

GENERAL TERMS

DOJANG: Training Area
HOGU: Chest Protector
POOMSE: Forms
AHN-YONG-HASSIO: Hello
CHON-MANEYO: Your Welcome

KWON: School
HOSINSOOL: Self Defense
GUP: Rank
KAM-SAHAMNIDA: Thank you
U DAN JA: Black Belt holder

DOBOK: Uniform
KYROOGI: Sparring
DAN: Black belt rank
KIAP: Yell/Shout
SAH BUM NIM: Instructor

COMMANDS

CHA-RYOT: Attention
JOONBI: Ready Position
DORRA: Turn Around
KALYEO: Break/Stop

KYONG-YE: Salute/Bow
PARRO: Return to Previous Position
BA-QUO: Switch
KAE SOK: Continue

KUKI: Flag/Flags
SI-JAK: Begin/Start
KU-MAHN: Stop
AHN-JOE: Sit Down

COUNTING

HANA: one
DUL: two
SET: three
NET: four
DASOT: five

YASOT: six
ILGUP: seven
YODUL: eight
AHOP: nine
YEOL: ten

IL: first
YI: second
SAM: third
SA: fourth
OH: fifth

YUK: sixth
CHIL: seventh
PAL: eighth
KOO: ninth
SHIP: tenth

DIRECTIONS

AHP: front
AHRE: low
BAKAT: out/outer

YAP: side
AHN: in/inner
WEE: high

GAUNDE: middle
DWI: back
O-RUEN: right

DOLRYO: round
WEN: left

KICKING TECHNIQUES - (CHA-GI)

AHP CHA-GI: front snap kick
GULIGI CHA-GI: hook kick
BANDUL CHA-GI: crescent kick
TWI CHA-GI: jump kick

DOLRYO CHA-GI: roundhouse kick
DWI CHA-GI: back (horse) kick
YAP CHA-GI: side kick

BLOCKING TECHNIQUES - (MAGGI)

WEE MAGGI: high block
AHRE MAGGI: low block
YEOT PERO MAGGI: X block
KUMKANG MAGGI: Mountain

AHN MOMTONG MAGGI: inner body block
BAKAT MOMTONG MAGGI: outer body block
HECHO MAGGI: spreading block
SON-NAL MAGGI: Knife hand block

HAND TECHNIQUES - (CHI-GI)

CHI-GI: Front punch
SON-NAL CHI-GI: Knife hand strike
ME-JOOMOK CHI-GI: Hammer fist

DUNG-JOOMOCK CHI-GI: Back fist
SON-NAL DUNG CHI-GI: Spear finger strike
PALKOOP CHI-GI: Elbow strike

STANCES - (SOGI)

AHP-GUBI SOGI: Front stance
AHP SOGI: Walking stance
JUCHOOM SOGI: Horse stance

DWI-GIBI SOGI: Back stance
BUM SOGI: Cat (Tiger) stance
HAKTARI SOGI: Crane stance

ANATOMY

MO-LI: Head
MOK: Neck
SONMOCK: Wrist
SON-KUT: Finger
MOO-RUP: Knee
DWI-CHOCK: Toes

EOLGUL: Face
PALKOOP: Elbow
JOOMOCK: Fist
HURI: Waist
BAAL: Foot
AHP-CHOOK: Heel

IP: Mouth
PALMOCK: Forearm
SON: Hand
DARI: Leg
BAALDUNG: Instep

MOVEMENTS

MAGGI: Block
KYROOGI: Sparring
JIRUGI: Thrusting
MODOO: Gathering

CHI-GI: Strike
GONG-KYOK: Offense
TWI: Jumping
HOSINSOOL: Self defense

CHA-GI: Kick
JUPGI: Holding
HECHO: Spreading