



Taekwondo is a Korean martial art, and therefore all the instructions and terminology used in the art are based upon the Korean Language. Many of the terms are specific to taekwondo and do not otherwise appear in the Korean vocabulary. By learning and using these terms, students are able to practise Taekwondo anywhere in the world, overriding all language barriers and maintaining a sense of the traditional roots of their chosen art.

It is important to remember that as there is no official romanisation of the Korean language that you will often come across different spellings of the words but that that is not really critical as the important thing is the pronunciation.

## Basic Terminology used in each lesson

Training Hall ..... Dojang  
Uniform ..... Dobok  
  
Attention ..... Charyot  
Bow ..... Kyong-Ye

Ready ..... Chunbi  
Begin ..... Si-Jak  
About Turn ..... Dwiryro Torro  
Stop ..... Goman  
Return to ready ..... Barrol  
Relax ..... Sioc  
Dismiss ..... Haessan

## Counting

One ..... Hanna  
Two ..... Tul  
Three ..... Seth  
Four ..... Neth  
Five ..... Tassaul  
Six ..... Yassaul  
Seven ..... Ilgop  
Eight ..... Yadoll  
Nine ..... Ahop  
Ten ..... Yoll

## Exercises

Press-Ups ..... Momtong Bachia  
Four Direction ..... Sajo Makgi  
Blocking  
Four Direction ..... Sajo Jirugi  
Punching

## Stances

Stance ..... Sogi  
Parallel ..... Narani Sogi  
Attention ..... Charyot Sogi  
Sitting ..... Annun Sogi  
Walking ..... Gunnan Sogi

## Sections of the Body

Low ..... Najunde  
Middle ..... Kaunde  
High ..... Nopunde

## Parts of the hand / arm

Hand Parts ..... Sangbansin  
Forearm ..... Palmok  
- Inner (thumb side) ..... An Palmok  
- Outer ..... Bakkat Palmok  
Fist ..... Joomuk  
- Forefist ..... An Joomuk  
- Backfist ..... Dung Joomuk

## Defensive Techniques

Block ..... Makgi

## Attacking Techniques

Punch ..... Jirugi  
Obverse Punch ..... Baro Jirugi  
Reverse Punch ..... Bandae Jirugi