**Korean Terminology**

**Note: terminology shown in blue is only required as part of the black belt syllabus.**

**Numbers**

1 Hana

2 Dul

3 Set

4 Net

5 Dasot

6 Yasot

7 Elgub

8 Yodol

9 Ahob

10 Yol

11 Yol Hana

12 Yol Dul

13 Yol Set

14 Yol Let

15 Yol Dasot

16 Yol Yasot

17 Yol Elgub

18 Yol Yodol

19 Yol Ahob

20 Sumul

**Stances Sogi**

Attention stance Charyot sogi

Bending ready stance A & **B** Guburyo junbi sogi A & **B**

Close stance Moa sogi

Close ready stance A, B, C, **D** Moa junbi sogi A, B, C, **D Crouched stance Oguryo sogi**

**Diagonal stance Sasun sogi**

Fixed stance Gojung sogi

**Inner open stance An palja sogi**

**Inner open ready stance An palja junbi sogi**

Low stance Nachuo sogi

L-stance Niunja sogi

L-ready stance Niunja junbi sogi **One leg stance Wae bal sogi Outer open stance Bakat palja sogi**

**Outer open ready stance Bakat palja junbi sogi**

Parallel stance Narani sogi Parallel ready stance Narani junbi sogi **Parallel stance heaven hand Narani so hanulson**

**Parallel stance twin side elbow Narani so sang yop palkup**

**Parallel stance X-back hand Narani so kyocha sondung Parallel stance overlapping back hand Narani so pogaen sondung** Rear foot stance Dwit bal sogi

Sitting stance Annun sogi

Sitting ready stance Annun junbi sogi Vertical stance Soojik sogi Walking stance Gunnun sogi Walking ready stance Gunnun junbi sogi

**Warrior ready stance A & B Moosa junbi sogi A & B**

X-stance Kyocha sogi

Side facing Yopmom Full facing Ohnmom Half facing Bahanmom

Note: when a complete movement is described (e.g sitting stance, middle punch) the

Korean term ‘so’ is used rather than sogi.

**Blocks Makgi**

Checking block Momchau makgi

Single straight forearm checking block Wae sun palmok momchau makgi

Twin straight forearm checking block Sang sun palmok momchau makgi

Single straight knife-hand checking block

Twin straight knife-hand checking block

Wae sun sonkal momchau makgi

Sang sun sonkal momchau makgi

X-fist checking block Kyocha joomuk momchau makgi

X-knife-hand checking block Kyocha sonkal momchau makgi

Circular block Dollimyo makgi

Inner forearm circular block An palmok dollimyo makgi

**Knife-hand circular block Sonkal dollimyo makgi**

**Reverse knife-hand circular block Sonkal dung dollimyo makgi**

**Dodging block Pihagi makgi**

**Double arc-hand block Doo bandal son makgi**

Double forearm block Doo palmok makgi

**Downward block Naeryo makgi**

**Palm downward block Sonbadak naeryo makgi**

**Twin palm downward block Sang sonbadak naeryo makgi**

**Alternate palm downward block Euhkallin sonbadak naeryo makgi**

**Outer forearm downward block Bakat palmok naeryo makgi**

**Twin forearm downward block Sang palmok naeryo makgi**

**Knife-hand downward block Sonkal naeryo makgi**

**Twin knife-hand downward block Sang sonkal naeryo makgi**

**X-knife-hand downward block Kyocha sonkal naeryo makgi**

**X-fist downward block Kyocha joomuk naeryo makgi**

**Straight elbow downward block Sun palkup naeryo makgi**

Front block Ap makgi **Grasping block Butjaba makgi** Guarding block Daebi makgi

Inner forearm guarding block An palmok daebi makgi

**Outer forearm guarding block Bakat palmok daebi makgi**

Knife-hand guarding block Sonkal daebi makgi

**Reverse knife-hand guarding block Sonkal dung daebi makgi**

High Block Nopunde makgi

Inner forearm high block An palmok nopunde makgi Outer forearm high block Bakat palmok nopunde makgi Knife-hand high block Sonkal nopunde makgi Reverse knife-hand high block Sonkal dung nopunde makgi Palm high block Sonbadak nopunde makgi **Side fist high block Yop joomuk nopunde makgi Back hand high block Sondung nopunde makgi**

Hooking block Golcha makgi

Palm hooking block Sonbadak golcha makgi **Under forearm hooking block Mit palmok golcha makgi Knife-hand hooking block Sonkal golcha makgi Back hand hooking block Sondung golcha makgi**

**Horizontal block Soopyong makgi**

**Twin palm horizontal block Sang sonbadak soopyong makgi**

**Twin knife-hand horizontal block Sang sonkal dung soopyong makgi**

Inside block An makgi

Inward block Anuro makgi

Low block Najunde makgi

Inner forearm low block An palmok najunde makgi Outer forearm low block Bakat palmok najunde makgi Knife-hand forearm low block Sonkal najunde makgi Reverse knife-hand low block Sonkal dung najunde makgi **Palm low block Sonbadak najunde makgi**

**Luring block Yuin makgi**

Middle Block Kaunde makgi

Inner forearm middle block An palmok kaunde makgi

Outer forearm middle block Bakat palmok kaunde makgi Knife-hand forearm middle block Sonkal kaunde makgi Reverse knife-hand middle block Sonkal dung kaunde makgi Palm middle block Sonbadak kaunde makgi **Side fist middle block Yop joomuk kaunde makgi Back hand middle block Sondung kaunde makgi**

**Nine-shaped block Gutja makgi** Outside block Bakat makgi Outward block Bakuro makgi **Parallel block Narani makgi**

**Inner forearm parallel block An palmok narani makgi Outer forearm parallel block Bakat palmok narani makgi Back forearm parallel block Dwit palmok narani makgi Knife-hand parallel block Sonkal narani makgi Reverse knife-hand parallel block Sonkal dung narani makgi Back hand parallel block Sondung narani makgi**

Pressing block Noollo makgi

Palm pressing block Sonbadak noollo makgi

**Twin palm pressing block Sang sonbadak noollo makgi**

**Fore fist pressing block Ap joomuk noollo makgi**

X-fist pressing block Kyocha joomuk noollo makgi

Pushing block Miro makgi

Palm pushing block Sonbadak miro makgi Double forearm pushing block Doo palmok miro makgi **Knife-hand pushing block Sonkal miro makgi Reverse knife-hand pushing block Sonkal dung miro makgi**

Rising block Chookyo makgi

Outer forearm rising block Bakat palmok chookyo makgi

Knife-hand rising block Sonkal chookyo makgi

X-knife-hand rising block Kyocha sonkal chookyo makgi

X-fist rising block Kyocha joomuk chookyo makgi **Arc hand rising block Bandal son chookyo makgi Twin palm rising block Sang sonbadak chookyo makgi**

**Scooping block Duro makgi**

**Palm scooping block Sonbadak duro makgi**

**Reverse knife-hand scooping block Sonkal dung duro makgi**

Side block Yop makgi

Side front block Yobap makgi

Stick block (also known as U-shape block)

Mondongi makgi

**Sweeping block Hullyo makgi**

Twin block Sang makgi

Twin forearm block Sang palmok makgi

Twin knife-hand block Sang sonkal makgi

U-shape block Digutcha makgi **U-shape grasp Digutcha japgi** Upward block Ollyo makgi

Palm upward block Sonbadak ollyo makgi

Twin palm upward block Sang sonbadak ollyo makgi **Reverse knife-hand upward block Sonkal dung ollyo makgi Thumb ridge upward block Umji batang ollyo makgi Bow wrist upward block Sonmok dung ollyo makgi**

Waist block Hori makgi

Inner forearm waist block An palmok hori makgi

Outer forearm waist block Bakat palmok hori makgi

Palm waist block Sonbadak hori makgi

Wedging block Hechyo makgi

**Inner forearm wedging block An palmok hechyo makgi**

Outer forearm wedging block Bakat palmok hechyo makgi **Knife-hand wedging block Sonkal hechyo makgi Reverse knife-hand wedging block Sonkal dung hechyo makgi**

W-shape block San makgi

**Inner forearm W-shape block An palmok san makgi** Outer forearm W-shape block Bakat palmok san makgi **Knife-hand W-shape block Sonkal san makgi Reverse knife-hand W-shape block Sonkal dung san makgi**

**Covering Karioogi Alternate back hand Euhkallin sondung Alternate forearm Euhkallin palmok Parallel back hand Narani sondung**

**X-back hand Kyocha sondung Parallel palm Narani sonbadak Overlapping back hand Pogaen sondung**

**Punches Jirugi**

Obverse punch Baro jirugi

Reverse punch Bandae jirugi

Angle punch Giokja jirugi

Crescent punch Bandal jirugi

**Twin crescent punch Sang bandal jirugi**

**Dodging punch Pihamyo jirugi**

Double punch Dibo jirugi

**Double fist punch Doo jomuk jirugi**

Downward punch Naeryo jirugi

Flying punch Twimyo jirugi

**Flying combination punch Twimyo honap jirugi**

**Flying consecutive punch Twimyo yonsok jirugi**

**Flying horizontal double punch Twimyo soopyong i-jung jirugi**

**Flying vertical double punch Twimyo soojik i-jung jirugi**

**Flying horizontal triple punch Twimyo soopyong samjung jirugi**

Front punch Ap jirugi

**Twin front punch Sang ap jirugi**

**Horizontal punch Soopyong jirugi**

**Knuckle fist punch Songarak joomuk jirugi**

**Fore knuckle fist punch Inji joomuk jirugi**

**Twin fore knuckle fist punch Sang inji joomuk jirugi**

**Middle knuckle fist punch Joongi joomuk jirugi**

**Twin middle knuckle fist punch Sang joongi joomuk jirugi**

**Thumb knuckle fist punch Umji joomuk jirugi Long fist punch Ghin joomuk jirugi** Open fist punch Pyon joomuk jirugi **Overhead punch Twio nomo jirugi**

Side punch Yop jirugi

**Twin side punch Sang yop jirugi**

Side front punch Yobap jirugi

Turning punch Dollyo jirugi

**Twin fist punch Sang joomuk jirugi**

**U-shaped punch Digutja jirugi**

Upset punch Dwijibo jirugi

Twin fist upset punch Sang joomuk dwijibo jirugi

Upward punch Ollyo jirugi

Vertical punch Sewo jirugi

Single fist vertical punch Wae joomuk sewo jirugi

Twin fist vertical punch Sang joomuk sewo jirugi

**Thrusts Tulgi**

Elbow Palkup

Side elbow thrust Yop palkup tulgi

Twin side elbow thrust Sang yop palkup tulgi

Back elbow thrust Dwit palkup tulgi

Side back elbow thrust Yopdwi tulgi

**Twin side back elbow thrust Sang yopdwi tulgi Straight downward elbow thrust Sun palkup naeryo tulgi Horizontal elbow thrust Soopyong palkup tulgi**

**Twin horizontal elbow thrust Sang palkup soopyong tulgi**

Fingers Songarak

Straight fingertip thrust Sun sonkut tulgi

Upset fingertip thrust Dwijibo sonkut tulgi Flat fingertip thrust Opun sonkut tulgi **Downward flat fingertip thrust Naeryo opun sonkut tulgi Angle fingertip thrust Homi sonkut tulgi Forefinger thrust Han songarak tulgi Double finger thrust Doo songarak tulgi Thumb thrust Umji tulgi**

**Flying Thrusts Twimyo Tulgi**

**Dodging thrust Pihamyo tulgi**

**Flying combination thrust Twimyo honap tulgi**

**Flying consecutive thrust Twimyo yonsok tulgi**

**Flying horizontal double front thrust Twimyo soopyong i-jung ap tulgi Flying vertical double front thrust Twimyo soojik i-jung ap tulgi Flying horizontal double side thrust Twimyo soopyong i-jung yop tulgi Flying vertical double side thrust Twimyo soojik i-jung yop tulgi**

**Flying horizontal triple front thrust Twimyo soopyong samjung ap tulgi**

**Flying horizontal triple side thrust Twimyo soopyong samjung yop tulgi**

**Strikes Taerigi**

Inward strike Anuro taerigi

Outward strike Bakuro taerigi

Front strike Ap taerigi

Side front strike Yobap taerigi Side strike Yop taerigi Side back strike Yopdwi taerigi Downward strike Naeryo taerigi

Front downward strike Ap naeryo taerigi Side downward strike Yop naeryo taerigi Crescent strike Bandal taerigi **Horizontal strike Soopyong taerigi Wedging strike Hechyo taerigi**

Arc hand Bandal son

Arc hand front strike Bandal son ap taerigi

**Arc hand crescent strike Bandal son bandal taerigi**

Back fist Dung Joomuk

Back fist outward strike Dung joomuk bakuro taerigi Back fist front strike Dung joomuk ap taerigi Back fist side front strike Dung joomuk yobap taerigi Back fist side strike Dung joomuk yop taerigi Back fist side back strike Dung joomuk yopdwi taerigi

**Back fist front downward strike Dung joomuk ap naeryo taerigi**

**Back fist side downward strike Dung joomuk yop naeryo taerigi Back fist horizontal strike Dung joomuk soopyong taerigi Back fist wedging strike Dung joomuk hechyo taerigi Twin back fist side strike Sang dung joomuk yop taerigi Twin back fist horizontal strike Sang dung joomuk soopyong**

**taerigi**

Back hand Sondung

Back hand front strike Sondung ap taerigi

Back hand side front strike Sondung yobap taerigi Back hand side strike Sondung yop taerigi Back hand side back strike Sondung yopdwi taerigi

Back hand front downward strike Sondung ap naeryo taerigi

Back hand side downward strike Sondung yop naeryo taerigi **Back hand horizontal strike Sondung soopyong taerigi Back hand wedging strike Sondung hechyo taerigi Twin back hand side strike Sang sondung yop taerigi**

**Twin back hand downward strike Sang sondung naeryo taerigi**

**Twin back hand horizontal strike Sang sondung soopyong taerigi**

**Base of the knife-hand Sonkal batang**

**Base of the knife-hand downward strike**

**Sonkal batang naeryo taerigi**

**Bear hand Gomson**

**Bear hand inward strike Gomson anuro taerigi**

**Bear hand side front strike Gomson yobap taerigi**

Elbow Palkup

Front elbow strike Ap palkup taerigi

Upper elbow strike Wi palkup taerigi **Upper back elbow strike Widwi palkup taerigi High elbow strike Nopunde palkup taerigi**

**Double elbow strike**

**(also known as horizontal elbow thrust)**

**Jau palkup taerigi**

**Finger pincers Jipge son**

**Finger pincers front strike Jipge son ap taerigi**

**Finger pincers crescent strike Jipge son bandal taerigi**

Knife-hand Sonkal

Knife-hand inward strike Sonkal anuro taerigi Knife-hand outward strike Sonkal bakuro taerigi Knife-hand front strike Sonkal ap taerigi Knife-hand side strike Sonkal yop taerigi

Knife-hand front downward strike Sonkal ap naeryo taerigi

Knife-hand side downward strike Sonkal yop naeryo taerigi **Knife-hand wedging strike Sonkal hechyo taerigi Twin knife-hand inward strike Sang sonkal anuro taerigi**

**Twin knife-hand front downward strike**

**Sang sonkal ap naeryo taerigi**

**Twin knife-hand horizontal strike Sang sonkal soopyong taerigi**

Palm Sonbadak

**Palm inward strike Sonbadak anuro taerigi**

**Palm side front strike Sonbadak yobap taerigi**

**Twin palm inward strike Sang sonbadak anuro taerigi**

Reverse knife-hand Sonkal dung

Reverse knife-hand inward strike Sonkal dung anuro taerigi

Reverse knife-hand front strike Sonkal dung ap taerigi Reverse knife-hand side front strike Sonkal dung yobap taerigi Reverse knife-hand side strike Sonkal dung yop taerigi

**Twin reverse knife-hand inward strike**

**Sang sonkal dung anuro taerigi**

Side fist Yop joomuk

Side fist outward strike Yop joomuk bakuro taerigi

Side fist front strike Yop joomuk ap taerigi

Side fist side strike Yop joomuk yop taerigi

Side fist front downward strike Yop joomuk ap naeryo taerigi

Side fist side downward strike Yop joomuk yop naeryo taerigi **Twin side fist downward strike Sang yop joomuk naeryo taerigi Twin side fist horizontal strike Sang yop joomuk soopyong taerigi**

**Under fist Mit joomuk**

**Under fist inward strike Mit joomuk anuro taerigi**

**Under fist side front strike Mit joomuk yobap taerigi**

**Flying Strikes Twimyo Taerigi**

**180o Mid air strike 180o Twio dolmyo taerigi**

**360o Mid air strike 360o Twio dolmyo taerigi**

**Dodging strike Pihamyo taerigi**

**Flying combination strike Twimyo honap taerigi**

**Flying consecutive strike Twimyo yonsok taerigi**

**Flying horizontal double front strike Twimyo soopyong i-jung ap taerigi**

**Flying vertical double front strike Twimyo soojik i-jung ap taerigi Flying horizontal double side strike Twimyo soopyong i-jung yop taerigi Flying vertical double side strike Twimyo soojik i-jung yop taerigi Flying horizontal triple front strike Twimyo soopyong samjung ap taerigi Flying horizontal triple side strike Twimyo soopyong samjung yop**

**taerigi**

**Cross Cut Ghutgi**

**Flat fingertip Opun sonkut**

**Inward flat fingertip cross cut Anuro opun sonkut ghutgi Outward flat fingertip cross cut Bakuro opun sonkut ghutgi Side flat fingertip cross cut Yop opun sunkut ghutgi Flying flat fingertip cross cut Twimyo opun sunkut ghutgi**

**Kicks Chagi**

45 degree kick Beet chagi

Back kick Dwit chagi Back piercing kick Dwitcha jirugi Back pushing kick Dwitcha milgi **Back snap kick Dwitcha busigi Checking kick Cha mumchugi** Combination kick Honap chagi Consecutive kick Yonsok chagi **Counter kick Bada chagi** Crescent kick Bandal chagi Double kick I-jung chagi Downward kick (axe kick) Naeryo chagi Front kick Ap chagi

**Front checking kick Apcha momchugi Front punching kick Ap jirumyo chagi** Front pushing kick Apcha milgi

Front rising kick Apcha olligi

Front snap kick Apcha busigi **Grasping kick Butjapyo chagi** High kick Nopunde chagi

**Horizontal striking kick Soopyong taerimyo chagi**

Hooking kick Golcha chagi

**Inward pressing kick Anuro noollo chagi**

Low kick Najunde chagi Middle kick Kaunde chagi **Outward pressing kick Bakuro noollo chagi Pick-shape kick Gokaeng-i chagi Punching kick Jirumyo chagi**

Reverse hooking kick Bandae dollyo goro chagi

Reverse turning kick Bandae dollyo chagi

Side kick Yop chagi

**Side checking kick Yopcha momchugi** Side front snap kick Yobap cha busigi Side piercing kick Yopcha jirugi

**Side punching kick Yop jirumyo chagi**

Side pushing kick Yopcha milgi Side rising kick Yopcha olligi Side thrusting kick Yopcha tulgi

Skip kick Duro gamyo chagi

Smashing kick Cha busigi **Stamping kick Cha bapgi Straight kick Jigeau chagi Sweeping kick Suroh chagi Thrusting kick Tulumyo chagi** Triple kick Samjung chagi Turning kick Dollyo chagi Twisting kick Bituro chagi

**Two direction kick Sangbang chagi**

**U-shape punching kick Digutja jirumyo chagi**

Upward kick Ollyo chagi Vertical kick Sewo chagi **Waving kick Doro chagi**

**Flying kicks Twimyo Chagi**

Note: Almost all of the above kicks can be performed as flying techniques. To avoid repeating a long list, only those kicks that are unique to flying techniques are listed

below.

**180o Mid air kick 180o Twio dolmyo chagi**

**180o Mid air double kick 180o Twio dolmyo i-jung chagi**

**360o Mid air kick 360o Twio dolmyo chagi**

**360o Mid air double kick 360o Twio dolmyo i-jung chagi**

**Dodging kick Pihamyo chagi**

**Double overhead kick Twio nomo i-jung chagi Flying scissors shape kick Twimyo kawi chagi Flying spiral kick Twimyo rasonsik chagi**

**Flying square punching kick Twio sagak jirumyo chagi**

**Flying trapezoid punching kick Twio jaegak jirumyo chagi Flying three direction kick Twimyo sambang chagi Flying four direction kick Twimyo sabang chagi Flying twin foot front kick Twimyo sangbal ap chagi**

**Flying twin foot front checking kick Twimyo sangbal apcha momchagi Flying twin foot side piercing kick Twimyo sangbal yopcha jirugi Flying twin foot side pushing kick Twimyo sangbal yopcha milgi Flying twin foot twisting kick Twimyo sangbal bituro chagi Overhead kick Twio nomo chagi**

**Reflex kick Bansa chagi**

**Tumbling kick Joma chagi**

**Body Parts Mom Bansin**

Head Mori

Forehead Ima Occiput (back of the head) Hudo Eyeball Angoo

Temple Gwanja mori

Nose Kotdung Philtrum (under the nose) Injoong Jaw Yop tok Neck Mok Back Gyon Shoulder Euhke Chest Gasum

Sternum Hyung gol

Solar plexus Myong chi Abdomen Bokboo Waist Hori

Groin Sataguni

Arm Pal Elbow Palkup Forearm Palmok Wrist Sonmok Hand Son

Palm Sonbadak

Fingers Songarak

Leg Dari

Thigh Hobok dari

Knee Moorup

Shin Jong kwaeng-i

Ankle Balmok

Instep Baldung

Toes Balkut

**Attacking & Blocking Tools Gong Gyok mit Makgi Boowi**

**Hand Parts Sang Bansin**

Fore fist Ap joomuk

Back fist Dung joomuk Side fist Yop joomak **Under fist Mit joomuk Long fist Ghin joomak** Open fist Pyon joomuk

**Knuckle fist Songarak joomuk**

**Fore knuckle fist Inji joomuk**

**Middle knuckle fist Joongji joomuk**

**Thumb knuckle fist Umji songarak joomuk**

Knife-hand Sonkal

Reverse knife-hand Sonkal dung **Base of knife-hand Sonkal batang** Back hand Son dung

Arc hand Bandal son

**Bear hand Gomson** Palm Sonbadak **Forefinger Han songarak Double finger Doo songarak** Fingertip Sonkut

Flat fingertip Opun sunkut

Straight fingertip Sun sonkut Upset fingertip Dwijibun sunkut **Angle fingertip Homi sonkut Finger pincers Jipgi son**

**Press finger Jiap**

**Finger belly Songarak badak**

**Thumb ridge Umji batang**

Forearm Palmok

Inner forearm An palmok Outer forearm Bakat palmok Back forearm Dung palmok Under forearm Mit palmok **Bow wrist Sonmok dung**

**Foot Parts Ha Bansin**

Ball of foot Ap kumchi

Footsword Balkal Reverse footsword Balkal dung Instep Baldung

Side instep Yop baldung

Back heel Dwitchook Back sole Dwit kumchi Side sole Yop bal badak Toes Balkut

Knee Moorup

**Vital Target Areas Kupso**

**High Section Nopun Bubun**

**Skull Dar sin moon**

**Temple Gwanja mori**

**Bridge of the nose Migan**

**Nose Kotdung Eyeball Angoo Mastoid (behind the ear) Hoo-i-boo Mandibular joint (in front of the ear) Tok gwanjol Philtrum (under the nose) Injoong**

**Lips Ipsul**

**Jaw Yop tok Point of chin Mit tok Angle of the mandible Wit tok Upper neck Wit mok Adam’s apple Gyol hoo Windpipe Soom tong Clavicle Swe gol**

**Neck artery Mok dongmaek**

**Occiput (back of the head) Hudo**

**Cervix (back of the neck) Gyong boo**

**Middle Section Kaunde Bubun**

**Shoulder joint Eukke gwanjol Sternum Hyung gol Solar plexus Myong chi Heart Shim jang Liver Gan jang Spleen Bi jang Epigastrium (upper abdomen) Sang bokboo Umbilicus Baekkob Armpit Gyodurang**

**Elbow joint Palkup gwanjol**

**Radial artery Maekbak sonmok dongmaek Back wrist artery Dung sonmok dongmaek Wrist joint Sonmok gwanjol**

**Thenar (fleshy area at the base of the thumb)**

**Umjigoo**

**Upper back Gyong gap**

**Small of the back Gyong chu Kidney Kongpat Floating ribs Nuk gol**

**Low Section Najun Bubun**

**Lower abdomen Ha bokboo**

**Pubic region Chiboo Groin Satguni Scrotum Nang shim Coccyx Migol**

**Inner thigh Anjok hobok dari Knee joint Moorup gwanjol Popliteal fossa (back of the knee) Ogum**

**Shin Jong kwaeng-i**

**Tibia Kyong gol Achilles tendon Dwitchok himjool Inner ankle joint An balmok gwanjol Outer ankle joint Bakat balmok gwanjol Instep Baldung**

**General Terminology**

**Directions** Front Ap Back Dwit Side Yop Obverse Baro

Reverse Bandae

Low Najunde Middle Kaunde High Nopunde Left Wen Right Orun

Forwards Apro kaggi

Backwards Dwiyro kaggi Inward Anuro Outward Bakuro

**Commands** Attention Charyot Bow Kyong ye

Bow to instructor Sabum nim geh, kyong ye

Ready Junbi Start Si jak Break/cease Hechyo Stop Goman Rest/relax Chose

In your own time Koryi apse

To my count Koryi macho About turn Dwiyro torro Return to ready stance Barol Dismiss Hae san

**Counting**

One Hanna Two Dool three Seth Four Neth Five Dasaul Six Yosaul

Seven Ilgop Eight Yodoll Nine Ahop Ten Yoll

**Eleven Yoll hanna Twelve Yoll dool Twenty Soo mool**

**Sparring Matsoki**

Free sparring Jayoo matsoki

Semi-free sparring Ban jayoo matsoki

3 step sparring Sambo matsoki

2 step sparring Ibo matsoki

1-step sparring Ilbo matsoki

**Actions**

Stepping Omgyo didigi

Double stepping Ibo omgyo didigi Triple stepping Sambo omgyo didigi Shift stepping Janjunbal omgyo didgi

Step shifting Omgyo didimyo janjunbal

Turning Dolgi

Spot turning Gujari dolgi

Step turning Omgyo didimyo dolgi Double step turning Ibo omgyo didimyo dolgi Sliding Mikulgi

Stamping Bapgi

Dodging Pihagi

Body shifting Milagi

Body dropping (dipping) Mom nachugi Foot shifting Janjun bal Foot lifting Bal dulgi

Foot tackling (take down) Bal golgi

Grab Butjaba Grasp Japki Holding Bachigi Covering Karioogi Jumping Twigi Flying Twimyo

Flying hand technique Twimyo son gisool Attack techniques Gong gyokgi Defence techniques Bang eau gi Ground techniques Noowo gisool

Self defence techniques Hosin sul

Double attack I-jung gong gyok

Triple attack Samjoong gong gyok Consecutive attack Yonsok gong gyok Combination attack Honap gong gyok Breaking/destruction Gyokpa

**Dojang Terminology** Training hall Dojang Training suit Dobok Shirt Jeogori Pants Baji

Belt Ti Student Jeja Instructor Sabum

**Press up/push up Momtung batchia**

**Callisthenics Dosoo dollyon Preparatory exercises Junbi undong Fundamental exercises Gibon yonsup Leg stretching Dari pyogi Forging post Dollyon joo Forging (kicking) bag Dallyon bag**

**Focus pad Chotjum bangpae**

**Power (breaking) holder Gyokpa dee**

**Theory of power Him ui wolli Reaction force Banding ryok Concentration Jip joong**

**Equilibrium Kyun hyung**

**Dynamic stability Dongtchuk anjong Static stability Jungtchuk anjong Breath control Hohup jojul**

**Mass Zilyang**

**Speed and reflex Sokdo wa banung**

**Tenets of Tae Kwon Do Tae Kwon Do Jungshin**

**Courtesy Ye ui**

**Integrity Yom chi Perseverance In nae Self Control Guk gi**

**Indomitable Spirit Baekjul boolgool**

**Miscellaneous Terminology**

Pattern Tul

4-directional punch Sajo jirugi

Release from a grab Jappyosol tae

Ready posture Junbi jase

**Ying yang (opposites – hard and soft side of TKD)**

**Um yang**