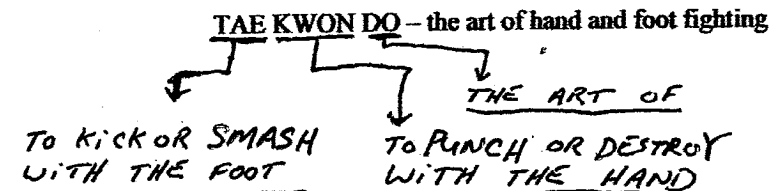


TAE KWON DO TERMINOLOGY

Cha Ryoth	Attention	Ap	Front
Kyung Nya	Bow	Yope	Side
Jhoon Bee	Ready	Dolye	Round
Shi jak	Start	Bal	Foot
Ko Mahn	Stop	Son	Hand
Tito Dorah	About face	Chaggi	Kick
Ba ro	Return to order	Dee uh	Jumping
Shuh	At ease	Jungdan	Middle
Hootay	Retreat	Sangdan	Upper
Chun Jin	Forward	Ha dan	Lower, down
Cha yu daeryun	Free-sparring	Chongul ja sae	Front stance
Il bo daeryun	One-step sparring	Hugul ja sae	Back stance
Sa Ju kong bong	Four-directional block and attack	Kima ja sae	Horse stance
	School, training hall	Makki	Block
Do Jang	Instructor (over 6 th dan)	Bal chaggi	Kicking
Sabonim	Instructor (under 6 th dan)	Ja Sae	Stance
Chogyonim	Certain Victory	Yi jung	X stance
Pil Sung	Uniform	Kong keok	Punch
Do Bok	Form (pattern)	Mok chiki	Neck attack
Hyung/Poomse	Yell	Kwan su	Spear finger
Ki Hap	Basic exercises	Sudo	Knife hand
Ki bon dong jak	Front kick	Yup sudo	Ridge hand
Ap chaggi	Roundhouse kick	Yope chaggi	Side kick
Dolye chaggi	Front twisting kick (45°)	Dwee yope chaggi	Reverse side kick
Ban dahl chaggi	Upper rising kick	Ap hulyo/ Ohn dal chaggi	Crescent kick
Butah Oligi	Stomping kick	Ha or rhi chaggi	Tornado kick
Cha bapgi	Fore knuckle fist	Cha mum chaggi	Checking kick
Chung kwon	Scooping block	Ddee	Belt
Duro makki	Bear hand	Gong gyuck	Attack
Gom son	Breathing	Goro chaggi	Sweeping kick
Ho hup	Breaking	Je ju	Student
Kyugpa	Stretching	Miro makki	Sweeping block
Pyugi	Hammer fist	Son bu dak	Palm
Yup choo mok	Ax kick	Yi kwon	backfist
Chiki chaggi	Knee kick	Son makki	Mountain block
Moo reub chaggi	Wedge block	Kwan jang nim	Grandmaster
Hea chuh makki	Technique	Boo sah bim	Assist. Instructor
Gi sul	Movement	I dan yope chaggi	Hop side kick
Dong jak	Face opponent	Bah gwa	Switching
Jwa yong woo	Round	Gyung go	Warning
Hoe jun	Break	Gahm jum	Deduct. of point
Gallyu	Blue	Gye sok	Continue
Chung	Red	Si gahn	Time
Hung	Hook kick	Sung	Win
Hea chuh chaggi			



Counting

Ha na	One	Yuhl ha na	Eleven
Dul	Two	Yuhl dul	Twelve
Set	Three	Yuhl set	Thirteen
Net	Four	Yuhl net	Fourteen
Da sot	Five	Yuhl da sot	Fifteen
Yo sot	Six	Yuhl yo sot	Sixteen
Il gope	Seven	Yuhl il gope	Seventeen
Yo duhl	Eight	Yuhl yo duhl	Eighteen
Ah hup	Nine	Yuhl ah hup	Nineteen
Yuhl	Ten	Soo mul	Twenty
Se run	Thirty	Ma hun	Forty
O sip	Fifty	Ye sun	Sixty
Il hun	Seventy	Yo dun	Eighty
A hun	Ninety	Bek	One hundred
Chun	One thousand	Man	Ten thousand

1ST CHO
 2ND Yi
 3RD SOM
 4TH SaN
 5TH O
 6TH Yug
 7TH CHil
 8TH PaK
 9TH Gu
 10TH SHIP

The Tae Kwon Do Pledge

- I will observe the principals of Tae Kwon Do.
- I will respect the instructor and all senior ranks, and all lower ranks.
- I will never misuse Tae Kwon Do.
- I will be a champion of freedom.
- I will build a more peaceful world.

The Tenets of Tae Kwon Do

Courtesy	Ye ui
Integrity	Yom chi
Perseverance	In nae
Self-control	Gug gi
Indomitable spirit	Baekjyool boolgeo

MEANING OF TAEGEUK POOMSE

Tae (bigness) Geuk (eternity)
 Taegeuk is the origin of everything – it has no beginning and no end

Taegeuk Il Jang	_____	Taegeuk Oh Jang	_____
18 mvmts	(KEON)	20 mvmts	(SEON)
Taegeuk Yi Jang	_____	Taegeuk Yook Jang	_____
18 mvmts	(TAE)	23 mvmts	(GAM)
Taegeuk Sam Jang	_____	Taegeuk Chil Jang	_____
20 mvmts	(RI)	25 mvmts	(GAN)
Taegeuk Sa Jang	_____	Taegeuk Pal Jang	_____
20 mvmts	(JIN)	24 mvmts	(GON)