



## **Korean Terminology**

### **General**

Instructor  
*Sabumnim*

Assistant Instructor  
*Bo Sabumnim*

Master  
*Sahanim*

Grand Master  
*Sasungnim*

Examiner  
*Se Hum Kwon*

Student  
*Jeja*

Tenets  
*Chongshin*

Taekwon-Do Oath  
*Taekwon-Do Sang So*

Training Hall  
*Dojang*

Uniform  
*Dobok*

Belt  
*Ti*

Ready  
*Junbi*

Start  
*Si Jak*

Stop  
*Gomman*

Return to start position  
*Pharro*

Turn around  
*Dwirro Torra*

Right about turn  
*Oorro Dwirro Torra*

Left about turn  
*Chwarro Dwirro Torra*

Centre Line Turn  
*Gojaro Dolgi*

Relax  
*Shewo*

Self Defence  
*Por Shin Sul*

In your own time  
*Koryong Opshe*

By count or numbers  
*Koryong A Macho*

Release movement  
*Baegi*

**Punches using the forefist - Ap Joomok Jirugi**

Front  
*Ap*

Side  
*Yop*

Upward  
*Ollyo*

Downward  
*Naeryo*

Vertical

Sewo

Twin Vertical  
*Sang Sewo*

Upset  
*Dwijibo*

Twin Upset  
*Sang Dwijibo*

Crescent  
*Bandal*

Angle  
*Kyokja*

**Strikes using the elbow - Palkup Taerigi**

Front Elbow  
*Ap Palkup*

Side Elbow  
*Yop Palkup*

Back Elbow  
*Dwit Palkup*

Downward Elbow  
*Naeryo Palkup*

Upper Elbow  
*Wi Palkup*

**Foot parts - Habansin**

Ball  
*Apkumchi*

Back heel  
*Dwitchook*

Back sole  
*Dwitcumchi*

Footsword  
*Balkal*

Reverse footsword  
*Balkal Dung*

Instep  
*Baldung*

Footsole  
*Balbadak*

Toes  
*Balkut*

**Kicks - Chagi**

Front rising  
*Ap Cha Olligi*

Side rising  
*Yop Cha Olligi*

Front snap kick  
*Ap Cha Busigi*

Side piercing  
*Yop Cha Jirugi*

Forward stepping side piercing  
*Ongyo Didimyo Yop Cha Jirugi*

Back piercing  
*Dwit Cha Jirugi*

Turning  
*Dollyo*

Reverse turning  
*Bandae Dollyo*

Downward  
*Naeryo*

Crescent  
*Bandal*

Vertical  
*Sewo*

Hooking  
*Golcha*

Twisting  
*Bituro*

Checking  
*Mom Chau*

Flying  
*Twimyo*

Flying high  
*Twimyo Nopi*

Flying long  
*Twimyo Nomo*

Jumping  
*Twigji*

**Hand parts - Sangbansin**

Knifehand  
*Sonkal*

Reverse knifehand  
*Sonkal Dung*

Forefist  
*Ap Joomok*

Back Fist  
*Dung Joomok*

Side fist  
*Yop Joomok*

Knuckles  
*Songarak*

Palm  
*Sonbadak*

Fingertips  
*Sonkut*

Arc hand  
*Bandalson*

Fingertip thrust  
*Sonkut Tulgi*

Flat fingertip thrust  
*Opun Sonkut Tulgi*

Straight fingertip thrust  
*Sun Sonkut Tulgi*

Upset fingertip thrust  
*Dwijibun Sonkut Tulgi*

### **Stances - Sogi**

Attention  
*Charyot*

Parrallel  
*Narani*

Parrallel ready  
*Narani Junbi*

Walking  
*Gunnun*

Walking ready  
*Gunnun Junbi*

Sitting  
*Annun*

Sitting ready  
*Annun Junbi*

'L'  
*Niunja*

Fixed  
*Gojang*

Bending ready 'A'  
*Goburyo Junbi Sogi 'A'*

Bending ready 'B'  
*Goburyo Junbi Sogi 'B'*

One leg stance

*Waebal*

Close ready stance 'A'

*Moa Junbi Sogi 'A'*

Close ready stance 'B'

*Moa Junbi Sogi 'B'*

Close ready stance 'C'

*Moa Junbi Sogi 'C'*

Low

*Nachuo*

Vertical

*Soo Jik*

'X'

*Kyocho*

Rear foot

*Dwit Bal*

### **Blocks - Makgi**

Yop

*Side*

Inside

*An*

Outside

*Bakat*

Inward

*Anuro*

Outward

*Bakuro*

Knifehand rising

*Sonkal Chookyo*

Forearm rising

*Palmok Chookyo*

Palm pressing

*Songbadak Noolyo*

Palm pushing  
*Songbadak Miro*  
Palm upward  
*Songbadak Ollyo*

X fist rising  
*Kyocha Joomok Chookyo*

X fist pressing  
*Kyocha Joomok Noolyo*

Knifehand guarding  
*Sonkal Daebi*

Forearm guarding  
*Palmok Daebi*

Double forearm  
*Doo Palmok*

Double forearm pushing  
*Doo Palmok Miro*

Inner forearm  
*An Palmok*

Outer forearm  
*Bakat Palmok*

Twin forearm  
*Sang Palmok*

Reverse knifehand  
*Sonkal Dung*

Twin knifehand  
*Sang Sonkal*

Wedging  
*Hechyo*

W Shape  
*San*

Palm hooking  
*Sonbadak Golcha*

Waist  
*Hori*

Palm scooping  
*Sonbadak Duro*

Circular  
*Dollimyo*

[www.taekwondo.org.au](http://www.taekwondo.org.au)