

Dynamic Terminology

Kicking (Cha Ki)

Front Kick Ap Cha Ki

Side Kick Yup Cha Ki

Roundhouse Kick Dul Yoh Cha Ki

Back Kick Dwi Cha Ki

Back Spin Kick Dwi Dol Yoh Cha Ki

Striking (chi Ruh Gi/ Chi Gi)

Middle Punch Momtong Chi ruh gi

High Punch Ol gul chi ruh gi

Double Uppercut Jay Chuh chi ruh gi

Flat Punch Pyun Chu Mok chi ruh gi

Knife hand strike Son Nal Mok chi gi

Tiger Strike Ah Keum son mok chi gi

Palm strike bah tang son tuk chi gi

Ridge hand strike up hun son nal mok chi gi

Spear hand strike son kuht chi ruh gi

Blocking (mah ki)

High block ol gul mah ki

Low block ah ray mah ki

Inside block Mom tong ahn mah ki

Outside Block Mom tong Bah gat mah ki

Single Knife hand han Son nal mom tong mah ki

Double knife hand yan son nal bah gah gat mah ki

Mountain block san tul mah ki

Cross high block ot gul roh ol gul mah ki

Cross low block ot gul roh ah reh mah ki

Double outside block het chul mah ki

Double reverse block ahn pal mok mom tong het chul mah ki

Stances (ku bi/ seo gi)

Front stance ap ku bi

Walking stance ap seo gi

Back Stance Dwi ku bi

Horse stance Ju Chum seo gi

Tiger stance bum sei gi
Crane stance Hak da ri seo gi

Basic Terminology Common Words

School= Do Jang

Master= Sa Bum Nim

Grand Master= Quan Jang Nim

Instructor= Boo Sa Bum Nim

Uniform= Do Bok

Bow= Kyung Neh

Attention= Cha Ryot

Ready= Joom Bee

Return= Bah Ruh

Relax= Sheo

Stop= Goh Manh

Sit= Ahn Juh

Continue= Keh Sok

Begin= Sheh Jahk

Belt= Di

Flag= Kook Ki

Hand= Sohn

Foot= Bahl

Arm= Pahl

Leg= Tah Ri

Fist= Joo Muk

Spiritual Yell= Ki Hap

Form= Poom Seh

Sparring= Kyo Roo Gi

Break= Kyuk Pa/ Pu Ruh

Change= Bak Kwuh

Black Belt= Yu Dan Ja