

Taekwondo Terminology

Basic Words

Thank You	<i>Kamsa hamni da</i>
Master	<i>Sabum-Nim</i>
Instructor	<i>Kyobu-Nim</i>
Student	<i>Banjang-Nim</i>
Uniform	<i>Dobok</i>
Forms	<i>Poomsae</i>
Sparring	<i>Gyoroogi</i>
TKD School	<i>Dojang</i>

Commands

Attention	<i>Charyut</i>
Bow	<i>Kyungnet</i>
Ready	<i>Joon Bi</i>
Begin	<i>Shijak</i>
Stop	<i>Kuman</i>
Return to Ready	<i>Baro</i>
At Ease / Relax	<i>Shiyo</i>
Turn Around	<i>Dwiro Dora</i>
Yell	<i>Ki-hap</i>

Numbers

One	<i>Hana</i>
Two	<i>Dul</i>
Three	<i>Set</i>
Four	<i>Net</i>
Five	<i>Dasot</i>
Six	<i>Yeosot</i>
Seven	<i>Ilgup</i>
Eight	<i>Yeodol</i>
Nine	<i>Ahop</i>
Ten	<i>Yeol</i>

Phrases

Bow to the Flags.	<i>Kukki-ae Dae-ha-yo. Kyugnet.</i>
Bow to the Master.	<i>Sabum-Nim kae. Kyungnet.</i>
Bow to the Instructor.	<i>Kyobu-Nim kae. Kyungnet,</i>
Bow to the Senior Student.	<i>Banjang-Nim kae. Kyungnet.</i>

Stances (Seogi / Keubi)

Ready	<i>Joon Bi</i>
Horse-Riding	<i>Joo choom-seogi</i>
Walking	<i>Ap-seogi</i>
Front	<i>Apkeubi</i>
Back	<i>Dwitkeubi</i>
Fighting	<i>Gyoroogi-seogi</i>

Strikes and Punches (Chirugi / Chigi)

Low	<i>Arae Chirugi</i>
Middle	<i>Momtung Chirugi</i>
High	<i>Olgul Chirugi</i>
Reverse	<i>Baro Chirugi</i>
Side	<i>Yeop Chirugi</i>
Single	<i>Hanchirugi</i>
Double	<i>Doobon Chirugi</i>
Triple	<i>Saebon Chirugi</i>

Blocks (Makki)

Down	<i>Arae-Makki</i>
Inside	<i>An-Makki</i>
Outside	<i>Bakkat-Makki</i>
Outside Forearm	<i>Bakkat Palmok</i>
	<i>Makki</i>
High	<i>Olgul-Makki</i>
Double Knifehand	<i>Sonnal Makki</i>
Single Knifehand	<i>Hanssonal Makki</i>

Kicks (Chagi)

Stretch	<i>Bandol Chagi</i>
Inside Crescent	<i>An Bandol Chagi</i>
Outside Crescent	<i>Bakkat Bandol</i>
	<i>Chagi</i>
Front Snap	<i>Ap Chagi</i>
Turning	<i>Dollyo Chagi</i>
Side	<i>Yeop Chagi</i>
Back	<i>Dwi Chagi</i>
Spinning Hook	<i>Nakka Chagi</i>