

Terminology for Orange & Blue Belt



Salutations:

Attention = Cha Ryut
Salute the Flag = Kuk Gi Bay Ray
Return = Baro
Meditation = Muk Nyum
Bow = Kyung Ret

General:

Uniform = Do Bok
Belt = Dee
Training Room = Do Jang
Yell = Ki Hap
Front Leg Raises = Ahp Pod Ohl Rigi
Low section = Ha Dan
Middle section = Choong Dan
High section = Sang Dan
Foot techniques = Jok Gi
Hand Techniques = Soo Gi
Block = Mahk Kee
Attack = Kong Kyuk
Shout/yell = Ki-hap
Shi Sun = Focus of eyes
Sit = An Jo
Stand Up = Il Sop
Ready = Jhoon Bee
Instructor = Kyo Sa Nim
Master = Sa Bom Nim
Senior = Sun Beh Nim
Junior = Hu Beh

Stances:

Ready Stance = Joon Bee Jaseh
Front Stance = Chun Gul Jaseh
Back Stance = Hu Gul Jaseh
Horse Stance = Keema Jaseh
Side Stance = Sa Ko Rip Jaseh
Cross-Legged Stance = Kyo Cha Rip Jaseh

Blocks:

High Block = Sang Dan Mahk Kee
Low Block = Ha Dan Mahk Kee
Inside to Outside / Middle Block = Ahneso
Pahkuro Mahk Kee
Outside to Inside Block = Pahkeso Ahnuro
Mahk Kee

Kicks:

Side Kick = Yup Podo Cha Gi
Inside to Outside Chop Kick = Ahneso
Pahkuro Cha Gi
Outside to Inside Chop Kick = Pahkeso
Ahnuro Cha Gi
Front Snap Kick - Ahp Podo Cha Gi
Roundhouse Kick = Dullyo Cha Gi
Back Kick = Dwi Cha Gi
Back Spinning Kick = Dwi Dullyo Cha Gi

Attacks:

Middle Punch = Choong Dan Kong Kyuk
High Punch = Sang Dan Kong Kyuk
Back Fist = Cap Kwon Kong Kyuk
Hammer Fist = Kwon Do Kong Kyuk

Anatomy:

Fist = Chu Mok
Arm = Pahl
Leg = Da Ri
Waist = Hu Ri
Abdomen = Dan Jun
Solar Plexus = Myung Chi
Space between nose & mouth = In Choong

Counting:

1 to 10 in Korean