

**O‘ZBEKISTON RESPUBLIKASI YOSHLAR
SIYOSATI VA SPORT VAZIRLIGI**

**O‘ZBEKISTON DAVLAT JISMONIY TARBIYA VA SPORT
UNIVERSITETI**

Ma’murova Laylo Komil qizi

Maxsus texnik harakatlarni o‘rgatish metodikasi

(Taekvondo WT sport turida)

Elektron o‘quv qo‘llanma



Chirchiq-2023

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Tuzuvchi:

Ma'murova Laylo Komil qizi – Taekvondo WT, karate WKF nazariyasi va uslubiyati kafedrası dotsenti.

Taqrizchilar:

X.Xodjamqulov – O'zbekiston Taekvondo WT assotsatsiyasi, viloyat federatsiyalari bilan ishlari bo'lim boshlig'i.

Baek.Mun.Jong – O'zbekiston davlat jismoniy tarbiya va sport universiteti "Taekvondo WT, karate WKF nazariyasi va uslubiyati" kafedrası professori.

Ushbu elektron o'quv qo'llanma O'zbekiston taekvondochilarining bilim ko'nikmalarini yanada oshirish, hamda maxsus texnik-taktik harakatlarni mustaqil takomillashtirishiga yordam beradigan yangicha texnologiyalar bilan boyitilgan. Mazkur elektron o'quv qo'llanma aholi orasida yangi istedodlarni kashf etish va yoshlarni taekvondo sport turiga qiziqishini yanada oshirish maqsadida ishlab chiqilgan.

O'zbekiston davlat jismoniy tarbiya va sport universiteti Kengashining 2023 yil " _03_ " "mart" _3_ - sonli yig'ilishida nashr etishga ruxsat etildi.

Taekvondo WT sportining rivojlanish tarixi

Agar sodda qilib aytganda, Taekvondo – bu qadimgi koreys jang san’ati bo‘lib, qurolsiz holda o‘z-o‘zini himoya qilishning universal turidir. Taekvondo insonning doimiy rivojlanishi, ruhiy dunyosini takomillashtirishi va birovga zulm qilmaslik falsafasi asosida tuzilgan. Taekvondo insonda o‘ziga ishonchni tug‘diradi, zehnini intizomlab, boshqalarga yordam berish imkonini beradi. Haqiqiy Taekvondo shogirdi tinch, osuda hayot va tabiat bilan hamohanglikka (muvofiglikka) erishish uchun bu san’atni tarqatadi. Taekvondo - bu nafaqat oliy darajadagi o‘z-o‘zini himoya qilish usuli, balki hayot tarzi (yo‘li) hamdir.

Taekvondo nomi uch so‘zdan iborat bo‘lib: “Tae” - oyoq m’anosini, “kvon” - qo‘l degan ma’noni va “do”- yo‘l degan ma’noni anglatadi. Koreyada “DO”- yo‘lni barkamollikka erishish yo‘li hamda hayot yo‘liga falsafiy yondashuv nazarda tutiladi.

Zamonaviy Taekvondo asoschisi general **Choy Xon Xi** xisoblanadi. U 1946-yildan 1955-yilgacha jangovar kurash san’ati turi sifatida Taekvondoni rivojlantirish va takomillashtirish uchun ulkan hissa qo‘shgan. Hozirgi paytda Taekvondo yakka kurash turi sifatida butun dunyo bo‘ylab keng tarqalgan.

Taekvondo bo‘yicha Osiyo va Jahon chempionatlari o‘tkazib kelinmoqda, shuningdek, Osiyo o‘yinlari dasturi hamda Olimpiada o‘yinlari dasturlariga kiritilgan.

Taekvondo hozir dunyoda juda ham mashhur. Bu qadimgi jangovar san’at juda chiroyli, jo‘shqin, dinamik sport turi sifatida 190 dan ortiq davlatlarda rivojlanib kelmoqda. Bunday yakka kurashning ommabopligi koreys ustozlarining qadimgi mashq printsiplari va uslub g‘oyalarini zamonaviy sport bilan bog‘laganliklari natijasida Taekvondo ajoyib barkamollikka intilish tizimiga, jozibador va jo‘shqinlikka ega bo‘ldi.



Taekvondo sharq yakkakurash san’atining eng qadimgi turlaridan biri hisoblanib, **“qo‘l va oyoq bilan harakat qilish”** san’ati ma’nosini anglatadi. Tarixiy manbalardan yaxshi ma’lumki, taekvondo san’ati xuddi Xitoyda kung-fu hamda Yaponiyada karate singari Koreya yarim orollarida mustaqil tarzda shakllangan.

Qadimgi Koreyada “**subak**” harbiy san’ati mavjud bo‘lgan. Aynan subak kurashi taekvondoning ildizi hisoblanadi. Subak kurashi ayniqsa, 1147-1170 yillarda shoh Uyong hukmdorlik yillari keng rivojlangan. O’sha paytda subak kurashi qonun-qoidalarini shakllangan kitob nashr etilgach, mazkur harbiy sport turiga oddiy aholi o‘rtasida ham qiziqish kuchaygan.

Bugungi kunga kelib, dunyoda taekvondoning **WT** hamda **ITF** yo‘nalishlari mavjud. Butunjahon taekvondo federatsiyasiga 1973 yilda asos solingan bo‘lib, ayni paytda katta mavqega ega ushbu tashkilotga dunyoning 206 mamlakati a‘zo hisoblanadi. 1979 yil taekvondoning WT yo‘nalishi xalqaro Olimpiya qo‘mitasi tomonidan tan olindi. Sidneyda bo‘lib o‘tgan XXVII yozgi Olimpiya o‘yinlarida taekvondo ilk marotaba dasturdan joy egalladi. O‘zbekiston taekvondo WT assotsiatsiyasi 1993 yil 6 avgustda ta‘sis etilgan va shu yilning o‘zida Butunjahon taekvondo federatsiyasiga a‘zo bo‘ldi.

1996 yildan Osiyo ittifoqiga a‘zo. Butunjahon taekvondo federatsiyasining to‘laqonli a‘zosi sifatida O‘zbekiston taekvondochilari jahon chempionati bahslari va turli xalqaro turnirlarga yuboradi. Assotsiatsiyaning asosiy maqsadi – O‘zbekistonda ushbu sport turini rivojlantirish, targ‘ib qilish va ommalashtirishga qaratilgan bo‘lib, o‘z a‘zolari huquq va manfaatlarini himoya qiladi.

1989 yil **Adik Li** O‘zbekiston taekvondosiga asos soldi va uni mamlakatimizda ommaviylashtirish harakatiga rahbarlik qildi. Seulda joylashgan KUKKIVON akademiyasida O‘zbekistonlik mutaxassislar Adik Li, Oleg Pyak va Aleksey Kan ilk bor o‘qish baxtiga muvaffaq bo‘lishdi. O’sha paytda mamlakatimizda 900 nafar sportchi taekvondo bilan shug‘ullanar edi. 1992 yil O‘zbekiston taekvondo federatsiyasi rasman ish boshladi.

Adik Li federatsiya rahbari etib tayinlandi, **Oleg Pyak** esa bosh kotib lavozimida faoliyat yuritishni boshladi. Oradan biroz muddat o‘tib, 1992 yilning oxirlarida **Abbos Latipov** federatsiya rahbarligiga kirishadi va 2008 yilgacha assotsiatsiyani boshqardi.

Mustaqillik yillarida O‘zbekiston taekvondo ustalari kyorugi bahslarida Osiyo va jahon birinchiliklari, Osiyo va Olimpiada o‘yinlarida muntazam ravishda ishtirok etib kelishmoqda. So‘nggi yillarda qo‘lga kiritilgan yutuqlarga nazar tashlashning o‘zi kifoya.

Misol uchun, 2001 yil Janubiy Koreyaning Jedju shahrida o‘tgan jahon chempionatida terma jamoa a‘zosi **Eduard Xegay** -58 kg vaznda kumush medalga sazovor bo‘ldi. 2011 yil Janubiy Koreyaning Genju shahrida o‘tkazilgan jahon

championatida uning natijasini takrorlagan **Akmal Ergashev** +87 kg vaznda shohsupaning ikkinchi pogʻonasidan joy egalladi.

2010 yil Poytaxtimiz taekvondo “**Pumse**” boʻyicha V jahon chempionatiga mezbonlik qilgandi. Yuqori saviyada tashkil etilgan nufuzli musobaqada terma jamoamiz aʼzolari ikkitadan kumush va bronza medalni qoʻlga kiritdi.

2013 yil Avgustda Xitoyning Nankin shahrida oʻtkazilgan oʻsmirlar oʻrtasidagi II Osiyo oʻyinlarida qatnashgan ikki sportchimiz – 62 kilogramm vazn toifasida Gʻanijon Hurliboyev va 55 kilogramm vaznda qizlar musobaqasida Dinoraxon Mamadibrohimova uchinchi oʻrinni egalladi.

2014 yil 25-28 may kunlari “Oʻzbekiston” sport majmuasida XXI qitʼa chempionati va “Pumse” boʻyicha III Osiyo chempionati oʻtkazildi. Musobaqalarda qitʼamizning oʻttizdan ziyod mamlakatidan 400 nafarga yaqin sportchi gʻoliblik uchun kuch sinashdi. “Pumse” – taekvondoning WT yoʻnalishidagi kompleks mashqlardir. U sportchining oʻz tanasini chiniqtirishi, hujum va himoya harakatlarini takomillashtirishi, jismoniy va ruhiy tayyorgarligini muntazam oshirishiga xizmat qiladigan muhim vosita. Musobaqaning “Pumse” bahslarida munosib ishtirok etgan hamyurtlarimiz faxriylar, oʻsmirlar va kattalar oʻrtasidagi bahslarda ikkita oltin va yettita bronza medalni qoʻlga kiritib, umumjamoa hisobida uchinchi oʻrinni egalladi.

Oʻzbekiston Taekvondo WT assotsiatsiyasi raisi lavozimida faoliyatini boshlagan **Tashmatov Sherzod Rixsibaevich** oʻzining talabchanligi va aniq strategiyalarga ega rahbar sifatida dadil harakatlarni boshlab yuborgan edilar.



2019-yil 16-iyul kuni Oʻzbekiston taekvondo assotsiatsiyasi raisi Sherzod Tashmatov hamda Osiyo taekvondo kengashi prezidenti Kyu Seok Lining uchrashuvi

2021-yilning 25-iyul sanasida Yaponiyaning Tokiyo shahrida boʻlib oʻtgan “Tokiyo-2020” Yozgi Olimpiya oʻyinlarida Oʻzbekiston taekvondosi tarixida qoʻlga

kiritilgan birinchi va Oltin medali -68 kg vaznli taekvondochimiz Ulug‘bek Rashitov Tomonidan tarix zarvaraqlariga muhrlab qo‘yildi.

Olimpiya o‘yinlarida Ulug‘bek Rashitov Seydu Fofana (Mali), Li Dae Xun (J.Koreya), Mirxashem Hussayni (Eron), Nedzad Xusich (Bosniya va Gertsegovina) va Bredli Sinden (Buyuk Britaniya) kabi taekvondochilarni mag‘lub etdi va chempionlikni qo‘lga kiritdi.



Tokioda tarix yangilandi! Oltin Medal! Ulug‘bek Rashitov CHEMPION!

O‘zbekiston taekvondo assotsiatsiyasi raisi Sherzod Tashmatov, assotsiatsiya rahbariyati va murabbiylari, O‘zbekiston Taekvondo WT assotsiatsiyasining Viloyat federatsiyalari bilan ishlash bo‘limi boshlig‘i Xodjamqulov Xusniddin Abbosxonovichlarningning O‘zbekiston Taekvondosi rivojiga qo‘shayotgan hissaları beqiyosdir. Yurtimizda Taekvondo WT sportini keng targ‘ib qilish, aholi salomatligini yanaga mustahkamlash, o‘sib kelayotgan yosh avlod qalbiga ushbu sport turiga bo‘lgan qiziqishlarini yanada oshirish maqsadida qator chora tadbirlarni ishlab chiqib, amalga oshirib kelmoqdalar. Ayniqsa Viloyat federatsiyalari bilan ishlash bo‘limi boshlig‘i Xodjamqulov Xusniddin Abbosxonovich viloyatning barcha chekka hududlarigacha sportga bo‘lgan qiziqishlarini ortib borishiga yordam berayotgan yosh umidli murabbiylarni ham birdek qo‘llab quvatlab kelmoqdalar.

O‘zbekistondavlat jismoniy tarbiya va sport universiteti - O‘zbekistonda jismoniy tarbiya va sport sohasida yuqori malakali mutaxassislar tayyorlaydigan Markaziy Osiyodagi eng yirik muassasalaridan biri hisoblanadi. Dastlab Institut 1955 yil avgust oyida tashkil etilgan. 2008 yilda universitet tarkibiga alohida mutaxassislik sifatida ochilgan Taekvondo WT sportida ham malakali sportchi va murabbiylar tayyorlash talabi yuzaga kelgan edi. Taekvondo WT sport faoliyatini

dastlabki kunlaridanoq yoʻnalish sifatida oʻz oʻrniga ega boʻlishi uchun Janubiy Koreyada joylashgan Butun jahon taekvondo akademiyasi “Kukkiwon” aʼzosi, 8-Dan qora belbogʻ sohibi, Xalqaro toifadagi murabbiy, Dr.professori janob Baek Mun Jong uzoq yillik shartnoma asosida yurtimizga chaqirtirildi va ular bilan bilgalikda chet-el tajribasiga tayanib, kafedra dotsenti.v.b., Nuritdinova Shaxlo Nuritdinovna ham oʻz bilim koʻnikmalarini talabalarga oʻrgatib, soxasining yetuk mutaxassislari boʻla oladigan kadrlarni tayyorlashda mehnatlarini ayamay kelmoqdalar.



Dr.professor janob Baek Mun Jong

Dr.professor janob Baek Mun Jong talabalarga oʻzining bilim koʻnikmalari singdiribgina qolmay, bugungi kunga qadar Oʻzbekiston va Janubiy Koreya davlatlari oʻrtasidagi doʻstlik aloqalarini yanada mustahkamlash maqsadida oʻnlab xalqaro hamkorlik shartnomalari, anglashinuv memorandumlari, va universitet taekvondochilarining moddiy baʼzasini shakllantirishda butun jahon taekvondo fondi bilan hamkorliklarni muntazam yoʻlga qoʻyilishida oʻzining beqiyos hissalarini qoʻshib kelmoqda.

Oʻzbekistondavlat jismoniy tarbiya va sport vazirining 2020 yil 26 dekabrda 5/7/1 sonli qarori bilan 2021 yil 1-fevraldan Taekvondo ixtisosligi “Boks, taekvondo, qilichbozlik nazariyasi va uslubiyati” kafedrasidan ajralib chiqib, Karate ixtisosligi bilan biriktirildi va “Taekvondo WT nazariyasi va uslubiyati” kafedra deb nomlandi. Ushbu mustaqil ajralib chiqqan kafedraning birinchi mudiri etib Raxmatov Bektosh Shomurodovich tayinlandi. Shu bilan birga Raxmatov Bektosh Shomurodovich Oʻzbekistonda birinchi Pedagogika fanlari boʻyicha falsafa doktorlik (PhD) dissertatsiyasini muvoffaqiyatli himoya qilib, ilmiy darajasiga ega boʻldi.

Kafedrada xozirgi kunda ikkita taʼlim yoʻnalishi boʻlib, bular; “Taekvondo WT nazariyasi va uslubiyati”, “Sport pedagogik mahoratini

oshirish(taekvondo)”, “Karate nazariyasi va uslubiyati”, “Sport pedagogik mahoratini oshirish(karate)” fanlari bakalavriat ta’lim yo’nalishida o’qitilib kelinmoqda.



Hozirgi kunda kafedra professor-o’qituvchilari tarkibi 14 nafar bo’lib, assosiy shtatda 14 nafar professor-o’qituvchilari o’z faoliyatini olib borishmoqda. Bulardan Kafedra mudiri: B.Sh.Raxmatov, Janubiy Koreyaning Butun jahon Taekvondo WT akademiyasi prof. Dr. Baek Mun Jong, dotsentlar Sh.N.Nuritdinova, L.K.Ma’murova,; o’qituvchilar Sh.A.Arslonov, A.U.Alimov, N.M.Erkinova, A.A.Nuritdinov, U.M.Karimov, U.Sh.Tursunaliyev, J.A.Mannonovlar, T.N.Mengziyoyev, O.A.Abduraxmanov, P.K.Ubenovlar faoliyat ko’rsatib kelmoqdalar. “Taekvondo WT, karate WKF nazariyasi va uslubiyati” kafedrasida 2008-2021 o’quv yilidan 5610518- sport faoliyati “Taekvondo” ixtisosligi, 2020-2021 o’quv yilidan 5610546- sport faoliyati “Karate” ixtisosliklari bakalavr ta’lim yo’nalishi mavjud.

I-Bo‘lim. TANAGA YO‘LLANADIGAN ZARBALAR

(Qo‘lda)

I-Раздел. УДАРЫ ПО ТЕЛУ

I-Dept. BODY SHOTS

1-rasm

Chi jireugi

Iyakning pastki tomoniga qo‘l mushtining
“jumeok” qismi bilan beriladigan zarba

Удар в нижнюю часть подбородка частью
кулака “jumeok”

Blow to the lower side of the chin with the
“jumeok” part of the hand fist



Olgul jireugi

Labning ustki tomoniga qo'l mushtining "jumok"
qismi bilan beriladigan zarba

Удар по верхней части губы "jumok" частью
кулака

Blow to the upper side of the lip with the "jumok"
part of the hand fist



Dollyo jireugi

Gavdaning markaz qismiga qo‘l mushtining
“jumeok” qismi bilan yondan aylantirib beriladigan
zarba

Удар в центральную часть туловища с бокового
вращения частью кулака “jumeok”

A blow to the center part of the torso is given by
rolling it from the side with the “jumeok” part of
the hand fist



Sewun jumeok

Gavdaning markaz qismiga qo'l mushtining tik holatida
"jumeok" qismi bilan yondan beriladigan zarba

Боковой удар в центральную часть туловища в
вертикальном положении кулаком с частью "jumeok"

A blow from the side with the "jumeok" part in the
upright position of the hand fist to the central part of the
torso



Jeochin jumeok

Gavdaning markaz qismiga qo‘l mushtining kafti yuqoriga qaragan, tirsak yarim bukilgan holatida “jumeok” qismi bilan pastdan beriladigan zarba

Удар по центральной части туловища ладонью кулака вверх, локоть в полусогнутом положении, наносимый снизу частью “jumeok

Blow to the center part of the torso from below with the “jumeok” part in the position where the palm of the hand fist is facing up, the elbow is half bent



Deung jumeok

Qo'l mushtining ustki qismi bilan "Deung jumeok" tananing turli qismlariga beriladigan zarba

Удар по разным частям тела "Deung jumeok" верхней частью кулака

"Deung jumeok" with the top of the hand fist is a blow that is given to different parts of the body



Me jumeok

Qo'l mushtining pastki qismi bilan "Me jumeok" tananing turli qismlariga beriladigan zarba

Удар нижней частью кулака по разным частям тела "me jumeok"

"Me jumeok" with the bottom of the hand fist is a blow that is given to different parts of the body

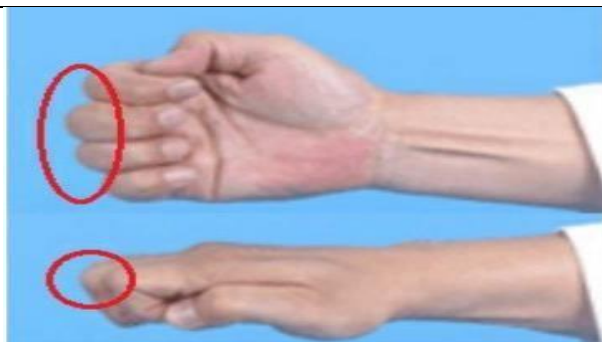


Pyon jumeok

Qo'l yarim mushtining uchki tomoni bilan "pyon jumeok"
tananing turli qismlariga beriladigan zarba

Удар по разным частям тела "pyon jumeok" тремя
сторонами рукопожатия

"Pyon jumeok" with the pointed side of the hand half-Fist
is a blow that is given to different parts of the body



Sosum jumeok

Qo'l bitta barmog'ining yarim mushti bilan "sosum jumeok" tananing turli qismlariga beriladigan zarba

Рука "sosum jumeok" удар по разным частям тела половиной кулака одного пальца

Hand with half a fist of one finger "sosum jumeok " is a blow that is given to different parts of the body



Jipke jumeok

Qoʻlning bosh va koʻrsatkich barmoqlari bilan “pyonsonkkeut” bilan tananing markaz qismiga amalga oshirilgan zarba

Удар по центральной части тела большим и указательным пальцами руки с “pyonsonkkeut”

Blow performed on the central part of the body with the “pyonsonkkeut” on the head and index fingers of the hand



Sonnal

Qo'l kaftining pastki qirrasi bilan "sonnal" amalga oshiriladigan zarba va bloklar

Удары и блоки, выполняемые "sonnal" нижним краем ладони

Blows and blocks performed "sonnal" with the lower edge of the palm of the hand



Sonnaldeung

Qo'l kaftining ustki qirrasi bilan "sonnaldeung"
amalga oshiriladigan zarba va bloklar

Удары и блоки, выполняемые "sonnaldeung"
верхним краем ладони

Blows and blocks performed "sonnaldeung" with
the upper edge of the palm of the hand



Sondeung

Qo'l kaftining ustki qismi bilan "sondeung" amalga oshiriladigan zarba va bloklar

Удары и блоки, выполняемые "sondeung"
ладонью вверх

Blows and blocks where "sondeung" is performed
with the top of the palm of the hand



Pyonsonkkeut

Qo'l kafti barmoqlarining yarim qayrilgan uchki qismi bilan "pyonsonkkeut" amalga oshiriladigan zarbalar

Удары, выполняемые "pyonsonkkeut" с полусогнутым концом пальцев ладони

Blows performed "pyonsonkkeut" with a half-recurved tip of the palm fingers



Kavisonkkeut

Qo'lning ko'rsatkich va o'rta barmoqlari uchki qismi bilan qaychi usulida "kavisonkkeut" amalga oshiriladigan zarbalar

Удары, выполняемые "kavisonkkeut" ножничным методом, указательным и средним пальцами руки с заостренной частью

Strokes performed "kavisonkkeut" on the scissors method with the tip of the index and middle fingers of the hand



Hansonkkeut

Qoʻlning koʻrsatkich barmoq uchki qismi bilan
“hansonkkeut” amalga oshiriladigan zarbalar

Удары, которые выполняются “hansonkkeut”
указательным пальцем руки

Punches performed "hansonkkeut" with the
index finger tip of the hand



Moundusonkkeut

Qo'lning ko'rsatkich va o'rta barmoq uchki qismi bilan "moundusonkkeut" amalga oshiriladigan zarbalar

Удары, которые выполняются "moundusonkkeut" указательным и средним пальцами руки

Blows performed "moundusonkkeut" with the index and middle finger tip of the hand

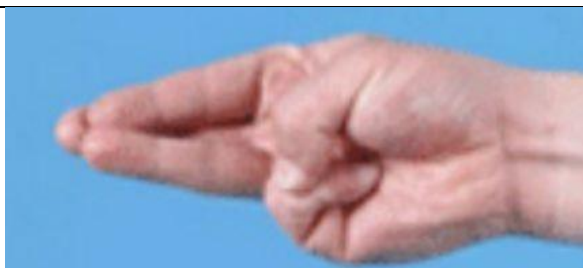


Mounsesonkkeut

Qoʻlning uchta barmoq uchki qismi bilan
“mounsesonkkeut” amalga oshiriladigan zarbalar

Удары, выполняемые “mounsesonkkeut ” тремя
пальцами руки

Blows performed "mounsesonkkeut" with three
fingertips of the hand



Modumsonkkeut

Qo‘lning barcha barmoqlari uchki qismi bilan “modumsonkkeut” amalga oshiriladigan zarbalar

Удары, которые выполняются "modumsonkkeut" тремя пальцами руки

Blows where” modumsonkkeut ” is performed with the tip of all fingers of the hand



Komson

Qo'l mushtining ichki tomonidan barmoqlari
bukilgan qismi bilan "Komson" amalga
oshiriladigan zarbalar

Удары, выполняемые "Komson" с внутренней
стороны кулака согнутой частью пальцев

Blows performed "Komson" with the part of the
fist with the fingers bent from the inside



Batangson

Qo'l kaftining ichki tomoni bilan "batangson"
amalg oshiriladigan zarbalar

Удары, выполняемые "batangson" внутренней
стороной ладони

Blows performed "batangson" with the inner side
of the palm of the hand



Kuppinsonmok

Qo'l bilagining ustki qismi bilan "kuppinsonmok"
amalga oshiriladigan zarba va harakatlar

Удары и движения, выполняемые
"kuppinsonmok" верхней частью предплечья
руки

Blows and movements in which a"
kuppinsonmok " is performed with the top of
the wrist



Agvison

Qo'lning bosh va ko'rsatkich barmoqlari o'rtasi bilan "agvison" amalga oshiriladigan zarba va harakatlar

Удары и движения, выполняемые "agvison" между большим и указательным пальцами руки

Blows and movements performed "agvison" with the middle of the head and index fingers of the hand



Palmok

Qoʻlning bilak va tirsak oʻrtasi bilan “palmok”
amalga oshiriladigan harakatlar

Движения, выполняемые “palmok” между
запястьем и локтем кисти

Movements in which a “palmok” is performed
with the forearm and middle of the elbow



Palkup

Qoʻlning tirsak qismi bilan "palkup" amalga oshiriladigan harakatlar

Движения, при которых выполняется "palkup" локтевой частью
руки

Movements in which a "palkup" is performed with the elbow part of
the hand



I I -Bo‘lim. TANAGA YO‘LLANADIGAN ZARBALAR

(Oyoqda)

I I - Раздел. УДАРЫ ПО ТЕЛУ

I I - Dept. BODY SHOTS

1-rasm	
Apchuk Oyoq kaftining barmoq osti yostiqchalari bilan “Apchuk” amalga oshiriladigan harakatlar	
Движения, которые выполняет “Apchuk” подушечками пальцев ладони	
Actions that are performed " Apchuk " with toe pads on the palms of the feet	
	
	

Dvichuk

Oyoq kaftining tovon qismi "dvichuk" bilan amalga
oshiriladigan harakatlar

Движения, выполняемые " dvichuk " пяточной части ладони

Movements performed with the heel part "dvichuk" of the palm
of the foot



Balkkeut

Oyoq kaftining barmoqlari uchki qismi “balkkeut” bilan amalga oshiriladigan harakatlar

Движения, выполняемые с помощью “balkkeut” по трем пальцам ладони

Movements performed with the tip of the toes “balkkeut”



Balnal

Oyoq yon tashqi qirrasi “balnal” bilan amalga oshiriladigan harakatlar

Движения, выполняемые боковым внешним краем стопы с “balnal”

Movements performed with the “balnal ” of the lateral outer edge of the foot



Balnaldeung

Oyoq yon ichki qirrasi “balnaldeung” bilan amalga
oshiriladigan harakatlar

Движения с боковым внутренним краем ноги “balnaldeung”

Movements performed with the foot side inner edge
"balnaldeung"



Dvikkumchi

Oyoq tovonining orqa pay qismi “dvikkumchi” bilan amalga oshiriladigan harakatlar

Движения, выполняемые задней частью голеностопного сустава с помощью “dvikkumchi ”

Movements performed with the “dvikkumchi ” of the back pay portion of the heel of the foot



Balbadak

Oyoq kaftining tag qismi “balbadak” bilan amalga oshiriladigan harakatlar

Движения, выполняемые с помощью “balbadak” подошвы стопы

Movements performed with the “balbadak ” of the base of the palm of the foot



Baldeung

Oyoq kaftining ustki qismi "baldeung" bilan amalga oshiriladigan harakatlar

Движения, выполняемые с помощью "baldeung" верхней части ладони

Movements performed with the "baldeung" of the upper part of the palm of the foot



Jeonggangyi

Oyoq kafti va tizza oʻrta qismi “jeonggangyi” bilan amalga oshiriladigan harakatlar

Движения, выполняемые ладонью и средней частью колена с помощью “jeonggangyi”

Movements performed with the “jeonggangyi” of the palms of the feet and middle part of the knee



Mureup

Oyoqning tizza qismi “mureup” bilan amalga oshiriladigan harakatlar

Движения, выполняемые с помощью “муреупа” коленной части стопы

Movements performed with the knee part of the leg “mureup”



III - Bo'lim. OYOQ TURISH HOLATLARI (STOYKALAR)

(Soge)

III - Раздел. ПОЗЫ СТОЯ (СТОЙКИ)

III - Dept. STANDING POSITIONS (STOOLS)

1-rasm	
Moa seoge Oyoqning juft holatda "Moa seoge" turishi bilan amalga oshiriladigan harakatlar	
Движения, выполняемые стоя "Moa seoge" ногой в парном положении	
Movements performed by standing "Moa seoge" in an even position of the foot	
 moa seogi 	

Dvichuk moa seoge

Oyoqning tovonlari bir biriga tegib turgan holatda “dvichuk moa seoge” turishi bilan amalga oshiriladigan harakatlar

Движения, выполняемые стоя “dvichuk moa seoge” в положении, когда пятки стопы касаются друг друга

Movements performed by standing” dvichuk moa seoge " in a position where the heel of the foot is touching one another



dwichuk moaseogi



Apchuk moa seoge

Oyoqning uchki qismi bir biriga tegib turgan holatda “apchuk moa seoge” turishi bilan amalga oshiriladigan harakatlar

Движения, выполняемые стоя “apchuk moa seoge” в положении, когда три части стопы касаются друг друга

Movements performed by standing” apchuk moa seoge” in a position where the tip of the foot is touching one



apchuk moaseogi



Naranhi seoge

Oyoqlar yelka kengligida, bitta oyoq oralig'ida ochilgan holatda "naranhi seoge" turishi bilan amalga oshiriladigan harakatlar

Движения, выполняемые стоя "naranhi seoge", ноги на ширине плеч, на расстоянии одной ноги в развернутом положении

Movements performed by standing "naranhi seoge" in a position where the legs are shoulder-width apart, open between one leg



Oreun seoge

O'ng oyoq bilan o'ng tomonga qaragan yelka kengligida, bitta oyoq oralig'ida ochilgan holatda "oreun seoge" o'ng tomonga turishi bilan amalga oshiriladigan harakatlar

Движения, выполняемые стоя правой ногой на ширине плеч, обращенной вправо, "oreun seoge" в развернутом положении с интервалом в одну ногу

Movements performed with the right foot in a right-facing shoulder-width apart, with the "oreun seoge" standing to the right in an open position in a single leg interval



oreun seogi
(right hand stance)



Ven seoge

Чап оyoq bilan chap tomonga qaragan yelka kengligida, bitta oyoq oralig‘da ochilgan holatda “Ven seoge” chap tomonga turishi bilan amalga oshiriladigan harakatlar

Движения, выполняемые левой ногой на ширине плеч, обращенной влево, “ Ven seoge ” в развернутом положении с интервалом в одну ногу, стоя влево

Movements performed with the left foot in a left-facing shoulder-width apart, with the “Ven seoge” standing to the left in an open position in a single leg interval



wen seogi



Pyonhi seoge

Oyoq uchlari tashqariga qaragan, oralig‘i yelka kengligida, tik turgan holatda “pyonhi seoge” amalga oshiriladigan harakatlar

Движения, выполняемые “pyonhi seoge ” в положении стоя, кончики ног направлены наружу, расстояние на ширине плеч

Movements in which the “pyonhi seoge” is performed in a standing position with the tip of the foot facing outwards, the range shoulder-width apart



pyonhi seogi



Antzong seoge

Oyoq uchlari ichkariga qaragan, oraligʻi yelka kengligida, tik turgan holatda “ antzong seoge” amalga oshiriladigan harakatlar

Движения, выполняемые “ antzong seoge ” в положении стоя, кончики ног обращены внутрь, расстояние на ширине плеч



antzong seogi



Juchum seoge

Oyoq orasi ikki yarim oyoq kenglikda, oyoq uchlari to'g'riga qaragan, yarim o'tirgan holatda "juchum seoge" amalga oshiriladigan harakatlar

Движения, выполняемые "juchum seoge" в полусидячем положении, с промежутками между ногами шириной два с половиной фута, кончики ног направлены прямо

Between the legs are two and a half feet wide, with the tips of the legs facing straight, in a semi-seated position "juchum seoge" performed movements



juchum seogi



Mo seoge

Oyoq orasi ikki oyoq kenglikda, 45° tik holatda gavda bilan birga burchak ostida qayrilgan, oyoq uchlari to'g'riga qaragan, "mo seoge" amalga oshiriladigan harakatlar

Между ног две ноги на ширине плеч, повернутые под углом 45° вместе с туловищем в вертикальном положении, кончики ног направлены прямо, выполняемые движения "mo seoge"

Between the legs are two feet wide, curved at an angle along with the torso in a 45° upright position, with the tips of the legs facing straight, movements performed "mo seoge"



Ap seoge

Oyoq orasi bir oyoq kenglikda, oddiy qadam stoykasi, old oyoq uchlari to'g'riga qaragan, orqa oyoq 45° yonga qayrilgan "ap seoge" amalga oshiriladigan harakatlar

Расстояние между ногами составляет один фут, простая стойка для шага, передние концы ног обращены прямо, задняя нога повернута на 45° в сторону "ap seoge"
выполняемые движения

The foot is one foot wide, with a simple step stoic, the front foot ends facing straight, the back foot is 45° side-tilted "ap seoge" movements performed



Аркуби сеоге

Oyoq orasi ikki yarim oyoq kenglikda, gavada bilan old oyoqqa asosiy ogirlik tashlangan, old tizzalar bukilgan, old oyoq uchlari to'g'riga qaragan, "arkubi seoge" amalga oshiriladigan harakatlar

Расстояние между ног составляет две с половиной фута, основной вес переносится на переднюю ногу туловищем, передние колени согнуты, передние кончики ног направлены прямо, выполняемые движения "аркуби Сеоге"

Between the legs are two and a half feet wide, with the gavada the main ogirlik thrown into the front leg, the front knees bent, the front leg ends facing the straight, the movements in which the "arkubi seoge" is performed



arkubi



Dvitkubi seoge

Oyoq orasi ikki oyoq kenglikda, gavda 45° yonga qayrilgan, asosiy og'irlik orqa oyoqqa tashlangan, old oyoq uchlari to'g'riga qaragan tizzalar yarim bukilgan, orqa oyoq uchlari yonga qaragan va tizzalar bukulgan "dvitkubi seoge" amalga oshiriladigan harakatlar

Расстояние между ног составляет две фута в ширину, туловище повернуто в сторону на 45° , основной вес переносится на заднюю ногу, передние кончики ног направлены прямо, колени согнуты наполовину, задние концы ног направлены в сторону, а колени согнуты "dvitkubi seoge" выполняемые движения

The foot is two feet wide, the torso is curved 45° to the side, the main og'irlik is thrown to the hind leg, the knees facing the front leg ends are half bent, the hind leg ends are facing the side and the knees are bent" dvitkubi seoge " movements performed



dwitkubi



Ohja seoge

Oyoq orasi ikki oyoq kenglikda, gavda 45° yonga qayrilgan, old oyog orqa oyoqning o'rta kaft qismini to'g'risida joylashgan, asosiy ogirlik orqa oyoqga tashlangan, old oyoq uchlari to'g'riga qaragan tizzalar yarim bukilgan, orqa oyoq uchlari yonga qaragan va tizzalar bukulgan "ohja seoge" amalga oshiriladigan harakatlar

Между ног две ноги шириной, туловище повернуто в сторону на 45° , передняя нога расположена примерно на средней ладони задней ноги, основной вес переносится на заднюю ногу, передние концы ног направлены прямо, колени согнуты наполовину, задние концы ног обращены в сторону, а колени согнуты "охджа Сеге" выполняемые движения

Between the legs are two feet wide, the torso is curved to the side 45° , the front foot is located on the middle palm of the hind leg, the main ogir is thrown to the hind leg, the knees facing the front leg ends are half bent, the hind leg ends are facing the side and the knees are bent "ohja seoge" movements performed



ohja seogi



Beom seoge

Oyoqlar ketma ketlikda joylashgan, old oyoq tovonni ko'tarilgan, yerda apchuk qismi bilan tayangan, ikkala tizza yarim bukilgan "beom seoge" amalga oshiriladigan harakatlar

Ноги расположены в последовательности, пятка передней ноги приподнята, опирается на землю частью апчука, оба колена полусогнуты выполняемые движения "beom seoge"

The legs are arranged in a sequence, the front foot heel is raised, the ground is supported by an apchuk part, the movements in which both knees are half bent "beom seoge" are performed



beom seogi



Kyotdari seoge

Oyoqlar ketma ketlikda joylashgan, orqa oyoq tovonni ko'tarilgan, yerda apchuk qismi bilan tayangan, ikkala tizza yarim bukilgan "kyotdari seoge" amalga oshiriladigan harakatlar

Ноги расположены последовательно, пятка задней ноги приподнята, опирается на землю с частью апчука, оба колена полусогнуты
выполняемые движения "kyotdari seoge"

The legs are arranged in a sequence, the hind leg heel is raised, the ground is supported by the apchuk part, both knees are semi-bent "kyotdari seoge" performed movements



Apkkoa seoge

Oyoqlar x shaklida joylashgan, old oyoq tovonni ko'tarilgan, yerda apchuk qismi bilan tayangan, ikkala tizza yarim bukilgan "apkkoa seoge" amalga oshiriladigan harakatlar

Ступни расположены в форме буквы Х, пятка передней ноги приподнята, опирается на землю частью апчука, оба колена полусогнуты выполняемые движения "apkkoa seoge"

The legs are arranged in an x-shape, the front foot heel is raised, the ground is supported by the apchuk part, both knees are semi-bent "apkkoa seoge" performed movements



dvikkoa seoge

Oyoqlar x shaklida joylashgan, orqa oyoq tovonni ko'tarilgan, yerda apchuk qismi bilan tayangan, ikkala tizza yarim bukilgan "dvikkoa seoge" amalga oshiriladigan harakatlar

Ноги расположены в форме буквы Х, пятка задней ноги приподнята, опирается на землю частью апчука, оба колена полусогнуты
выполняемые движения " dvikkoa seoge

The legs are arranged in an x-shape, the heel of the hind leg is raised, the ground is supported by the apchuk part, the movements in which both knees are half bent "dvikkoa seoge" are performed



Hakdari seoge

Bir oyoqga tayangan holda joylashgan, ikkinchi oyoq ko'tarilgan, tizzaga yon tomondan birikkan "hakdari seoge" amalga oshiriladigan harakatlar

Движения, выполняемые "hakdari seoge", при которых одна нога опирается на другую, а другая поднята, боком прикреплена к колену

Movements performed are "hakdari seoge", which is located with one leg supported, the other leg raised, attached to the knee from the side



Ogeum seoge

Bir oyoqqa tayangan holda joylashgan, ikkinchi oyoq ko'tarilgan, tizzaning orqa tomonidan birikkan "ogeum seoge" amalga oshiriladigan harakatlar

Движения, выполняемые "ogeum seoge", когда одна нога опирается на другую, приподнятую, прикрепленную к задней части колена

Movements performed are "ogeum seoge", which is located with one leg supported, the other leg raised, attached from the back of the knee



I V-Bo‘lim. TAYYORGARLIK “CHUNBI” HOLATLARI

(CHUNBI)

I V-Раздел. ПОДГОТОВИТЕЛЬНЫЕ СЛУЧАИ ”CHUNBI”

I V-Dept. PREPARATORY” CHUNBI " CASES

1-rasm

Kibon junbe

Oyoqlar yelka kengligida joylashgan, oyoq uchlari to‘g‘riga qaragan, qo‘llar musht holatda oldinga pastga bir musht oralig‘ida “kibon junbe ” amalga oshiriladigan harakat.

Ноги на ширине плеч, концы ног направлены прямо, руки в положении кулака вперед вниз на расстоянии одного кулака “ kibon junbe ” выполняемое движение.

The feet are located shoulder-width apart, the ends of the feet face straight, the arms are in a fist position forward down a fist oralig‘i in which a “kibon junbe ” is performed.



Dujumeokheori junbe

Oyoqlar juft, qoʻllar musht holatda belning yon tomonida joylashib
“dujumeokheori junbe” amalga oshiriladigan harakat.

Ноги в паре, руки в положении кулака, расположенные сбоку от талии,
выполняют движение " dujumeokheori junbe ".

The legs are even, the movement in which the arms are performed
“dujumeokheori junbe”, positioned on the side of the waist in the fist
position.



Kyopson junbe

Oyoqlar juft, qo'l kaftlari ustma ust birikkan, oldindan pastga tanadan bir musht uzoqlikda joylashgan "kyopson junbe" amalga oshiriladigan harakat.

Ноги парные, ладони соединены внахлест, спереди вниз на расстоянии одного кулака от туловища "kyopson junbe" выполняемое движение

The movement performed is "kyopson junbe", where the legs are attached to the pair, the palms of the hands are superimposed, a fist from the body down in advance.



Bojumeok junbe

Oyoqlar juft, chap qo'l bilan o'ng qo'l mushtini qamrab turgan holda, oldindan yuqoriga cho'zilgan "bojumeok junbe" amalga oshiriladigan harakat.

Ноги парные, левая рука вытянута вперед, сжимая кулак правой руки, выполняется движение "bojumeok junbe"

A movement in which "bojumeok junbe" is performed, with the legs extended up in advance, covering the fist of the right hand with a pair, left hand.



Tongmilgi junbe

Oyoqlar yelka kengligida ochilgan, qo‘llar kafti bilan burchak hosil qilib, oldindan yuqoriga cho‘zilgan “tongmilgi junbe” amalga oshiriladigan harakat.

Ноги раскрыты на ширине плеч, руки вытянуты вперед, образуя угол ладонями вверх.

The movement in which the legs are performed is “tongmilgi junbe”, which is opened shoulder-width apart, extending up in advance, forming an angle with the palms of the hands.



Kyorugi junbe

Oyoqlar oddiy qadam holatida, qo'llar musht va janga tayyorgarlik holatida, "kyorugi junbe" amalga oshiriladigan harakat.

Ноги в положении простого шага, руки в положении кулака и подготовки к Джан, движение, которое выполняется "kyorugi junbe".

The legs are in a simple step position, the arms are in a fist and combat readiness position, the movement in which the "kyorugi junbe" is performed.



V-Bo'lim. QO'L ZARBALARI "JIREUGI" HOLATLARI

(JIREUGI)

V-Раздел. УДАРЫ РУКАМИ "JIREUGI" СЛУЧАИ

V-Dept. CASES OF HAND STRIKES "JIREUGI"

1-rasm	
Olgul jireugi	
Qo'l mushtining old qismi bilan yuz sohasiga to'g'ridan beriladigan zarba "olgul jireugi" amalga oshiriladigan harakat.	
Удар, наносимый непосредственно в область лица передней частью кулака руки, называется "olgul jireugi" действие, которое выполняется.	
The action in which the blow "olgul jireugi", which is given directly to the area of the face with the front of the hand fist, is performed.	
	
	

Momtong jireugi

Qo‘l mushtining old qismi bilan gavda sohasiga to‘g‘ridan beriladigan zarba “momtong jireugi” amalga oshiriladigan harakat.

Удар, наносимый непосредственно в область туловища передней частью кулака руки, называется “ momtong jireugi ” выполняемое движение.

The action in which the blow “olgul jireugi”, which is given directly to the area of the face with the front of the hand fist, is performed.



Arae jireugi

Qo‘l mushtining old qismi bilan beldan pastki sohasiga to‘g‘ridan beriladigan zarba “arae jireugi” amalga oshiriladigan harakat.

Удар, наносимый непосредственно от талии к нижней части спины передней частью кулака руки, называется “arae jireugi” выполняемое движение.

The action in which the blow “arae jireugi” is performed, which is given directly from the waist to the lower area with the front of the hand fist.



Yop jireugi

Qo'l mushtining old qismi bilan beldan pastki sohasiga yon tomondan beriladigan zarba "yop jireugi" amalga oshiriladigan harakat.

Удар, наносимый из стороны в сторону от поясицы в нижнюю часть передней частью кулака руки, называется " yop jireugi " выполняемое движение.

A blow from the side with the front of the hand fist from the waist to the lower area is the action in which the "yop jireugi" is performed.



Naeryo jireugi

Qo'l mushtining old qismi bilan tepadan pastga beriladigan zarba "naeryo jireugi" amalga oshiriladigan harakat.

Удар, наносимый сверху вниз передней частью кулака руки, называется "naeryo jireugi" выполняемое движение.

A blow from top to bottom with the front of the hand fist is the action in which the "naeryo jireugi" is performed.



Dollyo jireugi

Qo‘l mushtining old qismi bilan yondan aylantirib beriladigan zarba
“dollyo jireugi” amalga oshiriladigan harakat.

Удар, который наносится передней частью кулака из стороны в
сторону, называется “ dollyo jireugi ” выполняемое движение.

The action in which the blow “dollyo jireugi” is performed, which is rotated
from the side with the front of the hand fist.



Chi jireugi

Qo‘l mushtining old qismi bilan pastdan tepaga tirsak yarim bukilgan holatda beriladigan zarba “chi jireugi” amalga oshiriladigan harakat.

Удар, наносимый передней частью кулака снизу вверх в полусогнутом положении локтя, называется “chi jireugi” выполняемое движение.

The action in which the blow “chi jireugi” is performed, which is given with the front of the hand fist from bottom to top in a position where the elbow is half bent.



Olgul baro jireugi

Oyoq bilan qarama qarshi qo‘l mushtining old qismi bilan yuz qismiga to‘g‘ridan beriladigan zarba “olgul baro jireugi” amalga oshiriladigan harakat.

Удар ногой прямо в лицо передней частью кулака противоположной руки называется “olgul Baro jireugi” выполняемое движение.

The action in which the blow “olgul baro jireugi” is performed, which is given directly to the part of the face with the front of the fist of the opposite hand with the foot.



Momtong baro jireugi

Oyoq bilan qarama qarshi qo‘l mushtining old qismi bilan gavda qismiga to‘g‘ridan beriladigan zarba “montong baro jireugi” amalga oshiriladigan harakat.

Удар ногой прямо в туловище передней частью кулака противоположной руки называется “montong Baro jireugi” выполняемое движение.

The action in which the blow “montong baro jireugi” is performed, which is given directly to the part of the torso with the front of the opposite arm fist with the foot.



Momtong bandae jireugi

Oyoqning ustidagi qo'l mushtining old qismi bilan gavda qismiga to'g'ridan beriladigan zarba "montong bandae jireugi" amalga oshiriladigan harakat.

Удар, наносимый непосредственно по туловищу передней частью кулака руки над ногой, называется "montong bandae jireugi"

выполняемое движение

The action in which the blow "montong baro jireugi" is performed, which is given directly to the part of the torso with the front of the opposite arm fist with the foot.



Pyonjumeok olgul baro jireugi

Oyoq bilan qarama qarshi qo‘l mushtining yarim bukilgan qismi bilan yuz sohasiga to‘g‘ridan beriladigan zarba “Pyonjumeok olgul baro jireugi” amalga oshiriladigan harakat.

Удар ногой прямо в область лица полусогнутой частью кулака противоположной руки называется “Pyonjumeok olgul Baro jireugi” выполняемое движение.

With the leg, the blow that is given directly to the area of the face with the half-folded part of the opposite arm fist is the action in which the “Pyonjumeok olgul baro jireugi” is performed.



Pyonjumeok olgul bandae jireugi

Oyoqning ustidagi qo'l bilan mushtning yarim bukilgan qismi bilan yuz sohasiga to'g'ridan beriladigan zarba "Pyonjumeok olgul bandae jireugi" amalga oshiriladigan harakat.

Удар рукой над ногой прямо в область лица полусогнутой частью кулака называется "Pyonjumeok olgul bandae jireugi" выполняемое движение.

A blow with the hand above the foot, which is given directly to the area of the face with the half-folded part of the fist, is the action in which the "Pyonjumeok olgul bandae jireugi" is performed.



Pyonjumeok olgul baro sewo jireugi

Oyoq bilan qarama qarshi qo‘l yarim mushtning tik holati bilan yuz sohasiga to‘g‘ridan beriladigan zarba “Pyonjumeok olgul baro sewo jireugi” amalga oshiriladigan harakat.

Противоположная рука ногой удар прямо в область лица с вертикальным положением половины кулака “Pyonjumeok olgul Baro sewo jireugi” выполняемое движение.

The opposite arm with the foot is the action in which the blow, which is given directly to the area of the face with the upright position of the half Fist, is performed “Pyonjumeok olgul baro sewo jireugi”.



Pyonjumeok olgul bandae sewo jireugi

Oyoqning ustidagi qo‘l yarim mushtning tik holati bilan yuz sohasiga to‘g‘ridan beriladigan zarba “Pyonjumeok olgul bandae sewo jireugi” amalga oshiriladigan harakat.

Удар, наносимый прямо в область лица, с вертикальным положением руки над ногой и половиной кулака, называется “Pyonjumeok olgul bandae sewo jireugi” выполняемое движение.

The arm above the foot is the movement in which the blow “Pyonjumeok olgul bandae sewo jireugi” is performed, which is given directly to the area of the face with the upright position of the half-fist.



Sosum jireugi

Mushtning oʻrta barmogʻi yarim bukilgan holatda ikkala qoʻl bilan pastda boʻyin qismiga beriladigan zarba “sosum jireugi” amalga oshiriladigan harakat.

Удар, наносимый обеими руками по шее ниже, когда средний палец кулака находится в полусогнутом положении, называется “sosum jireugi” действие, которое выполняется.

The kick “sosum jireugi”, which is given to the part of the neck below with both hands in a half-bent position of the middle finger of the fist, is the action to be performed.



Phojok jireugi

Yon tarafda ochiq kaftga ikkinchi qo‘lning mushti bilan beriladigan zarba “phojok jireugi” amalga oshiriladigan harakat.

Удар кулаком другой руки по открытой ладони сбоку-это движение, при котором выполняется “phojok jireugi”.

On the side, the blow to the open palm with the fist of the second hand is the action in which the “phojok jireugi” is performed.



U ja jireugi

Qo‘llar musht kaftlari bir biriga parallel holda ikkala qo‘l mushti bilan “phojok jireugi” amalga oshiriladigan harakat.

Руки кулак ладони параллельны друг другу кулаками обеих рук “phojok jireugi” выполняемое движение.

The movement in which the arms are performed “U ja jireugi” with both hand punches with the fist palms parallel to each other.



Chetdari jireugi

Qo'llar musht holatda ikkala qo'l bilan zarba "chetdari jireugi" amalga oshiriladigan harakat.

Руки в положении кулака удар обеими руками "chetdari jireugi" выполняемое движение.

The movement in which the arms are performed "U ja jireugi" with both hand punches with the fist palms parallel to each other.



Dvi jireugi

Bir qo'l musht holatda ikkinchi yelka tomondan orqaga zarba va ikkinchi qo'l kafti ochiq, belda "dvi jireugi" amalga oshiriladigan harakat.

Одна рука в положении кулака, другая-удар назад через плечо, а другая рука с открытой ладонью, движение, выполняемое "dvi jireugi" на талии.



Tangkyo teok jireugi

Bir qo'l mushti bilan iyakning pastki qismiga pastdan zarba, ikkinchi qo'l zarba beruvchi qo'lning yelkasida "tangkyo teok jireugi" amalga oshiriladigan harakat.

Удар кулаком одной руки снизу по нижней части подбородка, действие, при котором tangkyo teok jireugi " выполняется на плече другой руки, наносящей удар.



Keumkang ap jireugi

Bir qo‘l mushti bilan to‘g‘ridan gavdaga zarba, ikkinchi qo‘l bosh qismining himoyasida “keumkang ap jireugi” amalga oshiriladigan harakat.

Удар кулаком одной руки прямо в туловище, действие, которое выполняется “ keumkang ap ar jireugi ” в защиту головной части другой taniyman.

The movement in which the blow “chetdari jireugi” is performed with both hands in a fist position.



Keumkang yop jireugi

Bir qo‘l mushti bilan yondan gavdaga zarba, ikkinchi qo‘l bosh qismining himoyasida “keumkang yop jireugi” amalga oshiriladigan harakat.

Удар кулаком одной руки по туловищу из стороны в сторону, действие, выполняемое “ keumkang yop jireugi ” в защиту головной части другой руки.

A blow to the torso from the side with a fist of one hand, an action in which the “keumkang yop jireugi” is performed in the defense of the head of the second hand.



Nalgae jireugi

Ikkala qo‘l mushti bilan yondan gavdaga zarba, “nalgae jireugi” amalga oshiriladigan harakat.

Боковой удар кулаком обеих рук по туловищу, движение, которое выполняется “nalgae jireugi”.

A blow to the torso from the side with both hand punches, the action in which the “nalgae jireugi” is performed.



Ap chigi

Bir qo'l mushtining ustki qismi bilan, "ap chigi" amalga oshiriladigan harakat.

Одной рукой над кулаком выполняется движение "ap chigi".

With the top of one hand fist, the action in which the "ap chigi" is performed.



Olgul bakkat chigi

Bir qo'l mushtining pastki qismi bilan, "Olgul bakkat chigi" amalga oshiriladigan harakat.

Нижней частью кулака одной руки выполняется движение "Olgul bakkat chigi".

Olgul bakkat chigi

Bir qo'l mushtining pastki qismi bilan, "Olgul bakkat chigi" amalga oshiriladigan harakat.



Olgul kodureo bakkat chigi

Ikkala qo'l mushtining pastki qismi bilan, "Olgul kodureo bakkat chigi" amalga oshiriladigan harakat.

Нижней частью кулака обеих рук выполняется движение "Olgul kodureo bakkat chigi".

With the bottom of both hand fists, the action in which the "Olgul kodureo bakkat chigi" is performed.



Olgul yop chigi

Qo'l mushtining pastki qismi bilan yon tomondan, "Olgul yop chigi" amalga oshiriladigan harakat.

Из стороны в сторону нижней частью кулака руки выполняется движение "Olgul yop chigi".

The movement in which the "mejumeok olgul ap chigi" is performed, directly with the lower part of the hand fist.



Mejumeok olgul ap chigi

Qo‘l mushtining pastki qismi bilan to‘g‘ridan, “mejumeok olgul ap chigi” amalga oshiriladigan harakat.

Прямым движением нижней частью кулака руки выполняется “mejumeok olgul AP chigi”.

The movement in which the “mejumeok olgul ap chigi” is performed, directly with the lower part of the hand fist.



Mejumeok olgul an chigi

Qo'l mushtining pastki qismi bilan tashqaridan ichkariga zarba, "mejumeok olgul an chigi" amalga oshiriladigan harakat.

Удар снаружи внутрь нижней частью кулака руки, "mejumeok olgul an chigi" выполняемое движение.



Mejumeok olgul naeryo chigi

Qo‘l mushtining pastki qismi bilan tepadan pastga, “mejumeok olgul naeryo chigi” amalga oshiriladigan harakat.

Сверху вниз нижней частью кулака руки выполняется движение “mejumeok olgul naeryo chigi”.

A blow from the outside to the inside with the bottom of the hand fist, the action in which the “mejumeok olgul an chigi” is performed.



Sonnal olgul ap chigi

Qo‘l kaftining pastki qirrasi bilan to‘g‘ridan, “Sonnal olgul ap chigi” amalga oshiriladigan harakat.

Движение, выполняемое нижним краем ладони прямо, “Sonnal olgul ap chigi

With the lower edge of the palm of the hand from the outside to the inside, the movement in which the “Sonnal olgul an chigi” is performed.



Sonnal olgul an chigi

Qo'l kaftining pastki qirrasi bilan tashqaridan ichkariga, "Sonnal olgul an chigi" amalga oshiriladigan harakat.

Нижним краем ладони руки наружу
внутри, " Sonnal olgul an chigi " выполняемое движение.

Movement performed with the lower edge of the palm of the hand from the
outside to the inside, "Sonnal olgul an chigi



Sonnal olgul bakkat chigi

Qo'l kaftining pastki qirrasi bilan kaft pastga qaragan holda ichkaridan tashqariga, "Sonnal olgul bakkat chigi" amalga oshiriladigan harakat.

Движение, выполняемое нижним краем ладони ладонью вниз изнутри наружу, называется " Sonnal olgul bakkat chigi ".

The movement in which the "Sonnal olgul bakkat chigi" is performed, from the inside out, with the palm facing down, with the lower edge of the palm of the hand



Sonnaldeung momtong an chigi

Qo'l kaftining ustki qirrasi bilan kaft pastga qaragan holda tashqaridan ichkariga, "Sonnaldeung momtong an chigi" amalga oshiriladigan harakat.

Верхним краем ладони ладони наружу внутрь ладонью вниз,
"Sonnaldeung momtong an chigi" выполняемое движение

The movement in which the "Sonnaldeung momtong an chigi" is performed, with the upper edge of the palm facing down from the outside to the inside



Komson olgul ap chigi

Qo‘l mushtining kaft qismi bilan tirsak yarim bukilgan to‘g‘riga, “Komson olgul ap chigi” amalga oshiriladigan harakat.

Ладонной частью кулака руки локоть согнут наполовину в прямую, выполняется движение “ Komson olgul ap chigi

The movement in which the elbow with the palm of the hand fist is performed to a semi-bent straight, “Komson olgul ap chigi”.



Komson olgul an chigi

Qo'l mushtining kaft qismi bilan tirsak yarim bukilgan tashqaridan ichkariga, "Komson olgul an chigi" amalga oshiriladigan harakat.

Ладонной частью кулака локоть полусогнутый снаружи внутрь, движение, которое выполняется "Komson olgul an chigi"

With the palm of the hand fist, the elbow is half bent from the outside to the inside, the movement in which the "Komson olgul an chigi" is performed



Batangson teok chigi

Qo‘l kaft qismi bilan jag‘ sohasiga to‘g‘ridan zarba, “Batangson teok chigi” amalga oshiriladigan harakat.

Прямой удар ладонной частью руки в область челюсти, движение, при котором выполняется “Batangson teok chigi”.

A direct blow to the jaw area with the palm part, the action in which the “Batangson teok chigi” is performed.



Batangson momtong an chigi

Qo'l kaft qismi bilan tashqaridan ichkariga zarba, "Batangson momtong an chigi" amalga oshiriladigan harakat.

Удар снаружи внутрь ладонной частью руки, движение, которое выполняется "Batangson momtong an chigi"

A blow from the outside to the inside with the palm part of the hand, the action in which the "Batangson momtong an chigi" is performed.



Agvison olgul ap chigi

Bosh va ko'rsatkich barmoq o'rtasi bilan to'g'ridan zarba, "Agvison olgul ap chigi" amalga oshiriladigan harakat.

Прямой ударом между большим и указательным пальцами выполняется движение "Agvison olgul AP chigi".

Bosh va ko'rsatkich barmoq o'rtasi bilan to'g'ridan zarba, "Agvison olgul ap chigi" amalga oshiriladigan harakat.



Kupinsonmok teok chigi

Qoʻlning bilak qismi usti bilan, “Kupinsonmok teok chigi” amalga oshiriladigan harakat.

С верхней частью предплечья руки выполняется движение
“Kupinsonmok teok chigi”

With the top of the wrist of the hand, the movement in which the “Kupinsonmok teok chigi” is performed.



Palkup ollyo chigi

Qo‘lning tirsak qismi bilan yuqoriga, “Palkup ollyo chigi” amalga oshiriladigan harakat.

Движение вверх локтевой частью руки, выполняемое” Palkup ollyo chigi”.

Up with the elbow part of the hand, the movement in which the “Palkup ollyo chigi” is performed.



Palkup dollyo chigi

Qo'lining tirsak qismi bilan yondan aylanma, "Palkup dollyo chigi" amalga oshiriladigan harakat.

Вращение из стороны в сторону локтевой частью руки, движение, при котором выполняется "Palkup dollyo chigi".

A circular, "Palkup dollyo chigi" is performed from the side with the elbow part of the arm.



Palkup naeryo chigi

Qoʻlning tirsak qismi bilan tepadan pastga, “Palkup naeryo chigi” amalga oshiriladigan harakat.

Сверху вниз локтевой частью руки выполняется движение “Palkup naeryo chigi”.

The movement in which the “Palkup naeryo chigi” is performed, from top to bottom, with the elbow part of the hand.



Palkup dviro chigi

Qo‘lning tirsak qismi bilan orqaga, “Palkup dviro chigi” amalga oshiriladigan harakat.

Назад локтевой частью руки выполняется движение “Palkup dviro chigi”.

Back with the elbow part of the hand, the movement in which the “Palkup dviro chigi” is performed.



Palkup yop chigi

Qoʻlning tirsak qismi bilan yon tomonga, “Palkup yop chigi” amalga oshiriladigan harakat.

Локтевой частью руки в сторону выполняется движение” Palkup yop chigi”.

The movement in which the “Palkup yop chigi” is performed, to the side, with the elbow part of the hand.



Jebi poom teok chigi

Bir qo‘l kafti bilan jag‘ sohasiga zarba va ikkinchi qo‘l kafti bilan bosh qismini himoyasi, “Jebi poom teok chigi” amalga oshiriladigan harakat.

Удар в область челюсти ладонью одной руки и защита головной части ладонью другой руки, действие, выполняемое “Jebi poom teok chigi”.

A blow to the jaw area with one hand palm and protection of the head part with the second hand palm, the action in which the “Jebi poom teok chigi” is performed A blow to the jaw area with one hand palm and protection of the head part with the second hand palm, the action in which the “Jebi poom teok chigi” is performed



Jebi poom teok chigi

Bir qo‘l kafti bilan bo‘yin sohasiga tashqaridan zarba va ikkinchi qo‘l kafti bilan bosh qismini himoyasi, “Jebi poom teok chigi” amalga oshiriladigan harakat.

Удар ладонью одной руки снаружи в область шеи и защита головы ладонью другой руки, действие, которое выполняется “Jebi poom teok chigi

A blow from the outside to the neck area with one hand palm and protection of the head part with the second hand palm, the movement in which the “Jebi poom teok chigi” is performed.



Dangkyo teok chigi

Bir qo‘l mushtini old tomoni bilan jag‘ sohasiga pastdan zarba va ikkinchi qo‘l mushti zarba yo‘llangan qo‘l tirsagining tagida, “ Dangkyo teok chigi” amalga oshiriladigan harakat.

Удар кулаком одной руки в область челюсти снизу, а удар кулаком другой руки направляется рука у основания локтя, движение, при котором выполняется “ Dangkyo teok chigi

A low blow to the jaw area with the front side of one arm fist and the second arm fist blow are sent at the base of the arm elbow, the movement in which the “ Dangkyo teok chigi” is performed.



Pyojeok chigi

Bir qo'l mushtini pastki tomoni ikkinchi qo'l kaftiga zarba, "Pyojeok chigi" amalga oshiriladigan harakat.

Удар кулаком одной руки нижней стороной ладони другой руки, движение, при котором выполняется "Pyojeok chigi".

Bir qo'l mushtini pastki tomoni ikkinchi qo'l kaftiga zarba, "Pyojeok chigi" amalga oshiriladigan harakat.



Meongye olgichi

Ikkala qo‘l tirsak qismi bilan ikki tomonga, “meongye chigi” amalga oshiriladigan harakat.

Обе руки с частью локтя в обе стороны, движение, которое выполняется “meongye chigi”.

The movement in which the “meongye chigi” is performed, with both arm elbows to the two sides.



V I-Bo‘lim. OYOQDA AMALGA OSHIRILADIGAN ZARBALAR

(CHAGI)

V I-Раздел. УДАРЫ НОГОЙ

V I-Dept. BLOWS PERFORMED ON THE FOOT

1-rasm

Ap chagi

Oyoq kaftiningning barmoq osti yostiqchalari bilan to‘g‘riga, “Ap chagi” amalga oshiriladigan harakat.

Движение, при котором выполняется прямая, “Ap chagi”, подушечками пальцев ладони.

The foot is straight with the underfill pads of the palm of the hand, the movement in which the “Ap chagi” is performed.



Yop chagi

Oyoq kaftiningning tag qismi bilan yon tomonga to'g'ri zarba, "yoq chagi" amalga oshiriladigan harakat.

Движение, при котором выполняется прямой удар в сторону подошвой ладони, "yoq chagi".

The leg is a straight blow to the side with the base of the palm, the action in which the "Yop chagi" is performed.



Dollyo chagi

Oyoq kaftiningning ustki qismi bilan yon tomondan aylanma zarba, “dollyo chagi” amalga oshiriladigan harakat.

Круговой удар из стороны в сторону верхней частью ладони, движение, при котором выполняется “dollyo chagi”

A circular stroke from the side with the upper part of the foot palm, the action in which the “dollyo chagi” is performed.



Momdollyo chagi

Oyoq kaftiningning ustki qismi bilan to'liq aylanma zarba, "momdollyo chagi" amalga oshiriladigan harakat.

Полный круговой удар верхней частью ладони, движение, при котором выполняется "momdollyo chagi"

The foot is a full circular stroke with the top of the palm, the action in which the "momdollyo chagi" is performed.



Bandal chagi

Oyoq kaftiningning ustki qismi bilan ichkaridan tashqariga zarba,
“bandal chagi” amalga oshiriladigan harakat.

Удар изнутри наружу верхней частью ладони,
действие, при котором выполняется” bandal chagi

Blow from the inside to the outside with the top of the foot palm,
the action in which the” bandal chagi " is performed.



Dvi chagi

Oyoq kaftiningning tovon qismi bilan aylanma zarba,
“dvi chagi” amalga oshiriladigan harakat.

Круговой удар пяткой ладони,
действие, при котором выполняется” dvi chagi”.

Circular stroke with heel part of the foot palm,
the action in which the” dvi chagi ” is performed.



Ppodeo chagi

Oyoq kaftiningning tag tovon qismi bilan togʻridan zarba,
"ppodeo chagi" amalga oshiriladigan harakat.

Прямой удар пяткой подошвой ладони,
" ppodeo chagi " - это действие, которое нужно выполнить.

Foot blow from the mountain with the sole heel part of the palm,
the action in which the " ppodeo chagi " is performed.



Mireo chagi

Oyoq kaftiningning tag qismi bilan togʻridan zarba,
"mireo chagi" amalga oshiriladigan harakat.

Прямой удар подошвой ладони,
"mireo chagi" - это действие, которое нужно сделать.

Shot from the mountain with the sole of the foot palm,
the action in which the "mireo chagi" is performed.



Nakka chagi

Oyoq tizzasining orqa qismi bilan bo'yinni egib olish zarba,
"nakka chagi" amalga oshiriladigan harakat.

Удар ногой в шею с согнутой задней частью колена ногой,
действие, в котором выполняется" nakka chagi

Bending the neck with the back of the leg knee shock,
the action in which the" nakka chagi " is performed.



Naeryo chagi

Oyoq kaftining tag qismi bilan tepadan pastga to'g'ridan zarba,
"naeryo chagi" amalga oshiriladigan harakat.

Прямой удар сверху вниз подошвой ладони,
"naeryo chagi" - это действие.

Direct blow from top to bottom with the base of the palm of the foot,
the action in which the "naeryo chagi" is performed.



An chagi

Oyoq kaftining tag qismi bilan tepadan pastga tashqaridan ichkariga zarba, "an chagi" amalga oshiriladigan harakat.

Удар сверху вниз снаружи внутрь подошвой ладони, "an chagi" - это действие, которое выполняется.

A blow from top to bottom with the base of the palm of the foot from the outside to the inside, the movement in which the "An chagi" is performed.



Bakkat chagi

Oyoq kaftining tag qismi bilan tepadan pastga ichkaridan tashqariga zarba, “bakkat chagi” amalga oshiriladigan harakat.

Удар сверху вниз изнутри наружу подошвой ладони, действие, в котором выполняется” bakkat chagi”

From top to bottom with the base of the palm of the foot is a blow from the inside to the outside, the action in which the “bakkat chagi” is performed.



Tvio chagi

Ikkala oyoqda bir paytda sakrab old oyoqda zarba,
“tvio chagi” amalga oshiriladigan harakat.

Прыжок на обеих ногах одновременно удар передней ногой,
” “tvio chagi ” - это действие, которое нужно сделать.

Blow on the front leg, jumping at the same time on both legs,
the action in which” tvio chagi ” is performed.



V II-Bo'lim. QO'LDA AMALGA OSHIRILADIGAN HIMOYA HARAKATLARI

(MAKKI)

V II-Раздел. ЗАЩИТНЫЕ ДЕЙСТВИЯ, ВЫПОЛНЯЕМЫЕ ВРУЧНУЮ

V II-Dept. PROTECTIVE ACTIONS PERFORMED MANUALLY

1-rasm

Arae makki

Beldan pastki qismni mushli qo'l bilan himoya,
"area makki" amalga oshiriladigan harakat.

Защита нижней части талии мускулистой рукой,
"area makki" - это действие, которое нужно сделать.

Protection of the lower part from the waist with a mushy hand,
"Area makki" is the action to be performed.



Momtong makki

Gavda qismni mushli qo‘l bilan himoya,
“momtong makki” amalga oshiriladigan harakat.

Защита туловища мускулистой рукой,
" momtong makki " - это действие, которое нужно сделать.

Protection of the body part with a mushy hand,
"Momtong makki" is the action to be performed.



Olgul makki

Bosh qismni mushli qo‘l bilan himoya,
“olgul makki” amalga oshiriladigan harakat.

Защита головной части мускулистой рукой,
”olgul makki ” - это действие, которое нужно сделать.

Protection of the head part with a mushy hand,
the action in which the”olgul makki ” is performed.



Arae bitureo makki

Mushtli qo'l bilan beldan pastki qismni yon tomonan himoya,
"arae bitureo makki" amalga oshiriladigan harakat.

Боковая защита поясницы кулачной рукой,
"arae bitureo makki" - это действие, которое нужно сделать.

Side protection of the lower part from the waist with a punched hand,
the action in which "arae bitureo makki" is performed.



Arae hecho makki

Ikkita mushtli qo‘l bilan beldan pastki qismni yon tomonan himoya,
“arae hecho makki” amalga oshiriladigan harakat.

Боковая защита поясницы двумя кулаками,
"arae hecho makki" - это действие, которое нужно сделать.

Side protection of the lower part from the waist with two punched hands,
"arae hecho makki" is the action to be performed.



Arae otgoreo makki

Ikkita mushtli qo‘l bilan beldan pastki qismni x shaklida o‘rtadan himoya,
“arae otgoreo makki” amalga oshiriladigan harakat.

X-образная защита нижней части талии от середины двумя сжатыми в кулаки руками, “arae otgoreo makki” - это действие, которое нужно сделать.

Protection of the lower part of the waist from the middle in the form of an x with two punched hands, the action in which the “arae otgoreo makki” is performed.



Arae yop makki

Mushtli qo'l bilan beldan pastki qismni yondan himoya,
"arae yop makki" amalga oshiriladigan harakat.

Боковая защита поясницы кулаком,
"arae yop makki" - это действие, которое нужно сделать.

Side protection of the lower part from the waist with a punched hand,
the action in which "arae yop makki" is performed.



Arae kodureo makki

Ikkita mushtli qo'l bilan beldan pastki qismni himoya,
"arae kodureo makki" amalga oshiriladigan harakat.

Защита поясницы двумя кулаками, "arae kodureo makki" - это действие,
которое нужно сделать.

Protection of the lower part from the waist with two punched hands,
"arae kodureo makki" is the action to be performed.



Momtong kodureo makki

Ikkita mushtli qo'l bilan gavda qismni himoya,
"momtong kodureo makki" amalga oshiriladigan harakat.

Защита корпуса двумя кулаками,
" momtong kodureo makki " - это действие, которое нужно сделать.

Protect the body part with two punched hands, "momtong kodureo makki" is
the action to be performed.



Momtong hecho makki

Ikkita mushtli qo'l bilan gavda qismni to'g'ridan himoya,
"momtong hecho makki" amalga oshiriladigan harakat.

Прямая защита корпуса двумя кулаками, " momtong hecho makki " - это действие, которое нужно сделать.

Direct protection of the torso part with two fist arms,
the action in which" momtong hecho makki " is performed.



Momtong bitureo makki

Bitta mushtli qo‘l bilan gavda qismni old oyoqqa teskasi qo‘l bilan to‘g‘ridan himoya, “momtong bitureo makki” amalga oshiriladigan harakat.

Прямая защита туловища одной кулачной рукой с противоположной рукой на передней ноге, действие, которое выполняется “momtong bitureo makki

Direct protection of the part of the torso with a single fist with a reverse hand to the front leg, the action in which the “momtong bitureo makki” is performed.



Momtong yop makki

Bitta mushtli qo'l bilan gavda qismni yon tomondan himoya, "momtong yop makki" amalga oshiriladigan harakat.

Боковая защита части туловища одной кулачной рукой, действие, при котором выполняется " momtong yop makki"

Side protection of the part of the torso with a single-fist hand, the action in which the "momtong yop makki" is performed.



Momtong an makki

Bitta mushtli qo'l bilan gavda qismni tashqaridan ichkariga himoya,
“momtong an makki” amalga oshiriladigan harakat.

Одним кулаком защищайте часть туловища снаружи внутрь, “momtong
an makki” выполняемое движение.

With one fist hand, the body protects the part from the outside to the inside,
the action in which the “momtong an makki” is performed.



Momtong bakkat makki

Bitta mushtli qo‘l bilan gavda qismni ichkaridan tashqariga himoya,
“momtong bakkat makki” amalga oshiriladigan harakat.

Защита части туловища изнутри наружу одной кулачной рукой,
действие, которое выполняется “ momtong bakkat makki”

With one fist hand, the body protects the part from the inside to the outside,
the action in which the “momtong bakkat makki” is performed.



Olgul an makki

Bitta mushtli qo'l bilan bosh qismni tashqaridan ichkariga himoya, "olgul an makki" amalga oshiriladigan harakat.

Защищая головную часть снаружи внутрь одной кулачной рукой, "olgul an macki" выполняемое движение.

With a single fist hand, the head is protected from the outside to the inside, the action in which "olgul an makki" is performed.



Olgul bakkat makki

Bitta mushtli qo'l bilan bosh qismni ichkaridan tashqariga himoya, "olgul bakkat makki" amalga oshiriladigan harakat.

Защищая головную часть изнутри наружу одной кулачной рукой, выполняется движение "olgul bakkat makki"

Protection of the head part from the inside to the outside with a single punched hand, the action in which the "olgul bakkat makki" is performed.



Olgul bitureo makki

Oyoqqa teskari bitta mushtli qo'l bilan bosh qismni ichkaridan tashqariga himoya, "olgul bitureo makki" amalga oshiriladigan harakat.

Защита головной части изнутри наружу рукой с одним кулаком, обращенной к ноге, - это движение, которое выполняется "olgul bitureo macki".

Protection of the head part from the inside to the outside with a single fist arm inverted on the leg, the action in which the "olgul bitureo makki" is performed.



Olgul yop makki

Bitta mushtli qo‘l bilan musht kafti yuz tomonga qaragan, bosh qismni yon tomondan himoya, ikkinchi qo‘l mushti belda “olgul yop makki” amalga oshiriladigan harakat.

Кулак одной кулачной рукой ладонью к лицу, защищая головную часть сбоку, кулак другой рукой на талии-это движение, при котором выполняется “olgul yop makki”.

With one fist hand, the fist palm is facing the face, the head part is protected from the side, the fist of the second hand is the movement in which the “olgul yop makki” is performed at the waist.



Olgul kodureo yop makki

Bitta mushtli qo'l bilan musht kafti yuz tomonga qaragan, bosh qismni yon tomondan himoya, ikkinchi qo'l mushti ko'krak oldida "olgul kodureo yop makki" amalga oshiriladigan harakat.

Одной сжатой рукой кулак ладонью к лицу, защищая головную часть сбоку, другой сжатой рукой перед грудью выполняется движение "olgul kodureo yop macki".

With one fist hand, the fist palm is facing the face, the head part is protected from the side, the fist of the second hand is an action performed in front of the chest "olgul kodureo yop makki".



Olgul hecho makki

Ikkita mushtli qo'l bilan bosh qismni x shaklida yuqoridan himoya, "olgul hecho makki" amalga oshiriladigan harakat.

Х-образная защита головной части двумя сжатыми в кулак руками сверху, движение, при котором выполняется "olgul hecho makki".

Protection of the head part from above in the form of an x with two punched hands, the action in which the "olgul hecho makki" is performed.



Hecho santul makki

Ikkita mushtli qo'l bilan bosh qismni ikki yon tomondan himoya, "hecho santul makki" amalga oshiriladigan harakat.

Защита головы с обеих сторон двумя сжатыми в кулак руками, движение, которое выполняется "hecho santul makki".

With a two-punch hand, the head section is protected from two sides, the action in which the "hecho santul makki" is performed.



Bakkat palmok olgul yop makki

Bitta mushtli qo'l bilan musht kafti yuz tomonga qaragan, bosh qismni yon tomondan himoya, "bakkat palmok olgul yop makki" amalga oshiriladigan harakat.

Кулачная ладонь одной сжатой в кулак рукой обращена к лицу, голова защищена сбоку, выполняется движение "bakkat palmok olgul yop makki"

With one fist hand, the fist palm is facing towards the face, the head part is protected from the side, the movement in which the "bakkat palmok olgul yop makki" is performed.



Anpalmok olgul bakkat makki

Bitta mushtli qo'l bilan musht kafti yuz tomonga qaragan, bosh qismni to'g'ridan himoya, "anpalmok olgul bakkat makki" amalga oshiriladigan harakat.

Одним ударом кулаком ладонь кулака обращена к лицу, прямая защита головы," anpalmok olgul bakkat makki " выполняемое движение.

With one fist hand, the fist palm is facing towards the face, direct protection of the head part, the action in which the "anpalmok olgul bakkat makki" is performed.



Anpalmok momtong bakkat makki

Bitta mushtli qo'l bilan musht kafti yuz tomonga qaragan, gavda qismni to'g'ridan himoya, "anpalmok momtong bakkat makki" amalga oshiriladigan harakat.

Кулак одной рукой ладонью к лицу, туловище прямая защита части, выполняемое движение " anpalmok momtong bakkat makki ".

With one fist hand, the fist palm is facing towards the face, direct protection of the torso part, the movement in which the "anpalmok momtong bakkat makki" is performed.



Anpalmok momtong kodureo makki

Ikkita mushtli qo‘l bilan musht kafti yuz tomonga qaragan, gavda qismni to‘g‘ridan himoya, “anpalmok momtong kodureo makki” amalga oshiriladigan harakat.

Двумя сжатыми в кулак руками ладонь кулака обращена к лицу, туловище прямая защита части, выполняемое движение " anpalmok momtong kodureo makki

With two punched hands, the fist palm is facing the face, direct protection of the torso part, the action in which the “anpalmok momtong kodureo makki” is performed.



Anpalmok momtong bitureo makki

Bitta mushtli qo‘l bilan musht kafti yuz tomonga qaragan, gavda qismni to‘g‘ridan himoya, “anpalmok momtong bitureo makki” amalga oshiriladigan harakat.

Одним ударом кулаком ладонь кулака обращена к лицу, туловище прямая защита части, выполняемое движение "anpalmok momtong bitureo makki".

With one fist hand, the fist palm is facing the face, direct protection of the torso part, the action in which the “anpalmok momtong bitureo makki” is performed.



Anpalmok momtong hecho makki

Ikkita mushtli qo‘l bilan musht kafti yuz tomonga qaragan, gavda qismni to‘g‘ridan himoya, “anpalmok momtong hecho makki” amalga oshiriladigan harakat.

Двумя сжатыми в кулак руками ладонь кулака обращена к лицу, туловище прямая защита части, выполняемое движение anpalmok momtong hecho makki

With two punched hands, the fist palm is facing the face, direct protection of the torso part, the action in which the “anpalmok momtong hecho makki” is performed.



Sonnal makki

Ikkita ochiq qo'l kafti bilan, gavda qismni to'g'ridan himoya, "Sonnal makki" amalga oshiriladigan harakat.

С двумя открытыми ладонями, прямая защита туловища, движение, которое выполняет "Sonnal makki"

With two open palms, direct protection of the part of the torso, the action in which the "Sonnal makki" is performed.



Sonnal arae makki

Ikkita ochiq qo'l kafti bilan, beldan pastki qismni himoya, "Sonnal arae makki" amalga oshiriladigan harakat.

С двумя открытыми ладонями, защищающими нижнюю часть спины, выполняется движение "Sonnal arae makki"

With two open palms, protecting the lower part from the waist, the movement in which the "Sonnal arae makki" is performed.

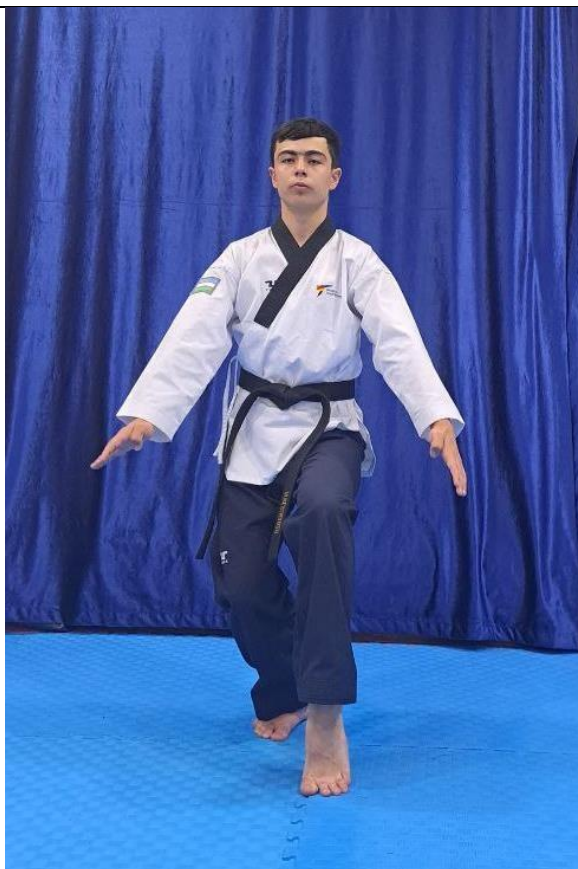


Sonnal arae hecho makki

Ikkita ochiq qo‘l kafti bilan, beldan pastki qismni yon tomondan himoya, “Sonnal arae hecho makki” amalga oshiriladigan harakat.

С двумя открытыми ладонями, защищающими нижнюю часть талии сбоку, выполняется движение “Sonnal arae hecho makki”.

With two open palms, side protection of the lower part from the waist, the movement in which the “Sonnal arae hecho makki” is performed.

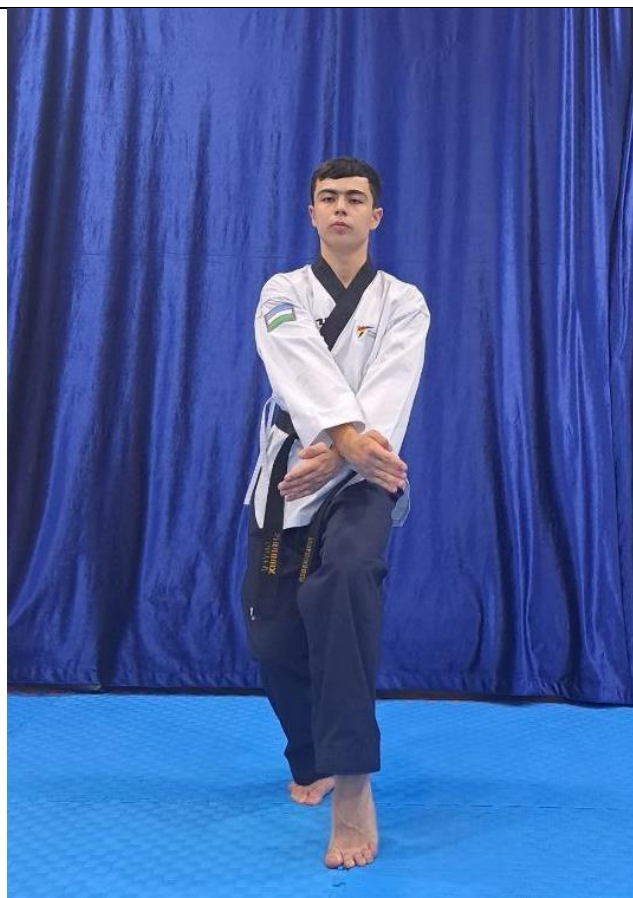


Sonnal arae otgoreo makki

Ikkita ochiq qo‘l kafti bilan, beldan pastki qismni qo‘llar kesishgan holda himoya, “Sonnal arae otgoreo makki” amalga oshiriladigan harakat.

С двумя открытыми ладонями, защищающими нижнюю часть талии со скрещенными руками, выполняется движение “Sonnal arae otgoreo makki”.

With two open palms, protecting the lower part from the waist with the intersection of the arms, the action in which the “Sonnal arae otgoreo makki” is performed.



Sonnal olgul otgoreo makki

Ikkita ochiq qo‘l kafti bilan, bosh qismni qo‘llar kesishgan holda himoya, “Sonnal olgul otgoreo makki” amalga oshiriladigan harakat.

С двумя открытыми ладонями, защищающими головную часть со скрещенными руками, выполняется движение “Sonnal olgul otgoreo makki”

With two open palms, the head is protected by the intersection of the arms, the action in which the “Sonnal olgul otgoreo makki” is performed.



Sonnal momtong hecho makki

Ikkita ochiq qo‘l kafti bilan, yelka qismni himoya, “Sonnal momtong hecho makki” amalga oshiriladigan harakat.

С двумя открытыми ладонями, защищающими плечевую часть, выполняется движение “Sonnal momtong hecho makki”.

With two open palms, protecting the shoulder part, the movement in which the “Sonnal momtong hecho makki” is performed.



Hanssonal olgul bakkat makki

Bitta ochiq qo'l kafti bilan, yelka qismni teskari tomondan himoya,
"Hanssonal olgul bakkat makki" amalga oshiriladigan harakat.

С одной открытой ладонью, защищающей плечевую часть с обратной стороны, выполняется движение "hanssonal olgul bakkat macki".

With one open palm, the shoulder protects the part from the reverse side, the action in which the "Hanssonal olgul bakkat makki" is performed.



Hanssonal olgul yop makki

Bitta ochiq qo‘l kafti bilan, bosh qismni yon tomondan himoya, “Hanssonal olgul yon makki” amalga oshiriladigan harakat.

С одной открытой ладонью, защищающей головную часть сбоку, выполняется движение “hanssonal olgul Side Mackie”.

With one open hand palm, side protection of the head part, the action in which the “Hanssonal olgul makki” is performed.



Hanssonal olgul an makki

Bitta ochiq qo'l kafti bilan, qo'l kafti yuzga qaragan bosh qismni himoya, "Hanssonal olgul an makki" amalga oshiriladigan harakat.

С одной открытой ладонью, защищающей головную часть, ладонь которой обращена к лицу, "Hanssonal olgul an Макки" выполняемое движение.

With one open palm, the palm of the hand protects the head part facing the face, the action in which "Hanssonal olgul an makki" is performed.



Hanssonal olgul bituro makki

Bitta ochiq qo'l kafti bilan, qo'l kafti tashqariga qaragan bosh qismni himoya, "Hanssonal olgul bituro makki" amalga oshiriladigan harakat.

С одной открытой ладонью, защищающей головную часть ладонью наружу, выполняется движение "Hanssonal olgul Bituro macki".

With one open palm, the palm protects the head part facing outwards, the action in which the "Hanssonal olgul bituro makki" is performed.



Hansonnal momtong makki

Bitta ochiq qo‘l kafti bilan, qo‘l kafti tashqaridan ichkariga gavda qismini himoya, “Hansonnal momtong makki” amalga oshiriladigan harakat.

С одной открытой ладонью, ладонь снаружи внутрь, защищая туловище, выполняется движение “Hansonnal momtong makki”

With one open armrest, the armrest protects the part of the torso from the outside to the inside, the movement in which the “Hansonnal momtong makki” is performed.



Hansonnal momtong an makki

Bitta qo'l kafti bilan qarama qarshi ochiq qo'l bilan, qo'l kafti tashqaridan ichkariga gavda qismini himoya, "Hansonnal momtong an makki" amalga oshiriladigan harakat.

С открытой ладонью, обращенной ладонью одной руки наружу внутрь, защищая туловище, выполняется движение "Hansonnal momtong an makki"

With one open hand opposite to the palm of the hand, the palm of the hand protects the part of the torso from the outside to the inside, the movement in which the "Hansonnal momtong an makki" is performed.



Hanssonal arae makki

Bitta qo'l kafti bilan qarama qarshi ochiq qo'l bilan, beldan pastki qismini himoya, "Hanssonal arae makki" amalga oshiriladigan harakat.

Одной рукой с открытой ладонью напротив, защищая поясницу, выполняется движение "Hanssonal arae makki".

With one open arm opposite to the palm of the hand, protecting the lower part from the waist, the action in which the "Hanssonal arae makki" is performed.



Hanssonal area yop makki

Bitta qo'l kafti bilan qarama qarshi ochiq qo'l bilan, beldan pastki qismini yon tomondan himoya, "Hanssonal area yop makki" amalga oshiriladigan harakat.

С открытой ладонью одной руки, защищающей нижнюю часть талии из стороны в сторону, выполняется движение "hanssonal area yop Makki".

With one open arm opposite to the palm of the hand, side protection of the lower part from the waist, the action in which the "Hanssonal area yop makki" is performed.



Hanssonal area bitureo makki

Bitta qo'l kafti bilan qarama qarshi ochiq qo'l bilan, beldan pastki qismini yon tomondan teskari himoya, "Hanssonal area bitureo makki" amalga oshiriladigan harakat.

С открытой ладонью, противоположной ладони одной руки, обратной защитой нижней части талии из стороны в сторону, выполняется движение "hanssonal area bitureo makki".

With one open arm opposite to the palm of the hand, reverse protection of the lower part from the waist from the side, the action in which the "Hanssonal area bitureo makki" is performed.



Sonnaldeung olgul makki

Bitta qo'l kaftining ustki qismi bilan, yuz qismini to'g'ridan himoya,
"Sonnaldeung olgul makki" amalga oshiriladigan harakat.

Одной рукой с верхней частью ладони, прямой защитой лица,
выполняется движение "Sonnaldeung olgul makki".

With the top of the palm of one hand, direct protection of the facial part, the
action in which the "Sonnaldeung olgul makki" is performed.



Sonnaldeung olgul hecho makki

Ikkita qo'l kaftining ustki qismi bilan, yuz qismini ikki yondan himoya,
"Sonnaldeung olgul hecho makki" amalga oshiriladigan harakat.

Двумя ладонями сверху, защищая лицо с двух сторон, выполняется
движение "Sonnaldeung olgul hecho makki".

With the top of the two palms, protecting the facial part from the two sides,
the action in which the "Sonnaldeung olgul hecho makki" is performed.



Sonnaldeung momtong bakkat makki

Ikkita qo‘l kaftining ustki qismi bilan, gavda qismini to‘g‘ridan himoya, “Sonnaldeung momtong bakkat makki” amalga oshiriladigan harakat.

Двумя ладонями вверх, прямая защита туловища, движение, которое выполняется “Sonnaldeung momtong bakkat makki”.

With the top of the two palms, the direct protection of the torso, the movement in which the “Sonnaldeung momtong bakkat makki” is performed.



Sonnaldeung momtong hecho makki

Ikkita qo'l kafti bilan, gavda qismini to'g'ridan himoya, "Sonnaldeung momtong hecho makki" amalga oshiriladigan harakat.

Двумя ладонями, прямая защита туловища, выполняемое движение "Sonnaldeung momtong hecho makki".

With two palms, the direct protection of the torso part, the action in which the "Sonnaldeung momtong hecho makki" is performed.



Sonnaldeung arae makki

Ikkita qo‘l kafti ustki qismi bilan, beldan pastki qismini himoya,
“Sonnaldeung area makki” amalga oshiriladigan harakat.

Двумя ладонями сверху, защищая поясницу, выполняется движение
“Sonnaldeung area makki”.

With the top of the two palms, protecting the lower part from the waist, the
movement in which the “Sonnaldeung area makki” is performed.



Kuppinsonmok momtong chukyo makki

Bitta qo'l bilagining ustki qismi bilan, gavda qismini himoya,
"Kuppinsonmok momtong chukyo makki" amalga oshiriladigan harakat.

Одна рука с верхней частью предплечья, защита туловища,
"Kuppinsonmok momtong chukyo makki" выполняемое движение

With a single wrist top, protecting the torso, the movement in which the
Kuppinsonmok momtong chukyo makki " is performed.



Kuppinsonmok olgul chukyo makki

Bitta qo'l bilagining ustki qismi bilan, yuz qismini himoya, "Kuppinsonmok olgul chukyo makki" amalga oshiriladigan harakat.

Одной рукой над запястьем, защищая лицо, выполняется движение "Kuppinsonmok olgul chukyo makki".

With the top of one wrist, protecting the facial part, the movement in which the "Kuppinsonmok olgul chukyo makki" is performed.



Batangson olgul an makki

Bitta qo'l kaftining ichki qismi bilan, yuz qismini tashqaridan ichkariga himoya, "Batangson olgul an makki" amalga oshiriladigan harakat.

С внутренней стороны ладони одной руки, защищающей лицо снаружи внутрь, " Batangson olgul an makki " выполняемое движение.

With the inside of one palm, the protection of the facial part from the outside to the inside, the action in which the "Batangson olgul an makki" is performed.



Batangson momtong chukyo makki

Bitta qo'l kaftining ichki qismi bilan, gavda qismini pastdan yuqoriga himoya, "Batangson momtong chukyo makki" amalga oshiriladigan harakat.

С внутренней стороны ладони одной руки, защищающей туловище снизу вверх, выполняется движение "Batangson momtong chukyo makki".

With the inside of one palm, the protection of the torso from bottom to top, the movement in which the "Batangson momtong chukyo makki" is performed.



Batangson momtong makki

Bitta qo‘l kaftining ichki qismi bilan, gavda qismini himoya, “Batangson momtong makki” amalga oshiriladigan harakat.

С внутренней стороны ладони одной руки, защищающей туловище, выполняется движение “ Batangson momtong makki”.

With the inner part of one armrest, protecting the part of the torso, the movement in which the “Batangson momtong makki” is performed.



Batangson momtong nullo makki

Bitta qo‘l kaftining ichki qismi bilan, gavda qismini tepadan pastga himoya, “Batangson momtong nullo makki” amalga oshiriladigan harakat.

С внутренней стороны ладони одной руки, защищающей туловище сверху вниз, выполняется движение “ Batangson momtong nullo makki ”.

With the inside of one armrest, protecting the torso from top to bottom, the movement in which the “Batangson momtong nullo makki” is performed.



Batangson arae makki

Bitta qo'l kaftining ichki qismi bilan, beldan pastki qismini tepadan pastga himoya, "Batangson arae makki" amalga oshiriladigan harakat.

С внутренней стороны ладони одной руки, защищающей нижнюю часть талии сверху вниз, выполняется движение " Batangson arae makki ".

With the inner part of one arm palm, protecting the lower part from the waist from the top to the bottom, the movement in which the "Batangson arae makki" is performed.



Kkureo olligi makki

Bitta qo‘l bilagi bilan, gavda qismini himoyasi, “Kkureo olligi makki” amalga oshiriladigan harakat.

Одной рукой с предплечьем, защитой туловища, выполняется движение “Kkureo olligi makki ”.

With one wrist, the protection of the part of the torso, the movement in which the “Kkureo olligi makki” is performed.



Santeul makki

Ikkita qo'l bilan, bosh qismini ikki yondan himoyasi, "Santeul makki" amalga oshiriladigan harakat.

Двумя руками, двумя боковыми защит головной части, выполняется движение " Santeul makki ".

With two hands, the protection of the head part from two sides, the action in which the "Santeul makki" is performed.



Sonnaldeung santeul makki

Ikkita qo‘l kafti bilan, bosh qismini ikki yondan himoyasi, “Sonnaldeung santeul makki” amalga oshiriladigan harakat.

Двумя ладонями, защитой головы с двух сторон, выполняется движение “Sonnaldeung santeul makki”.

With two palms, the protection of the head from two sides, the movement in which the “Sonnaldeung santeul makki” is performed.



Vesanteul makki

Ikkita qo'l mushti bilan, bosh qismi va beldan pastki qismini himoyasi,
"Vesanteul makki" amalga oshiriladigan harakat.

С двумя кулаками, защитой головы и поясницы, "Vesanteul makki" -
это движение, которое выполняется.

With two hand fists, the protection of the head part and the lower part from
the waist, the movement in which the "Vesanteul makki" is performed.



Sonnal vesanteul makki

Ikkita qo‘l kafti bilan, bosh qismi va beldan pastki qismini himoyasi,
“Sonnal vesanteul makki” amalga oshiriladigan harakat.

С двумя ладонями, головной частью и защитой нижней части спины,”
Sonnal vesanteul makki " - это движение, которое выполняется.

With two palms, the protection of the head
part and the lower part from the waist, the movement in which the “Sonnal
vesanteul makki” is performed.



Kavi makki

Ikkita qo'l mushti bilan, gavda qismini yuqoridan va pastdan himoyasi,
"Kavi makki" amalga oshiriladigan harakat.

Двумя кулаками руки, защитой туловища сверху и снизу, выполняется
движение "Kavi makki".

With two hand fists, the protection of the part of the torso from above and
below, the movement in which the "Kavi makki" is performed.

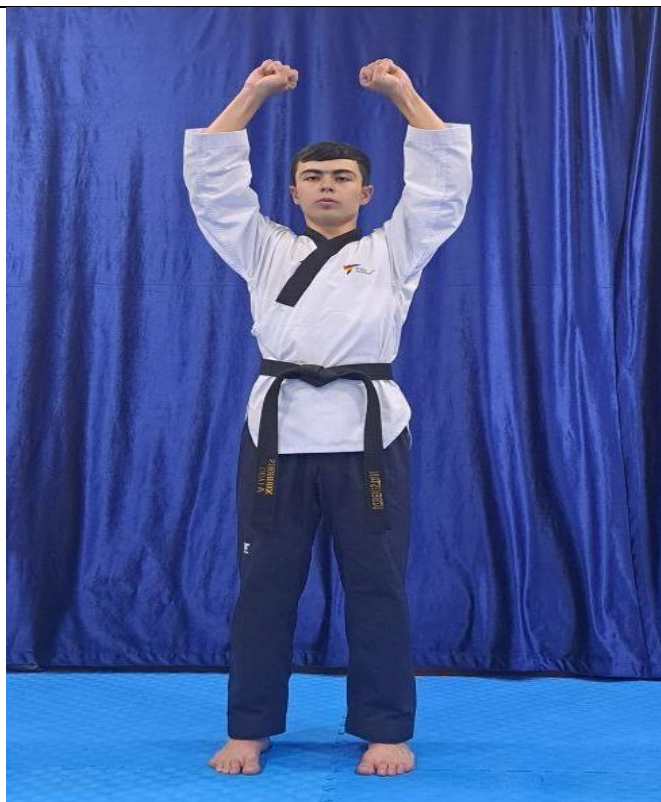


Hvangso makki

Ikkita qo‘l mushti bilan, bosh qismini yuqoridan himoyasi, “Hvangso makki” amalga oshiriladigan harakat.

Двумя кулаками руки, защита головы сверху, движение, при котором выполняется “Hvangso makki”.

With two hand fists, the protection of the head part from above, the action in which the “Hwangso makki” is performed



Sonbadak kodureo bakkat makki

Bitta qo‘l mushtiga ikkinchi qo‘l kafti bilan bilakni tutib turgan holda gavda qismini himoyasi, “Sonbadak kodureo bakkat makki” amalga oshiriladigan harakat.

Защита части туловища, удерживая запястье ладонью другой руки в кулаке одной руки, действие, которое выполняется “ Sonbadak kodureo bakkat makki”

Protection of the part of the torso while holding the wrist with the palm of the second hand to one hand fist, the action in which the “Sonbadak kodureo bakkat makki” is performed.



Keumgang makki

Ikkita qo‘l mushti bilan bosh va beldan pastki qismini himoyasi, “Keumgang makki” amalga oshiriladigan harakat.

Защита головы и поясницы двумя сжатыми кулаками, движение, которое выполняется “Keumgang makki”.

Protection of the head and lower part from the waist with two hand punches, the action in which the “Keumgang makki” is performed.



Sonnal keumgang makki

Ikkita qo'l kafti bilan bosh va beldan pastki qismini himoyasi, "Sonnal keumgang makki" amalga oshiriladigan harakat.

Защита головы и поясницы двумя ладонями, движение, которое выполняется "Sonnal keumgang makki".

Protection of the head and lower part from the waist with two palms, the movement in which the "Sonnal keumgang makki" is performed.



Hakdari keumgang makki

Ikkita qo‘l mushti bilan bosh va beldan pastki qismini himoyasi, “Hakdari keumgang makki” amalga oshiriladigan harakat.

Защита головы и поясницы двумя кулаками, “Hakdari keumgang makki” выполняемое движение.

Protection of the head and lower part from the waist with two hand punches, the action in which the “Hakdari keumgang makki” is performed.



Pyojeok makki

Bitta qo'l mushtining bilak qismini ikkinchi qo'l kafti bilan tutib turgan holda beldan pastki qismini himoyasi, "Pyojeok makki" amalga oshiriladigan harakat.

Защита поясницы, удерживая запястную часть кулака одной рукой ладонью другой руки, движение, при котором выполняется "Pyojeok makki".

Protection of the lower part of one arm fist from the waist while holding the wrist part with the palm of the second hand, the action in which the "Pyojeok makki" is performed.



Meongye ppaegi makki

Ikkita qo‘l kafti ko‘krak oldida himoya, “Meongye ppaegi makki” amalga oshiriladigan harakat.

Две ладони рук перед грудью защита, выполняемое движение "Meongye ppaegi makki".

Protection in front of the chest of the two palms of the hands, the action in which the “Meongye ppaegi makki” is performed.



Mithuro ppaegi makki

Ikkita qo‘l kafti bilan, bir kaft ko‘krak oldida, ikkinchisi belni orqa tomonidan himoya, “Mithuro ppaegi makki” amalga oshiriladigan harakat.

С двумя ладонями, одна ладонь перед грудью, а другая-для защиты талии сзади, выполняется движение “ Mithuro ppaegi makki ”.

With two palms, one palm in front of the chest, the other protecting the waist from the back, the movement in which the “Mithuro ppaegi makki” is performed.



Viro ppaegi makki

Ikkita qo‘l kafti bilan, bir kaft ko‘krak oldida, ikkinchisi tirsak to‘g‘riga ko‘tarilgan, kaft quloq orqasida himoya, “Viro ppaegi makki” amalga oshiriladigan harakat.

Ладонями двух рук, одна ладонь перед грудью, а другой локоть поднят прямо, ладонь за ухом защитное движение, выполняемое “Viro ppaegi makki”.

With two palms, one palm in front of the chest and the other raised to the elbow straight, the palm behind the ear is a protective, “Viro ppaegi makki” movement performed.



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V III-Dept. PROTECTIVE ACTIONS PERFORMED ON THE FOOT

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Olgul yopcho ollyo makki

Bitta oyoq tag qismi bilan, yuz qismini himoya, “Olgul yopcho ollyo makki” amalga oshiriladigan harakat.

С одной подошвенной частью ноги, защищающей лицевую часть, выполняется движение “Olgul yopcho ollyo makki”.

With one foot sole, protecting the facial part, the action in which the “Olgul yopcho ollyo makki” is performed.



Arae bada makki

Bitta oyoq tag qismi bilan, beldan pastki qismini himoya, “Arae bada makki” amalga oshiriladigan harakat.

С одной частью подошвы, защищая поясницу, выполняется движение “ Arae bada makki ”.

With one foot sole, protection of the lower part from the waist, the movement in which the “Arae bada makki” is performed.



Momtong anchonae makki

Bitta oyoq tag qismi bilan, gavda qismining himoyasi, “Momtong anchonae makki” amalga oshiriladigan harakat.

С одной подошвенной частью ноги, защитой части туловища, выполняется движение “Momtong anchonae makki”.

With one foot sole, the protection of the part of the torso, the movement in which the “Momtong anchonae makki” is performed.



Anuro kodeonaegi makki

Bitta oyoq tag qismi bilan, beldan pastki qismining himoyasi, “Anuro kodeonaegi makki” amalga oshiriladigan harakat.

С одной подошвенной частью ноги, защитой поясницы, выполняется движение “Anuro kodeonaegi makki ”.

With one foot sole, the protection of the part of the torso, the movement in which the “Momtong anchonae makki” is performed.



Olgul bakkat chonae makki

Bitta oyoq tag qismi bilan, yuz qismining himoyasi, “Olgul bakkat chonae makki” amalga oshiriladigan harakat.

С одной подошвой стопы выполняется защита лицевой части,” Olgul bakkat chonae makki”.

With one foot sole, the protection of the facial part, the movement in which “Olgul bakkat chonae makki” is performed.

olgul bakkatchonae makki

Jeonggangyi bada makki

Bitta oyoqning boldir ustki qismi bilan, beldan pastki qismining himoyasi, “Jeonggangyi bada makki” amalga oshiriladigan harakat.

С верхней частью голени одной ноги, защитой нижней части спины, выполняется движение “ Jeonggangyi bada makki ”.

With the calf top of one leg, the protection of the lower part from the waist, the movement in which the “Jeonggangyi bada makki” is performed.

