




REFERENCE SHEET

TERMINOLOGY | LEVELS OF PROGRESSION










BOWING

	1	Cha Ryot	Attention!
	2	Ku-Ki-e Gyong Nae	Bow to the Flag.
	3	Baro	Return to Starting Position.
	4	Sabomnim Keh Gyong Nae	Bow to the Master.

BASIC TECHNIQUE I

	1	Joonbi	Ready.
	2	Joo Choom So Chireugi	Basic Punch.
	-	Doobon Chireugi	Double Punch
	-	Baro	Return to Starting Position.
	-	Shio	Rest, Relax.
	3	Apgoobi Sohgi	Low Front Stance.
	4	Arae Makgi	Low Block.
	5	Bande Chireugi	Punching while Moving.
	6	Momtong An Makgi	Middle-Section Block (outside to in)
	7	Momtong Bagat Makgi	Middle-Section Block (inside to out)
	8	Olgool Makgi	Face Block.
	9	Sonnal Chireugi	Cross-Hand Low Punch.
	10	Sohnkeut Chireugi	Finger Punch.
	11	Kal Jaebi	Swallow Punch.

BASIC TECHNIQUE II

	1	Taegeuk	Basic Form (White Belt).
	2	Dwigoobi Sohgi	Back Stance.
	3	Sonnal Makgi	Low Hand Block.
	4	Ap Chagi	Front Kick.
	5	Bodo Olligee.....	Stretched Leg (up-down).
	6	Anaso Bakro	Stretched Leg (in-out)
	7	Bakese Anooro	Stretched leg (out-in)
	8	Yeop Chagi.....	Side Kick.
	9	Taegeuk Il Jang	8th Gup (Yellow Belt)

Continued...

BASIC TECHNIQUE III

✦	1	Naeryo Chagi	Axe Kick
✦	2	Dwi Chagi	Drag Kick
✦	3	Bandal Chagi	Crescent Kick
✦	4	Dollyo chagi	Round House Kick
✦	5	Bande Dollyo Chagi	Front Round House Kick
✦	6	Dwi Dollyo Chagi	Reverse Kick
✦	7	Taegeuk Ee Jong	Yellow/1st Belt
✦	8	Taegeuk Sam Jong	Green Belt.

GENERAL TERMINOLOGY

Tae Kwon Do - Fist Foot Art
Sobominin - Master

Poomse - Patterns/Forms
Poom - Junior Blackbelt (U15)
Kihap - Yell
Gup - Grade
Dhee - Belt
Dan - Degree
Dobok - Uniform

Dwiro Dora - Turning
Gyokpa - Breaking
Gyorigu - Free Sparring

COUNTING

One	Hanna
Two	Dool
Three	Saet
Four	Net
Five	Dasot
Six	Yasot
Seven	Ilgop
Eight	Yodol
Nine	Ahap
Ten	Yool
Eleven	Yool Hanna
Twelve	Yool Dool (etc...)

IN TOURNAMENTS

Hong = Red
Chong = Blue
Sijuk = Begin
Galyo = Resume Fight Stance
Gesok = Continue Fighting
Gumon = Finish
Sung = Winner
Kyongo Hanna = Lose 1/2 Point
Gamjeong Hanna = Lose 1 Point