

KOREAN TERMINOLOGY



INSTRUCTOR RANKINGS & SCHOOL BASICS

Kwanjang-Nim - Grand Master & head of system

Sahbum-Nim - Master

Kyosah-Nim - Instructor

Poom - Junior BlackBelt

Je Jah - Student

Dobok - Uniform

STANCES

Sogi - Stance

Moa Sogi - Feet together

Narani Sogi - Ready Stance

Kima Sogi - Horse Stance

Hugol

Sogi - Back Stance

Chongul Sogi - Front Stance

Dyt Pa Sogi - Cat Stance

Kyocho Sogi - Cross Stance

Tu-Palmok-Makki - Fighting Stance

PUNCHES, STRIKES & BLOCKS

Kwon - Fist

Rikwon - Back Fist

Chon Kwon - Fore Fist

Yukwon - Side Fist

Chirugi - Punch

Sudo - Knife Hand

Yuk-Sudo - Ridge Hand

Kwang-Su - Spear finger

Pen Kwang-Su - Short finger

Palkup - Elbow

Makki - Block

KICKS

Chagi - Kick

Ap-Chagi - Front Kick

Yop-Chagi - Side Kick

Tollyo Chagi - Round House

Pondea Tollyo Chagi - Spinning Heel Kick

Naero Chagi - Axe Kick

Sewo-An Chagi - Outside to

Sewo Bakkat Chagi - Inside to Outside

Dyt Chagi - Back kick

Pituro-Chagi - Twist Kick

Timian-Chagi - Flying/Jumping Kick

Morup Chagi - Knee Kick

COMMANDS AND POSITIONS

Charyot - Attention Position

Gyenea - Bow

Gukkie-Daryon - Bow to Flags

Juhn Bee - Ready Position

Shee Jahk - Begin

Ba Row - Return to ready

Hyong - Forms

Kyek Pa - Power Test

Hoisinsol - Self Defense