

## Tae Kwon Do Terminology

Tae Kwon Do	The art/way of the hand and foot
Kwan jang nim	Grand Master
Sa bum nim	Instructor (3 <sup>rd</sup> dan)
Kyo sa nim	Assistant instructor (1 <sup>st</sup> & 2 <sup>nd</sup> dan)
gam sa ham ni da	Thank you
poom se	Form
kyu roo gi	Sparring
kyup ka	Breaking
shim sa	Test
shi bom	Demonstration
shi hap	Tournament
do jang	Training center, "House of Discipline"
do bok	Uniform
ddi	Belt
koo-ki	Flag
cha ryuht	Attention
kyung nyet	Bow
do ra	Turn
joon bi	Ready
geu man	Stop, finish, back to ready
ba ro	Return to position
shi uh	Rest position
shi jak	Begin
ki hap	Inner power/power scream
bal cha gi	Kick, kicking, ready for kick
ap cha gi	Front kick
yup cha gi	Side kick
dol yuh cha gi	Round house kick
ap cha o li gi	Front stretch kick
dwi cha gi	Back kick
mak ki	Block
a rae mak ki	Low block
mom tong mak ki	Middle block
mom tong ahn mak ki	Inner middle block
ul gool mak ki	High block

son nal mak ki                      Knifehand block

ji reu gi                                  Punch  
mom tong ji reu gi                      Middle punch  
se wuh ji reu gi                          Standing punch  
ul gool ji reu gi                          High punch

joon bi suh gi                              Ready stance  
ap suh gi                                    Walking stance  
ap goo bi                                    Front stance  
dwi goo bi                                   Back stance  
joo choom suh gi                          Sitting stance  
bum suh gi                                  Cat stance

ha na                                        (1)    one  
dool                                         (2)    two  
set    (3)    three  
net    (4)    four  
dah suht                                   (5)    five  
yuh suht                                   (6)    six  
il gop                                       (7)    seven  
yuh duhl                                   (8)    eight  
ah hop                                      (9)    nine  
yuhl                                         (10)   ten

yuhl ha na                                 (11)   eleven  
...  
soo mool                                    (20)   twenty