

Anatomy

English

Hand

Foot

Heel

Arm

Fist

Neck

Waist

Leg

Elbow

Knee

Chin

Wrist

Forehead

Groin

Abdomen

Solar Plexis

Between Nose
and Mouth

Korean

Soo (*Chinese*), Sohn
(*Korean*)

Jok (*Chinese*), Bal (*Korean*)

Bal Dwee Koom Chi Yup

Ba Dak

Pahl

Chu Mok

Mok

Hu Ri

Da Ri

Pahl Koop

Moo Roop

Tuk

Pahl Mok

Eema

Ko Wan

Dan Jun

Myung Chi

In Choong