

Taekwondo - The Way of the Foot and the Fist

Commands used in Taekwondo class are spoken in Korean. These are the phonetic spellings so you will find variations across different sources.

Training hall	-	Dojang
Taekwondo Uniform	-	Dobok
Belt	-	Tee
Black Belt (grade)	-	Dan
Colour Belt (grade)	-	Kup
Instructor	-	Sahbum Nim

Commands

Attention	-	Cha-ryeot
Bow	-	Kyeong-rye
Start	-	Shi-jak
Stop	-	Keu-man
Ready	-	Joon-bi
Return To Start	-	Baro
Turn Around	-	Dwiro Dora
Thank you	-	Gamsa Hamni Da
Rest	-	SheeYoe

Exercises

Technique	-	Kibom
Shout	-	Ki Hap
Sparring	-	Kyorugi
Patterns	-	Poomse
Self-defence	-	Hosinsul
Breaking	-	Kyepka
One Step Sparring	-	Han Bon Keyorugi

Numbers 1-10

1	One	-	Hana
2	Two	-	Dool
3	Three	-	Set
4	Four	-	Net
5	Five	-	Dasut
6	Six	-	Yasut
7	Seven	-	Ilgop
8	Eight	-	Yodul
9	Nine	-	Ahop
10	Ten	-	Yul

Positions

Left	-	Wen
Right	-	Oreun
High	-	Eolgool
Middle	-	Montong
Low	-	Ahrae
Inner	-	An
Outer	-	Bakat

Techniques

Stance	-	Seogi
Walking Stance	-	Ap Seogi
Horse Riding Stance	-	Joochoom Seogi
Forward Stance	-	Apkoobi Seogi
Back Stance	-	Dwitkoobi Seogi
Cat/Tiger Stance	-	Beom Seogi
Block	-	Makki
Guarding Block	-	Geodeureo Makki
Punch	-	Jireugi
Strike	-	Chigi
Back Fist	-	Deung Joomeok
Hammer Fist	-	Mee Joomeok
Knife-hand	-	Sonnal
Ridge-hand	-	Sonnal Deung
Kick	-	Chagi
Front Kick	-	Ap Chagi
Side Kick	-	Yeop Chagi
Front Raising Kick	-	Ap Cha Olligi
Roundhouse Kick	-	Dollyo Chagi
Back Kick	-	Dwi Chagi
Axe Kick	-	Chiko Chagi
Pushing Kick	-	Miro Chagi
Crescent Kick	-	Bandal Chagi
Hook Kick	-	Bahndae Dollyo Chagi

Competition

Blue	-	Chung
Red	-	Hong
Body Armour	-	Hogoo
Point	-	Jeom
Warning Penalty	-	Kyong-go
Deduction Penalty	-	Gam-jeom
Break (Separate)	-	Kal-yeo
Continue	-	Kye-sok
Stop Time	-	Shi-gan
Time Out	-	Key-shi