

# TERMINOLOGY AND DEFINITIONS

## Counting -

	<u>ORDER OF BELTS</u>
1 Hana	
2 DuI	1. WHITE
3 Set	2. ORANGE
4 Net	3. YELLOW
5 Dasut	4. GREEN
6 Yeosut	5. BLUE
7 Ilgope	6. PURPLE
8 Yeodul	7. PURPLE TRIM
9 Ah-hope	8. BROWN
10 YuI	9. RED
11 YuI Hana	10. 1st DAN
20 Sumal	(BLACK)
30 Sorun	2nd DAN
40 Mahon	3rd DAN
50 O-ship	4th DAN (MASTER)
60 Yook-ship	5th DAN
70 Chil-ship	6th DAN
80 Pal-ship	7th DAN (GRAND MASTER)
90 Ku-ship	8th DAN
100 Bak	9th DAN
	10th DAN
	(GRAND GRAND MASTER)

Middle Block - Chung dan makkee  
 High Block - Sang dan makkee  
 Knife Hand Block - Sonnal makkee  
 Reinforced Block - Ssangsung makkee  
 Front Stance- Ap koobi  
 Short Front Stance- Ap seogi  
 Riding Stance - KiMaSae or Joochoom  
 Back Stance - Dwitkoobi

## Pattern Names:

Pal Gae/Tae Geuk:

<u>Number</u>	<u>Name</u>	<u>Meaning</u>
Il Chang	Keon	"heaven & light"
Ee Chang	Tae	"joyfulness"
Sam Chang	Ri	"fire and sun"
Sa Chang	Jin	"thunder & lightning"
O Chang	Seon	"wind"
Yook Chang	Gam	"water"
Chil Chang	Gan	"knowing when to stop"
Pal Chang	Gon	"earth & source of life"

## Class Commands:

Attention -	Cha-ryut	Koryo	"Korea"
Bow -	Kyung Rae	Keumgang	"Diamond"
Ready Stance -	Joonbi	Taebaek	"Light" or "Sacred Mountain"
Begin -	She-jahk	Pyongwon	"Open Plain"

Stop -	Geumann
At ease -	Bar-o
Continue	Keo-sohk
Turn Around -	Teero-tora

Taekwondo aims to achieve: self confidence, self control, self discipline, perserverance and indomitable spirit.

Taekwondo must be used: for SELF DEFENCE only for the weak, peace and justice.

## General: or (Chow woo hyung woo)

Uniform -	Dobok
TaekwonDo Gym -	DoJang
Master Instr. -	SaBuNim
Sparring -	Dae ryun
Patterns -	Poomse
Black Belt grade -	Dan
Colored Belt grade -	Gup
Yell -	Kihap
Free Sparring -	Gyoroogi

TAE: Means to KICK and smash with FOOT  
KWON: Means to PUNCH and smash with HAND  
DO: Means In the MARTIAL ARTS WAY  
Kimasae: riding stance, to develope speed, power, and balance.

## Basic Refree Terminology

CHUNG: Blue (on Refree's right)  
 HONG : Red ((on Refree's left)  
 Kyungo: (1/2 point deduction)-.5  
 Gumjim: (ONE full point deduction)-1  
 Kayeshee: Medical Time out  
 Il Whey Jean: First Round

## Techniques:

Crescent Kick -	Bandal chagi
Front Kick -	Ap chagi
Side Kick -	Yup chagi
Roundhouse Kick -	Dolyeo chagi
Backspin Kick -	Didolyeo chagi
Low Block -	Arae makkee

## BODY PARTS

EYES-- NOON, NOSE--KHO, MOUTH--EEP EARS--KWEE  
 HAND--SONE, FOOT--BALL, HEAD--MORDAA, CHIN--TC