

Terminology

English	Korean (Kukkiwon*)	English	Korean (Kukkiwon*)
Classroom (Do jang) Terminology			
Ready stance	Joon-bi	Thrusting	Tziruegi
Attention	Ch'a-ryöt	Front	Ap
Salute or Bow	Kyeong-nye	Side	Yop
Start or begin	Shi-jahk	Back	Dwi
Stop	Kuman	Fist	Chu-mök
Return (to a position)	Ba-ro	Hand	Son
Flag	Kuk-gi	Foot	Bal
Instructor	Sa-bum	Arm	P'al
Assistant Instructor	Bu-sa-bum	Leg	Ta-ri
Teacher	Kyo-sa	Forearm (near the wrist)	P'al-mok
Meditation	Mung-nyöm	Right	O-rün
Uniform	Do-bok	Left	Oen (Wen)
Relax or At Ease	Shi-öt	High Section (neck and head)	Öl-gul
Form or Pattern	Poom-se	Middle Section (hip to neck)	Mom-t'ong
Yell (Unify Energy)	Ki-hap	Low Section (below the waist)	A-rae
Stationary Turn (About Face)	Two-ro to-ra	Colored Belt Rank	Kub
Change or Switch Feet	Bal pa gwo	Black Belt Rank	Dan
Training Hall	Do jang	Belt	Ttie
Line Up	Chul-lo-sö	Front (forward) Stance	Ap Kubi
Salute the Flag	Kuk-gi-e tae-ha-yö kyeong-nye	Walking Stance	Ap Seogi
Bow to the Instructor	Sa-bum-nim gye kyeong-nye	Back Stance	Dwit Kubi
Stance	Seogi or Kubi	Riding Stance	Juchum Seogi
Block	Makki	Cat (tiger) Stance	Beom Seogi
Kicking	Chagi		
Punching	Jireugi		
Striking	Chigi		
Sparring (Kyorugi) Terminology			
Ready	Joon-bi	Warning Penalty	Kyong-go
Attention	Ch'a-ryöt	Deduction Penalty	Gam-jeom
Bow	Kyeong-nye	Non-injury Time Out	Shi-gan
Start or begin	Shi-jahk	Injury Time Out	Kye-shi
Stop	Kuman	Referee	Joo-shim
Break	Kal yeo	Judge	Bu-shim
Continue	Kye-sok	Protector (in general)	Hogu
Blue	Chung	Trunk Protector	Kasoom Hogu
Red	Hong	Groin Protector	Nangsim hogu
Winner	Seung		
Punching (Jireugi)			
Straight (front) Punch	Pa-ro jireugi	Reverse (opposite) Punch	Pan-dae jireugi
Vertical Punch	Se-wö jireugi	Upward (upper) Punch	Che-ch'yö jireugi
Flat Fist Punch	P'yön chu-mök jireugi		
Kicking (Chagi)			
Front Kick	Ap chagi	Side Kick	Yop chagi
Back Kick	Dwi chagi	Twisting Kick	Bitureo chagi
Hooking Kick	Nakka chagi	Axe Kick	Naeryo chagi
Inner (inward) Crescent Kick	An chagi	Outer (outward) Crescent Kick	Bakkat chagi
Roundhouse Kick	Dollyo chagi	Spin Hook Kick	Onmom dollyo chagi
Blocking (Makki)			
Outer forearm high rising block	Olgul makki	Outer forearm side (outward) block	Bakkat makki
Inner forearm side (outward) block	Anpalmok bakkat makki	Outer forearm front (inward) block	An makki
X (cross forearm) block	Otgoreo makki	Low section (downward) block	Arae makki
Knife hand side block	Hanssonal bakkat makki	Knife hand front block	Hanssonal an makki
Knife hand guarding block	Sonnal makki	Low knife hand guarding block	Sonnal arae makki
Palm blocking	Batangson makki		

Terminology

Striking (Chigi)			
Back fist striking	Deung chu-mök chigi	Hammer fist striking	Me chu-mök chigi
Knife hand striking	Sonnal chigi	Ridge hand (reverse knife hand) striking	Sonnal bakkat chigi
Palm striking	Batangson chigi	Arc hand striking	Agwison chigi
Elbow striking	Palkup chigi	Knee striking	Mureup chigi
Thrusting (Tziruegi)			
Flat hand finger tip (spear finger) thrust	pyonsonkkeut tziruegi	Palm down spear finger thrust	Pyonsonkkeut upeo tziruegi
Vertical spear finger thrust	Pyonsonkkeut sewo tziruegi	Palm up spear finger thrust	Pyonsonkkeut jecho tziruegi
One finger thrust	Hansonkkuet tziruegi	Two finger thrust	Kawisonkkeut tziruegi
Counting			
	Native Korean	Sino-Korean	
One	Ha-nah	Il	
Two	Duhl	Yi	
Three	Set	Sam	
Four	Net	Sa	
Five	Ta-sut	Oh	
Six	Ya-sut	Yuk	
Seven	Il-gop	Chil	
Eight	Yeo-dul	Ppal	
Nine	a-hop	Ku	
Ten	Yeol	Ship	
Spirit of Hwa Rang	Tenets of Taekwondo	Oath of Taekwondo	
Be patriotic to government	Courtesy	I will obey the tenets of Taekwondo	
Be dutiful to parents	Integrity	I will respect my instructor and all senior ranks	
Be faithful to friends	Perseverance	I will never misuse Taekwondo	
Stand your ground in fighting	Indomitable Spirit	I will strive to build a more peaceful world	
Do not take a life unjustly	Self-control	I will be a champion of freedom	
Other Definitions			
Taekwondo – The Art of Kicking and Punching			
Kukkiwon – World Taekwondo Headquarters in Seoul, Korea			
World Taekwondo Federation (WTF) – International Federation for Sport Taekwondo under the IOC			
USA Taekwondo (USAT) – National Governing Body for Sport Taekwondo in the US, a member of the USOC			
Kyo sa – Teacher, term for 1 st , 2 nd , and 3 rd Dan Black Belts			
Sa bum – Instructor, term for 4 th Dan and above			
Bu sa bum – Assistant Instructor, can be used for 3 rd and 4 th Dan Black Belts			
Kwan jang – Director of a Kwan or school, can be used for 8 th and 9 th Dan Black Belts			
Sim sa kwan – test board or judges			
Pil seung – to have faith in certain victory			
<i>Hae Jang - President of Association</i>			

* The definitions used here are taken from the Kukkiwon textbook and “A Martial Artists Guide to Korean Terms” by Mitchell, Breiting and Hayward. The Kukkiwon definitions are the most prevalent, but where there was no known Kukkiwon term, an ITF term was used and is indicated as such.