

KOREAN TERMINOLOGY

| | |
|-------------------|-------------|
| Exercise Hall | Do-jang |
| Master Instructor | Sa-bu-nim |
| Uniform | Do-bok |
| Belt | Dee |
| Black Belt | Dan |
| Form | Poom-se |
| Free Sparring | Kyo-ru-gi |
| Attention | Char-yut |
| Bow | Kyung-yaе |
| Ready Stance | Jhoon-bi |
| Begin | Si-jak |
| Break | Kal-yeo |
| Continue | Kae-sok |
| End | Keu-man |
| Turning 180° | Dwito du-ra |
| Return to Ready | Ba-ro |
| Relax | Shi-ut |

COUNTING

| | <u>Cadence</u> | <u>Ranking Order (Forms)</u> |
|--------|----------------|------------------------------|
| 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 | |

Note: Ranking order is used with forms

Example: Palgwe 1 = Palgwe Il-jang

Palgwe 2 = Palgwe Yi-jang

STANCES

| | |
|------------|------------------|
| Horse | Ki-ma suh-gi |
| Front | Choon-gul suh-gi |
| Back | Hoo-gul suh-gi |
| Side | Yup suh-gi |
| Cat Stance | Kyo-yu-gi suh-gi |

| | |
|--------------|-----------------|
| Walking | Cut-ki suh-gi |
| Crane | Hak-tari suh-gi |
| Transitional | Modeumbal |
| Cross Leg | Kyo-cha suh-gi |
| Sliding | Mec-gur-mel |

HAND TECHNIQUES (SON-KI-SUL)

| | | Belt Rank |
|--|------------------------------|------------------|
| Middle Punch | Choon-dan chi-ki | White |
| High Punch | Sang dan chi-ki | White |
| Horse Stance with Punch | Ki-ma suh chi-ru-ki | White |
| Down Block | Ha-dan mak-ki | White |
| Rising Block | Chuk-kyo mak-ki | White |
| Middle Block | Mom-tong mak-ki | White |
| Reverse Knifehand Strike | Sohn-nal mok chi-ki | White |
| Knifehand Guarding Block | Su-do ta-bi mak-ki | White |
| Side Block | Yup tae-ri-ki mak-ki | White |
| Fighting Stance | Pal-mok ta-bi mak-ki | Yellow |
| Knifehand Strike | Su-do yup tae-ri-ki | Yellow |
| Double Knifehand Down Block | Ssang su-do ha-dan mak-ki | Yellow |
| Double Fist Down Block | Ssang pal-mok ha-dan mak-ki | Yellow |
| Forearms Block | Doo pal-mok mak-ki | Yellow |
| Twin Forearms Guarding Block | Ssang pal-mok mak-ki | Orange |
| Outside Forearm Block | Pak-ka pal-mok mak-ki | Green |
| (Also known as Outside Hammer Fist Strike) | | |
| Inside Forearm Block | Aon pal-mok mak-ki | Green |
| Single Knifehand Block | Han sohn-nal mak-ki | Green |
| Forward Backfist | Son-deung chi-ki | Green |
| Knifehand High Section Block | Han sohn-nal chuk-kyo mak-ki | Green |
| Single Kinfehand Down Block | Su-do ha-dan mak-ki | Green |
| Side Backfist | Yup son-deung chi-ki | Green |
| Elbow Strike | Pal-gum chi chi-ki | Green |
| Twin Knifehand Guarding Block | Ssang su-do mak-ki | Green |
| Outside Chest Block | Hy-cho mak-ki | Green |
| Spearhand Strike | Kwon-su chi-ru-ki | Green |
| Flat Spearhand Strike | Pyoung su-do chi-ki | Green |
| Inside Chest Block | Aon pal-mok hy-cho mak-ki | Blue |
| Jebbi Form | Jeb-bi poom mak-ki | Blue |
| Hammer Fist | Joo-muk naer-yeun chi-ki | Blue |
| Wrist Escape (up) | Wi-ro pae-gi | Blue |
| Wrist Escape (down) | A-dero pae-gi | Blue |
| Scissors Block | Ka-wey mak-ki | Brown |
| X-fist Block | Kyo-ch joo-muk mak-ki | Brown |
| X-knife Block | Kyo-cha su-do mak-ki | Brown |
| Pressing Block | Nul-lo mak-ki | Brown |
| Palm Heel Block | Ba-tang-son mak-ki | Brown |
| Ridge Hand Strike | Yuk su-do chi-ki | Black |

| | | |
|-----------------|--------------------------------|-------|
| Palm Strike | Sohn ba-dak chi-ki | Black |
| Throat Strike | Mok chi-ki | Black |
| Diamond Block | Hok da-lee suh-gi mak-ki | Black |
| Mountain Block | San mak-ki | Black |
| Double Uppercut | Doo joo-muk chi-cheo chi-ri-ki | Black |

FOOT TECHNIQUES (BAR-KI-SUL)

| | | |
|------------------------|------------------------------|--------|
| Rising Kick | Ap-cha ol-li-gi | White |
| Crossing Kick | Ap-cha dol ri-ki | White |
| Front Snap Kick | Ap-cha pus-u-gi | White |
| Reverse Crossing Kick | Pan-da ap-dol ri-ki | White |
| Side Kick | Yup cha-gi | White |
| Roundhouse Kick | Tol-lyo cha-gi | White |
| Sliding Side Kick | Mec-gur-mel yup cha-gi | Yellow |
| Spinning Side Kick | Pan-da de-tol-lyo yup cha-gi | Yellow |
| Spinning Roundhouse | Pan-da de-tol-lyo cha-gi | Yellow |
| Spinning Crossing Kick | Dee-chu cha-gi | Orange |
| 360° Roundhouse | Dee do-la tol-lyo cha-gi | Green |
| Drop Axe Kick | Dee chook ol-li-gi cha-gi | Green |
| Wheel Kick | Whea-chu cha-gi | Blue |
| Hook Kick | O-o cha-gi | Blue |