



## CHAN LEE TAEKWONDO

# KOREAN TERMINOLOGY

BASIC TAEKWONDO TERMS & COMMANDS IN CLASS		BASIC KOREAN CONVERSATION	
MASTER/INSTRUCTOR	SA BUM NIM (you need to call all instructor by this)	HELLO	AN YONG HA SAE YO
UNIFORM	DOBOK	MY NAME IS _____.	JEO NEUN _____ IM NI DA
TAEKWONDO GYM/CLUB	DOJANG	I AM ___ YEARS OLD.	JEO NEUN _____ SAL IM NI DA
YELL	GI-HAP	ELEMENTARY	CHO DEUNG HAK SANG
PATTERN	POOMSE	JR.HIGH	JOONG HAK SANG
SPARRING	GYO ROO GI	HIGH SCHOOL	GO DEUNG HAK SANG
SELF-DEFENSE	HO SHIN SUL	UNIVERSITY	DAE HAK SANG
KOREAN FLAG	TAE GUEK GI	I AM ___ STUDENT.	JEO NEUN _____ IM NI DA
CHEST PROTECTOR	HO GOO	I LIKE TAEKWONDO	JEO NEUN TAEKWONDO RUL JO WHA HAM NI DA
ATTENTION	CHA RYUT	MY MASTER IS MASTER CHANWOO LEE	JAE SABUMNIM EUM LEE CHANWOO SABUMNIM IM NI DA
BOW	KYUNG NAE	NICE TO MEET YOU	BAN GAP SEUM NI DA
MOMENT OF SILENCE	MUK NYUM	THANK YOU	GAM SA HAM NI DA
READY	JOON BI	GOOD BYE (STAY WELL)	AN YONG HEE GAE SAE YO
BEGIN	SHI JAK	GOOD BYE (GO WELL)	AN YONG HEE GA SAE YO
FINISH/BACK TO START	BA LO	GOOD CLASS/WORKED HARD	SU GO HA SHUT SEUM NI DA
STOP	KEU MAN	YES	NAE
REALAX	SHI-O	NO	AH NI YO
TURN AROUND	DWI RO DO RA	<b>START /END OF CLASS (RESPECT TO THE FLAG)</b>	
<b>OLYMPIC SPARRING BASIC TERMINOLOGY</b>		ATTENTION! BOW TO FLAG!	CHA RYUT, <b>GUEK GI EH DAE HA YO</b> KYUNG NAE!
BLUE	CHUNG	FINISH	BA LO
RED	HONG	MOMENT OF SILENCE (ONLY AT START OF CLASS)	MUK NYUM
SEPARATE	GAL YEO	FINSH	BA LO
TIME	SHI GAN	BOW TO MASTER	CHA RYUT, <b>SA BUM NIM GAE</b> KYUNG NAE!
CONTINUE	GAE SOKE		
WARNING	KYUNG GO		
DEDUCTION	GUM JEOM		
WIN	SEUNG		

## KOREAN NUMBERS

ONE (1) HA NA	TWO (2) DOOL	THREE (3) SET	FOUR (4) NET	FIVE (5) DASUT
SIX (6) YEO SUT	SEVEN (7) ILL GOPE	EIGHT (8) YEO DUL	NINE (9) AH HOPE	TEN (10) YEOL
11- YEOL HANA	12- YEOL DOOL	13- YEOL NET	14- YEOL DASUT	15- YEOL YEOSUT
20 - SU MUL	30 - SUL HEUN	40 - MA HEUN	50 - SHI EUN	60 - YEH SOON
70 - ILL HEUN	80 - YEO DEUN	90 - AH HEUN	100 - BAEK!	

### TAEKWONDO BASIC STANCES

### ATTACKING MOTION

CLOSED STANCES	MO-AH SUH GI
READY STANCE	JUN-BI SUH GI
HORSE RIDING STANCE	JOO CHOOM SUH GI
WALKING STANCE	AP SUH GI
LONG STANCE	AP GOO PYUH SUH GI
BACK STANCE	DWI GOO PYUH SUH GI
TIGER STANCE	BUM SUH GI
CROSS STANCE	KO WAH SUH GI
CRANE STANCE	HAWK DA LEE SUH GI

FIST	JU MOK
OPEN FIST	PYUHN JU MOK
FINGER FIST	BALM JU MOK
BACK FIST	DEUNG JU MOK
HAMMER FIST	MAE JU MOK
KNIFE HAND	SON NAL
THRUST	SON KEUT
TIGER MOUTH	AH GWI SON
PALM FIST	BA TANG SON
ELBOW STRIKE	PAL KEUM CHI

### TAEKWONDO BASIC BLOCKS /STRIKES

DOWN BLOCK	AH RAE MAK GI	HIGH BLOCK	UL GUL MAK GI
(OUT TO IN) MIDDLE BLOCK	MOAM TONG (AHN) MAK GI	(IN TO OUT) MIDDLE BLACK	MOAM TONG (BA GAT) MAK GI
SINGLE KNIFE HAND BLOCK	HAN SON NAL MAK GI	DOUBLE KNIFE HAND BLOCK	YANG SON NAL MAK GI
DOUBLE KNIFE HAND DOWN BLOCK	YANG SON NAL (AH RAE) MAK GI	SWALLOW NECK STRIKE	JAE BI POM MOK CHI GI
ONE KNIFE HAND TWIST BLOCK	HAN SON NAL, B, TUL-UH MAK GI	ELBOW STRIKE	PAL KOOP (PYO JUK) CHI GI
(PALM) PRESSURE BLOCK	SON NAL/ BA TANG SON (MOAM TONG) MAK GI	SINGLE MOUNTAIN BLOCK	WESAN-TUL MAK GI
SCISSOR BLOCK	GA WHI MAK GI	PUSH BLOCKING	HECHO MAK GI
(MIDDLE/FACE) PUNCH	MOAM TONG/ UL GUL Z REU GI	DOUBLE PUNCH	DU BUN Z REU GI

### BASIC KICKS

AXE- KICK	CHIK GI	FAST KICK	BA REUN BAL	DOUBLE KICK	NA RAE CHA GI
FRONT KICK	AH CHA GI	SIDE KICK	YEUP CHA GI	BACK SPIN KICK	DWI DOL YEO CHA GI
JUMPING FRONT KICK	E-DAN AP CHA GI	BACK KICK	DWI CHA GI	SINGLE TORNADO	WEBAL TURN
ROUNDHOUSE KICK	DOL YEO CHA GI	TORNADO KICK	DOLGAE CHA GI	540	OH BAEK SASHIP DO