TAE KWON DO TERMINOLOGY

Since the Korean language is written using “Hangul” and not the Roman alphabet, all the spellings you see here are approximate romanizations and may not be the same spellings that some of you are used to seeing.

KOREAN COUNTING

There are two different numbering systems that are used by Koreans. The first numbering system is used when counting, or when only speaking of the numbers themselves.

The first ten numbers in this system are as follows:

1 : hannah
2 : dool
3 : set
4 : net
5 : dasot
6 : yasot
7 : ilgop
8 : yadol
9 : ahop
10 : yool

The stress in “hanah”, “dasot”, and “yasot” is on the first syllable, in “ilgop”, “yadol”, and “ahop” on the second. In counting cadence in TaeKwonDo, this is so emphasized that the other syllable frequently almost disappears (e.g., “han”, “das”, “yos”, “lgop”, “hop”, etc.).

The other numbering system (which is of Chinese origin) is used in most other cases and is often used where Americans would use ordinal numbers (such as “first”, “second”, etc ...). For example, this second numbering system is used when describing a person’s rank: a first degree black belt would be an “il dan”.

The first ten numbers in this numbering system are as follows:

1 : il
2 : ee
3 : sahm
4 : sah
5 : oh
6 : ryook
7 : chil
8 : pal
9 : koo
10 : ship
The final 'l' in "chil" and "pal" isn't rounded, like an American 'l' .... It's a much shorter sound, sort of like the initial 'l' in "let", but even shorter. It's not like the 'l' in "ball".

When pronouncing the word "ship", you must not emphasize the “sh” sound. It’s almost more like “sip” with a sort of a lisp.

Even though this second numbering system may correspond to ordinal numbers in English in some cases, these are not ordinal numbers. Koreans use a separate set of words for ordinal numbers.

### BASIC BODY PARTS

<table>
<thead>
<tr>
<th>Body</th>
<th>Inside Edge Of Hand (Ridgehand)</th>
<th>Back Hand</th>
<th>Fist</th>
<th>Finger</th>
<th>Fingertip</th>
<th>Trunk (Midsection)</th>
<th>Waist</th>
<th>Lower Body (Low Section)</th>
<th>Leg</th>
<th>Knee</th>
<th>Shin</th>
<th>Ankle</th>
<th>Foot (or Feet)</th>
<th>Instep</th>
<th>Sole of Foot</th>
<th>Ball of Foot</th>
<th>Heel</th>
<th>Bottom of Heel</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mom</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Face and Head</td>
<td>Ulgoool</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Head</td>
<td>Muh Ree</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eye</td>
<td>Noon</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ear</td>
<td>Gui</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nose</td>
<td>Ko</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mouth</td>
<td>Eep</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chin</td>
<td>Tuhk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Throat</td>
<td>Mokoomeong</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neck</td>
<td>Mok</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shoulder</td>
<td>Ouka</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Solar Plexus</td>
<td>Myung Chi</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arm</td>
<td>Pahl</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Elbow</td>
<td>Pahlkup</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Forearm</td>
<td>Pahlmahk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wrist</td>
<td>Sahnmahk</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hand</td>
<td>Sahn</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outside Edge</td>
<td>Sahnkal</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>of Hand</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Knifehand</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ridgehand</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>


TENETS OF TAE KWON DO

Courtesy : Ye Ui

Integrity : Yom Chi

Perseverance : In Nae

Self-Control : Kuk Gi

Indomitable Spirit : Baekjool

BODY MOVEMENTS

Block : Mahki

Kick : Chagi

Thrust (or punch) : Chirugi

Strike (with the hand) : Chigi

Strike (with the foot) : Jeek Gi

Strike (with the head) : Bahk Gi

Hand Technique : Sahn Ki Sool

Foot Technique : Bahl Ki Sool

Sparring : Kyorugi

Moving In A Particular Direction : Uro

To Turn : Dora

Spinning : Dolmyo

Sliding : Mee Kyul Myu

Holding/Grabbing : Jupgi

Throwing : Donzigi

Spreading : Hecho

Gathering : Moyo

Covering : Bojoo

DIRECTIONS

Right : Oo

Left : Joa

Front : Ahp

Inner : Ahn

Outer : Bahkat

Reverse : Bahndae

Back : Dwi

Inward : Ahnuro

Outward : Bahkuro

High : Whee

High Section : Ulgool

Midsection : Momtong

Low Section : Ahrae
RANK

Rank : Kagup
Grade : Gup
Degree : Dan

HAND POSITIONS

Block : Mahki
Kick : Chagi
Thrust (or punch) : Chirugi
Strike (with the hand) : Chigi
Strike (with the foot) : Jeek Gi
Strike (with the head) : Bahk Gi
Hand Technique : Sahn Ki Sool
Foot Technique : Bahl Ki Sool
Sparring : Kyorugi

HAND ATTACKS

Straight (return) Punch : Bahro Chirugi
Reverse Punch : Bahndae Chirugi
Double Punch : Doo Bun Chirugi
Triple Punch : Sae Bun Chirugi
Spearfinger Thrust : Sahnkeut Chirugi

BLOCKS

Outer Forearm Block : Bahkat Palmahk Mahki
Inner Forearm Block : Ahn Palmahk Mahki
Twin Forearm Block : Sahng Palmahk Mahki
**BLOCKS (cont’d)**

Low Block : Ahrae Mahki

Scissors Block : Gahwi Mahki

Diamond Shaped (hercules) Block : Keumgang Mahki

Mountain Shaped Block : Santeul Mahki

Scattered Block (wedge block) : Hechuh Mahki

Ox (bull) Block : Hwang So Mahki

Pressing Down Block : Bahtangsahn Nooluh Mahki

**KICKS**

Front Kick : Ahp Chugi

Side Kick : Yup Chagi

Roundhouse Kick : Dolrya Chagi

Back Kick : Dwi Chagi

Reverse Round Kick : Bahndae Dolrya Chagi

Back Round Kick : Dwi Dolrya Chagi

Wheel Kick : Hoohrio Chagi

Slant (instep) Kick : Beet Chagi

Ax Kick (literally downaward foot strike) : Nehryuh Jeek Gi

Pushing Kick : Mil A Chagi

Flying Kick : Nalla Chagi

Scissors Kick : Gahwi Chagi

**STANCES**

Stance : Sohgi

Posture (or “stance” used in other styles) : Jah Seh
STANCES (cont’d)

Front Stance : Ahp Sohgi

Front Bent Knee Stance : Ahp Koo Bi Sohgi

Back Stance : Dwi Sohgi

Back Bent Knee Stance : Dwi Koo Bi Soghi

Cat (or tiger) Stance : Beom Sohgi

Walking Stance : Kuht Neun Sohgi

Horseback Riding Stance : Juchoom Sohgi

Sparring Stance : Kyorugi Sohgi

Ready Stance Stance : Choon Bi Sohgi

Crossed Foot Stance : Koh Ah Sohgi

Crane Stance : Hahkatari Sohgi

SPARRING

(Free) Sparring : Kyorugi

One Step Sparring : Han Bun Kyorugi

Two Step Sparring : Doo Bun Kyorugi

Three Step Sparring : Sae Bun Kyorugi

Point : Jeum

Time Out : Shi Gan

Warning : Kyong Go

Deduction Of Point : Gam Jeun

Disqualification : Shil Kyuk

Injury : Boo Sang

Win : Seung
SPARRING (cont’d)

Tie : Bi Kim

Blue : Chung

Red : Hong

FORMS

Form : Poomse

UNIFORM

Belt : Dhee

Uniform : Dobok

COMMANDS

Attention : Cha Ryuht

Ready : Choon Bi

Return To Starting Position : Bah Ro

About Face : Dwi Uro Dorah

Turn : Dorah

Stand : Elosoh

Stop : Gomahn

Face Each Other : Jwa Woo Hyang Woo

Face Instructor/Master : Sah Bum Nem Keh

Face Senior Student : Sun Bae Nim Keh

Bow : Kyung Nae

Sit : Ahnjo

Relax : Shiuh

Begin : Seijak
COMMANDS (cont’d)

Break (or stop) : Kalyeo

Continue : Kae Sok

COMMON PHRASES

Yes : Ye

No : Anio

Thank You : Kahm Sa Hamnida

Less Formal Thank You : Komap Sumnida

You’re Welcome : Cheon Maeneyo

Congratulations : Cheuk Ka Hamnida

How Are You? : Ahnyong Hasimnika

Less Formal How Are You? : Ahnyong Hasayo

Hello : Yoboseyo

Good-Bye (to the person leaving) : Ahnyonghee Gasipsiyo

Good-Bye (to the person who is staying) : Ahnyonghee Gyesipsiyo

Less Formal Good-Bye (to the person leaving) : Ahnyonghee Gasayo

Less Formal Good-Bye : Ahnyonghee Gyesayo

Pleased To Meet You : Pangap Seumnida

See You Later : Toh Poepkeseoyo

Welcome : Eoseo Osayo

I’m Sorry : Choesong Hamnida

Less Formal I’m Sorry : Mian Hamnida

Excuse Me : Shilye Hamnida

That’s All Right : Kwaen Chanayo

I Understand : Ahlge Seoyo
COMMON PHRASES (cont’d)

I Don’t Understand : Moreuge Seoyo

It Is Fun : Chaemi Isseoyo

TITLES

Grandmaster : Kwan Jang Nim

Instructor (or Master) : Sah Bum Nim

Teacher : Kyo Sah Nim

Senior Student : Sun Bae Nim

Pupil : Jeja

Referee : Joo Sim

Judge : Bu Sim

MISCELLANEOUS

Training Hall (house of discipline) : Dojang

Offense : Gong-Kyok

Self-Defense : Hosinsool

Yell : Kihap

Concentration Of The Mind : Jung Shin Dong il

Certain Victory : Pil Seung

Force Of Power : Himm

Life-Energy : Ki

The Center Of Your “Ki” : Dahnjun

Breaking (the art of breaking boards, bricks, and tiles) : Kyuk Pa

Demonstration (exhibition) : Shibum

Stretching : Pyugi
Etiquette : Ye Jol
Respect : Jon Gyung
Loyalty : Choong Sung
Honesty : Jung Jhik
Family : Kahjok