

KOREAN TERMINOLOGY

COMMANDS :

COUNTING:

ENGLISH	KOREAN	ENGLISH	KOREAN
Attention	Charryot	1. One	Hana
Bow	Kyong Ye	2. Two	Doll
Ready	Junbi	3. Three	Set
Start	Sijak	4. Four	Net
Stop	Guman	5 Five	Dasool
Return to ready	Baro	6. Six	Yosool
Turn around	Dwiro dora	7. Seven	Ilgop
At ease	Swiyo	8. Eight	Yodul
Forward	Nagagi	9. Nine	Ahop
Backward	Duruogi	10. Ten	Yol
Dismiss	Hae San		
STANCES	SOGI	BLOCKING	MAKGI
Ready stance	Chunbe Sogi	Inside	AN
Parallel stance	Narani Sogi	Outside	Bakat
Walking stance	Gunnun Sogi	Inward	Anuro
L -stance	Niunja Sogi	Outward	Bakuro
Fixed stance	Gojung Sogi	Rising	Chookyo
Sitting stance	Annun Sogi	Guarding	Dabie
Attention stance	Charyot Sogi	Knife-hand	Sonkal
Close stance	Moa Sogi	Outer Forearm	Bakat Palmok
Bending stance	Goburyo Sogi	Inner Forearm	Anpalmok
X-Stance	Kyocha Sogi	Wedging	Hecho
Rear foot stance	Dwitbal sogi	One leg stance	Waebal Sogi
Vertical stance	Soojik Sogi	Low stance	Nahuo sogi
Diagonal stance	Sanson Sogi		

THRUST	TULGI	SECTION	DUNGBOON
Fingertip	Sonkut	High	Nopunde
Elbow	Palkup	Middle	Kaunde
Straight Fingertip	Son Sonkut	Low	Najunde
Back	Dwit	Front	Ap
Side	Yop		
Back Elbow	Dwit Palkup	FOOT PARTS	HABANSIN
		Ball	Ap Kumchi
KICK	CHAGI	Footsword	Balkal
Front Rising Kick	Apchaolligi	Knee	Murup
Front Snap Kick	Ap chabushigi	Instep	Baltung
Side Kick	Yop Chagi	Back heel	Dwitchhook
Turning Kick	Dollyo Chagi	Angle Punch	Giokja Jirugi
Back Kick	Dwit Chagi	Arc-Hand	Bandal Son
Hooking Kick	Golcho Chagi	Assistant instructor	Boosabum
Twisting Kick	Bituro Chagi	Backheel	Dwitchhook
Reverse Turning	Bandae Dollyo	Back Fist	Dung Joomuk
Back piercing kick	Dwit cha jirugi	Belt	Ti
Side piercing kick	Yop Cha Jirugi	Block	Makgi
Vertical Kick	Sewo chagi	Breath Control	Hohup Joul
2 direction kick	Sangbang chagi	Checking Block	Momchau Makgi
Crescent kick	Bandal chagi	Checking kick	Cha Momchugi
Downward kick	Naeryo chagi	Circular Block	Dollymyo Makgi
Upward kick	Nullyo chagi	Double forearm	Doo Palmok
Pick shape kick	Gokkaengi chagi	Double stepping	Jaun Bal
Waving kick	Duro chagi	Fast motion	Balli
Flying kick	Twimyo chagi	Flat fingertip	Opun Sonkut
Consecutive	Charay charay	Foot shifting	Jajun Bal
Reverse Hooking kick	Bandae Golchyo Chagi	Mid air strike	Twio Dolmyo Taerigi
Semi Free Sparring	Ban Jayu Matsoki	One step sparring	Ilbo Matsoki
Scooping block	Duro makgi	Outer forearm	Bakat Palmok
Master	Sahyun	Outside block	Bakat makgi
Grandmaster	Saseong	Pressing block	Noollo makgi
Stamping kick	Cha Bapgi	Pushing block	Miro makgi
Special Technique	Tukgi	Release motion	Jappyosul Tae
Sliding	Mikulgi	Self Defence Tech	Hosin Sul

Forearm Low Block	Palmok Najunde Makgi
Middle Obverse Punch	Kaunde Baro Jirugi
Knife Hand Low Block	Sonkal Najunde Makgi
Inner Forearm Block	Anpalmok Makgi
Rising Block	Chookyoo Makgi
Knife Hand Guarding Block	Sonkal Daebie Makgi
Guarding Block	Daebie Makgi
High Punch	Nopunde Jirugi
Twin Forearm Block	Sang palmok Makgi
Knife Hand Side Strike	Sonkal Yop Taerigi
Outer Forearm Block	Bakat Palmok Makgi
Reverse Punch	Bandae Jirugi
Straight Finger Tip Thrust	Sun Sonkut Tulgi
Back Fist Side Strike	Dung Joomuk Yop Taerigi
Knife Hand Inward Strike	Sonkal Annuro Taerigi
Side Punch	Yop Jirugi
Circular Block	Dollimyo Makgi
Hooking Block	Golcho Makgi
Front Elbow Strike	Ap Palkup Taerigi
Twin Knife Hand Block	Sang Sonkal Makgi
Double Forearm Block	Doo Palmok Makgi
Reverse Knife Hand Block	Sonkal Dung Makgi
Palm Upward Block	Sonbadak Ollyo Makgi
Upper Elbow Strike	Wipalkup Taerigi
Twin Vertical Punch	Sang Sewo Jirugi
Twin Upset Punch	Dwijibo Jirugi
X-Fist Rising Block	Kyocha Chukyo Makgi
Pressing Block	Noolo Makgi
Angle Punch	Giokja Jirugi
Upset Fingertip Thrust	Dwijibum Sonkut Tulgi
Back Fist Side Back Strike	Dung Joomuk Yopdwi Taerigi
X-Fist Pressing Block	Kyocha Noolo Makgi
W- Shape Block	San Makgi
Flat Finger tip Thrust	Opun Sonkut Tulgi
Double Forearm Pushing Block	Doo Palmok Miro Makgi
Knife Hand Low Guarding Block	Sonkal Najunde Daebie Makgi

Palm Pushing Block	Sonbadak Miro Makgi
Upward Punch	Ollyo Jirugi
Knife Hand Downward Strike	Sonkal Naeryo Taerigi
Side Elbow Strike	Yop Palkup Taerigi
Inner Forearm Middle Side Front Block	Anpalmok Kaunde Yopap Makgi
Reverse Knife Hand Strike	Son Dung Ap teaerigi
X- Knife Hand Checking Block	Kyochoa Sonkal Yop Makgi
Double Palm Heel Upward Block	Doo Sonbadk Ollyo Makgi