

TERMINOLOGY

CHAIN OF COMMAND

Kwan Jang Nim

(Grand Master Instructor) Certified Instructor (8th Dan)

Sa Bum Nim

(Master Instructor) Certified Instructor (4th to 7th Dan)

Jo Kyo Nim

Certified Instructor (1st Dan to 3rd Dan)

Chief instructor

Certified Instructor with 3rd Dan

Instructor

Certified Instructor with 2nd Dan

Assistant Instructor

Certified Instructor with 1st Dan

COURTESY/CONVERSATIONAL

Sa Bum Nim

Master Instructor

Kam sa ham ni da

Thank you for working out with me

Cheon ma ne yo

You're welcome

An nyung ha sip ni ka

Hello, how are you?

An nyung hee gwe sip si yo

Good by e

STANCES (SOHGI)

Ahp suh gi Walking Stance

Ap gu bi Front Stance

Dwi gu bi Back Stance

Ju chum sah gi Horse Stance

Jun bi sah gi Ready Stance

Moa sah gi Closed feet Stance

Geh ru ri jun bi Sparring Stance

HAND TECHNIQUES

Son nal mok chi gi

Knife-hand Strike at neck

Pyeon son koot jireugi

Spear fingers Strike

Pal gub chi gi

Elbow strike

Kal jae bi

Crescent fist Strike

Dung ju muk chi gi

Back fist Strike

BLOCKING (MAHKI)

Ahre mahki Low Block

Momtung mahki Middle Block

EOigul mahki High Block

Geodeureo mahki Fist of one arm supports the elbow of the other arm middle Block

Han son nal mahki Single Knife-Hand Block

Yang son nal mahki Double Knife- Hand Block

Gawi mahki Scissors Block

Eotgereo mahki X Block

PUNCHES (JIREUGI)

EOigul jireugi High Punch

Momtung jireugi Middle Punch

Doo beon jireugi Double punch

Ahre jireugi Low Punch

KICKING TECHNIQUES (CHAGI)

Ahp cha gi Front Kick

Dolryo cha gi Roundhouse Kick

Yeop Cha gi Side Kick

Bal olia cha gi Stretch Kick

Ban dal cha gi Crescent Kick

Gik a cha gi Axe Kick

Nak a cha gi Hook Kick

Bandae dolryo cha gi Spinning hook kick

Dol gae cha gi Turning Roundhouse Kick

Meero Cha gi Pushing Kick

Dwi Cha gi Back Side Kick

THE DISCIPLINES OF TAE KWON DO

Poomse Forms

Hosinsul Self-defense

Gyorugi Sparring

Kuek pa Breaking

COUNTING

1	Hana	One	11	Yul-Hana	Eleven
2	Dul	Two	12	Yul-Du	Twelve
3	Set	Three	20	Seumool	Twenty
4	Net	Four	30	Soreun	Thirty
5	Dasut	Five	40	Maheun	Forty
6	Yasut	Six	50	Sheen	Fifty
7	Ilgob	Seven	60	Yesoon	Sixty
8	Yudol	Eight	70	Ilheun	Seventy
9	Ahoop	Nine	80	Yudoon	Eighty
10	Yul	Ten	90	Aheun	Ninety
			100	Bak	Hundred

1	Il	1st	2	Ee	2nd
3	Sam	3rd	4	Sa	4th
5	Oh	5th	6	Yook	6th
7	Chil	7th	8	Pal	8th
9	Koo	9th	10	Sip	10th

CLASS/COMPETITION COMMANDS

Cha ryut	Attention
Kukki	Flag
Do Bok	Uniform
DoJang	Taekwondo School
Kyung yet	Bow
Jun Bi	Ready
Shi Jhack	Begin
Baal Ba Kue	Switch Feet
Ba Ro	Return to Start Position
Shio	Rest
Soom Shi Gi	Breathing
Ku Mahn	Stop
Hoh Goo	Chest Gear
Jeon	Round
Il hoejeon	First Round
Kallyo	Pause
Kam Jom	Penalty Point
Kyung Go	Warning
Hong	Red
Cheong	Blue
Bu Sang	Injury
Yak sok Gyorugi	1 x Time x Limit x Sparring
Ki bon dong Jak	Basic Movement
Shi Bum Dan	Demonstration Team

THE BODY

Mom	Body
Ul gul	Face
Ahre	Lower Body
Mo li	Head
Mok	Neck
Tuck	Chin
Ib	Mouse
Koh	Nose
Noon	Eye
Myung chi	Solar plexus (center of body)
Pal	Arm
Palkoop	Elbow
Pal Mok	Forearm
Son	Hand
Son mok	Wrist
Jumok	Fist
Dan	Leg
Murup	Knee
Baal	Foot
Apchook	Ball of Foot

DIRECTION

Ahp	Front
Dwi	Back
Ban dae	Reverse
Ba gat	Outside
Ahn	Inside
Oh reun	Right
Wen	Left
Yeop	Side
We	Up
Ahrae	Low