

## **Korean Terminology**

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### **Counting**

- 1-Hanna
- 2-Dool
- 3-Seth
- 4-Neth,

### **Basics**

- Instructor – Sabum
- Student – Jeja
- Training Hall – Dojang
- Training Suit – Dobok
- Belt – Ti
- Attention – Charyot
- Bow – Kyong-ye
- Ready – Junbi
- Start – Si-jak
- Stop – Goman
- Return to ready stance – Barrol
- Relax – Swiyo
- Pattern – Tul

### **Stances – Sogi**

- Attention Stance – Charyot Sogi
- Walking Stance – Gunnan Sogi
- L Stance – Niunja Sogi
- Sitting Stance – Annun Sogi
- Parallel Stance – Narani Sogi
- Parallel Ready Stance – Narani Junbi Sogi
- Close Ready Stance – Moa Junbi Sogi
- Bending Stance – Giburyo Sogi
- Vertical Stance – Soojik Sogi
- Fixed Stance – Gojung Sogi
- X Stance – Kyocha Sogi
- Low Stance – Nachuo Sogi
- Rear Foot Stance – Dwitbal Sogi

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## Korean Terminology

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### Arm and Hand Parts – striking

Fore fist – Ap Joomuk

Forearm – Palmok

Inner forearm - An Palmok

Outer forearm - Bakkat Palmok

Elbow – Palkup

Back fist – Dung Joomuk

Knife hand - Sonkal

Reverse knife hand – Sonkal Dung

Fingertip – Sonkutt

Knuckle – Songarak

Palm heel – Sombadak

Flat finger tip thrust – Opun Sonkutt Tulgi

Straight fingertip thrust – Sun Sonkutt Tulgi

Back fist strike – Dung Joomuk Terigi

Side Back fist strike – Yop Dung Joomuk Terigi

Grab - Jappgi

Release from grab – Jappyo Sul Tae

Knife hand strike – Sonkal Terigi

Side knifehand strike – Yop Sonkal Terigi

Inward knifehand strike – Anuro Sonkal Terigi

Back elbow strike – Dwit Palkup Terigi

Side elbow strike – Yop Palkup Terigi

Front Elbow Strike – Ap Palkup Terigi

Upper Elbow Strike – Wi Palkup Terigi

Straight Elbow Strike – Sun Palkup Terigi

Double Side Elbow Strike – Jau Palkup Terigi

Arc Hand – Bandal Son

Upset fingertip thrust – Dwijibun Sonkutt Tulgi

Downward knifehand strike – Naeryo sonkal Terigi

Bear Hand – Gomson

High inward knifehand strike- Nopunde Annuro Ap Sonkal Terigi

High reverse knifehand strike- Nopunde Sonkal Dung Terigi

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### Punches

Punch – Jirugi  
Obverse punch – Baro Jirugi  
Reverse punch – Bandae Jirugi  
Double punch – Dool Jirugi  
Vertical punch – Sewo Jirugi  
Side punch – Yop Jirugi  
Twin vertical punch – Sang Sewo Jirugi  
Twin upset punch – Sang Dwijibo Jirugi  
Turning Punch – Dollyo Jirugi  
Upward punch – Ollyo Jirugi  
Upset punch- Dwijibo Jirugi  
Downward punch- Naeryo Jirugi  
Crescent Punch- Bandal Jirugi  
U shape Punch- Digutja Jirugi  
Horizontal Punch- Soopyong Jirugi  
Knuckle fist Punch- Songarak Joomuk Jirugi

### Foot Parts

Ball of the foot=Ap Kumchi  
Foot sword=Balkal  
Back Sole=Dwit Kumchi  
Back Heel= Dwitchook  
Instep= Baldung  
Side Instep= Yop Baldung  
Reverse Footsword=Balkal Dung  
Side Sole=Yop Bal Badak  
Toes=Balkut

### Sections of the body and directions

High – Nopunde  
Middle – Kaunde  
Low – Najunde  
Front – Ap  
Side – Yop  
Back – Dwit  
Upward – Ollyo  
Downward – Naeryo

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Inward – Anuro  
Outward – Bakkuro  
Straight – Sun  
Upper – Wi  
Flying- Twimyo  
Jumping- Twigi  
Left=Wen  
Right=Orun

### **Blocks**

Middle inner forearm block – Kaunde An Palmok Makgi  
Middle outer forearm block – Kaunde Bakkat Palmok Makgi  
High outward outer forearm block- Nopunde Bakuro Bakkat Palmok Makgi  
Low Outer Forearm Block - Najunde Bakkat Palmok Makgi  
Rising Block – Chookyo Palmok Makgi  
Knifehand guarding block – Sonkal Daebi Makgi  
Twin forearm block – Sang Palmok Makgi  
Guarding Block – Daebi Makgi  
Wedging Block – Hechyo Makgi  
Inward Block – Anuro Makgi  
Outward Block – Bakuro Makgi  
Knifehand block – Sonkal Makgi  
Reverse Knifehand Block- Sonkal Dung Makgi  
Upward block – Ollyo Makgi  
Upward Palm Block – Ollyo Sombadak Makgi  
Downward Block - Naeryo Makgi  
Pressing Block – Noollo Makgi  
Pushing Block – Miro Makgi  
Circular Block – Dollimyo Makgi  
Palm Block – SomBadak Makgi  
X Fist pressing block – Kyocha Joomuk Noollo Makgi  
X Fist rising block – Kyocha Joomuk Chookyo Makgi  
X knifehand rising block- Kyocha Sonkal Chookyo Makgi  
Palm Pushing Block – SomBadak Miro Makgi  
Forearm Guarding Block – Palmok Daebi Makgi  
Waist Block – Hori Makgi  
Palm Hooking Block – Sombadak Golcho Makgi  
Twin Knifehand Block – Sang Sonkal Makgi  
Knifehand Rising Block – Sonkal Chookyo Makgi  
Reverse Palm Pressing Block – Bandae Sombadak Noollo Makgi  
(Staff) U shaped block- (Mongdunggi) Digutja Makgi

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W shaped block – San Makgi  
Low Double forearm pushing block – Najunde Doo Palmok Miro Makgi  
Low knifehand guarding block – Najunde Sonkal Daebi Makgi  
X-knifehand checking block- Kyocha Sonkal Mum Cha Makgi  
Twin upward palm block- Sang Ollyo Sombadak Makgi  
Fist block- Joomuk Makgi  
Scooping block- Duro Makgi  
Double Arc-hand block- Doo bandalson Makgi  
Nine shape block- Gutja Makgi  
Twin Horizontal Elbow Strike- Sang Soopyong Palkup Terigi

### Kicks

Front Kick – Ap Chagi Side  
Kick – Yop Chagi Turning  
Kick – Dollyo Chagi  
Reverse Side Kick – Bandae Yop Chagi  
Reverse Turning Kick – Bandae Dollyo Chagi  
Crescent Kick - Bandal Chagi  
Axe Kick (downward) – Naeryo Chagi  
Hooking Kick – Golcho Chagi  
Reverse Hooking Kick – Bandae Dollyo Goro Chagi  
Back Kick – Dwit Chagi  
Front Snap Kick – Ap Cha Busigi  
Low Front Snap Kick – Najunde Ap Cha Busigi  
Front Rising Kick – Ap Cha Olligi  
Knee Kick – Moorup Chagi  
Side Piercing Kick – Yop Cha Jirugi  
Flying Kick – Twimyo Chagi  
Twisting Kick – Bituro Chagi  
Side Thrusting Kick – Yop Cha Tulgi  
Back Piercing Kick- Dwitcha Jirugi  
Stamping Kick- Cha Bapgi  
Vertical Kick- Sewo Chagi  
Flying Front Kick- Twimyo Ap Chagi  
Flying Reverse Turning Kick- Twimyo Bandae Dollyo Chagi  
Flying Side Piercing Kick- Twimyo Yop Cha Jirugi  
Flying Twisting Kick- Twimyo Bituro Chagi  
Jumping Side Kick- Twigi Yop Chagi  
Rising Kick- Cha Olligi  
Checking Kick- Mum Cha Chagi  
Sweeping Kick- Suroh Chagi

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### Hand Parts

Fore fist=Ap Joomuk  
Back Fist=Dung Joomuk  
Side Fist=Yop Joomuk  
Palm=Sombadak  
Knuckle Fist=Songarak Joomuk  
Middle Knuckle Fist= Joonji Joomuk  
Thumb Knuckle Fist= Umji Joomuk  
Knifehand= Sonkal  
Reverse Knifehand= Sonkal Dung  
Fingertips= Sonkut  
Flat Fingertip= Opun Sonkut  
Straight Fingertip= Sun Sonkut  
Upset Fingertip= Dwijibun Sonkut  
Thumb= Umjii  
Forefinger= Han Songarak  
Double Fingertip=Doo Songarak  
Arc-hand=Bandalson  
Double Side Elbow=Jau Palkup  
Finger Belly=Songarak Badak  
Heaven Hand= Hansul Sun

### Body Parts

Temple= Gwanja Nori  
Bridge of the Nose= Migan  
Eyeball= Angoo  
Philtrum=Injoong  
Jaw= Yop tok  
Elbow=Palkup  
Lips= Ipsul  
Knee= Moorup  
Upper neck= Wit Mok  
Adam's apple= Gyol hoo  
Windpipe= Soom tong  
Collar Bone=Swe Gol  
Wrist Joint= Sonmok gwanjol  
Shoulder joint= Eukke gwanjol  
Nose= Kotdung  
Neck Artery= Mok Dongmaek  
Sternum=Hyung gol

## Korean Terminology

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Heart= Shim jang  
Solar plexus= Myong chi  
Liver= Gan Jang  
Lower Abdomen= Ha bokboo  
Groin= Sataguni  
Instep= Baldung  
Upper Back= Gyon gap  
Small of the back= Gyong chu  
Kidney= Kongpat  
Backs of knees= Ogum  
Achilles Tendon= Dwichuck himjool  
Ankle joint= Balmok gwanjol  
Elbow joint= Palgup gwanjol  
Armpit= Gyodurang  
Floating ribs= Nuk gol  
Knee joint= Murup gwanjol  
Inner thigh= Anjok hobok dari  
Joint= Gwanjol  
Head=Mori  
Forehead=Ima  
Shoulder=Euhke  
Shin= Jong Kwaengi  
Neck=Mok  
Chest=Gasum  
Abdomen=Bokboo