

Terminology for White & Yellow Belts



Attention	=	Cha Ryut
Salute the Flag	=	Kuk Gi Bay Ray
Return	=	Baro
Meditation	=	Muk Nyum
Bow	=	Kyung Ret
Instructor	=	Kyo Sa Nim
Uniform	=	Do Bok
Belt	=	Dee
Training Room	=	Do Jang
Yell	=	Ki Hap
Front Leg Raises	=	Ahp Pod Ohl Rigi
Ready Stance	=	Joon Bee Jaseh
Front Stance	=	Chun Gul Jaseh
Back Stance	=	Hu Gul Jaseh
Horse Stance	=	Keema Jaseh
High Block	=	Sang Dahn Mahk Kee
Side Kick	=	Yup Podo Cha Gi
Fist	=	Chu Mok