



## BASIC TERMINOLOGY

English	Korean Word / Pronunciation
Art of Hand and Foot	Tae-kwon-do
Grand Master	Gwan-Jang-Nim
Master Instructor (5th Dan Black)	Sab-Eom-Nim
Instructor (4th Dan Black)	Gyo-San-Nim
Assistant Instructor (1st Dan Black)	Jog-Yon-Nim
Uniform	Do-bok
Belt	Dhee
Black Belt Degree	Dan
Color Belt Level	Geup
School	Do-Jang
Pattern/Form	Poomse
Sparring	Gyeo-rugi
Self Defense	Ho-Sin-Sool
Attention	Char-ye-ot
Bow	Gyeong-Nye
Relax	Shi-ya
Yell	Ki-Hap
Ready Stance	Jun-bi
Fighting Stance	Gyeo-rugi-junbi
Begin	Shi-Jak
Finish/Stop	Keu-Man



## DIRECTIONS

English	Korean Word / Pronunciation
Front	AP
Slide	Ye-op
Back	Dwi
Turning/Round	Doll-yeo
Inward/Inside	An
Outward/Outside	Bak-Kat
Twisting	Bit-ur-eo
Low	Ar-ae
Middle	Mom-tong
Upper/High	Ol-gul
Turn Around	Dwi-ro-dol-ra



## COUNTING

English	Korean Word / Pronunciation
One	Hana
Two	Dul
Three	Set
Four	Net
Five	Da-Seot
Six	Yeo-Seot
Seven	IL-goop
Eight	Yuh-Deol
Nine	Ah-Hop
Ten	Yell



## STANCES - SOGI

English	Korean Word / Pronunciation
Attention	Char-ye-ot
Ready Stance	Jun-bi
Front Stance (Long)	Ap-ku-bi
Horse Riding Stance	Kee-mar-sae
Fighting Stance	Gyeo-rugi-junbi
Walking Stance (Short)	Ap-sogi
Back Stance	Dwi-kubi
Left "L" Stance	Wen-sogi
Right "L" Stance	Oreun-sogi
Cross Stance	Koa-sogi
Covered Fist Stance	Boju-meok-junbi
Cat Stance	Beom-Sogi
Crane Stane	Hak-dari-sogi
Overlapped Hand Stance	Gye-opson-junbi
Inner Knee Stance	Ogum-sogi
Assisting Stance	Gyeot-dari-sogi



## BLOCKS - MAKGI

English	Korean Word / Pronunciation
Low Block	Arae-makgi
Middle Block	Momtong-makgi
High Block	Olgul-makgi
Single Knife Hand Outward Block	Han-sonnal-bakkat-makgi
Low Side Block	Arae-yeop-makgi
Open Hand Low Block	Sonnal-arae-makgi
Outside Block	Bakkat-makgi
High Outside Block	Olgul-bakkat-makgi
Cross Block	Otgoreo-makgi
Low Cross Block	Arae-otgoreo-makgi
High Cross Block	Olgul-otgoreo-makgi
Open Hand High Cross Block	Sonnal-olgul-otgoreo-makgi
Inward Knife Hand Block	Sonnal-an-makgi
Scissor Block	Kawi-makgi
Mountain Block	Santeul-makgi
Diamond Block	Keumgang-makgi



## KICKS - CHAGI

English	Korean Word / Pronunciation
Front Kick	Ap-chagi
Jumping Front Kick	Twieo-ap-chagi
Skipping Front Kick	Bal-buchoe-ap-chagi
Side Kick	Yeop-chagi
Jumping Side Kick	Twieo-yeop-chagi
Skipping Side Kick	Bal-buchoe-yeop-chagi
Axe Kick	Naer-yeo-chagi
Skipping Axe Kick	Bal-buchoe-naer-yeo-chagi
Round Kick	Doll-yeo-chagi
Jumping Round Kick	Twieo-doll-yeo-chagi
Skipping Round Kick	Bal-buchoe-doll-yeo-chagi
Back Kick	Dwi-chagi
Jumping Back Kick	Twieo-Dwi-Chagi
Inward Crescent Kick	An-chagi
Outward Crescent Kick	Bakkat-chagi
Hook Kick	Hur-yeo-chagi
Spinning Hook Kick	Dwi-hur-yeo-chagi
Pushing Kick	Mireo-chagi
Knee Strike	Mureup-ollyo-chigi



## PUNCHES - JIREUGI

English	Korean Word / Pronunciation
Middle Punch (Sternum)	Mom-tong-jire-ugi
Low Punch	Arae-jire-ugi
High Punch	Olgul-jire-ugi
Double Punch	Dub-eon-jire-ugi
Side Punch	Yeop-jire-ugi

## STRIKES - CHIGI

English	Korean Word / Pronunciation
Inward Knife-Hand Strikie	Sonnal-an-chigi
Inward Swallow-Hand Blade Strike	Jebi-poom-mak-chigi
Spearhead Uppercut	Pyeon-son-kkeut-sewo-jire-ugi
Turning Elbow Strike	Pal-gup-doll-yeo-chigi
Elbow Strike	Pal-gup-pyo-jeok-chigi
Hammer Fist Strike	Me-jum-eok-chigi
Downward Hammer Fist	Me-jum-eok-naer-yeo-chigi
Outward Hammer Fist	Me-jum-eok-bakkat-chigi
Outward Backfist	De-ung-jum-eok-bakkat-chigi
Outward Knife Hand Strike	Sonnal-olgul-bakkat-chigi
Palm Heel Strike	Batang-son-ap-chigi