

Taekwondo Terminology

General

Anniyong Haseyo	Hello	Kwan Jang Nim	President / Master
Bal	Leg	Kyo Sa Nim	Teacher
Dan	Degrees of Black belt	Kyok Pa	Breaking Techniques
Ddee	Belt	Kyorugi	Sparring
Dobok	Training Uniform	Oen (wen)	Left
Dojang	Training Hall	Oreun	Right
Gamsa Hamnida	Thank You	Pal Kup	Elbow
Hosinsool	Self-defence Practice	Pal Mok	Forearm
Jokyo Nim	Assistant	Poomse	Formation
Kihap	Shout	Sa Beum Nim	Master / Instructor
Kup	Levels of rank below 1 st Dan	Son	Hand

Commands

Baro	Stop	Keysok	Continue
Charyeot	Attention	Kalyo	Break
Duero dora	Turn Around	Kyongye	Bow
Geuman	End	Shijak	Begin
Joonbi	Ready	Sho	At Ease
Jwawoohyang Woo	Turn and Face		

Stances – Seogi (Soggy)

Ap Koobi	Forward Stance	Dwit Koobi	Back Stance
Ap Seogi	Walking Stance	Haktari Seogi	Crane Stance (foot on side of knee)
Beom Seogi	Tiger or Cat Stance	Joo Choom Seogi	Horse-riding Stance
Charyeot Seogi	Attention Stance	Joonbi Seogi	Ready Stance

Body Heights

Arae	Low Section
Momtong	Mid Section
Ogul	High Section

Kicks - Chagi

Ap Chagi	Front Kick	Dollyo Chagi	Turning Kick
Ap Cha Busigi	Front Snap Kick	Dwit Chagi	Back Kick
Ap Cha Olligi	Rising Kick	Hooryo Chagi	Hook Kick
Bandae Dollyo Chagi	Reverse Turning kick	Mooreup Chagi	Knee Kick
Bandal Chagi	Crescent Kick	Naeryo Chagi	Axe Kick
Bit Chagi	Flank Kick	Tweeo Chagi	Jumping Kick
Dobol Dang Sang	'Two-footed' Jump Kick	Yeop Chagi	Side Kick

Strikes - Chigi

Argom Son Chigi	Arc-hand Strike	Me Joomok Chigi	Me Joomok Chigi
Bandae Jurigi	Lead Punch	Palkup Chigi	Elbow Strike
Baro Jurigi	Reverse Punch	Pyojok Chigi	Target Strike
Batang Son Chigi	Palm Heel Strike	Pyon Son Keut Chigi	Spear Finger Strike
Deung Joomok Chigi	Back Knuckle Strike	Pyon Son Keut Sebo Jurigi	Spear Finger (thumb on top)
Doobeon Jurigi	Double Punch	Sonnal Chigi	Knife-hand Strike
Jebipoomok Chigi	Knife hand head block and neck strike done together	Sonnal Dung Chigi	Reverse Knife-hand Strike

Blocks - Makki

Arae Makki	Low Block	Momtong Bakkat Makki	Mid-section Outer Block
Batang Son Nero Makki	Palm-pressing Block	Ogul Makki	High Block
Gawi Makki	Scissor Block	Otgero Makki	Cross Block
Geodeureo Makki	Guarding Block	Pal Mok Makki	Forearm Block
Han Sonnal Geodeureo Makki	Open-hand Guarding Block	Santul Makki	Mountain Block (2 Arm Head Block)
Heycho Makki	Wedge Block	Sonnal Makki	Knife-hand Block
Momtong An Makki	Mid-section Inner Block		

Counting

Hanna	1	Sumol	20
Tul	2	Suron	30
Set	3	Mahon	40
Net	4	Schwin	50
Tassot	5	Yesun	60
Youso	6	Ilheun	70
Ilkop	7	Yeodeun	80
Youdol	8	Aheun	90
Ah hop	9	Baek	100
Yul	10		

After ten, it is a simple matter to continue counting. Simply say the tens indicator and then the number. For example...

- 11 - Yul-Hanna
- 12 - Yul-Tul
- 21 - Sumol-Hanna