

BASIC KOREAN TERMINOLOGY

KIM'S WHITE TIGER TAEKWONDO

BASIC KOREAN TERMINOLOGY



한글

KOREAN LANGUAGE

Basic Counting

1 One	<i>Hah-na</i>	6 Six	<i>Ya-sut</i>
2 Two	<i>Dule</i>	7 Seven	<i>Iil-gope</i>
3 Three	<i>Set</i>	8 Eight	<i>Yuh-dull</i>
4 Four	<i>Net</i>	9 Nine	<i>Ah-hope</i>
5 Five	<i>Da-sut</i>	10 Ten	<i>Yull</i>

Basic Phrases

How are you?	<i>Ahn-yong Ha-shim-ne-ka?</i>
Thank you	<i>Gam-sa-hom-nee-da</i>
Bow to Instructor	<i>Sa-ba-nim Kay Kyung-nay</i>

Blocking *Makki*

Low Block	<i>Arae-makki</i>
Middle Block	<i>Momtong-makki</i>
High Block	<i>Algul-makki</i>

Kicking *Cha-gie*

Front Snap Kick	<i>Ap Cha-gie</i>
Roundhouse Kick	<i>Doe-lee-o Cha-gie</i>
Sliding Roundhouse Kick	<i>Ba-lun-bal</i>
Side Kick	<i>Yop Cha-gie</i>

Counting (Poomse)

1 One	<i>Iil</i>	6 Six	<i>Yook</i>
2 Two	<i>Yi</i>	7 Seven	<i>Chil</i>
3 Three	<i>Sam</i>	8 Eight	<i>Pahl</i>
4 Four	<i>Sah</i>	9 Nine	<i>Gu</i>
5 Five	<i>Oh</i>	10 Ten	<i>Ship</i>

Basic Stances

Horse-riding Stance	<i>Choo-choom-seo-gie</i>
Front Stance	<i>Ap-ku-bi</i>
Kicking Position	<i>Bahl-cha-gie</i>

Basic Commands

Bow	<i>Kyung-Nay</i>
Attention	<i>Cha-ryot</i>
Ready Position	<i>Junbi</i>

Axe Kick	<i>Nay-lee-ah Cheek-gie</i>
Tornado Kick	<i>Hay-oh-lee Cha-gie</i>
Back Kick	<i>Dwee Cha-gie</i>
Hook Kick	<i>Who-ryuh Cha-gie</i>

BASIC KOREAN TERMINOLOGY

MISCELLANEOUS

Uniform	<i>Doe-boke</i>	Belt	<i>Dee</i>
Grade(color belt)	<i>Gup</i>	Form	<i>Poom-say</i>
Flag	<i>Kook-gie</i>	Punch	<i>Ji-ru-gie</i>
Chest Gear	<i>Hoe-goo</i>	Change sides	<i>Bahl-ba-kwah</i>
TKD Head quarters	<i>Kook-gie-won</i>	Martial Arts School	<i>Doe-jahng</i>

Form Poomse

White Belt Form(basic 1)	<i>Gi-bone Hyung 1</i>	Blue Belt Form	<i>Tae-geuk Oh-Jang</i>
H-White Belt Form(basic 2)	<i>Gi-bone Hyung 2</i>	H-Blue Belt Form	<i>Tae-geuk Yook-Jang</i>
Yellow Belt Form	<i>Tae-geuk Ill-Jang</i>	Red Belt Form	<i>Tae-geuk Chil-Jang</i>
H-Yellow Belt Form	<i>Tae-geuk Yi-Jang</i>	H-Red Belt Form	<i>Tae-geuk Pahl-Jang</i>
Green Belt Form	<i>Tae-geuk Sam-Jang</i>	Bodan Belt Form	<i>Koryo</i>
H-Green Belt Form	<i>Tae-geuk Sah-Jang</i>	Black Belt Degree	<i>Dan</i>

KIM'S WHITE TIGER STUDENTS CREED

1. I intend to develop myself in a positive manner through the tenets of Taekwondo to bring out the best in myself and others, to help my fellow man, and to achieve my personal goals.
2. I will remain loyal to my family and country and never lose sight of my mental, physical, or moral responsibilities.

TENETS OF TAEKWONDO

Respect	Courtesy
Integrity	Humility
Responsibility	Perseverance
Self-Control	Indomitable Spirit

Types of Focus
Eye Focus / Body
Focus / Mind Focus



KOREAN

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