fist
 SB = side back-fist
 XF = X fist

forearms

CF = circular forearm
 DF = double forearm
 IF = inner forearm
 OF = outer forearm
 RF = rising forearm
 TF = twin forearm
 TK = twin forearm w/knife-hands

knife-hands

GK = guarding knife-hand
 HK = hooking knife-hand
 IK = inner knife-hand
 KH = knife-hand
 SK = side knife-hand
 XK = X-knife-hand

punches

DU = double upset
 LG = lunge
 RV = reverse
 TV = twin vertical
 UP = upset

ridge & spear-hands

FT = flat spear-hand
 RH = ridge-hand
 RR = reverse ridge-hand
 SP = spear-hand

kicks

FS = front snap
 JS = jumping side-kick
 KN = knee
 PR = pressing
 ST = side thrusting
 TN = turning (round-house)

elbows

BE = back elbow
 FE = front elbow
 UE = upper elbow

other

DH = double head
 DM = double palm
 DP = double pressing palm
 (up & down)

PM = upward palm
 RX = rising X
 US = U shaped
 WD = wedging
 WS = w shaped

Exceptions

Ready = Chunbi position
 END = same as beginning stance
 BRS/BRSA = bending ready stance A
 (side kick chamber with guarding fists)
 CRSA = closed ready stance A legs
 CRSB = closed ready stance B not
 CRSC = closed ready stance C bent
 *see page 138 of the 1965 Edition of
 "Taekwon Do" by Gen. Choi Hong Hi

