

## Common Words and Phrases used in class.

General Terms		Stances / Seogi	
President / Master	Kwangjang-nim	Ease stance	Pyeonhi seogi
Instructor	Sabum-nim	Attention stance	Charyeot seogi
Teacher	Kyosa-nim	Close stance	Moa seogi
Assistant	Jokyo-nim	Parallel stance	Naranhi seogi
Senior	Seonbae	Horse Stance	Kima Jase / Juchoom Seogi
Junior	Hubae	Walking stance	Ahp seogi
Black Belt holder	Yudanja	Forward stance	Ahp Gubi seogi
Beginner	Choboja	Back stance	Dwit gubi seogi
Belt	Dee	Cat stance	Beom seogi
Uniform	Dobok	Crane stance	Hakdari seogi
Self defense	Hosinsool	Cross stance	Koa seogi
Demonstration	Si beom	Ready stance	Junbi seogi
Flag	Kukki	<b>Kicks / Chagi</b>	
WTF Headquarters	Kukkiwon	Front kick	Ahp chagi
Forms	Poomse	Side kick	Yop chagi
Sparring	Gyorugi	Roundhouse kick	Dolyo chagi
Breaking	Kyukpa	Back kick	Dwit chagi
Courtesy	Ye Ui	Crescent kick	Bandal chagi
Integrity	Yom Chi	Spinning hook	Momdollyo Huryeo chagi
Perseverance	In Nae	Hook kick	Huryeo chagi
Self-Control	Guk Gi	Swing kick	Bakat Bandal chagi
Indomitable Spirit	Baekjul Boolgool	Turn Back Side	Banmomdollyo Yop chagi
Patience	In Nae (Jie Yen Yen)	Jump (kick name)	Twieo (kick name)
Way of Respectable Warrior	Mu Sa Do	Axe Kick	Naeryo chagi
School of Martial Virtue	Moo Duk Kwan	Jump Spinning Hook	Twio Onmomdollyo Huryeo chagi
Hello	Ahn Yung Haseo	Jump Spinning Swing	Twio Onmomdollyo Bakat Bandal chagi
Goodbye	Ahn Yung Hakeseo	Jump Reverse Crescent	Twio Banmomdollyo Bandal chagi
Thank you	Kahm Sa Hahm Ni Da	Spinning Roundhouse	Narabam chagi
You're Welcome	Chon Manayeo	<b>Blocks / Makki</b>	
<b>Sparring / Gyorugi</b>		Down block	Arae makki
Start	She jak	Inside block	Ahn makki
Stop	Keuman	Outside block	Bakat makki
Break	Kalyeo	High block	Eogul makki
Continue	Kyeseok	Wedging block	Hechyeo makki
Blue	Chung	Diamond block	Keumgang makki
Red	Hong	Scissors block	Gawi makki
Warning	Kyungo	Single fist block	Wesanteul makki

Deduction	Kamjung	Double fist block	Santeul makki
Winner	Sung	X-block	Otguero makki
Injury Time	Ke Shi	Knife Hand Block	Son Nal Makki
Referee Time	Shigan	Palm Heel Block	Batangson Makki
<b>Body Parts</b>		<b>Striking / Jireugi / Chigi</b>	
Face	Eogul	Reverse punch	Barro jireugi
Trunk	Momtong	Straight punch	Bandae jireugi
Fist	Jumeok	Back fist	Deungjumeok chigi
Wrist	Palmok	Knife hand	Sonnal chigi
Toes	Balkeut	Hammer fist	Mejumeok chigi
Knee	Mureup	Palm strike	Batangson chigi
Foot	Bal	Arc hand	Agwison chigi
Hand	Son	Chestnut fist	Bamjumeok chigi
Elbow	Palgup	Spear hand	Pyeonsonkeut
Head	Muh Ri	Vertical fist	Seweo jireugi
Chest	Ka Seum	Lunge punch	Jecho jireugi
Groin	Nang Sim	Flat fist	Pyeonjumeok chigi
Neck	Mok	Elbow Strike	Palgup Chigi
Forehead	Yi Ma	Knee Strike	Mureup Chigi
Leg	Dah Ri	Tiger Mouth	Ah Beomson chigi
Ball of Foot	Ahp Chook	Ridge Hand	Son Nal Deung
Heel	Dwit Chook	<b>Counting / Listing</b>	
Edge of Foot	Bal Nal	One / First	Hana / IL
Instep	Bal Deung	Two / Second	Tul / Ee
Sole of Foot	Bal Ba Dak	Three / Third	Set / Sahm
Chin	Teok	Four / Fourth	Net / Sah
Solar Plexus	Myung Chi	Five / Fifth	Tasot / Oh
<b>Commands</b>		Six / Sixth	Yosot / Yuk
Attention	Cha Ryeot	Seven / Seventh	Ilgup / Chil
Bow	Kyung yea	Eight / Eighth	Yodul / Pal
About face	Dwi dora	Nine / Ninth	Ahop / Koo
Ready	Junbi	Ten / Tenth	Yeol / Ship
Return to Ready	Pa Roe	Twenty / Twentieth	Senmool / Ee Ship
Sit down	Anjo		
At Ease	Shio		