

## Five Tenets of Taekwondo

Courtesy – Ye ui

Integrity – Yom chi

Perseverance – In nae

Self-Control – Kuk gi

Indomitable spirit – Baekjeolbulgul

예의  
염치  
인내  
극기  
백절불굴



## General Terms

Grandmaster – Kwanjang-nim

Master – Sabumnim

Instructor – Jogyonim

Studio – Dojang

Uniform – Dobok

Belt – Dhee

Flag – Kook Ki

Attention – Cha-ryot

Bow – Kyong-ye

Thank you – Kamsa Hamnida

Hello Sir – An yung hamn shimika



Face the Flags – Kook-ki-yeh-de heh

Face the Masters – Sabumnim-Keh

Face the Instructors – Jogyonim-keh

Start – Sijak

Stop – Gu-mahn

Ready – Joon-bi

Return – Barro

Yell – Kihap

## Counting:

### 1 through 10

One: hah nah  
Two: dool  
Three: set  
Four: net  
Five: dah sut  
Six: yah sut  
Seven: il gop  
Eight: yuh dul  
Nine: ah hop  
Ten: yuhl

## Kicks

Kick – Chagi

Front Kick – Ap chagi

Back Kick – Dwe chagi

Roundhouse Kick – Dol yo chagi

Side Kick – Yop chagi

Axe Kick – naeryeo chagi

### First through Tenth

First: Il  
Second: Ee  
Third: Sam  
Fourth: Sah  
Fifth: Oh  
Sixth: Yuk  
Seventh: Chil  
Eighth: Pul  
Ninth: Gu  
Tenth: Sib



## Stances

Stance – Sohgi

Punching Stance – Juchoom sohgi

Sparring Stance – Kyorugi sohgi

Kicking stance – Balchagi sohgi

Walking stance – Ahp sohgi

Front Stance – Ahpghubi sohgi

Back Stance – Dwighubi sohgi

Tiger Stance – Beom sohgi

## Sparring Terms

Sparring – Kyorugi

Chest protector – Hogoo

Blue – Chung

Red – Hong

Break (or stop) – Kalyeo

Continue – Kae sok

Warning – Kyong go

Deduction of point – Gam jeum

Win – Seung

Referee – Shimpahn



## Taegeuk Forms

Forms – Poomsae

Taegeuk Il Jang (Keun meaning Heaven: The spirit of solid foundation)

Taegeuk Ee Jang (Tae meaning River: Inner strength and external gentleness)

Taegeuk Sam Jang (Ri meaning Fire: The spirit of enthusiasm)

Taegeuk Sa Jang (Jin meaning Thunder: The spirit of undeniable power & dignity)

Taegeuk Oh Jang (Sohn meaning Wind: The spirit of gentle power)

Taegeuk Yook Jang (Gam meaning Water: The spirit of flow & ultimate flexibility)

Taegeuk Chil Jang (Gahn meaning Mountain: The spirit of firmness & strength)

Taegeuk Pal Jang (Gon meaning Earth: The spirit of humbleness)

