

TAEKWONDO TERMINOLOGY

WHITE BASIC KOREAN

Hello / How are you.....	An Nyung Ha Sae Yo
Good bye (if you are leaving).....	An Nyung He Gae Sae Yo
Good bye (if other is leaving).....	An Nyung He Ga Sae Yo
Thank you.....	Kam Sa Ham Me Da
Bow.....	Kyung Nae
Bow to Flags.....	Kuk Gee Eh Dae Han Kyung Na
Bow to Master.....	Kuan Jang Nim Kkae Kyung Nae
Mental concentration.....	Jung shin Tong Il
Tae Kwon Do School.....	Do Jang
Loyalty (School Word).....	Choong Sung

YELLOW BASIC KOREAN

Begin.....	Shee Jak
Stop.....	Ku Man
Sit down.....	An Ja
Stand up.....	Il A Suh
Sit Correctly.....	Ba Ro An Ja
Yes.....	Nae
No.....	A Ni Yo
Uniform.....	Do Bok
Belt.....	Ddee

YELLOW W/STRIPE BASIC KOREAN

Master.....	Kuan Jang Nim
Instructor.....	Sa Bum Nim
Sparring.....	Kye Ru Gee
Discipline.....	Hool Yeun
Hurry up.....	Bbal Lee Bbal Lee

GREEN BASIC KOREAN

Good / Fine.....	Jo Sum Me Da
Form.....	Poom Sae (Hyung)
Respect.....	Jon Kyung
Confidence.....	Ja Sin Kam
Focus.....	Cho Chum
Honesty.....	Joung Jik

COMMANDS

Cha-Ryeo.....	Come to Attention
Kyong-Ye.....	Bow
Jun Be.....	Get Ready (Ready Stance)
Dorra.....	About Face
Si-Jak.....	Begin / Start
Ba-Quo.....	Switch
Gu-mahn.....	Hold / Stop
Barro.....	Return (to ready stance)
Kalyeo.....	Break / Stop
Kae sok.....	Continue

GREEN W/STRIPE BASIC KOREAN

Try your hardest.....	No Riuk
Goal.....	Mok Pyo
Kindness.....	Jin Sil

BLUE BASIC KOREAN

Concentration.....	Jib Joong
Student.....	Hak Sang
Practice.....	Yun Sup

BLUE W/STRIPE BASIC KOREAN

Senior Belt.....	Sun Bae
Belt Test.....	Shim Sa
Victory.....	Pil Sung
Help each other.....	Hyup Dong

RED BASIC KOREAN

Humble.....	Kyum Son
Responsibility.....	Chaek Im
Pain.....	Go Tong
Friend.....	Chin Gu
Friendship.....	Woo Jung

BROWN BASIC KOREAN

You are welcome.....	Chun Man Eh Yo
Excuse me / Pardon me.....	Sil Lae Ham Me Da
Turn right.....	Woo Ro Dora
Turn Left.....	Jua Ro Dora
Turn around.....	Dwee Ro Dora
Black Belt.....	Yu Dan Ja
Patience.....	In Nae

BLACK BASIC KOREAN

Justice.....	Jung E
See You Later.....	DDo Bop See Da
Flag.....	Kuk Gee
America.....	Mi Gook
Korea.....	Han Gook
American Flag.....	Mi Gook Gee
Korean Flag.....	Tae Guk Gee
Success.....	Sung Gomg
Martial art.....	Mu Sool
Martial artist.....	Mu Sool In

KICKS (Cha-gee)

Front Stretching Kick	Ap Bbut A Ol Lee Gee				
Side Stretching Kick	Yub Bbut A Ol Lee Gee				
Front Kick	Ap			Cha-gee	
Side Kick	Yub			Cha-gee	
Roundhouse Kick	Doul-yeo			Cha-gee	
Axe Kick	Jjik A			Cha-gee	
Jumping Kick	Ddwee A	Cha-gee			
Jumping Front Kick	Ddwee A	Ab		Cha-gee	
Jumping Side Kick	Ddwee A	Yub		Cha-gee	
Jumping Roundhouse Kick	Ddwee A	Doul-yeo		Cha-gee	
Jumping Axe Kick	Ddwee A	Jjik A		Cha-gee	
Back Swing Kick	Dwee Dol Yeo			Cha-gee	
Back Kick	Dwee			Cha-gee	
Front Kick, Side Kick	Ab	Cha-gee	Yub	Cha-gee	
Roundhouse Kick, Axe Kick	Doul-yeo	Cha-gee	Jjik A	Cha-gee	
Roundhouse Kick, Back Swing Kick	Doul-yeo	Cha-gee	Dwee Doul-yeo	Cha-gee	
Back Side Kick	Dwee Dol A Yub			Cha-gee	
Front Kick, Back Kick	Ab	Cha-gee	Dwee	Cha-gee	
Half Moon Kick	Ban Dal			Cha-gee	
Pushing Front Kick	Mil A Ap			Cha-gee	
Combination Kick	Yeun Sok			Cha-gee	
Side Kick, Back Side Kick	Yub	Cha-gee	Dwee Doul A Yub	Cha-gee	
Tornado Kick	Whye O Ree			Cha-gee	
Double Kick with One Leg	Han Bal Yi Dan			Cha-gee	
Double Front Kick with One Leg	Han Bal Yi Dan Ab			Cha-gee	
Double Side Kick with One Leg	Han Bal Yi Dan Yub			Cha-gee	
Double Roundhouse Kick with One Leg	Han Bal Yi Dan Doul Yue			Cha-gee	
Inside Out Roundhouse Kick	Be Teul A (Gak Gee Cha-gee)			Cha-gee	
Half Tornado Kick	Ban Whye O Ree			Cha-gee	
Jump Back Side Kick	Ddwee A Dwee Doul A Yub			Cha-gee	
Double Kick with Two Legs	Doo Bal Yi Dan			Cha-gee	
Double Front Kick with Two Legs	Doo Bal Yi Dan Ab			Cha-gee	
Hook Kick	Hoo Reu			Cha-gee	
Double Kick with Two Legs	Doo Bal Yi Dan			Cha-gee	
Double Roundhouse Kick with Two Legs	Doo Bal Yi Dan	Doul Yue		Cha-gee	
Double Roundhouse Kick with Two Legs Followed by Back Swing Kick	Doo Bal Yi Dan	Doul Yue	Cha-gee	Dwee Doul Yue	Cha-gee
Half Tornado Kick Following By Back Swing Kick	Ban Whye O Ree	Cha-gee	Dwee Doul Yue	Cha-gee	
Back Hook Kick	Dweea Dol A Hoo Reu			Cha-gee	
Flying Kick	Nal Yeu			Cha-gee	
Roundhouse Kick and Back Swing Kick with One Leg	Han Bal Doul Yue	Cha-gee	Dwee Doul Yue	Cha-gee	
Tornado Kick Following By Back Swing Kick	Whye O Ree	Cha-gee	Dwee Doul Yue	Cha-gee	
Sweep Kick	An ja Dwee Doul Rae			Cha-gee	
Jumping Back Swing Kick	Ddwee A Dwee Doul Yue			Cha-gee	
Step Over Jumping Half Tornado Kick	Wyee Bal Whye Juen	Doul Yue		Cha-gee	

BLOCKS (Mak-gee)

High (face) Block	Ui Gool	Mak-gee		
Inside Block	An	Mak-gee		
Outside Block	Backat	Mak-gee		
Down Block	A Rae	Mak-gee		
Two Hands Blocks (Up, Down)	Du Son	Mak-gee		
Two Hands High Block	Du Son Ui Gool	Mak-gee		
Two Hands Down Block	Du Son A Rae	Mak-gee		
Two Hands Outside Block (Spreading Block)	Hae Cheo	Mak-gee		
Knife Hand Block	Son Nal	Mak-gee		
Knife Hand High Block	Son Nal Ui Gool	Mak-gee		
Knife Hand Inside Block	Son Nal An	Mak-gee		
Knife Hand Outside Block	Son Nal Ba Kkot	Mak-gee		
Knife Hand Down Block	Son Nal A Rae	Mak-gee		
Double Knife Hand Block	Du Son Nal Kuh Dul A	Mak-gee		
High Block <i>followed by Two Punches</i>	Ui Gool	Mak-gee	<i>Doo Bun Ji</i>	<i>Reo-gee</i>
Inside Block <i>followed by Two Punches</i>	An	Mak-gee	<i>Doo Bun Ji</i>	<i>Reo-gee</i>
Outside Block <i>followed by Two Punches</i>	Backat	Mak-gee	<i>Doo Bun Ji</i>	<i>Reo-gee</i>
Down Block <i>followed by Two Punches</i>	A Rae	Mak-gee	<i>Doo Bun Ji</i>	<i>Reo-gee</i>
Scissors Block	Ga Wee	Mak-gee		
Palm Block (with Front and Back Stances)	Ba Tang Son	Mak-gee		
Palm Inside Block	Ba Tang Son An	Mak-gee		
Palm Down Block	Ba Tang Son A Rae	Mak-gee		
Palm Upper Outside Block	Ba Tang Son Ba Kkot	Mak-gee		
Half Moon Block	Ban Dal	Mak-gee		
Knife Hand High Block <i>and a Body Punch with one Hand</i>	Han Son Nal Ui Gool	Mak-gee	<i>Mom Tong Ji</i>	<i>Reo-gee</i>
Knife Hand Inside Block <i>and a Body Punch with one Hand</i>	Han Son Nal An	Mak-gee	<i>Mom Tong Ji</i>	<i>Reo-gee</i>
Knife Hand Outside Block <i>and a Body Punch with one Hand</i>	Han Son Nal Backat	Mak-gee	<i>Mom Tong Ji</i>	<i>Reo-gee</i>
Knife Hand Down Block <i>and a Body Punch with one Hand</i>	Han Son Nal A Rae	Mak-gee	<i>Mom Tong Ji</i>	<i>Reo-gee</i>
Double Hand Block	Du Son Kuh Dul A	Mak-gee		

STANCES, STABS, PUNCHES AND KICKS

STANCES (Suh-gee)

Attention Stance	Cha-Ryeo	Suh-gee
Walking Stance	Ap	Suh-gee
Ready Stance	Jun Be	Suh-gee
Horse Stance	Ju Chum	Suh-gee
Front Stance	Ap Gub-E	Suh-gee
Back Stance	Dwee Gub-E	Suh-gee
Twisted Stance	Koa	Suh-gee
Tiger Stance	Bum	Suh-gee
Kicking Stance	Bal Cha-gee	Jun Be
Sparring Stance	Kyeo Ru Gee	Chum Be
Return (back ready stance)	Ba ro	
Relax	Yeol Jung Shio	

STAB (Reo-gee)

Fingertips Body Stab	Son Kkut	Mom Tong Jee	Reo-gee
Fingertips Neck Stab	Son Kkut	Mouck Jee	Reo-gee

PUNCHES (Reo-gee)

Body Punch	Mon Tong Jee	Reo-gee
One Time Punch	Han Bun Jee	Reo-gee
Two Times Punch	Du Bun Jee	Reo-gee
Three Times Punch	Sae Bun Jee	Reo-gee
Chestnut Fist to the Body	Bam Ju Muk Mom Tong	Chee-gee
Back Fist Punch	Dung Ju Muk	Chee-gee
Elbow Punch	Pal Gub	Chee-gee
Side Punch	Yup Jee	Reo-gee

STRIKE (Chee-gee)

Knife Hand Neck Strike	Son Nal Mok	Chee-gee
One knife hand high block, other knife hand neck strike	Jae Be Poom Mok	Chee-gee
Palm Strike	Ba Tang Son	Chee-gee
Hammer Fist Strike	Mae Ju Muk	Chee-gee
Claw Hand Strike	Jep Gae Son	Chee-gee
Double Knife Hand Neck Strike	Doo Son Nal Mok	Chee-gee
Chestnut Fist to the Temple	Bam Ju Muk Guan Ja Nouree	Chee-gee
Palm Strike to Chin	Ba Tang Son Tuck	Chee-gee
Speak Hand Attack	Chul Sa Jan	Chee-gee

ANATOMY

Head	Mo-li
Face	Ul Gool
Temple	Guan Ja Nouree
Under Nose	In Joong
Mouth	Ip
Neck	Mok
Body	Mom-tong
Waist	Huri
Arm	
Elbow	Pal Gub / Pal Ggum Chee
Forearm	Pahl-mock
Wrist	Pal Mok (Son-mock)
Hand	Son
Fist	Ju Muk
Knife Hand	Son Nal
Fingertips	Son-kut
Back Fist	Dung Ju Muk
Hammer Fist	Mae Ju Muk
Natural Hand	Ba Tang Son
Chestnut Fist	Bam Ju Muk
Claw Hand	Jep Gee Son
Opened Fist	Pyeon Ju Muk
Leg	Dah-ree
Knee	Moo-rub
Shin	Jung Gang E
Foot	Bahl
Bottom of Foot	Bal Ba Dak
Ball of foot	Jock Do (Ahp-chook)
Top of Foot	Bal Dung
Instep	Bahl-dung
Heel	Bal Dwee Ggum Chee (Dwi-chook)
Knife Foot	Bal Nal

NUMBERS

1 – Ha Na	10 – Yol	20 – Su Mul	1 st – el
2 – Dul	11 – Yol Ha Na	21 – Su Mul Ha Na	2 nd – e
3 – Set	12 – Yol Dul	30 – Suh Run	3 rd – sam
4 – Net	13 – Yol Set	40 – Ma Hun	4 th – sa
5 – Da Sut	14 – Yol Net	50 – Shin	5 th – o
6 – Yo Sut	15 – Yol Da Sut	60 – Ye Soon	6 th – yuk
7 – Il Gob	16 – Yol Yo Sut	70 – Il Hun	7 th – chil
8 – Yo Dul	17 – Yol Il Gob	80 – Yo Dun	8 th – pul
9 – A Hop	18 – Yol YoDul	90 – A Hun	9 th – koo
	19 – Yol A Hob	100 – Baek	10 th – sib
		200 – E Baek	
		300 – Sam Baek	
		400 – Sa Baek	
		500 – O Baek	

SPARRING TERMINOLOGIES

Attention	Cha Ryeu
Bow	Kyung Nae
Sparring Stance	Kyu Ru Gee Jun Be
Begin	Shee Jak
Stop	Ku Man
Warning	Kyung Go
Deduct Point	Kam Jum)
Continue	Gae Sok
Face each other	Jua Woo Yang Woo (Ma Ju Bo Go)
Break	Gal Yeu
Continue	Gae Souk
Return to original position	One Wee Chee
Blue	Chung
Red	Hong
1st Round	Il Whea Jeon
2nd Round	Yi Whea Jeon
3rd Round	Sam Whea Jeon
Admission	Ip Jang
Come Back to Position	Won Wi Chi
Time	Si Gan
Win	Seoung
Referee	Joo Sim
Judge	Bu Sim
Protective Cup	Nang Sim Ho Goo
Chest Protector	Ga Sum Ho Goo