

Stances

STANCE

Side Facing
Full Facing
Half Facing
Sitting
Parallel
Walking
Attention
Diagonal
L
X
Fixed
Close
Bending
One Leg
Vertical
Rear Foot
Low
Outer Open Stance (45 Degree)
Inner Open Stance (toes inward)
Ready
Parallel Ready
Walking Ready
Bending Ready
Warrior Ready Stance
L-Ready
X-Ready
Sitting Ready
Close Ready (type A,B,C)
Crouched

SOGI

Yopmom
Ohnmom
Bahnmom
Annun Sogi
Narani Sogi
Gunnun Sogi
Charyot Sogi
Sasun Sogi
Niunja Sogi
Kyocho Sogi
Gojung Sogi
Mao Sogi
Guburyo Sogi
Waebal Sogi
Soo Jik Sogi
Dwit Bal Sogi
Nachuo Sogi
Bakat Palja Sogi
An Palja Sogi
Junbi Sogi
Narani Junbi Sogi
Gunnun Junbi Sogi
Guburyo Junbi Sogi
Moosa Junbi Sogi
Niunja Junbi Sogi
Kyocho Junbi Sogi
Annun Junbi Sogi
Moa Junbi Sogi (A,B,C)
Oguryo Sogi

Body Parts

BODY PARTS

HAND PARTS

Fore-fist
Side-fist
Back-fist
Under Fist
Long Fist
Open Fist
Palm
Knuckle Fist
Middle Knuckle Fist
Fore-Knuckle Fist
Thumb Knuckle Fist
Knife-hand
Reverse Knife-hand
Base Of Knife-hand
Fingertip
Flat Fingertip
Straight Fingertip
Upset Fingertip
Angle Fingertip
Forefinger
Double Fingertip
Arc Hand
Back Hand
Forearm
Inner Forearm
Outer Forearm
Back Forearm
Under Forearm
Elbow
Front Elbow
Finger Pincers
Finger Belly
Press Finger
Bow Whist
Thumb
Thumb Ridge
Bear Hand

MOM BANSIN

SANG BANSIN

Ap Joomuk
Yop Joomuk
Dung Joomuk
Mit Joomuk
Ghin Joomuk
Phun Joomuk
Sonbadak
Songarak Joomuk
Joongi Joomuk
Inji Joomuk
Umji Joomuk
Sonkal
Sonkal Dung
Sonkal Batang
Sonkut
Opun Sonkut
Sun Sonkut
Dwijibun Sonkut
Homi Sonkut
Han Songarak
Doo Songarak
Bandal Son
Sondung
Palmok
An Palmok
Bakat Palmok
Dungpalmok
Mitpalmok
Palkup
Wi Pulkup
Jipge Son
Songarak Badak
Jiap
Sonmok Dung
Umji
Umji Batang
Gomson

FOOT PARTS

Back Sole
Ball of foot
Sole
Side Sole
Foot
Foot Sword
Toes
Instep
Side Instep
Reverse Foot-sword
Back heel
Knee

MISCELLANEOUS PARTS

Head
Forehead
Occiput (back of head)
Shoulder
Outer Ankle Joint
Inner Ankle Joint
Tibia
Inner Tibia
Shin
Back Tibia
Outer Tibia
Toe edge

HA BANSIN

Dwitkumchee
Ap Kumchee
Kumchee
Yop Bal Badak
Bal
Balkal
Balkut
Baldung
Yop Baldung
Balkal Dung
Dwichook
Moorup

GITA BOOWI

Mori
Ima
Hudoo
Euhke
Bakat Balmok Gwanjol
An Balmok Gwanjol
Kyong Gol
An Kyong Gol
Jong Kwaeng-I
Dwit Kyong Gol
Bakat Kyong Gol
Balgarak Nal

Hand Techniques

HAND TECHNIQUE

Vertical Punch
Side Punch
Side Front Punch
Upward Punch
Upset Punch
U-shape Punch
Crescent Punch
Downward Punch
Turning Punch
Angle Punch
Knuckle Fist Punch
Twin Fore-knuckle Fist
Middle Knuckle Fist
Twin Middle Knuckle Fist
Thumb Knuckle Fist
Horizontal Punch
Long Fist Punch
Open Fist Punch
Double Fist Punch
Horizontal Thrust
Twin Elbow
Single Elbow
Back Elbow
Twin Side Back Elbow
Cross Cut
Inward Cross Cut
Outward Cross Cut
Side Cross Cut
Upper Elbow Strike
Upper Back Elbow Strike
Front Elbow Strike
High Elbow Strike
Inward Knife-Hand Strike
Twin Knife-hand Strike
Reverse Knife-hand Strike
Twin Reverse Knife-hand Strike
Under Fist Strike
Bear Hand Strike
Finger Pincers Strike
Downward Strike
Side Downward Strike

SON GISOOL

Sewo Jirugi
Yop Jirugi
Yobap Jirugi
Ollyo Jirugi
Dwijibo Jirugi
Digutj Jirugi
Bandal Jirugi
Naeryo Jirugi
Dollyo Jirugi
Giokja Jirugi
Songarak Joomuk Jirugi
Sang Han Songarak Joomuk
Kaunde Joongji Joomuk Jirugi
Sang Kaunde Joongji Joomuk Jirugi
Umji Songarak Joomuk
Soopyong Jirugi
Ghin Joomuk Jirugi
Pyon Joomuk Jirugi
Doo Joomuk Jirugi
Soopyong Tulgi
Sang Palkup
Wae Palkup
Dwit Palkup
Sang Yop Dwit Palkup
Ghutgi
Anuro Ghutgi
Bakuro Ghutgi
Yop Ghutgi
Wi Palkup Taerigi
Widwi Palkup Taerigi
Ap Palkup Taerigi
Nopun Palkup Taerigi
Anuro Sonkal Taerigi
Sang Sonkal Taerigi
Sonkal Dung Taerigi
Sang Sonkal Dung Taerigi
Mit Joomuk Taerigi
Gomson Taerigi
Jipge Son Taerigi
Naeryo Taerigi
Yop Naeryo Taerigi

Side Downward Knife-Hand Strike
Side Downward Side Fist Strike
Side Downward Back Hand Strike
Front Downward Strike
Outward Knife-hand strike
Outward Side-fist Strike
Knife Hand Side Strike
Side Fist Strike
Back Fist Strike
Twin Back Fist
Back Hand Strike
Twin Back Hand
Back Fist Wedging Strike
Knife-Hand Horizontal Strike
Twin Back Fist Horizontal Strike
Twin Side Fist Horizontal Strike
Twin Back Hand Horizontal Strike
Back Fist Side Front Strike
Back Hand Side Front Strike
Reverse Knife-hand Side Front Strike
Front Back-fist Strike
Front Knife-hand Strike
Front Reverse Knife-hand Strike
Crescent Strike
Arc Hand Crescent Strike
Finger Pincers Crescent Strike
Backside Strike
Side Front Strike
Reverse Knife-hand Side Front Strike

THRUSTING TECHNIQUE

Fingertip
Double Fingertip
Flat Fingertip
Upset Fingertip
Straight Fingertip
Angle Fingertip
Downward Thrust
Straight Elbow
Side Thrust
Double Fingertip
Side-front Thrust
Side Elbow
Single Side Elbow
Twin Side Elbow

Yop Naeryo Sonkal Taerigi
Yop Naeryo Yop Joomuk Taerigi
Yop Naeryo Sondung Taerigi
Ap Naeryo Taerigi
Bakuro Sonkal Taerigi
Bakuro Yop Joomuk Taerigi
Sonkal Yop Taerigi
Yop Joomuk Taerigi
Dung Joomuk Taerigi
Sang Dung Joomuk Taerigi
Sondung Taerigi
Sang Sondung Taerigi
Dung Joomuk Hechyo Taerigi
Sonkal Soopyong Taerigi
Sang Dung Joomuk Soopyong Taerigi
Sang Yop Joomuk Soopyong Taerigi
Sang Sondung Taerigi
Dung Joomuk Yobap Taerigi
Sondung Yobap Taerigi
Sonkal Dung Yobap Taerigi
Ap Dung Joomuk Taerigi
Ap Sonkal Taerigi
Ap Sonkal Dung Taerigi
Bandal Taerigi
Bandal Son Taerigi
Jipge Son Bandal Taerigi
Yopdwi Taerigi
Yobap Taerigi
Sonkal Dung Yobap Taerigi

TULGI

Sonkut Tulgi
Doo Sonkut Tulgi
Opun Sonkut Tulgi
Dwijibo Sonkut Tulgi
Sun Sonkut Tulgi
Homi Sonkut Tulgi
Naeryo Tulgi
Sun Palkup Tulgi
Yop Tulgi
Doo Sonkut Tulgi
Yobap Tulgi
Yop Palkup
Wae Yop Palkup
Sang Yop Palkup

FLYING HAND TECHNIQUE

Flying Punch
Flying Vertical Punch
Flying Upset Punch
Flying Front Punch
Flying Side Strike
Flying Side Front Strike
Flying Back Fist Side Strike
Flying Back Hand Side Strike
Flying Knife-hand Side Strike
Flying Side-fist Side Strike
Flying Front Strike
Flying Reverse Knife-hand Front Strike
Flying Back-fist Front Strike
Flying Mid-air Strike
Flying Spinning 180 Degree
Flying Spinning 360 Degree
Flying Flat Fingertip Cross-cut
Flying Flat Fingertip Inward Cross-cut
Flying Flat Fingertip Outward Cross-cut
Flying Double Attack
Flying Double Punch
Flying Vertical Double Side Punch
Flying Middle Knuckle Fist

TWIMYO SON GISOOL

Twimyo Jirugi
Twimyo Sewo Jirugi
Twimyo Dwijibo Jirugi
Twimyo Ap Jirugi
Twimyo Yop Taerigi
Twimyo Yobap Taerigi
Twimyo Dung Joomuk Yop Taerigi
Twimyo Sondung Yop Taerigi
Twimyo Sonkal Yop Taerigi
Twimyo Yop Joomuk Yop Taerigi
Twimyo Ap Taerigi
Twimyo Sonkal Dung Ap Taerigi
Twimyo Dung Joomuk Ap Taerigi
Twio Dolmyo Taerigi
180 Twio Dolmyo Taerigi
360 Twio Dolmyo Taerigi
Twimyo Opun Sonkut Ghutgi
Twimyo Opun Sonkut Anuro Ghutgi
Twimyo Opun Sonkut Bakuro Ghutgi
Twimyo I - Jung Gong Gyok
Twimyo I - Jung Jirugi
Twimyo Soojik I - Jung Yop Jirugi
Twimyo Kaunde Joongi Joomuk Jirugi

Foot Techniques

FOOT TECHNIQUES

KICK PREFIXES:

Front
Side
Piercing
Raising
Thrusting
Snap
Skipping
Dodging Kick
Consecutive
Combination Kick
Direction of Kicks
Foot Shifting
Spot Kicks

KICKS

Hooking
Reverse Hooking
Turning
Side Turning (On 75 Degree)
Reverse Turning
Twisting
Low Twisting
Middle Twisting
High Twisting
Downward
Pick-Shape Kick
Crescent
Front Rising
Side Rising
Front Piercing
Side Piercing
Reverse Hooking
Back Piercing
Front Snap Kick
Vertical
Stamping
Sweeping
Straight Kick

BAI GISOOL

Ap
Yop
Cha Jirugi
Olligi
Cha Tulgi
Cha Busigi
Durokamyo
Pihamyo Chagi
Yonsuk Chagi
Honhap Chagi
Chon Bang Hyang
Jajun Bal
Gujari Chagi

CHAGI

Golcha Chagi
Bandaе Dollyo Goro chagi
Dollyo Chagi
Yop Dollyo Chagi
Bandaе Dollyo Chagi
Bituro Chagi
Najunde Bituro Chagi
Kaunde Bituro Chagi
Nopunde Bituro Chagi
Naero Chagi
Gokaeng-I Chagi
Bandal Chagi
Ap Cha Olligi
Yop Cha Olligi
Ap Cha Jirugi
Yop Cha Jirugi
Bandaе Dollyo Goro
Dwitcha Jirugi
Apcha Busigi
Sewo Chagi
Cha Bapgi
Suroh Chagi
Jigeau Chagi

Foot Tackling (Take down)
Counter Kick
Punching Kick
U-Shape Punching Kick
Side Punching Kick
Front Punching Kick
Horizontal Striking Kick
Grasping Kick
Pressing Kick
Inward Kick
Outward Kick
Upward Kick (Knee)
Side Front Snap Kick
Back Snap Kick
Side Pushing Kick
Back Pushing Kick
Double Kick
Triple Kick
Skip Kick
Waving Kick
Checking
Front Checking
Side Checking
Hooking Kick

FLYING TECHNIQUES

Flying Kick
2 Directional Kick
Flying Front Kick
Flying Side Front Kick
Flying Turning Kick
Flying Hooking Kick
Flying Reverse Turning Kick
Flying Side Piercing Kick
Flying Side Thrusting Kick
Flying Side Pushing Kick
Flying High Kick
Flying Twisting Kick
Flying Crescent Kick
Flying Two Directional Kick
Flying Three Directional Kick
Flying Twin Foot Front Kick
Flying Front-Back Kick
Flying Combination Kick
Flying Consecutive Kick
Overhead Kick

Bal Golgi
Bada Chagi
Jirumyo Chagi
Digutja Jirumyo Chagi
Yop Jirumyo Chagi
Ap Jirumyo Chagi
Soopyong Taerimyo Chagi
Butjapyo Chagi
Noollo Chagi
Anuro Chagi
Baturu Chagi
Ollyo Chagi
Yopap Cha Busigi
Dwitcha Busigi
Yopcha Milgi
Dwitcha Milgi
L-Jung Chagi
Samjung Chagi
Duro Gamyu Chagi
Doro Chagi
Cha Mumchugi
Apcha Momchugi
Yopcha Momchugi
Golcho Chagi

TWIMYO GISOOL

Twimyo Chagi
Sangbang Chagi
Twimyo Ap Chagi
Twimyo Yobap Chagi
Twimyo Yop Chagi
Twimyo Golcho Chagi
Twimyo Bandal Dollyo Chagi
Twimyo Yopcha Jirugi
Twimyo Yopcha Tulgi
Twimyo Yopcha Milgi
Twimyo Nopi Chagi
Twimyo Bituro Chagi
Twimyo Bandal Chagi
Twimyo Sangbang Chagi
Twimyo Sambang Chagi
Twimyo Sangbal Ap Chagi
Twimyo Apdwi Chagi
Twimyo Honap Chagi
Twimyo Yonsok Chagi
Twio Nomo Chagi

Overhead Double Kick
Flying Verticle Kick
Flying High Kick
Flying Downward Kick
Flying Twin Foot Front Kick
Flying Twin Foot Front Checking Kick
Flying Twin Foot Side Piercing Kick
Flying Double Foot Side Pushing Kick
Flying Twin Foot Middle Twisting Kick
Flying Twin Foot High Kick
Mid-Air Kick
Mid-Air Double Kick
Tumbling Kick (Back Summersault)
Flying Spiral Kick
Flying Scissors-shape Kick
Flying Square Punching Kick
Flying Trapezoid Punching Kick
Flying U-shape Punching Kick
Flying Horizontal Striking Kick
Flying Crescent Kick
Flying Hooking Kick
Flying Double Side Kick
Flying Double Turning Kick
Flying Double Front Kick
Flying Double Twisting Kick
Flying Triple Kick
Reflex Kick (using wall)

Twio Nomo I-Jung Chagi
Twimyo Sewo Chagi
Twimyo Nopi Chagi
Twimyo Naeryo Chagi
Twimyo Sangbal Ap chagi
Twimyo Sangbal Apcha Momchugi
Twimyo Sangbal Yopcha Jirugi
Twimyo Doobal Yopcha Milgi
Twimyo Sangbal Kaude Bituro Chagi
Twimyo Sangbal Nopi Chagi
Twio Dolmyo Chagi
Twio Dolmyo I - Jung Chagi
Joma Chagi
Twimyo Rasonsik Chagi
Twimyo Kawi Chagi
Twio Sagak Jirumyo Chagi
Twio Jaegak Jirumyo Chagi
Twio Digutja Jirumyo Chagi
Twio Soopyong Taerimyo Chagi
Twimyo Bandal Chagi
Twimyo Golcho Chagi
Twimyo I - Jung Yop Chagi
Twimyo I - Jung Dollyo Chagi
Twimyo I - Jung Ap Chagi
Twimyo I - Jung Bituro Chagi
Twimyo Samjung Chagi
Bansa Chagi

Vital Spots

VITAL SPOTS

High Section of the Body
Middle Section
Low Section
The Head
The Neck
The Chest
The Abdomen
The Extremities
Skull
Temple
Bridge of nose
Eyeball
Mastoid
Mandibula
Philtrum
Jaw
Point of the chin
Lips
Angle of the mandible
Upper neck
Adam's Apple
Windpipe
Clavicle
Thenar
Radial artery
Back wrist artery
Wrist joint
Nose
Neck Artery
Sternum
Heart
Solar Plexus
Spleen
Liver
Epigastrium
Lower Abdomen
Public region
Groin
Scrotum
Instep
Occiput

KUPSO

Nopun Bumbun
Kaunde Babun
Najun Babun
Mori
Mok
Gasum
Bakboo
Pal Gwa Dari
Dae sin moon
Gwanja Nori
Migan
Angoo
Hoo-i-boo
Tok gwanjol
Injoong
Yop tok
Mit tok
Ipsul
Wit tok
Witmok
Gyol hoo
Soom tong
Swe gol
Umjigoo
Maekbak sonmok dongmaek
Dung sonmok dongmaek
Sonmok gwanjol
Kotdung
Mok Dongmaek
Hyung gol
Shin jang
Myong chi
Bi jang
Gan jang
Sang bokboo
Ha bokboo
Chiboo
Sataguni
Nang shim
Baldung
Hoodoo

Cervix
Upper back
Small of the back
Kidney
Fossa
Achilles tendon
Ankle joint
Elbow joint
Armpit
Floating ribs
Knee joint
Inner thigh
Tibia

Gyong boo
Gyon gap
Gyong chu
Kongpal
Ogum
Dwichuk himjool
Balmok gwanjol
Palgup gwanjol
Gyodurang
Nuk gol
Murupgwanjol
Anjok hobok dari
Kyong gol

Dojang Terminology

DOJANG TERMINOLOGY

Training Hall	Do jang
Training Equipment	Sooryon Jangbi
Practice Suit	Do Bok
Shirt (Do Bok top)	Jeogori
Pants	Baji
Belt	Ti
Training Aids	Dallyon Goo
Straw Pads	Jip Byogae
Focus Pads	Chatjum Bangpae
Blocking Apparatus	Makgi Dae
Pullers	Dollyon Jool
Dumbbells	Aryong
Skipping Rope	Twim Jool
Stance Mould	Sogi Pan
Push Ups	Momtong Bachim
Leg Stretching	Dari Pyogi
Punching Ball	Dallyon Gong
Mirror	Ko Ul
Power Holder	Gyokpa Dae
Special Technique Holder	Tukgi Dae

MISCELLANEOUS TERMINOLOGY

One	Hanna
Two	Dool
Three	Set
Four	Net
Five	Tassot
Six	Yassot
Seven	Ilgop
Eight	Yaudal
Nine	Ahop
Ten	Yaul
To your spot	Paru
In your own time	Koryi Apse
Rest	Chose
Stop	Goman
Start	Si Jak
Bow	Kyong ye
Attention	Charyot
1 st - 3 rd Degree	Boo-Sabum

4 th - 6 th Degree	Sabum
7 th - 8 th Degree	Sahyun
9 th Degree	Sasung
Head of Organisation	Kwan Jang
Principal (eg. School)	Kyo Jang
Bow to the Flag	Gooki Deh Hyo, Kyong ye
Bow to the National Instructor	Boo-Sabum nim geh, Kyong ye
Bow to the International Instructor	Sabum nim geh, Kyong ye
Bow to the Master	Sahyun nim geh, Kyong ye
Bow to the Grand Master	Sasung nim geh, Kyong ye
Greetings: Good Morning/Evening	Annyongh Asimnigga
"Lets Go"	Kapsipsida
How to use	Sayong Bop
History of Taekwon-do	Taekwon-do Yoksa
Composition of Taekwon-do	Taekwon-do Goosung
Circle of Taekwon-do (In Composition)	Soonhwan Do
Title and Function	Chingho wa Kinung
Distinction of the Turtle	Chingho Kubun
Section of the Body	Mom Dungboon
Training Schedule	Sooryun Gehek Pyo
Fundamental Exercises	Gibon Yonsup
Preparatory Exercise	Junbi Undang
Direction of Diagram	Bang Hyang Pyo
Toward A	A - Bang
Toward B	B - Bang
Toward C	C - Bang
Toward D	D - Bang
Back View	Dwit Mosup
Side View	Yopmosup
Front View	Apmosup
Bow Posture	Kyong Sogi
Procedure for leading a class	Sooryon Jidi Bop
Method of Exercise	Yonsup Bop
Spot Training	Gujari Chagi
Callisthenics	Dosoo Dollyon
Tool	Boowi
System of Rank	Dan Gup Jedo
Test	Simsa
Classification of Instructors	Sabum Jongyu
Classification of Umpire	Simpan Jongyu
Demonstration	Sibum
Dynamic Stability	Dongtchuk Anjong
Static Stability	Jungtchuk Anjong

Additional Korean Terminology

SECTION

High
Middle
Low
Front
Side
Back
Left
Right

SPARRING

3-step
2-step
1-step
Free
Pre-arranged sparring
Pre-arranged free sparring
Model Sparring

SELF-DEFENCE TECHNIQUES

How to defend from a grab
Defences against a sudden attack
Defence against an arm opponent
Throwing and Falling Techniques
Against a Dagger
Against a Bayonet (Rifle with knife)
Against a Club
Against a Pole
Defence Against a Pistol

COMPETITION

Rules for Competition
Male
Female
Weight
Micro
Light
Middle

DUNGBOON

Nopunde
Kaunde
Najunde
Ap
Yop
Dwit
Wen
Oran

MATSOGI

Sambo Matsogi
Ibo Matsogi
Iilbo Matsogi
Jayo Matsogi
Yaksok Matsogi
Yaksok Jayu Matsogi
Mobum Matsogi

HOSIN SUL

Jappyosul Tae
Dae Boori Gong Gyok
Dae Moogi
Dunjigi Wa Torojigi
Dae Dando
Dae Chong Gum
Dae Gonbong
Dae Mongdung - I
Dae Gwon Chong

KYONG GI

Kyong Gi Kyu Jong
Namja
Yoja
Chegup
Aju Jagun
Kabyoun
Kaunde

Heavy
Hyper
Time allowance
Injury
Disqualification
Fouls
Warnings
Demerit
Points
Scoring
Vital Spots

Mukoun
Gajang Khun
Shingan Baedang
Busang
Silkyok
Banchik
Kyongko
Kamjom
Dukjom
Chejom
Ghupso

ACTIONS:

Attack technique
Defence Technique
Holding
Covering
Checking
Dodging
Stepping
Double Stepping
Treble Stepping
Shift Stepping
Step - stepping
Step - turning
Jumping
Body dropping (dipping)
Foot Lifting
Sliding
Forging
Sine Wave
Leg Stretching
Push Ups

Gong Gyokgi
Bang Eau Gi
Bachigi
Karioogi
Mom chugi
Pihagi
Omgyo Didigi
Ibo Omgyo Didigi
Sambo Omgyo Didigi
Jajunbal Omgyo Didigi
Omgyo Didimyo Jajunbal
Omgyo Didimyo Dolgi
Twiggi
Mom Nachugi
Bal Dulgi
Mikulgi
Dollyon
Hwaling Pahdo
Dari Pyogi
Momtong Bachim

MORAL CULTURE

Humanity
Righteousness
Propriety
Wisdom
Trust
Travel
Cold Showers and Baths
Public Service
Etiquette

JUNGSHIN SOOYANG

In
Ui
Ye
Ji
Shin
Yo Haeng
Naengsoo Machal
Sahwe Bongsa
Ye Jol

TENETS OF TAEKWON-DO

Courtesy
Integrity
Perseverance
Self Control
Indomitable Spirit

THE PHILOSOPHY OF TAEKWON-DO

The Theory of power
*Reaction Force
*Concentration
*Equilibrium
*Breath Control
*Mass
*Speed
*Speed and Reflex

TAEKWON-DO JUNGSHIN

Ye Ui
Yom chi
In Nae
Guk Gi
Baekjul Boolgool

TAEKWON-DO CHULHAK

Him Ui Wolli
Bandong Ryok
Jip Joong
Kyun Hyung
Hohup Jojul
Zilyang
Sokdo
Sokdo wa Banung