

Basic Korean Taekwondo Teaching Terminology:

Commands

Chariot (attention)
Kyungye (bow)
Junbi (basic ready stance)
Baro (return to basic ready stance)
Sheot (Relax)
Shijak (start/begin)

Stances

Walking Stance (Ap seogi)
Front Stance (Ap Kubi)
Back Stance (Dwit kubi)
Middle Stance (Juchum seogi)
Parallel Stance (Naranhi seogi-Jonbi Seogi)
Close Stance (Moa seogi)

Lower Body–Kicks

Stretch kick (Podeo chagi)
Inside Crescent kick (An chagi)
Outside Crescent kick (Bakkat chagi)
Front kick 1,2, 3, 4 (Ap chagi)
Side kick 1, 2, 3, 4 (Yop chagi)
Round kick 1, 2, 3, 4 (Dollyo chagi)
Counter Kicking (Bada chagi)

Upper Body– Punches, Blocks and Strikes

Low Block (Arae maki)
Body Block (Momtong maki)
High Block (Ogul maki)
Lunge Punch (Bandae jireugi)
Reverse Punch (Baro jireugi)
Knife hand strike (sonnal bakkat chigi)

Anatomy

Mo-li: Head
Eolgul: Face
Ip: Mouth
Mok: Neck
Momtong: Body
Palkoop: Elbow
Palmock: Forearm
Sonmock: Wrist
Son: Hand
Son-kut: Fingertip
Joomock: Fist
Huri: Waist
Dari: Leg
Moo-rup: Knee
Baal: Foot
Baaldung: Instep
Dwi-chook: Heel
Ahp-chook: Ball of foot

Numbers:

Counting

Hana: One
Dul: Two
Set: Three
Net: Four
Dasot: Five
Yasot: Six
Elgub: Seven
Yodel: Eight
Ahob: Nine
Yol: Ten

Listing:

Il: First
E: Second
Sam: Third
Sah: Fourth
Oh: Fifth
Yook: Sixth
Chil: Seventh
Pal: Eighth

Koo: Ninth
Sip: Tenth

Movements

Makki: Block
Chi-gi: Strike
Cha-gi: Kick
Kyorugi: Sparring
Jupgi: Holding
Jirugi: Thrusting
Twi: Jumping
Hecho: Spreading
Modoo: Gathering
Gong-kyok: Offense
Hosinsool: Self-defense

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Directions

Ahp: Front
Yop: Side
Dwi: Back
Wee: High
Gaunde: Middle
Ahre: Low
Wen: Left
O-ruen: Right
Dolryo: Round
Ahn: In (Inner)
Backat: Out (Outer)