

Taekwondo

Taekwondo is a modern way of an ancient Korean art of self defence. Translated from the Korean **TAE** literally means to jump or kick or smash with the foot. **KWON** denotes a fist, chiefly to punch or destroy with the hand or fist. **DO** means an art, or way with discipline.

General	
English	Korean
Instructor	Sabum (addressed as Sabum Nim)
Uniform	Do Bok
Start	Shijak
Stop	Geuman
Return to start	Baro
Turn around	Dwio Dora
Training Hall	Do Jang
Belt	Tee
Attention	Charyot
Bow	Kyong Ye
Ready	Joombi
Thank you	Gamsa Hamni Da
Pattern	Poomsae
Right	Oreun
Left	Wen
Knife-Hand	Sonnal
Thrust	Chireugi
Elbow	Palkoop
Forearm	Palmok
Palm	Batang Son

Blocks	
English	Korean
Block	Makki
Low Block	Arae Makki
Middle block	Montom Makki
Inner Middle Block	Montom An Makki
Outer Middle Block	Montom Bakkat makki
Head Block	Eolgool Makki
Knife Hand Block	Sonnal Makki
Middle Knife Hand Block	Sonnal Bakkat Monton Makki
Low Knife Hand Block	Sonnal Area Makki
Guarding Block	Geordeureo Makki
Cross Block	Eotgeureo Makki
Scissor Block	Gawi Makki
Wedging Block	Hechyo Makki

Counting			
English	Korean	English	Korean
One	Hana	Eleven	Ya hana
Two	Dool	Twelve	Ya dool
Three	Set	Thirteen	Ya set
Four	Net	Fourteen	Ya net
Five	Dasut	Fifteen	Ya dasut
Six	Yasut	Sixteen	Ya yasul
Seven	Ilgop	Seventeen	Ya ilgop
Eight	Yodul	Eighteen	Ya yadool
Nine	Ahop	Nineteen	Ya ahop
Ten	Yul	Twenty	Som

Poomsae		
Tae Geuk 1	IL Jang	Heaven and Light
“ 2	Yee Jang	Joyfulness
“ 3	Sam Jang	Fire and Sun
“ 4	Sah Jang	Thunder
“ 5	Oh Jang	Wind
“ 6	Yuk Jang	Water
“ 7	Chil Jang	Mountain
“ 8	Pal Jang	Earth

Punches/ Fist	
English	Korean
Punch	Jireugi
Front Punch	Ap Jireugi
Reverse Punch	Bandae Jireugi
Fist	Joomeok
Back- Fist	Deung Joomeok
Side Punch	Teop Jireugi
Hook (turning) Punch	Dollyo Jireugi

Kick	
English	Korean
Kick	Chagi
Front Kick	Ap Chagi
Side Kick	Yeop Chagi
45% Turning Kick	Pee Chagi
Turning Kick	Dollyo Chagi
Back Kick	Dwi Chagi
Axe Kick	Nero (or Chiko) Chagi
Push Kick	Miro Chagi
Back Side Kick	Dwi Dolla Yeop Chagi
Twisting Kick	Biteuro Chagi
Jumping Front Kick	Twieo Ap Chagi
Jumping Side Kick	Twieo Yeop Chagi
Jumping Turning Kick	Twoeo Dollyo Chagi

Parts of the body	
English	Korean
Foot	Bal
Ball of Foot	Apchook
Heel	Dwit Chook
Knife edge of foot	Bal Nal
Instep of foot	Bal Deung
Sole of foot	Bal Ba Dak
Head	Muh Ri
Chest	Ka Seum
Forehead	Yi Ma
Chin	Teok
Nose	Koe
Solar Plexus	Myung Chi
Hand	Sohn
Wrist	Pal Mok
Elbow	Pal Koop
Leg	Dah Ri
Arm	Pal

Strike	
English	Korean
Strike	Chagi
Knife hand strike	Sonnal Chagi
Ridge hand strike	Sonnal Deung

Stance	
English	Korean
Stance	Seogi
Long Stance	Ap Koobi Seogi
Back Stance	Dwi Koobi Seogi
Walking stance	Ap Seogi
Horse Riding Stance	Joo Cham Seogi
Tiger (Cat) Stance	Beom Seogi
Crane Stance	Haktari Seogi
Attention	Charyot Seogi
Cross Stance	Koa Seog

Tenets of Taekwondo	
Etiquette	Through the practice of Taekwondo the students are trying to uphold the tenets, or Taekwondo Jeongsin, and by so doing to promote a greater spirit and help build a more peaceful world.
Modesty	
Perseverance	
Self Control	
Indomitable Spirit	