

Korean Terminology

Counting

One	Hana
Two	Dool
Three	Set
Four	Net
Five	Daset
Six	Yeoset
Seven	Ilkob
Eight	Yeo-Deol
Nine	Ahop
Ten	Yeol

Lesson Structure

Training Hall	Dojang
Uniform	Do bok
Attention	Cha ryeo
Bow	Kyung ye
Ready Stance	Joonbi
Start	Si Jak
Stop	Gueman
Continue	Gyesog
Return to Ready	Bari

Warm Up	Joonbi undong
Basics	Kibon
Patterns	Poomse
3-Step Sparring	Machueo gyeorugi
1-Step Sparring	Hanbeon gyeorugi
Free Sparring	Greorugi
Breaking (Destruction)	Kyeo pa
Self-Defence	Hoshinsool

Stances (Seogi)

Ready	Joonbi
Front	Ap kubi seogi
Side	Dwit kubi seogi
Horse Riding	Juchum seogi
Short Walking	Ap seogi
Cat	Beom seogi
L-Shaped	Niunja seogi
Crossed (End of Pattern 5)	Koa seogi
Closed	Moa seogi
Crane	Hakdari seogi

Blocks (Makki)

Twin Low Section	Doo arae makki
Low Section	Arae makki
Mid Section	Momtong makki
High Section	Eolgul makki

Guardian	Geodeureo makki
Inner Forearm	An palmok makki
Outer Forearm	Bakkat palmok makki
Open-Hand Guardian	Sonnal geodeureo makki
Open-Hand Low Section	Sonnal arae makki
Open-Hand Mid Section	Sonnal momtong makki
Wedge	Hechyeo makki
X-Fist	Eotgeoreo makki
Palm	Batangson makki
Scissor	Gawi makki
Mountain	Santeul makki

Strikes (Chigi)

Punch	Jireugi
Side Punch	Yeop jireugi
Round Punch	Dolryeo jireugi
Knife Hand	Sonnal chigi
Spear Finger	Pyeonsonkeut chireugi
Up-Set Punch	Chi jireugi
Twin Vertical Punch	Doo seweo jireugi
Combination Strike	Doo sonnal makki
Back Knuckle	Deung jumeok ap chigi
Elbow	Palgup chigi
Palm Fist	Batangson chigi
Back Fist	Deung jumeok bakat chigi
Reverse Knife-Hand	Sonnaldeung chigi
Hammerfist	Mejumeok chigi

Kicks (Chagi)

Front	Ap chagi
Front Rise	Apcha olrigi
Axe	Naeryo chagi
Turning/Front Combination	Bandal chagi
Inner-Outer Crescent	An pyojeok chagi
Outer-Inner Crescent	Bakkat pyojeok chagi
Turning	Dolryeo chagi
Pushing	Mireo chagi
Reverse Turning	Bandae dolryeo chagi
Side	Yeop chagi
Back	Dwit chagi
Reverse Crescent	Bandae pyojeok chagi
Hooking	Jjikea chagi
Jumping Front	Tweio apchagi
Jumping Back	Tweio dwit chagi
Jumping Reverse Crescent	Tweio bandae pyojeok chagi
Scissors	Tweio gawi chagi
Flying Side	Twimyo yeop chagi

Foot Shape

Instep	Bal deung
Ball	Ap chuk
Heel	Dwikumchi
Side Edge	Bal nal

Inside Edge	Bal badak
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Directions

Front	Ap
Back	Dwit
Side	Yeop
Left	Oen
Right	Oreun
High Section	Eolgul
Mid Section	Momtong
Low Section	Arae