



Jeong's Yong In Martial Arts

**7985 US Hwy 72
Madison, AL 35758
256-217-8700
www.tkdmadison.com**

Korean Terminology

| Term | Pronunciation |
|------------------------|--------------------------|
| <i>Titles</i> | |
| Grandmaster | Kwan Jang Nim |
| Master | Sah Bum Nim (Sa Boo Nim) |
| Instructor | Kyo Kwan Nim |
| Assistant Instructor | Kyo Sa Nim |
| Senior Ranking Belt | Sun Bae Nim |
| Junior | Hoo Bae |
| Junior Black Belt Rank | Bo Dan |
| Black Belt Rank | Dan |
| <i>COMMANDS</i> | |
| Attention | Cha Ryeut |
| Return/Stop | Bahro (Ba Roh) |
| Bow | Kyung Nyet |
| Turn Around | Dui Ro Do Rah |
| Meditation | Muk Sang |
| Breathing | Soom She Gi |
| Ready | Joon Bee |



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| | |
|-----------------------------|---------------------------|
| Rest | She Uh |
| Begin | Si Jak |
| Stop | Gue Man |
| Continue | Kye Sok |
| Sit Down | Ahn Jo |
| Fast | Bali |
| Separate | Kal yoe |
| Relax | Shi Ah |
| Yell of Power | Ki-Hap |
| Bow to Grand Master | Kwan Jang Nim Keh KyungNe |
| Bow to Master | Sah Bum Nim Keh Kyung Ne |
| Bow to the Instructor | Kyo Kwan Nim Keh Kyung Ne |
| Bow to Assistant Instructor | Kyo Sa Nim Keh Kyung Ne |
| Bow to Senior | Sun Bae Nim Keh Kyung Ne |
| Salute the Flag | Ku Ki Eh Kyung Ne |

BODY PARTS

| | |
|-------|---------|
| Neck | Mok |
| Hand | Son |
| Wrist | Son Mok |
| Arm | Pal |
| Foot | Bal |



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Ball of foot

Heel

Right

Left

Upper Lip

Chin

Solar Plexus

Low Stomach/Groin

Ahp Chook

Dwi Chook

Orum

Owen

In Joong

Tok

Myung Chi

Dhan Jun

STANCES

Stance

Horse Back Riding Stance

Front Stance

Back Stance

Walking Stance

Free-fighting Stance

Suh Gi

Ju Chum Suh Gi

Ap Goo Bee

Duit Goo Bee

Ap Suh Ki

Yh Roo Gi Ja Se

BLOCKS

Low Block

Middle Block

High Block

Ah Rae Mak Gi

Mohm Tohng Mak Ki

Uhl Gool Mak Ki



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Outer Middle Block

Ahn Mohm Tohng Mak Ki

Inner Middle Block

Ba Kat Mohm Tohng Mak Ki

STRIKES

Strike

Chi Gi

Elbow Strike

Pal Kup Chi Gi

Knife Hand Strike

Su Do Chi Gi

PUNCHES

Punch

Ji Reu Gi

Low Punch

Ah Reh Ji Roo Gi

Middle Punch

Mohm Tohng Ji Rue Gi

High Punch

Uhl Gool Ji Rue Gi

KICKS

Kick

Bal Cha Gi

Front Kick

Ap Cha Gi

Round House Kick

Dolyo Cha Gi

Side Kick

Yup Cha Gi

Back Kick

Duit Cha Gi

Spinning Hook Kick

Dui Hoori Gi



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Tornado Kick

Axe Kick

Reverse Turn Round House

Double Round House Kick

Jump Front Kick

Flying Side Kick

Dol Gae Cha Gi

Yi Dan Dolyo Cha Gi

Han Ba Kai Dolyo Cha Gi

Na Rae Cha Gi

Yi Dan Ap Cha Gi

Yi Dan Yup Cha Gi

COUNTING

One

Two

Three

Four

Five

Six

Seven

Eight

Nine

Ten

Twenty

Thirty

Forty

Fifty

Hana

Dul (Dool)

Set

Net

Dasot (Da Suht)

Yasot (Yuh Suht)

Elgub (Il Gop)

Yodol (Yuh Duel)

Ahob (Ah Hope)

Yol (Yul)

Su Mool

Sel Heun

Ma Heun

She Hen



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Sixty

Yae Seun

Seventy

Il Heun

Eighty

Yeo Deun

Ninety

Ahun

One Hundred

Baeg

OTHER TERMS

Thank You

Gam Sa Ham Ni Da

You're Welcome

Chon Ma Neo

Tae Kwon Do School

Do Jang

Forms, Formal Exercise

Poomse

Basic Form

Poomse Ki Bon

Uniform

Do Bok

Belt

Dee

Flag

Kuk Gi

Grade

Keub

One-step Sparring

II Su Shik

Self-Defense Technique

Ho Shin Sul

Long Pole (Weapon)

Jang-Bong

Sparring

Kyorugi

Sparring Equipment

Hogu

Breaking

Kyuk Pa



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| | |
|---|-------------------|
| Greetings (Hello, Good Afternoon/Evening) | An Yeong Ha Se Yo |
| Foot or kicking | Tae |
| Hand or fist | Kwon |
| Way, Art or Method | Do |
| Victory | Seung Nee |
| Patience | In Nae |
| Empty Mind | Moo Sim |
| Modesty | Kyom Son |
| Loyalty | Choong Sung |
| Respect Jon | Gyung |
| Persistence | Kon Ki |
| Peace of Mind | Pyong Ahn |
| Indomitable Spirit | Bak Chul Bul Gul |
| Concentration | Chong Sin Tong II |
| Integrity | Yom Chi |
| Train the Mind and Body | Sim Sin Soo Ryun |

TOURNAMENT COMPETITOR TERMS

| | |
|------|----------|
| Blue | Chung |
| Red | Hong |
| Time | Shi Gahn |
| Win | Seung |



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Warning

Warning One

Warning Two

Deduction Point

Deduction Point One

Deduction Point Two

Continue

Offense

Separate

Defense

Face About

First Round

Second Round

Third Round

Kyung Go

Kyung Go Ha Na

Kyung Go Dool

Gam Jeum

Gam Jeum Ha Na

Gam Jeum Dool

Kay Soke

Gong Kyuk

Kal Yo

Bang Uh

Jwa Woo Hyang Woo

II Whea Jon

Yi Whea Jon

Sam Whea Jon