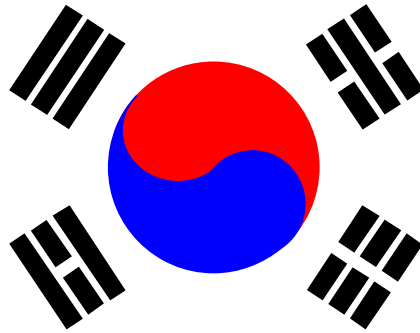




## **Hapkido Curriculum**

### **UKMA Creed**

- I will respect myself.
- I will respect the arts of Tae Kwon Do and Hapkido.
- I will respect the five tenets - Courtesy, Integrity, Self-Control, Perseverance, Indomitable Spirit.
  - I will use what I learn in class defensively.



Kun

Heaven



Yi

Fire



Kan

Water



Kon

Earth

The blue means yin and the red means yang. Yin means dark and cold, while Yang means bright and hot. The white background color of the flag means peace. The Korean national flag is called “Taeguk-ki” as its design comes from the symbol of Teaguek (Great Absolute or the entity of the cosmos.) The Korean flag symbolizes the overcoming of hardships and triumphs the Korean people overcame.



Hapkido is a powerful and innovative Korean martial art. Literally translated, the word *Hap* means coordination or harmony, *Ki* denotes the essence of power, and *Do* means the art or the *Way*. Hapkido incorporates powerful and precise kicking techniques; fluid and highly effective throwing techniques; and decisive and sharp hand techniques. This concise and practical martial art is the result of a 1300-year pursuit of the *Way*.

The philosophy of Hapkido stems from three basic principles: The first is *non-resistance*: yield to your opponent by meeting force with minimum force to deflect and not clash with your opponent's power. The second is *circular motion*: the use of circular, fluid, flowing movements are emphasized rather than linear movements. The third is the *water principle*: total penetration of an opponent's defenses through continual attack. Instead of opposing force by force, a Hapkidoist completes his opponent's movement by "accepting his flow of energy as he aims it," and defeats him by "borrowing his own force." In addition, these are included in philosophy:

- Righteousness (Jong Euye)
- Courtesy (Yea Euye)
- Patience (Ien Nae)

A good Hapkido practitioner does not oppose force or give way completely. A Hapkido practitioner is pliable as a spring; he is the complement and not the opposition to his opponent's strength. The philosophy of Hapkido is based on the symbol of *Um* and *Yang*, a pair of mutually complementary and interdependent forces that act continually, without cessation, in the universe. *Um* and *Yang* are two inseparable forces of one unceasing interplay of movement. They are conceived of as essentially one, or as two coexisting forces of one indivisible whole.

The birth of modern Hapkido can be traced to the efforts of a group of Korean nationals in the post Japanese colonial period of Korea, Choi Yong Sul (b. 1904, d. 1986) and his most prominent students; Suh Bok Sub, the first student of the art; Ji Han Jae (b. 1936 ), arguably the greatest promoter of the art; Kim Moo Hong, a major innovator in the art; Myung Jae Nam, who forged a greater connection between the art of Hapkido and Japanese aikido and then founded Hankido, and others, all of whom were direct students of Choi or of his immediate students. There are 5 major applications of Hapkido. They are:

1. Pal gup gu ki - Elbow lock/break
2. Ba gat gu ki - outer wrist twist/break
3. Ba gat hye jun - four corner throw
4. Ahn hye jun - upper wrist twist/break
5. Ahn gu ki - reverse wrist twist/break



### **Belt Meanings**

- White Belt:** Signifies innocence, as that of a beginning student who has no previous knowledge of Tae Kwon Do.
- Yellow Belt:** Signifies Earth, from which a plant sprout and takes root as Tae Kwon Do foundation is being made.
- Green Belt:** Signifies the plant's growth as the Tae Kwon Do skill begins to develop.
- Blue Belt:** Signifies the Heaven towards which the plant matures into a towering tree as training in Tae Kwon Do progresses.
- Red Belt:** Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
- Black Belt:** Opposite of white; therefore, signifies the maturity and proficiency in Tae Kwon Do. Black also indicates the wearer's incapacity to be affected by darkness and fear.



## **Student Expectations, Roles and Responsibilities**

1. Try to arrive to class at least 10 minutes early.
2. Uniform is to be cleaned and neat with UKMA patch on left chest. Patches are given out after the 1<sup>st</sup> month of your enrollment.
3. Bow before entering, leaving dojang, stepping on and off the mat, higher level belts.
4. If you arrive late, you wait to be bowed in by the Instructor.
5. Be respectful of other classes going on while you are waiting for your class.
6. Once class starts, there is to be no talking unless you have a question.
7. Always take instruction without arguing or disagreeing such as "but my leg IS straight!" It is the instructor's job to correct things you may not see.
8. Never teach a technique to a lower student without getting the instructors permission.
9. Always turn away when adjusting your uniform or belt.
10. If you are opening/closing class, you open/close class as follows:
  - *Cha-Ryot (Attention)*
  - *Kuk -ki eh daehan Kyung-Yet (Bow to flag)*
  - *Muk-Yum (Meditation)*
  - *Ba-Ro (Return to order)*
  - *E do so (Stand up)*
  - *Cha-Ryot (Attention)*
  - *Kyung-Yet (Bow to Instructor) – Blue belt to 3<sup>rd</sup> Dan*
  - *Sah Bum Nim Gae Kynug-Yet - 4<sup>th</sup> - 6<sup>th</sup> Dan*
  - *Kwan Jang Nim Gae Kyung-Yet - 7<sup>th</sup> - 9<sup>th</sup> Dan*
  -
11. Fingernails and toenails are to be trimmed and clean.
12. If you are not feeling well, please stay home and rest.
13. Feet and hands are to be clean before entering onto the mat.
14. Blue belts through 3<sup>rd</sup> Dans are to be addressed as Sir/Mam/Mr./Ms./Mrs.
15. 4<sup>th</sup> Dans are to be address as Sah Bum Nim (Instructor).
16. 5<sup>th</sup> and 6<sup>th</sup> Dans are to be addressed as Master.
17. 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> Dans are to be addressed as Kwan Jang Nim (Grand Master).



18. Blue belts and up may be asked to assist helping lower belts if needed.
19. All students are to help make sure the dojang is clean during and after classes.
20. If you need to sit down or hurt, let the Instructor know.
21. If you need to leave early, let the instructor know.
22. Never do anything to dishonor your school or instructor.
23. Respect and discipline shall be maintained at all times.
24. Tae Kwon Do and Hapkido are not to be used outside the dojang unless circumstances are required to do so.

### **Instructor Expectations, Roles and Responsibilities**

1. 3<sup>rd</sup> Dans are required to teach a class, or parts of a class in order to test for 4<sup>th</sup> Dan. You are to track your own hours on the attendance sheets.
2. Start class on time with 2 loud claps.
3. Try to be aware of time.
4. If you unable to make your class, please contact others to see if they can cover.
5. Follow the class guidelines and modify if needed.
6. You may ask lower belts to open class exercises, then bow you in as described above. Same will apply for closing class.
7. Be aware of the level of belts ranks when giving techniques.
8. Students are to follow your instructions.
9. You are there to teach/instruct and not a workout for yourself, depending on structure. Be aware of watching students and helping if needed.
10. If you are working with a lower belt, you work at their level.
11. Ask other students to help if needed.
12. If questions are asked and you are not sure, ask other Instructors in class or GMB when you see him next. It's ok to say you will find out get back to them. It's ok to not have all the answers.



13. If you have to leave before the end of class, make sure someone can lock up and let them know what needs to be done.
14. After class, make sure all is done according to closing list.
15. If anyone is hurt, all emergency contacts are in the folder in back office. Follow up with them the next day or that night.

### **Guide To Basic Class**

To begin class, the instructor will set up lines accordingly to rank and seniority. To call the class to attention, clapping hands two times is used. Class consists of the following:

#### 1<sup>st</sup> warm up exercises

Instructor will do 2 or 3 basic warm ups before bowing in.

#### Opening class

Instructor will call the following commands:

1. Cha-Ryot (Attention)
2. Kuk -ki eh daehan Kyung-Yet (Bow to flag)
3. Muk-Yum (Meditation)
4. Ba-Ro (Return to order)
5. Cha-Ryot (Attention)
6. Kyung-Yet (Bow to instructor)

#### 2<sup>nd</sup> warm up exercises - 5 minutes

Instructor will call the commands in the warm up exercises.

#### Ki-Cho (Basic Techniques) - 20 minutes

Instructor will call the commands for drills. Ki-Cho may consist of partner drills, pad drills and or other fundamentals.

#### Jump rope - 5 minutes

Instructor will call the commands and time durations.

#### Poomse (Forms) - 20 minutes

Instructor will call the commands for specific poomses according to belt levels.

#### Sparring (Dae-Ryun) - 20 minutes

Instructor will call the commands and time durations. This includes 1 and 3 step sparring, contact, light contact, no contact and or 20 kicks.

#### Closing class - 5 minutes

Instructor will call the following commands:

1. Cha-Ryot (Attention)
2. Kuk -ki eh daehan Kyung-Yet (Bow to flag)



3. Muk-Yum (Meditation)
4. Ba-Ro (Return to order)
5. Cha-Ryot (Attention)
6. Kyung-Yet (Bow to instructor)

In addition, this includes ALL students helping with picking up the Dojang (School) before leaving. The instructor will advise what needs to be done.





**Star Block Set - Every move includes a Ki-Hap on the punch**

1. High Section Block, Punch
2. Outer Forearm Block, Punch
3. Inner Forearm Block, Punch
4. Low Section Block, Punch
5. Twin Punch



## Hapkido 10<sup>th</sup> Kub White - 9<sup>th</sup> Kub High White

Ghoo Ru Ghee/Nak Buhp:  
Rolls/Falls:

Shoulder Roll And Up From Kneeling  
Back Fall From Seated, Side Fall from Seated

Il-Bo Dae Ryun:  
One-Step Sparring:

Ba gat gu ki  
Pal gup gu ki

Duhn Jee Gee:  
Throws:

Sweep  
Hip

### Break Releases

#### Same Side Wrist Grab(Son Mok)

1. Fist pull back, hammer fist to face
2. Hammer fist strike, spin elbow
3. Spin under heel to sternum

#### Cross Hand Grab(Yuk Son Mok)

1. Up, over and down, elbow to face
2. Under and over, opposite hand strike to face
3. Elbow to sternum, hammer fist to collar bone



## **Hapkido 9<sup>th</sup> Kub High White - 8<sup>th</sup> Kub Yellow**

Ghoo Ru Ghee/Nak Buhp:  
Rolls/Falls:

Shoulder Roll And Up From Kneeling.  
Back Fall From Seated, Side Fall from Seated

Il-Bo Dae Ryun:  
One-Step Sparring:

Ahn Hye Jun

Dan Kum Sul:  
Knife Defense:

Chest Attack Jung(Bong Kong Kyuck)  
Pal Gup Gu Ki  
Ba Gat Gu Ki

### Single Same Side Wrist Grab(Son Mok)

1. Ba gat gu ki
2. Pal gup gu ki
3. Ahn hye jun
4. Ba gat hye jun

### Cross Hand Gra(Yuk Son Mok)

1. Ba gat gu ki
2. Pal gup gu ki
3. Ahn hye jun
4. Ba gat hye jun



## Hapkido 8<sup>th</sup> Kub Yellow - 7<sup>th</sup> Kub High Yellow

Ghoo Ru Ghee/Nak Buhp:  
Rolls/Falls:

Standing Shoulder Roll And Up, Squatting  
Back Fall, Squatting Side Fall

Il-Bo Dae Ryun:  
One-Step Sparring:

Ba gat hye jun

Dan Kum Sul:  
Knife Defense:

Chest Attack(Jung Bong Kong Kyuck)  
Ahn Hye Jun

Front Choke(Mok Ju Ru Ki)

1. Pal gup gu ki
2. Ahn gu ki
3. Arc hand with belt grab, sweep

Two Hands Grab Two Hands(Du Son Mok Eu Ro Du Son Mok)

1. Ba gat hye jun
2. Ba gat gu ki
3. Ahn hye jun

Two Hands Grab One(Ssang Son Mok)

1. Pal gup gu ki
2. Ba gat hye jun
3. Ba gat gu ki



## **Hapkido 7<sup>th</sup> Kub High Yellow - 6<sup>th</sup> Kub Green**

Ghoo Ru Ghee/Nak Buhp:  
Rolls/Falls:

Standing Shoulder Roll And Side Fall, Standing  
Side and Back Fall

Dan Kum Sul:  
Knife Defense:

Overhead Attack(Sang Dong Kong Kyuck)  
Pal Gup Gu Ki

Reverse Side Attack(Yup Kong Kyuck)  
Pal Gup Gu Ki

Side Attack(Yup Kong Kyuck)  
Ba Gat Hye Jun

Back Choke(Dwi Mok Jo Ru Ki)

1. Pal gup gu ki
2. Ba gat gu ki

Rear Two Hands on Shoulder(Dwi Du Uh Ki)

1. Ba gat gu ki
2. Pal gup gu ki
3. Ahn hye jun

Two Hands Chest Grab(Du Ka Sum)

1. Ahn gu ki
2. Neck Twisting Takedown
3. Ba gat gu ki



## Hapkido 6<sup>th</sup> Kub Green - 5<sup>th</sup> Kub High Green

Ghoo Ru Ghee:  
Rolls:

Air Falls

Dan Kum Sul:  
Knife Defense:

Side Attack(Yup Kong Kyuck)  
Ba Gat Hye Jun

Dee Jap Ki(Belt Grab)  
Over

1. Knuckle strike pal gup gu ki
2. Ahn gu ki

Under

Eagle claw

1. Elbow break sweep
2. Ba gat gu ki

Twist Grip(Myuk Sal Chuk Kyo)

1. Ba gat gu ki
2. Reverse ba gat hye jun, collar pull down

Low Sleeve(So Mai Jae)

1. Ridge forearm pressure point
2. Ahn gu ki

Middle Sleeve(Pal Duk Jae)

1. Ahn gu ki.
2. Sweep



## **Hapkido 5<sup>th</sup> Kub High Green - 4<sup>th</sup> Kub Blue**

### High Sleeve(Ouk Ja Jae)

1. Pal gup gu ki - arm trap
2. Ahn gu ki

### Collar Grab From Rear(Dwi Mok Jae)

1. Twin forearm pal gup gu ki
2. Sweep

### Hair Grabs(Muo Ree)

1. Pal gup gu ki
2. Reverse ba gat hye jun

### Rear Middle Sleeve Grab(Dwi Du Pal)

1. Step behind, knee up throw back
2. Step behind, knee pull up

### Two Hands Grab Two Hands From Rear(Dwi Du Son Mok)

1. Ba gat gu ki
2. Pal gup gu ki
3. Ahn hye jun.



## **Hapkido 4<sup>th</sup> Kub Blue - 3<sup>rd</sup> Kub High Blue**

### Il-Bo Dae Ryun(One-Step Sparring)

1. Guet noo roo gu ki - 3 arm pin
2. Forearm ba gat hye jun
3. Dol yo dun ju ki - rotary throw
4. Dol ah dun ju ki - head back throw
5. Yop dun ju ki - arm/shoulder throw
6. Crescent, knee over lock
7. Inside crescent, side thrust kick
8. Inside sleeve throw
9. Twin fist lock
10. Outside neck throw

### Just Before Holding(Jaup Ki Jon)

1. Outside, pal gup gu ki
2. Outside, ba gat gu ki
3. Inside, two arm over shoulder throw





## **Hapkido 3<sup>rd</sup> Kub High Blue - 2<sup>nd</sup> Kub Red**

### At The Moment of Throwing(Dun Jee Il Dae)

1. Step in, forearm to ribs, head pull back, chop
2. Palm heel to ears, spear hand to throat

### Front Bear Hug Arms Free(Aup Pal An Aon Ki)

1. Spear hand to throat
2. Neck twisting takedown

### Front Bear Hug, Arms Bound (Aup Pal Aon Ki)

Twin spear hand pressure point, under chin strike

### Rear Bear Hug, Arms Free(Dwi Pal An Aon Ki)

Wrist break, pal gup gu ki

### Rear Bear Hug, Arms Bound(Dwi Pal Park Aon Ki)

Double elbow, shoulder throw

### Full Nelson Grab(Dwi Mok Kam Ki)

Finger Lock and spin

### Side Head Lock

Palm strike, back throw

### Rear Forearm Lock

1. Shoulder throw
2. Spin outside, sweep

### Side Wrist Grab(Yup Son Mok)

1. Ahn gu ki
2. Ba gat hye jun



## **Hapkido 2<sup>nd</sup> Kub Red - 1<sup>st</sup> Kub High Red**

Duhn Jee Ghee:  
Throws:

Kneeling Reverse Circular.

### Lying Down Defense

1. Ba gat gu ki
2. Neck twist

### Kick Defenses(Bang Jok Sul)

#### Ap Chaki

1. Inside - shin pal gup gu ki
2. Outside - sweep/throw
3. Shuffle back with left knuckle strike to top of foot, right spin hook kick to face

#### Yop Chaki

1. Outside - ba gat gu ki
2. Outside - instep grab and twist
3. Outside - axe kick over opponent's kick, right round kick to face

#### Dollyo Chaki

1. Trap, elbow to thigh, spin elbow
2. Trap, spear hand to groin, sweep
3. Trap, spin sweep
4. Drop spin heel



## **Hapkido 1<sup>st</sup> Kub High Red - BoDan**

### Kneeling/Sitting (An Jo) 1 Up 1 Down - (Son Mok)

1. Ahn gu ki
2. Ba gat gu ki
3. Ba gat hye jun
4. Stomach throw

### Kneeling/Sitting (An Jo) Both - (Du Son Mok)

1. Pal gup gu ki
2. Ba gat gu ki
3. Ba gat hye jun
4. Ahn gu ki
5. Ahn hye jun
6. Breath throw

### Kneeling/Sitting (An Jo) 1 Up 1 Down

1. Side leg takedown
2. Shin takedown



## **Hapkido BoDan – 1<sup>st</sup> Dan**

Review all techniques

### Ahp Chagi/Chirugi(Front Snap Kick w/Punch)

1. Pal gup gu ki
2. Ba gat gu ki
3. Ba gat hye jun
4. Ahn hye jun
5. Ahn gu ki

### Du Bon Ji Ru Ki(Double Punch)

1. Pal gup gu ki
2. Ba gat gu ki
3. Ba gat hye jun
4. Ahn hye jun
5. Ahn gu ki

Paper (3-5-Pages):

How has my TKD helped my HKD and how has my HKD helped my TKD.



## **Hapkido 1<sup>st</sup> Dan Black Belt**

### **Dang Bong Sul (Short Stick Defense)**

#### **Blocking**

1. High
2. High left
3. High right
4. Middle left
5. Middle right
6. Low left
7. Low right
8. Middle center

#### **Strikes**

1. Top of head
2. High left
3. High right
4. Middle left
5. Middle right
6. Low left
7. Low right
8. Middle center

### **Defense against punch(Bong Kwon Dang Bong Sul)**

1. Reverse strike, temple strike
2. Inside wrist strike, middle section strike with bottom
3. Outside wrist strike, pal gup gu ki
4. Ba gat gu ki
5. Under arm pal gup gu ki
6. Neck throw

### **Defense against side thrust kick**

1. Outside ankle strike - over
2. Inside ankle strike
3. Step back blade strike
4. Downward ankle strike
5. Step to outside, reverse ankle strike, temple strike
6. Outside knee trap takedown
7. Reverse thigh strike ba gat gu ki
8. Inside trap/rotate over calf takedown lock

**Paper (3-5-Pages):**

Topic of choice.



**Hapkido 2<sup>nd</sup> Dan Black Belt**  
**Bamboo Sword(Jukdo)**

Blocking

1. High
2. High left
3. High right
4. Middle left
5. Middle right
6. Low left
7. Low right
8. Middle center

Strikes

1. Top of head
2. High left
3. High right
4. Middle left
5. Middle right
6. Low left
7. Low right
8. Middle center

Defense against overhead strike

1. Left side step, wrist strike
2. Left side step, head strike
3. High thrust
4. Left side step, high thrust
5. Left side step, middle thrust
6. Left side step, middle slash to opponent's right side
7. Right side step, downward block, butt of sword to face

Bare hand defense against overhead strike

1. Pal gup gu ki
2. Ba gat gu ki
3. Ahn hye jun
4. Armpit pal gup gu ki
5. Twin arm trap, elbow lock and throw
6. Dol rye dun ji ki

Paper (3-5 Pages):

Topic of choice.



## **Hapkido 3<sup>rd</sup> Dan Black Belt** **Jang Sul (Cane Defense)**

### Attacks(Ke Bon Sul)

1. Top of head
2. High left
3. High right
4. Middle left
5. Middle right
6. Low left
7. Low right
8. Middle center

### Defense against punch(Bang Kwon Jang Sul)

1. Fist strike, step back with right
2. Forehead strike, step back with right
3. Neck thrust with 2 hands, right step
4. Upper leg thrust, step on foot with left
5. Outside circular
6. Inside circular
7. Step on foot between leg thrust back
8. Behind both leg takedown

### Joint locking(Kuck Ki) and Throwing(Dun Jee Ki)

1. Pal gup gu ki
2. Under arm lock/throw
3. Ba gat hye jun
4. Neck lock takedown, over arm, under neck
5. Hook leg and side thrust kick

### Defense against kick(Bang Jok Jang Sul)

#### FSK

1. Upper leg thrust
2. Neck thrust
3. Right turning strike to shin
4. Inside shin press takedown

#### STK

1. Blade strike
2. Right turning strike to inside ankle
3. Leg thrust
4. Planted ankle strike, hook, side thrust kick, hold cane from bottom
5. Outside knee lock takedown

Paper (3-5 Pages): What does Becoming a Sah Bum Nim mean to me and how does it apply to my training at this point.



## Arnis

### Striking

1. Left temple
2. Right temple
3. Left rib/elbow
4. Right rib/elbow
5. Stomach upper stab
6. Left chest
7. Right chest
8. Right knee
9. Left knee
10. Left eye
11. Right eye
12. Top of head

### Blocking/Striking

1. Outside block, counter to temple
2. Inside block, palm cover, counter with strike
3. Same as #1
4. Same as #2
5. Downward block, counter to head
6. Same as #1, palm cover
7. Same as #2, palm cover
8. Downward block, then same as #1
9. Downward block, then same as #2
10. Same as #1, palm cover
11. Same as #2, palm cover
12. Umbrella, then same as #1

### Disarms

1. Grab, roll and twist – variation – end over wrist trap
2. Over and under swing – variation – ahn gu ki
3. Left hand under wrist, rotate out
4. Rotate over, ahn gu ki or thumb
5. Cut block, end over
6. Grab stick, rotate end over
7. Grab, rotate out
8. Cut out block,
9. Cut in block, under wrist rotation
10. Same as #1
11. Under wrist rotation
12. High block, end inside wrist, thumb lock





### Pressure Point Techniques

#### Striking - (Dai Rye Ki)

1. Spear hand under side of chin
2. Tiger mouth under chin
3. Thumb knuckle punch to side of temple
4. Center knuckle vertical punch to throat
5. Palm heel to solar plexus
6. Knife hand to throat, palm down
7. Center knuckle vertical punch to cheek bone
8. Palm heel to under lower side of jaw
9. Spear hand to side of groin, step on foot, toes outside
10. Center knuckle vertical punch to side of groin, step on foot, toes outside
11. Bent wrist strike to side of temple
12. Eagle beak to side of temple
13. Knife hand, collar bone
14. Five finger strike to face, eyes
15. Back fist to collar bone
16. Inner knife hand to throat

#### Pressing

1. Downward spear hand to throat, grab belt
2. Trachea hold, grab belt
3. Thumb press under ear, grab head
4. Back of neck press and twist
5. Thumb downward press, grab dobok, right thumb down on clavicle and twist to ground
6. Neck tendon pinch, grab with right hand, twist to ground
7. Jaw hook pull, right hand under left side of jaw and twist to ground
8. Lower jawline pressure point press, two hands push back
9. Spear hand press under arm pit, pal gup gu ki

#### Joint Locking and Throwing - (Kuck Ki) (Dun Jee Ki)

1. Under wrist, ahn hye jun throw
2. Hand press point throw, thumb, index finger ahn hye jun throw
3. Forearm press throw, ahn hye jun
4. Outside elbow press – up to down pal gup gu ki
5. Palm push, armbar push back, palm to palm
6. Two hands palm up, single ahn hye jun push back, back fall
7. Back of neck pressure point throw



## Terminology

### Basic Body Parts:

<i>mom</i>	body
<i>kwanjeol</i>	joint
<i>ulgool</i>	face & head
<i>muh ree</i>	head
<i>noon</i>	eye
<i>gui</i>	ear
<i>ko</i>	nose
<i>in joong</i>	philtrum
<i>eep</i>	mouth
<i>tuhk</i>	chin
<i>mokoomeong</i>	throat
<i>mok</i>	neck
<i>ouka</i>	shoulder
<i>myung chi</i>	solar plexus
<i>pahl</i>	arm
<i>pahlkup</i>	elbow
<i>pahlmahk</i>	forearm
<i>ahn pahlmahk</i>	inner side of forearm
<i>bahkat pahlmahk</i>	outer side of forearm
<i>meet pahlmahk</i>	palm side of forearm
<i>wi pahlmahk</i>	back side of forearm
<i>deung pahlmahk</i>	back of forearm
<i>sahnmahk</i>	wrist
<i>sahn</i>	hand
<i>sahnkal</i>	outside edge of hand (knifehand)
<i>sahnkal deung</i>	inside edge of hand (ridgehand)
<i>sahn deung</i>	back hand
<i>joomok</i>	fist
<i>sahnkahrak</i>	finger



*sahnkeut*  
*momtong*  
*huri*  
*ahrae*  
*noolro*  
*dahree*  
*mooreup*  
*ahp jung kang yi*  
*bahl mahk*  
*bahl*  
*bahldung*  
*bahlbong oh ri*  
*bahl nahl*  
*an bahl nahl*  
*bahl badak*  
*ahp chook*  
*dwi koomchi*  
*dwi chook*  
*bahlkeut*

fingertip  
trunk (middle section)  
waist  
lower body (low section)  
groin  
leg  
knee  
shin  
ankle  
foot (or feet)  
instep  
arch of foot  
outside edge of foot  
inside edge of foot  
sole of foot  
ball of foot  
heel  
bottom of heel  
toes

### **Body Movements**

*mom omgigi*  
*mahki*  
*chagi*  
*chirugi*  
*chigi*  
*jeek gi*  
*bahk gi*  
*sahn ki sool*  
*bahl ki sool*  
*kyorugi*  
*bituro*  
*gamyu*

movement of the body  
block  
kick  
thrust (or punch)  
strike (with the hand)  
strike (with the foot)  
strike (with the head)  
hand technique  
foot technique  
sparring  
twisting  
stepping (also "*omkyuh didigi*")



*kuht neun*

*uro*

*bang hyang bakoogi*

*bitkyuh surg*

*tdwim yu*

*dora*

*dolmyo*

*mee keul myu*

*jupgi*

*donzigi*

*goorugi*

*pyihagi*

*hecho*

*moyo*

*bojoo*

walking

moving in a particular direction

changing direction

escaping

jumping

to turn

spinning

sliding (also "*mee kul gi*")

holding/grabbing

throwing

rolling/tumbling

dodging

spreading

gathering

covering

### **Directions**

*oo*

*joa*

*ahp*

*ahn*

*bahkat*

*bahndae*

*dwi*

*ahnuro*

*bahkuro*

*whee*

*whee uro*

*guande*

*ulgool*

*momtong*

*ahrae*

right (also "*oh-ruen*")

left (also "*wen*")

front

inner

outer

reverse

back

inward

outward

high (up)

upward

middle

high section (also "*sahngdahn*")

middle section

low section

### **Hand Postions**



*sahnkal*  
*sahnkal jecho*  
*sahnkal deung*  
*sahn bahtong*  
*sahn deung*  
*ah keum sahn*  
*joomok*  
*deung joomuk*  
*yup joomuk*  
*me joomuk*  
*inju joomuk*  
  
*bamchu joomuk*  
  
*doo bam joomuk*  
*pyun joomuk*  
*omji joomuk*  
*sahnkeut*  
*gawi sahnkeut*

### **Hand Attacks**

*bahro chirugi*  
*bahndae chirugi*  
*gullgi chirugi*  
*doo bun chirugi*  
*sae bun chirugi*  
*sahnkeut chirugi*  
*sewo chirugi*  
*gotjang chirugi*  
*dolrya chirugi*  
*dwijubo chirugi*  
*nehryuh chirugi*  
*chi chirugi*  
*dikootja chirugi*

knifehand  
knifehand with palm up  
ridgehand  
palm heel  
back hand  
arc hand  
fist  
back fist  
side fist  
hammer-fist  
forefinger one-knuckle fist  
middle-finger one-knuckle  
fist  
two-knuckle fist  
flat (or open) fist  
thumb-knuckle fist  
spearfinger  
scissors-shaped spearfingers

straight (return) punch  
reverse punch  
hook punch  
double punch  
triple punch  
spearfinger thrust  
vertical punch  
vertical fist punch  
round punch  
upset punch  
downward punch  
uppercut punch  
`U' (or `C') shaped punch (hi-lo)

### **Blocks**



*bahkat palmahk mahki*

*ahn palmahk mahki*

*sahng palmahk mahki*

*ahnuro mahki*

*bahkuro mahki*

*ahrae mahki*

*olgool mahki*

*daebi mahki*

*gahwi mahki*

*keumgang mahki*

*kyo cha mahki*

*santeul mahki*

*hechuh mahki*

*hwang so mahki*

*bahtangsahn nooluh mahki*

*deuluh oll ryu mahki*

outer forearm block

inner forearm block

twin forearm block

inward block

outward block

low block

high block

guarding block

scissors block

diamond-shaped (Hercules) block

`X'-shaped block (

mountain-shaped block

scattered block (or wedge block)

ox (or "bull") block

pressing down block

upward scooping fist block

### **Kicks**

*cha olligi*

*ahp chagi*

*yup chagi*

*dolrya chagi*

*dwi chagi*

*bahndae dolrya chagi*

*gullgi chagi*

*bahndall chagi*

*hoohrio chagi*

*beakya chagi*

*nehryuh jeek gi*

*mil a chagi*

*dolmyo chagi*

*tdwim yah chagi*

*natgeh tdwim yu chagi*

*nalla chagi*

stretching kick

front kick

side kick

round (roundhouse) kick

back kick

reverse round kick ("hook kick" for some styles)

hook kick

crescent kick

wheel kick

slap kick

ax kick; literally

pushing kick (

spinning kick

jumping kick

hopping kick

flying kick



*gahwi chagi*  
*ohpo chagi*

scissors kick  
falling kick (leg sweep)

### **Stances**

*sohgi*  
*ahp sohgi*  
*ahp koo bi sohgi*  
*dwi sohgi*  
*beom sohgi*  
*kuht neun sohgi*  
*juchoom sohgi*  
*mot sohgi*  
*choon bi sohgi*  
*gibon sohgi*  
*naranhee sohgi*  
*koh ah sohgi*  
*kyo cha sohgi*  
*cha yun sohgi*  
*hahktari sohgi*

stance  
front stance  
front bent knee  
back stance  
cat (or tiger) stance  
walking stance  
horseback riding stance  
fighting stance  
ready stance  
basic stance  
parallel stance  
crossed foot stance  
`X'-stance  
natural stance  
crane stance

### **Equipment**

*hogoo*  
*sahn boho jang kap*  
*pahlmahk bohodae*  
*jung kang yi bohodae*  
*nang shim bohodae*  
*muh ree bohodae*  
*eep bohodae*

chest protector  
protective gloves  
forearm guard  
shin guard  
groin cup  
protective head gear  
mouth guard

### **Commands**

*cha ryuht*  
*choon bi*  
*bah ro*  
*dwi uro dorah*  
*dorah*  
*elosoh*

attention  
ready  
return to starting position  
about face  
turn  
stand



*gomahn*  
*sah bum nim keh*  
*simsa kwan nim keh*  
*dobok dahnjung*  
*dhee dahnjung*  
*hai sahn*  
*jonglee*  
*kyung nae*  
*ahnjoe*  
*kool o angi*  
*bahl bah kwah*  
*seijak*  
*shiuh*  
*kalyeo*  
*kae sok*

### **Common Phrases**

*ye*  
*anio*  
*kahm sa hamnida*  
*komap sumnida*  
*cheon maeneyo*  
*cheuk ka hamnida*  
*ahnyong hasimnika*  
*ahnyong hasayo*  
*yoboseyo*  
*ahnyonghee gasipsiyo*  
*ahnyonghee gyesipsiyo*  
  
*ahnyonghee gasayo*  
  
*ahnyonghee gyesayo*  
  
*pangap seumnida*  
*toh poepkeseoyo*  
*eoseo osayo*

stop (also "*mum cho*")  
face instructor  
face examiner/tester  
fix your uniform  
fix your belt  
class dismissed  
line up (also "*ji hap*" and "*jung yul*")  
bow  
sit  
kneel  
switch your stance (switch your feet)  
begin  
relax  
break (or stop)  
continue

yes (also "*ne*")  
no  
thank you  
less formal form of "thank you"  
you're welcome  
congratulations!  
How are you?  
less formal form of "How are you?"  
hello  
good-bye  
good-bye (to the person who is staying)  
less formal form of "good-bye" (to the person who is leaving)  
less formal form of "good-bye" (to the person who is staying)  
Pleased to meet you!  
See you later!  
Welcome!





*choesong hamnida*  
*mian hamnida*  
*kwaen chanayo*  
*ahlge seoyo*  
*moreuge seoyo*  
*chaemi isseoyo*

### **Titles**

*kwan jang nim*  
*sah bum nim*  
*kyo sah nim*  
*sun bae nim*  
*hu bae nim*  
*jeja*

### **Miscellaneous**

*dojang*  
*mukyum*  
*kihap*  
  
*jung shin yuk*  
  
*jung shin dong il*  
*jung shin soo yang*  
*jung do*  
*sim shin dahn ryun*  
  
*chung myung kwon*  
  
  
*chi shik*  
  
*heng dong*  
  
*pil seung*  
*ho hyoop*  
  
*shim ho hyoop*  
  
*himm*  
*ki*

I'm sorry  
less formal form of "I'm sorry!"  
That's all right  
I understand  
I don't understand  
It is fun (or interesting)!

grandmaster  
instructor  
teacher  
senior student  
junior student  
pupil

place where one trains  
meditation  
yell  
mental strength, or martial art spirit  
concentration of the mind  
training of the mind  
the "right" way  
mind and body discipline  
Training of the body, mind, and spirit  
knowledge of mind and thoughts  
execution (action) of the body and its techniques  
certain victory  
breathing  
breathing control (deep breathing)  
force or power  
life-energy



*dahnjun*

the center of your "ki"

*bokboo*

the stomach area where "ki" is generated.

*choong sim*

center of gravity

*chojum*

focus (focal point) of your energy

*jeung ga*

strengthen or augment

*kyuk pa*

breaking)

*pyugi*

stretching

*ye jol*

etiquette

*jon gyung*

respect

*choong sung*

loyalty (also "eui ri")

*jung jhik*

honesty

*kahjok*

family