

TAE KWON DO TERMINOLOGY

5 TENETS OF TAEKWONDO

1. Modesty
2. Etiquette
3. Perseverance
4. Self Control
5. Indomitable Spirit

ANATOMY

ahpchook: ball of foot

baal: foot

baaldung: instep

dari: leg

dwi-chook: heel

eolgul: face

huri: waist

ip: mouth

joomock: fist

mok: neck

mo-li: head

momtong: body

moo-rup: knee

palkoop: elbow

palmock: wrist

pol: arm

son: hand

son-kut: fingertip

sonmock: wrist

BLOCKS

ahn maggi: inner arm block

ahn palmok pakhag maggi:
outer arm block

ahre maggi: down block

backat maggi: outer block

eolgul maggi: face block (rising block)

ban sonnal maggi: knife-hand block

hecho maggi: spreading block

kawi-u maggi: scissors block

kumkang maggi: diamond block

maggi: block

momtong maggi: middle block

narae maggi: double block

noollo maggi: groin block

santil maggi: mountain block

son-nal maggi: single knife-hand block

ur-santil maggi: partial mountain block

wee maggi: high block

yeot pero maggi: X block

COMMANDS

barro: return (to previous position)

ba-quo: switch

cha-ryot: attention/come to attention

dorra: about face

gu-mahn: hold/stop

joonbi: ready/get ready

kae sok: continue

kalyeo: break

kyong-ye: bow

si-jak: begin/start

DIRECTIONS

ahn: in/inner

ahp: front

ahre: low

backat: out/outer

dolryo: round

dwi: back

gaunde: middle

gullgi: hook/hooking

hecho: spread/spreading

nare: double

o-ruen: right

tol gae: spin

wee: high

wen: left

yop: side

ahp cha-gi: front snap kick

ahp-jillo cha-gi: front thrust kick

bandul cha-gi: crossing kick

dolryo cha-gi: round kick

dwi cha-gi: back kick

huryo cha-gi: hook kick

moo-rup chi-gi: knee strike

narae cha-gi: double kick

tol gae cha-gi: spinning kick

yo-cha-gi: jumping kick

ye tan cha-gi: flying kick

yop-bodo olligi: side rising kick

yop cha-gi: side snap kick

yop-jillo cha-gi: side thrust kick

MOVEMENTS

cha-gi: kick/kicking

chi-gi: strike/striking

hecho: spread/spreading

jirugi: thrust/thrusting

jupgi: hold/holding

kyorugi: spar/sparring

maggi: block/blocking

modoo: gather/gathering

ye tan: fly/flying

yo: jump/jumping

NUMBERS

Counting

hanna: one

dul: two

set: three

net: four

dasot: five

pakhag maggi: reverse outer
arm block
patang-son maggi: palm block
ahob: nine
yol: ten

Listing

el: first
e: second
sam: third
sa: fourth
oh: fifth
yuk: sixth
chil: seventh
pul: eighth
koo: ninth
sib: tenth

STANCES

ahp-gubi sogi: forward stance
ahp sogi: walking stance
bum sogi: tiger stance
cha-ryot sogi: attention
stance
dwi-gubi sogi: back stance
juchoom-sogi: horseback riding
stance
koa-sogi: twisted stance
po jumok sogi: containing
the vital energy stance
pyong-hi sogi: ready stance
sogi: stance

STRIKES

agwi-son chi-gi: arc-hand
strike
ap-joomok chirugi: jab
punch
ham joomok chi-gi: knuckle
protruding strike
batang-son chi-gi: palm-heel
strike
chirugi: forward strike
(punch)

KICKS

ahp-bodo olligi: front rising
kick
dung-joomock chi-gi: back-
fist strike
huryo cha-gi: hook punch
kawi son-kut chi-gi: scissors
fingertip strike
kom son chi-gi: bear-hand strike
me-joomok chi-gi: hammer-
fist strike
palkoop chi-gi: elbow strike
para chirugi: reverse punch
patang-son chigi: palm strike
pyon-joomock chi-gi: knuckle-
fist strike
pyon son-kut chi-gi: spear-
fingers strike
son-nal chi-gi: knife-hand
strike
son-nal dung chi-gi: ridge-
hand strike
tal chi-gi: square punch
yop chirugi: side punch

TITLES

bae sim: juror
bu sim: judge
chokyonim: instructor (first
to third degree black belt)
joo sim: referee
kae sim: timekeeper
ki rohk: recorder
kwanjangnim: grand master
instructor (seventh to
ninth degree black belt)
sabomnin: master (fourth to
six degree black belt)

GENERAL TERMS

ahn-nyong: hello
ahn-nyonghi gasipsiyo:
good-bye (to the one who
leaves)

yasot: six
elgub: seven
yodol: eight
ahn-nyonghi gesipsiyo: good-
bye (to the one who stays)
ahn-nyong hasimnika: how
are you?
baro-angi: lotus position
chonmaney: you are wel-
come
dan: rank (for black belts)
do: martial art/moral cul-
ture/way of life
dobok: Tae Kwon Do uni-
form
dojang: Tae Kwon Do gymna-
sium
donzigi: throw/throwing
gam-jeum: point deduction
gamsa hamnida: thank you
googup hwal bop: accupres-
sure
goorugi: rolling/tumbling
guk-gi: flag
gup: rank (for color belts)
him: inner strength/life force
energy
hosinsool: self-defense
jeon: round (competition seg-
ment)
jeum: point
jongsin-tongil: meditation
ki-hop: yell/the power sound
that combines physical
and mental energy
kwan: school where Tae
Kwon Do is taught
kyong-go: penalty
kyorugi: sparring
kyuk pah: breaking
poomse: forms(formal exer-
cises)
seung: winner
shi-gan: time (time out)
shim ho hyup: breathing con-
trol