

KOREAN TAEKWONDO TERMINOLOGY

Terminology from *TaeKwonDo* by Grand Master Yong Chin Pak
TaeKwonDo was developed in Korea; therefore, we use the Korean terms for techniques.

TaeKwonDo translates to *The Way of Fist and Foot Fighting*.

BASIC TERMS TO KNOW			
Korean Term	English translation	Korean Term	English translation
Do-jang	Exercise hall	Char-ryut	Attention
Sa-bu-nim	Master Instructor	Kyung-yae	Bow
Do-bok	Uniform	Jhoon-bi	Ready stance
Dee	Belt	Si-jak	Begin
Dan	Black belt	Dwito du-ra	Turn 180

Counting		
Number	Cadence	For ranking order
One	Ha-na	Il
Two	Dool	Yi
Three	Set	Sam
Four	Net	Sa
Five	Da-sot	Oh
Six	Yu-sot	Yook
Seven	Il-gob	Chil
Eight	Yol-dle	Pal
Nine	A-hop	Koo
Ten	Yol	Ship
Eleven	Yol ha-na	
Twenty	Su-mul	
Thirty	So-run	

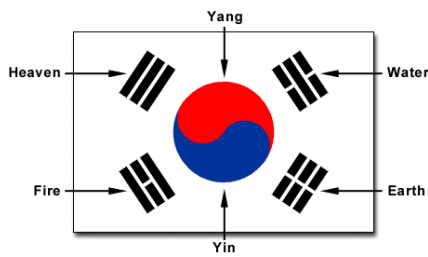
STANCES	
Korean	English
Kima suh-gi	Horse
Choon-gool suh-gi	Front
Hoo-gul suh-gi	Back
Yup suh-gi	Side
Cut-ki suh-gi	Walking
Hak-tari suh-gi	Crane

CLUES FOR DEFINITIONS	
English	Korean
Stance	suh-gi
Punch or strike	chi-ki
Block	mak-ki
Down	ha-dan
Kick	cha-gi
Side	yup
Fist	pal-mok
Double or twin	sang
Back spin	pan-da
X	Kyo-cha

FOOT TECHNIQUES (Bar-ki-sul)	
Ap-cha ol-li-gi	Rising kick
Ap-cha dol ri-ki	Crossing kick
Ap-cha pus-u-gi	Front snap kick
Pan-da ap-dol ri-ki	Reverse crossing kick
Toll-lyo cha-gi	Roundhouse kick
Mec-gur-mel yup cha-gi	Sliding side kick
Pan-da de-tol-lyo yup cha-gi	Backspin side kick
Dee chook do-ro chi-ki	Drop ax kick
Dee-chu cha-gi	Spinning crossing kick
Dee dola dol-yul cha-ki	360 roundhouse
Dee-chu cha-gi	Wheel kick
Whea-chu cha-gi	Step forward wheel kick
Toll-lyo cha-gi	Roundhouse kick



THE KOREAN NATIONAL FLAG



The symbol in the center is called the *Tae Geuk*. The upper section (red) represents the Yang, and the lower (blue) represents the Um, an ancient symbol of the Universe. The two opposites express the dualism of the cosmos: fire and water, day and night, dark and light, construction and destruction, masculine and feminine, active and passive, heat and cold, plus and minus, and so on...

The central thought in *Tae Geuk* indicates that while there is a constant movement within the sphere of infinity, there are also balance and harmony. *Tae Geuk* represents balance and harmony.

The three bars at each corner also carry the ideas of opposition and balance. The three unbroken lines stand for heaven; the opposite three broken lines represent earth; at the lower left of the flag are two lines with a broken line between them for fire; the opposite of two broken line on each side of a line is water.



HAND TECHNIQUES (Son-ki-sul)

Choong dan chi-ki	Middle punch
Sang dan chi-ki	High punch
Kima ch' chir-ki	Horse stance with punch
Ha-dan mak-ki	Down block
Chuk-kyo mak-ki	Rising block
Mon-tong mak-ki	Middle block
Sohn-nol mok chi-ki	Reverse knifehand strike
Su-do ta-bi mak-ki	Double knifehand guarding block
Yup tae-ri-ki mak-ki	Side block
Pal-mok ta-bi mak-ki	Fighting stance
Su-do yup tae-ri-ki	Knifehand strike
Pan-da de-tol-lyo su-do yup tae-ri-ki	Back spin knifehand strike
Ssang su-do ha-dan mak-ki	Double knifehand down block
Ssang pal-mok ha-dan mak-ki	Double fists down block
Doo pal-mok mak-ki	Forearms block
Ssang pal-mok mak-ki	Twin forearms guarding block
Panda de-tol-lyo Su-do yup tae-ri-ki	Backspin knifehand strike
Ssang su-do mak-ki block	Twin knifehand guarding
Yuk su-do chi-gi	Ridgehand strike
Hy-cho mak-ki	Chest block
Kwon su-chiru-ki	Spearhand strike
Han son-nal mak-ki block	Single knifehand guarding
Jeb-bi poom mak-ki	Jebbi form
Pan-da kwon su chiru-ki	Reverse hand spearhand strike
Pal gum chi chi-ki	Elbow strike
Son deung chi-ki	Forward backfist
Yup son deung chi-ki	Side backfist
Han pol mok mak-ki	Single outside fist block
Joo muk naeryeun chi-ki	Hammerfist strike
Wi-ro pae-gi	Wrist escape
Pa-ka pal-mok mak-ki	Outside hammerfist strike
Ka-wey mak-ki	Scissors block
Kyo-cha ju-muk mak-ki	X-fist block
Kyo-cha su-do mak-ki	X-knifehand block
Mul-lo mak-ki	Pressing block
An pal mok mak-ki	Inner wrist block FS
Doo ju-muk che cheo chir-ki	Double upper cut punches