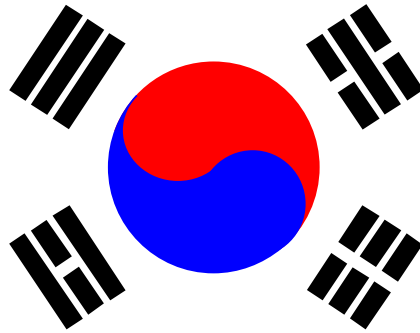




UKMA Creed

- 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



Kam

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.



Tae Kwon Do

In Korean, *tae* means "to strike or break with foot"; *kwon* means "to strike or break with fist"; and *do* means "way" or "method"; so "taekwondo" is loosely translated as "the way of the hand and foot fighting". It combines sharp, strong angular movements with graceful and free-flowing circular motions to produce a harmonious marriage of beauty and power. With the addition of devastating kicking techniques, Tae Kwon Do is a complete, integrated, and unique system of self-defense and personal improvement. It is no wonder that Tae Kwon Do is the fastest-growing martial art in the world today! Its appeal is universal. As a practical means of self-defense, as a satisfying and complete regimen of physical conditioning, as an aid to improved concentration and mental performance. The art of Tae Kwon Do offers its riches to anyone who sincerely undertakes its study. Within the training hall, there are no age, sex or racial barriers; all begin equally, as "white belts." Under the watchful eye of the Master Instructor, each progresses at his or her own rate, according to individual effort and ability.

Although the name "Tae Kwon Do" is still new, the origins of the art reach far back into Korean history. During the 6th Century A.D., the Korean peninsula was divided into three kingdoms, Shilla, Baek Je, and Koguryo. Shilla, the smallest, was in constant peril of being overrun by her more powerful neighbors, and in the response to this pressure assembled an elite fighting corps chosen from among the aristocracy known as the Hwarang Do of "Flower of Youth." In addition to the regular military training of the day, the Hwarang subjected themselves to rigorous mental discipline and severe physical hardship in order to condition the body and will to great strength and long endurance. The Hwarang Do believed in five codes of human conduct:

- Be loyal to your country.
- Be obedient to your parents.
- Be trustworthy to your friends.
- Never retreat in battle.
- Never make an unjust kill.

Those five codes have been modernized into now what we call the tenets of Tae Kwon Do:

Courtesy - (Ye Ui)

To be courteous is to show excellence of manners and social conduct and to exhibit polite behavior.

Integrity - (Yom Chi)

To adhere to moral and ethical principles and to be able to define right from wrong.

Self-Control (Ye Ui)

The ability to control or restrain oneself, or one's actions or feelings.



Perseverance - (In Nae)

A steady persistence in a course of action, in spite of any difficulties, obstacles or discouragement.

Indomitable Spirit (Baekjul Boolgool)

An attribute shown when a courageous person and his principles are pitted against overwhelming odds.



Hapkido

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



*Words cannot express the gratitude of his faithful students.
May 20, 1938 - December 16, 2016
Grandmaster Moo Yong Lee*

On February 21, 2017 Grand Master Moo Yong Lee was posthumously promoted to 10th Dan by the Kukkiwon. On April 30, 2016 Grandmaster Moo Yong Lee was inducted into the USA Grandmasters Society Hall of Fame and was recognized as an Outstanding Leader.

On May 7, 2013, Grandmaster Lee was awarded the President's Council on Fitness, Sports and Nutrition Lifetime Achievement Award in Washington, DC. This prestigious award honors those who have greatly contributed to the advancement or promotion of physical activity, fitness, sports, or nutrition nationwide.

For well over 60 years, Grandmaster Lee has been well-known and highly regarded by the worldwide sports community. An early pioneer who helped to spread the Korean art of Taekwondo to the United States, he is one of only a handful of individuals who hold the highest rank of 9th degree Black Belt, and is recognized by fellow instructors worldwide as a man of impeccable integrity and dedication.

Grandmaster Lee championed the inclusion of Taekwondo as an Olympic sport and in the early '80s played a formative role in the establishment of the United States Taekwondo Union which was later to become USA Taekwondo, the U.S. National Governing Body of Olympic Taekwondo. He served as president of the organization from 1985-1986.

A natural leader through his own example of total commitment and hard work, Grandmaster Lee—simply “Mr. Lee” to his long-time students - humbly considered himself to be a student of his beloved art and continued until his passing to teach with kindness and humor at the school he founded in East Hartford, Connecticut in 1974. Over the course of his career, he has trained and certified more than 550 Black Belts, and it is a tribute to the effectiveness of his instruction that a great many of his students—now Masters and Grandmasters themselves—continued to train and learn with him for as long as he was able.



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 1st 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 3rd Dan*
 - *Sah Bum Nim Gae Kynug-Yet - 4th - 6th Dan*
 - *Kwan Jang Nim Gae Kyung-Yet - 7th - 9th 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 3rd Dans are to be addressed as Sir/Mam/Mr./Ms./Mrs.
15. 4th Dans are to be address as Sah Bum Nim (Instructor).
16. 5th and 6th Dans are to be addressed as Master.
17. 7th, 8th, 9th 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. 3rd Dans are required to teach a class, or parts of a class in order to test for 4th 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:

1st 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)

2nd 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.



Poomse (Forms)

Poomse or Hyung are prearranged offensive and defensive movements against an imaginary opponent or attacker. Poomse is the most essential part of Tae Kwon Do training and enables students to learn Tae Kwon Do techniques before facing an opponent. Poomse is done to prepare a student physically and mentally for sparring or self-defense. Many critics of traditional Martial Arts believe the techniques of traditional Poomse are obsolete and limiting. This could not be further from the truth because Poomse are the foundation on which all Martial Art skill is developed. Individuals make limitations and cause techniques to be obsolete by not training and applying techniques correctly. Without the Poomse it would be difficult if not impossible to acquire the skills needed in Tae Kwon Do.

Objectives of Poomse

To prepare students for sparring, teach the application of Tae Kwon Do techniques. To teach the theory of Poomse techniques and philosophy. In addition to offensive and defensive techniques each Poomse has a philosophical and historical definition that the student should familiarize himself or herself with. In this way the student is prepared mentally and physically for the Tae Kwon Do training.

Benefits of Poomse

Through Poomse training the student learns the application of TKD techniques. Poomse helps to build coordination balance strength, endurance and flexibility. Poomse also plays a vital role in Ki (internal Power) development.

Rules for Practicing Poomse:

- The starting point is also the ending point.
- Maintain proper postures and always moves in the correct direction.
- Understand and control you power know when to move fluidly, fast and when to move slowly.
- Maintain you center of balance
- Learn to control you breathing and yell properly
- Learn and visualize the application of each technique.
- Practice daily
- Practice your Poomse until you learn it well enough to advance to the next one.

Types of Poomse/Hyung

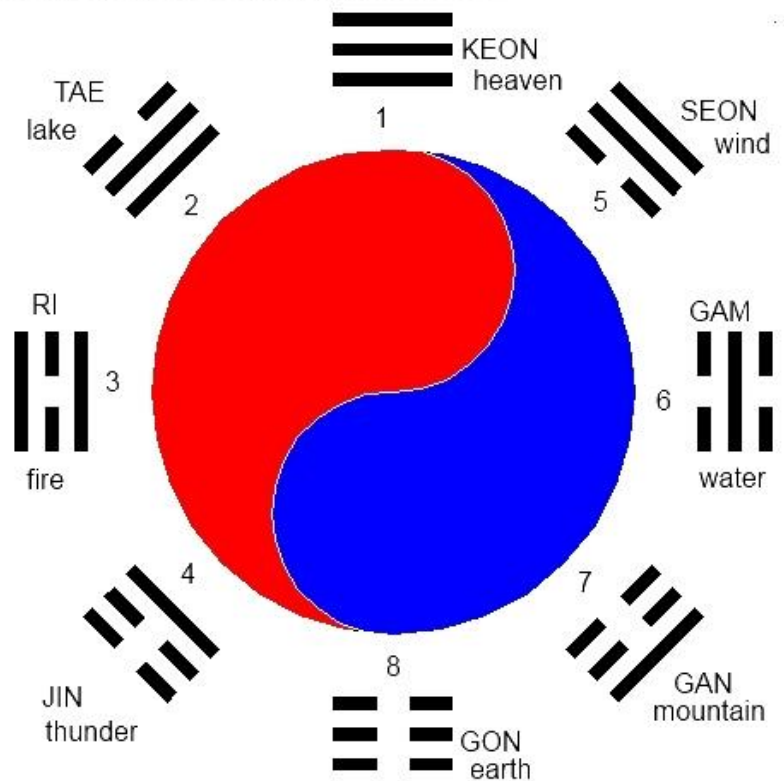
There are many different Tae Kwon Do forms used by different Tae Kwon Do schools and organizations. There a Chung Hyung forms used by the International Tae Kwon Do Federation (ITF forms), and Tae Guk forms used by the World Tae Kwon Do Federation (WTF Forms). WTF and ITF are the main governing bodies for Tae Kwon Do worldwide. The two organizations are currently negotiating a merger. At the Iowa City Tae Kwon Do Academy both sets of forms are used. The older Palgwe forms are also used by some schools and organizations in the U.S.



WT Poomse Meanings

"Tae" means largeness and "Guk" means eternity. Tae Guk represents the East Asian theory of universal creation. The theory states that the universe at one time had no form, no beginning and no end. Energy known as Ki caused the creation of the Earth, Sun, female, male and etc. According to this theory females have qualities of the Earth, and males have the qualities of the Sun. Tae Guk is also represented on the Korean national flag. The upper section (red) represents the Yang, and the lower (blue) represents the Um. The two opposites express dualism of the cosmos: fire and water, day and night, dark and light, construction and destruction etc.

Tae-Guk represents balance and harmony, for example kindness and cruelty may be taken into consideration. If parents are overly kind to a child, they may spoil and weaken the child, if they are too lenient the child may not learn respect and responsibility. Thus, without moderation and discipline excessive kindness could result in a child becoming an irresponsible and corrupt adult. Discipline and affection must be balanced when teaching and raising children; all things in life must be balanced to attain harmony. The three unbroken lines stand for heaven; the opposite three broken lines represent earth. At the lower left hand of the flag are two lines with two smaller broken lines between them which symbolize fire, and the opposite (upper right) is the symbol for water.





Taegeuk Il Jang(Heaven) - Key Moves

Arae makgi	low section block
Momtong Jireugi	middle section punch
Momtong anmakgi	middle section block
Ulgul makgi	high section block
Ap chagi	front snap kick
Apgubi seogi	forward stance

Taegeuk Ee Jang(Lake) - Key Moves

Ulgul jireugi	high section punch
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Taegeuk Sam Jang(Fire) - Key Moves

Sonal anchigi	knifehand strike
Sonal bakkat makgi	knifehand block
Dwi kubi	back stance
Dubon jireugi	double punch

Taegeuk Sah Jang(Thunder) - Key Moves

Sonal geodeureo makgi	twin knifehand guarding block
Pyeonsonkeut sewojireugi	spear finger attack
Jebipum anchigi	high section knifehand block with knifehand strike
Yeop chagi	side thrust kick
Deun jumuck apchigi	back fist strike

Taegeuk Oh Jang(Wind) - Key Moves

Mejumeok naeryeo chigi	downward backfist strike
Palgumchi dollyeo chigi	elbow swinging strike
Palgumchi pyojeok chigi	elbow target strike
Kkoa seogi	twisting stance

Taegeuk Yuk Jang(Water) - Key Moves

Sonal ulgul biteureo makgi	opposite twisting knife hand block
Dolleo chagi	round kick
Ulgul bakkat makgi	high section face outer forearm block
Arae hecheo makgi	low section double block
Batangson anmakgi	inner palm block

Taegeuk Chil Jang(Mountain) - Key Moves

Sonal geodeureo area makgi	low section supporting knifehand block
Geodeureo batangson anmakgi	middle section palm assisting block
Bojumeok	covered fist ready stance B
Gawimakgi	scissors block
Mureup chigi	knee strike
Hecho makgi	double hand block
Dujumeok jechoe jireugi	double fist turnover punch
Utgeoreo makgi	x block
Pyojeok chagi	kick to target



Yeop jireugi	side punch
Beomseogi	tiger stance
Juchum seogi	horseback riding stance

Taegeuk Pal Jang(Earth) - Key Moves

Dubal dangseong chagi	double jumping/hopping kick
Geodeureo bakkat makgi	twin forearm assisting block
Oesantuel makgi	inner forearm/low section block
Danggyeo jireugi	pulling uppercut
Geodeureo area makgi	low twin forearm assisting block
Ttwieo apchagi	hopping front snap kick

Koryo

Koryo, is the name of an old Korean Dynasty. The people from the Koryo defeated the Mongolian aggressors. It is intended that their spirit is reflected in the movements of the poomse Koryo. Each movement of this poomse represents the strength and energy needed to control the Mongols. The line of direction is the shape of the Hanja for a "Scholar", learned man.

Key Moves

Tongmilgi junbijase	Koryo choon bi
Geodeup yup chagi	double side thrust kick
Jeocheo jireugi	low section spear finger
Nulleok keokgi	knee pressure/break
Palggumchi yup chigi	side elbow strike
Sonal bakkan chigi	knife hand strike
Sonal area makgi	low section knife hand block
Ageumson apchigi	arc hand strike
Batangson nulleo makgi	pressing/palm block
Mejumeok pyojeok area chigi	circling hammer fist strike to opposite palm
Anpalmok hecheo makgi	twin inner forearm block
Sonal yup makgi	side knife hand block
Pyojeok jireugi	target striking

Keumgang

Keumgang means "diamond," symbolizing hardness. Keumgang is also the name of the most beautiful mountain in Korea, as well as the Keumgang warrior, named by Buddha. Thus, the themes of hardness, beauty, and pondering permeate this poomse.

Key Moves

Batangson apchigi	forward palm striking
Sonal anmakgi	knifehand block
Geumgang makgi	guemgang stance
Keundol jjeogwi	side punch
Santeul makgi	mountain block



TaeBaek

The legendary Dangun founded a nation in Taebaek, near Korea's biggest mountain Baekdoo. Baekdoo is a known symbol for Korea. The definition of the word *taebaek* is literally "lightness". Every movement in this *poomse* is intended to be not only be exact and fast, but with determination and hardness resembling the mountain Baekdoo, the origin of the nation of Korea.

Key Moves

Beomseogi sonal area	low twin knife hand block/tiger stance
Sonal eopeojapgi	break release
Anpalmok bakkan makgi	high section and inner forearm block
Teuroppaegi	spinning break release
Deung jumeok bakkan chigi	spinning backfist

Pyongwon

The definition of Pyongwon is "stretch, vast plain." The name carries with it a connotation of being large and majestic. It is the source of life for all the creatures and the field where human beings live their life. The *poomse* Pyongwon was based on the idea of peace and struggle resulting from the principles of origin and use.

Key Moves

Gyeopson junbijasae	ready stance c
Palggumchi ollyeoc high	upper elbow strike
Geodeureo ulgul yeop makgi	assisted side face forearm block
Danggyeo deungjumeok apchigi	forward pulling fist strikes
Meongye chigi	twin side elbow strike

Sipjin

Sipjin stands for ten symbols of longevity, which are Sun, Moon, Mountain, Water, Stone, Pine tree, Herb of eternal youth, Turtle, Deer, and Crane. This *poomse* represents the endless development and growth by the basic idea of the ten symbols of longevity and the decimal system.

Key Moves

Hwangso makgi	twin high section blocks
Sonbadak geodeuro bakkan makgi	assisted outer inner forearm block
Pyeonsonkeut eopeoj jireugi	pressing fingertip attack
Bawimilgi	rock pushing
Sonaldeung hecheo makgi	twin inner knife hand block
Kkeureo oligi	

Jitae

This *poomse* is derived from the meaning of the earth. All things evolve from and return to the earth, the earth is the beginning and the end of life, as reelected through the Yin and Yang.



Key Moves

Sonal ulgul makgi	high section knife hand block
Montong jireugi	high section block with middle punch
Mejumeok yuppyo jeok chigi	side hammer fist target strike
Anpalmok bakkan makgi	inner outside forearm block

Cheonkwon

Cheonkwon literally means 'sky'. In the poomse, the sky symbolizes the ruler of the universe. According to belief, it is mysterious, infinite and profound. The motions of Cheonkwon are full of piety, vitality and reverence.

Key Moves

Bamjumeok chijireugi	twin circling knuckle strike
Nalgaepyeogi	twin palm pushing
Hwidulleo makgi	circle swinging block
Guemgang yup jireugi	high section block with side punch
Taesamilgi	twin pushing palm strike
Jajeunbal	moving center strike
Pyeonson oesanteul area makgi	high section and low section same time knife hand blocks

Hansoo

This poomse is derived from the fluidity of water which easily adapts within nature. The symbol of the water repeats itself many times throughout all poomse, hyeongs, and in martial arts in general.

Key Moves

Sonaldeung hecheo makgi	twin inner knife hand blocks
Mejumeok yangyeopguri anchigi	twin fist rib strike
Geodeureo khaljeab	palm blocking with arc hand strike
Anpalmok arae pyojeo makgi	striking inner wrist block
Sonal guemgang makgi	high section and low section same time knife hand blocks
Gyeotdariseogi	standing supported stance

Ilyo

The state of spiritual cultivation in Buddhism is called 'Ilyo' which means 'oneness'. In Ilyo, body and mind, spirit and substance, "I" and "you" are unified. The ultimate ideal of the martial art and poomse can be found in this state. It is a discipline in which every movement is concentrated on leaving all materialistic thoughts, obsessions and external influences behind.

Key Moves

Oesantuel yup chagi	side trust kick with high section and low section blocks
Otgoreo ulgul makgi +	high section X block with open twisting hand



dusonpyeo biteureo jabandanggi
Ttwieo yup chagi
Ogeum seogi

pulling punch
jump side thrust kick
supporting knee stance



Star Block Set - Every move includes a Ki-Hap!

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



10th Kub White - 9th Kub High White

Sohgi: Resting, Attention, Guarding, Forward, Horseback
Stances: Riding, Back

Bal Cha Ghee Sul: Front, Side Stretch Kick, Front Snap, Side Thrust,
Foot Techniques: Ax, Round Kicks

Sahn Ghee Sul: Reverse Punch, Low, High and Outer Forearm
Hand Techniques: Blocks

Ghoo Ru Ghee/Nak Buhp: Shoulder Roll And Up From Kneeling
Rolls/Falls: Back Fall From Seated, Side Fall from Seated

Poomse: Lesson 1
Forms:

Sae Bon Korugi: 1-5
One-Step Sparring:

Ho Shin Sul: Same Side Wrist Grab(Son Mok)Break Releases
Self-Defense: 1. Fist pull back, hammer fist to face
2. Hammer fist strike, spin elbow

Cross Hand Grab(Yuk Son Mok)
1. Up, over and down, elbow to face
2. Under and over, opposite hand strike to face

Kyuck Pah: Side Thrust Kick
Board Breaking:

Paper (1/2 – 1 page): Why did you start Martial Arts?

Terminology:

Attention:	Cha-Ryut.	One:	Hana.	Six:	Ya-Sut.
Bow:	Kyong-Nyet.	Two:	Tul.	Seven:	IL-Gup.
Ready Position:	Choon-Bi.	Three:	Set.	Eight:	Yu-Dul.
Return To Order:	Ba-Ro.	Four:	Net.	Nine:	Ah-Hop.
Relax:	Shi-Yo.	Five:	Tasut.	Ten:	Yol.



9th Kub High White - 8th Kub Yellow

Sohgi: Resting, Attention, Guarding, Forward, Horseback
Stances: Riding

Bal Cha Ghee Sul: Front, Side Stretch Kick, Front Snap, Side Thrust,
Foot Techniques: Ax, Round Kicks

Sahn Ghee Sul: Reverse Punch, Low, High and Outer Forearm
Hand Techniques: Blocks

Ghoo Ru Ghee/Nak Buhp: Shoulder Roll And Up From Kneeling
Rolls/Falls: Back Fall From Seated, Side Fall from Seated

Poomse: Lesson 2
Forms:

Sae Bon Korugi: 6-10
One-Step Sparring:

Ho Shin Sul: Same Side Wrist Grab(Son Mok)
Self-Defense: 1. Pal gup gu ki
2. Ba gat gu ki

Cross Hand Grab(Yuk Son Mok)
1. Pal gup gu ki
2. Ba gat gu ki

Kyuck Pah: Side Thrust Kick
Board Breaking:

Paper (1/2 – 1 page): How do you feel your training is going?

Terminology:

Attention:	Cha-Ryut	One:	Hana	Six:	Ya-Sut
Bow:	Kyong-Nyet	Two:	Tul	Seven:	IL-Gup
Ready Position:	Choon-Bi	Three:	Set	Eight:	Yu-Dul
Return To Order:	Ba-Ro	Four:	Net	Nine:	Ah-Hop
Relax:	Shi-Yo	Five:	Tasut	Ten:	Yol



8th Kub Yellow - 7th Kub High Yellow

Bal Cha Ghee Sul:
Foot Techniques:

Hook, Turn Back, Crescent, Hopping Round,
Flying Front, Flying Side and Back Kick

Sahn Ghee Sul:
Hand Techniques:

Hammer Fist, Ridge Hand, Backfist,
Upset Punch, Knife Hand Strike

Ghoo Ru Ghee/Nak Buhp:
Rolls/Falls:

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

Poomse:
Forms:

Tae Guek Il Jang
Know The Meaning

Han Bon Korugi:
One-Step Sparring:

A 1-5

Ho Shin Sul:
Self-Defense:

Front Choke(Mok Ju Ru Ki))
Arm over wrist break

Two Hands Grab Two Hands
(Du Son Mok Eu Ro Du Son Mok)
Kick, back of hand smash, kick

Two Hands Grab One(Ssang Son Mok)
Pal gup gu ki

Kyuck Pah:
Board Breaking:

Ax Kick

Paper (1/2 – 1 page):

What were some of your challenges as white belt
and how did you overcome them?

Terminology:

Begin:	Shi-Jak	Belt:	Dee
Finished:	Ea-Sahng	Yell:	Ki-Hap
Basic Technique:	Ki-Cho	Uniform:	Do-Bok
Training Hall:	Do Jang	Instructor:	Sah Bum Nim



7th Kub High Yellow - 6th Kub Green

Bal Cha Ghee Sul: Stomp Kick, Shuffle Side Kick, Jumping Kicks
Foot Techniques:

Sahn Ghee Sul: Elbow, Arc, Hook Punch, Vertical Punch,
Hand Techniques: Turn Backfist

Ghoo Ru Ghee/Nak Buhp: Standing Shoulder Roll And Side Fall, Standing
Rolls/Falls: Side and Back Fall

Poomse: Tae Guek Ee-Jang. Know The Meaning
Forms:

Han Bon Korugi: A 6-10
One-Step Sparring:

Ho Shin Sul: Back Choke(Dwi Mok Ju Ru Ki)
Self-Defense: Spin, trap, upset punch

Rear Two Hands on Shoulder(Dwi Du Uh Ki)

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

Two Hands Chest Grab(Du Ka Sum)
Ba gat gu ki

Kyuck Pah: Back Kick
Board Breaking:

Paper (1/2 – 1 page): How have you grown as a yellow belt?

Terminology:

Student:	Je Ja
Degree	Dan
Grade:	Kub
Sparring:	Kyorugi
American Flag:	Song Jo Ki
Korean Flag:	Tae Geuk Ki



6th Kub Green - 5th Kub High Green

Bal Cha Ghee Sul:
Foot Techniques:

Flying Round, Jump Spin Hook, Jump Spin
Crescent, Run Jump Spin Back

Sahn Ghee Sul:
Hand Techniques:

Spear Finger - High, Mid, Low

Ghoo Ru Ghee:
Rolls:

Standing Shoulder Roll And Up

Poomse:
Forms:

Tae Guek Sam-Jang. Know The Meaning

Han Bon Korugi:
One-Step Sparring:

A1- 1-5

Ho Shin Sul:
Self-Defense:

Twist Grip(Myuk Sal Chuk Kyo)
Ba gat gu ki

Dee Jap Ki(Belt Grab)

1. Over - knuckle strike, pal gup gu ki
2. Under - ba gat gu ki

Kyuck Pah:
Board Breaking:

Side Thrust, Back Kick, 2 Stations

Paper (1/2 – 1 page):

What do you feel your strongest technique is and why?



5th Kub High Green - 4th Kub Blue

Ghoo Ru Ghee/Nak Buhp:
Rolls/Falls:

Kneeling Front Fall

Poomse:
Forms:

Tae Guek Sa-Jang. Know The Meaning

Dan Kum Sul:
Knife Defense:

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

Han Bon Korugi:
One-Step Sparring:

A1 6-10

Ho Shin Sul:
Self-Defense:

Collar Grab From Rear(Dwi Mok Jae)
Spear finger to throat, sweep

Hair Grabs(Muo Ree)

1. Ba gat gu ki
2. Rear - kick turn strike

Rear Middle Sleeve Grab(Dwi Du Pal)
Step behind, knee up throw back

Kyuck Pah:
Board Breaking:

Combo With Foot And Hand

Paper (1/2 – 1 page):

What do you do to work on your toughest technique?



4th Kub Blue - 3rd Kub High Blue

Duhn Jee Ghee:
Throws:

Air Falls, Hip Throw Drill

Poomse:
Forms:

Tae Guek Oh-Jang, Know The Meaning

Han Bon Korugi:
One-Step Sparring:

B - 1-4
Pal Gup Gu Ki

Ho Shin Sul:
Self Defense:

Just Before Holding (Jaup Ki Jon)
1. Inside, neck twisting takedown
2. Pal gup gi ki
3. Ba gat gu ki

Two Hands Grab Two Hands From Rear
(Dwi Du Son Mok)
Ahn hye jun

Kyuck Pah:
Board Breaking:

Combo With A Jump Technique

Paper (1/2 – 1 page):

Now that you are an upper belt, how has your training helped you outside of the dojang?



3rd Kub High Blue - 2nd Kub Red

Ghoo Ru Ghee:
Falls:

Standing Front Fall

Duhn Jee Ghee:
Throws:

Kneeling Reverse Circular

Poomse:
Forms:

Tae Guek Yuk-Jang. Know The Meaning

Han Bon Korugi:
One-Step Sparring:

B 5-9
Ba Gat Ku Ki

Ho Shin Sul:
Self-Defense:

Front Bear Hug Arms Free(Aup Pal An Aon Ki)
Palm heels to ears, spear hand to throat

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

Kyuck Pah:
Board Breaking:

Combo With Hand And Foot

Paper (1/2 – 1 page):

How have you helped lower belts since becoming an upper belt?



2nd Kub Red - 1st Kub High Red

Bal Cha Ghee:
Foot Techniques:

Hurricane Back And Hook Kick

Duhn Jee Ghee:
Throws:

Hip Throw From Punch

Poomse:
Forms:

Tae Guek Chil-Jang, Know The Meaning

Han Bon Korugi:
One-Step Sparring:

Advanced - 1-4

Ho Shin Sul:
Self Defense:

Lying Down Defense
Ba gat gu ki

Kick Defenses (Bang Jok Sul)Ap Chaki

1. Inside - shin pal gup gu ki.
2. 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 - axe kick over opponent's kick, right round kick to face.

Dollyo Chaki

1. Trap, elbow to thigh, spin elbow.
2. Trap, spin sweep.

Kyuck Pah:
Board Breaking:

2 Kicking, 1 Hand.

Paper (1/2 – 1 page):

How are you applying the control that a red belt signifies?



1st Kub High Red - BoDan

Bal Cha Ghee Sul:
Foot Techniques:

Flying Jump Turn Back Kick

Duhn Jee Ghee:
Throws:

Shoulder/Neck Throw From Punch

Poomse:
Forms:

Tae Guek Pal-Jang. Know The Meaning

Han Bon Korugi:
One-Step Sparring:

Advanced - 5-8

Ho Shin Sul:
Self Defense:

Rear Forearm Lock
Spin outside, sweep

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

1. Ahn gu ki
2. Ba gat gu ki

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

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

Kneeling/Sitting (An Jo) 1 Up 1 Down

1. Side leg takedown
2. Shin takedown

Kyuck Pah:
Board Breaking:

3 Stations With At Least 1 Jump Or Spin Technique

Paper (1/2 – 1 page):

What are you doing to prepare for Black Belt?



BoDan - 1st Dan

<u>Kicho:</u> <u>Basic Techniques:</u>	Review All Techniques
<u>Ghoo Ru Ghee/Nak Bup:</u> <u>Rolls/Falls:</u>	Review All Techniques
<u>Duhn Jhee Ghee:</u> <u>Throws:</u>	Review All Techniques
<u>Poomse:</u> <u>Forms:</u>	Review All Techniques
<u>Han Bon Korugi</u> <u>One-Step Sparring</u>	Advanced 9-12
<u>Ho Shin Sul</u> <u>Self-Defense</u>	Review All Techniques
<u>Kyuck Pah:</u> <u>Board Breaking:</u>	3 Stations At Least 2 Foot Combo
<u>Paper (3-5 Pages):</u>	A Brief History on Moo Duk Kwon/Tae Kwon Do. What Does Becoming A Black Belt Mean To Me.



1st Dan Black Belt

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

Poomse:

Koryo. Know The Meaning

Forms:

Kyuck Pah:

Flying Side Thrust Kick

Board Breaking:

Stations Of Your Own Choice

Paper (3-5 Pages):

Topic of choice



2nd Dan Black Belt

Han Bon Korugi: 10 of your own
One-Step Sparring:

Poomse: Kuemgang. Know The Meaning
Forms:

Kyuck Pah: Combinations.
Board Breaking:

Paper (3-5 Pages): Topic of choice



3rd Dan Black Belt

Han Bon Korugi:
One-Step Sparring:

10 of your own

Poomse:
Forms:

Tae Baek. Know The Meaning

Kyuck Pah:
Board Breaking:

Stations Of Your Own Choice

Paper (3-5 Pages):

Topic of choice



Three Step Sparring - All Finished Strikes End With Ki-Hap!

Three blocking sequences are:

“A” - Right step back with left inside knife hand block; left step back with right inside knife hand block.

“B” - Left step back with right inner forearm block; right step back with left inner forearm block.

“C” - Left step back with right outside knife hand block; right step back with left outside knife hand block.

1. “A” Block. Right high section punch at the same time as the last block.
2. “B” Block. 3rd step is a ½ step back with left hand grabbing partners incoming wrist, then right side step with left elbow strike to opponents ribs (under their right arm).
3. “C” Block. 3rd step back is a ½ step back with right outside knife hand block, then grab their wrist with your hand, twisting in and pulling toward your belt. Take left step forward at 45 degrees, crossing over in front of your opponent’s legs. Place your left wrist on their elbow and press down.
4. “A” Block. 3rd step back is stepping back away from punch and execute right front snap kick.
5. “B” Block. 3rd step back is a ½ step back then left step forward at 45 degrees with left middle section elbow strike to opponent’s left side. Spin clockwise, look, execute right mid-section elbow strike.
6. “C” Block. Left step back with right outside knife hand block, grab wrist and pull while executing a punch.
7. “A” Block. 3rd step back is a ½ step back then right step forward with knife hand block and right mid-section upset punch. Move in quickly, “receive the body”.
8. “A” Block. 3rd step back is a ½ step, then right step forward with knife hand block and right high section elbow strike. Move in quickly, “receive the body”.
9. “A” Block. Right step back, left high or mid-section side thrust kick. Move in quickly, “receive the body”.
10. “C” Block. Pivot on left foot and slide right foot to left side to avoid punch. Move left foot forward into horseback riding stance at attacker’s side (facing attacker’s right side). Your left hand grabs and secures attacker’s right arm slightly below the shoulder followed by right punch to the temple.



One Step Sparring A Group - All Finished Strikes End With Ki-Hap!

1. Step forward into right forward stance executing left-in-to-out knife hand block with simultaneously counter-attacking with right high section punch.
2. Step forward with left foot into right back stance executing left side punch to solar plexus. Change to left forward stance by shifting hips and feet while executing simultaneous in-to-out- left knife hand block and right high section punch (In order to be effective, these movements must be performed with great speed.)
3. Step away from punch to open side, execute right front snap kick.
4. Execute in-to-out left knife hand block with simultaneous right front snap kick to opponent's head.
5. Take left step diagonally across attacker's body, thereby avoiding punch, execute left-out-to-in elbow strike to sternum or solar plexus, keeping feet stationary, pivot body 180 degrees into right elbow strike to same area.
- 6a. Left step forward with left knife hand block. Grab attacker's wrist with left hand, pull sharply toward you while executing right punch to face or temple.
- 6b. Left step forward while grabbing outside of attacker's wrist. Pull sharply down and towards you while executing left punch to face or temple.
7. Right step forward into short right forward stance executing in-to-out left knife hand block, simultaneously counter-attack with right upset punch to solar plexus.
8. Step into right forward stance while executing left-in-to-out knife hand block, simultaneously counter-attack with right out-to-in elbow strike to face.
9. Avoid punch by stepping to either side and counter-attack with left or right side thrust kick.
10. Step quickly to the left, crossing right foot over left. Continue motion by stepping with left foot into horseback stance while pushing attacker's elbow with left hand. Counter-attack with right punch to face or temple.



One Step Sparring A1 Group - All Finished Strikes End With Ki-Hap!

1. Step forward into right forward stance executing left-in-to-out knife hand block with simultaneously counter-attacking with right high section punch then jump front snap kick.
2. Step forward with left foot into right back stance executing left side punch to solar plexus. Change to left forward stance by shifting hips and feet while executing simultaneous in-to-out- left knife hand block and right high section punch (In order to be effective, these movements must be performed with great speed.), add right finger-tip attack to eyes.
3. Step away from punch to open side, execute right front snap kick then jumping front snap kick.
4. Execute in-to-out left knife hand block with simultaneous right front snap kick to opponent's head, add right high section punch.
5. Take left step diagonally across attacker's body, thereby avoiding punch, execute left-out-to-in elbow strike to sternum or solar plexus, keeping feet stationary, pivot body 180 degrees into right elbow strike to same area then right jumping side thrust kick.
- 6a. Left step forward with left knife hand block. Grab attacker's wrist with left hand, pull sharply toward you while executing right punch to face or temple, add side thrust kick to ribs while continuing to grasp attacker's wrist.
- 6b. Left step forward while grabbing outside of attacker's wrist. Pull sharply down and towards you while executing left punch to face or temple, add right kick to solar plexus while continuing to grab attacker's wrist.
7. Right step forward into short right forward stance executing in-to-out left knife hand block, simultaneously counter-attack with right upset punch to solar plexus, add short right vertical punch to face.
8. Step into right forward stance while executing left-in-to-out knife hand block, simultaneously counter-attack with right out-to-in elbow strike to face, then bring right elbow back for in-to-out elbow strike to face.
9. Avoid punch by stepping to either side and counter-attack with left or right side thrust kick, then add jumping side thrust kick.
10. Step quickly to the left, crossing right foot over left. Continue motion by stepping with left foot into horseback stance while pushing attacker's elbow with left hand. Counter-attack with right punch to face or temple, then add quick one-two punches to ribs followed by right round kick to solar plexus.



One Step Sparring B Group-All Finished Strikes End With Ki-Hap!

1. Step forward into right forward stance. Execute left-in-to-out knife hand block and simultaneously counter attacking with a right knife hand attack to throat.
2. Step forward with left foot into right back stance while executing a left side punch to solar plexus. Change to left forward stance by shifting hips and feet while executing simultaneous in-to-out left knife hand block and right knife hand attack to throat. (In order to be effective, these movements must be performed with great speed.)
3. Step diagonally to right side of opponent with right foot and execute a low and high left round kick.
4. Execute in-to-out left leg crescent block, followed immediately by a right round kick to opponent's head.
5. Take left step diagonally across attacker's body, thereby avoiding punch. Execute left knife hand attack to opponent's mid-section, then spin with right knife hand attack to opponent's other side mid-section, immediately follow with a reverse knife hand to opponent's throat, then spin with left reverse knife hand attack to other side of opponent's throat.
- 6a. Right step forward with left knife hand block. Grab attacker's wrist with left hand, pull sharply towards you while executing right palm heel attack to face.
- 6b. Left step outside while grabbing outside of attacker's wrist with right hand. Pull sharply down and toward you while executing left palm heel attack to face.
7. Left step to side to avoid punch. Right step with right elbow attack to attacker's mid-section. Right arc hand attack to throat while with right ankle firmly behind opponent's right ankle. Sweep leg out while simultaneously pulling down on opponent's back.
8. Dodge punch by stepping diagonally behind attacker with right leg while executing a right reverse knife hand to their left side mid-section. Grab opponent's side with right hand. Bend knees and then "hip jog" to throw opponent up into the air and throw opponent to ground using your arms while they are in the air.
9. From a distance, run at opponent. Step on opponent's left shoulder or chamber hand with your right leg while blocking punch with a left knife hand block. Pull up on opponent's arm while pushing down with your foot and execute a punch down to opponent's head.



Advanced One Steps-All Finished Strikes End With Ki-Hap!

1. Left knife hand block with twin finger-tip attack to face as you step with right foot. Then take right small step back, left front snap kick, right axe kick.
2. Right outer forearm block, right elbow attack as you move into left back stance. Right back fist, take right step back then execute left side thrust kick, spin right back kick.
3. Right instep crescent block and U shape punch with left back stance, grab with left, punch with right, right round kick and spin left hook kick.
4. Short left step followed by right step and ridge hand to solar plexus, from there, right round kick then add flip.
5. Take right step, grab right hand and twist, step with left foot behind opponent's right foot. Place left arm under opponent's right elbow applying pressure to elbow.
6. Step with right foot, grab with right hand then apply pressure with your left hand to opponent's right elbow. Step with left foot while putting opponent's right elbow over your left shoulder, pulling opponent into a right ridge hand attack followed by a right round kick to solar plexus.
7. Take left step while grabbing opponent's right hand with both hands. Twist and raise opponent's arm while stepping underneath arm. Follow with right round kick to solar plexus.
8. Right step to opponent's right side. Place left foot on the back of opponent's right knee. Grab opponent's right hand with your left hand. Apply pressure to the back of the knee while twisting the arm behind them. Follow up with right punch and right round kick.
9. Right step to right side. Place left foot to back of right knee, grab right hand with your right hand. Grab opponent's left shoulder with your left hand, twist counter-clockwise then follow up with left round kick and punches.
10. Left step to opponent's left side. Grab right wrist and left side of neck or hair. Place right foot on back of the left knee, twist clockwise while applying pressure of back of knee, follow up with left round kick and punches.
11. Step with right while executing right knife hand block, slide block along the opponent's arm striking the neck. Ridge hand to the opposite side of the neck, right round kick to face.
12. Take right step to inside with right elbow to head, pivot back with arm bar and front snap kick to face



Kick Defenses - Bang Jok Sul

Ap Chaki

1. Step out - front snap kick.
2. Step out - side thrust kick.
3. Inside - shin pal gup gu ki.
4. Outside - sweep/throw.
5. 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 - pushing foot.
4. Outside - axe kick over opponents kick, right round kick to face.
5. Outside - inside crescent to chest.

Dollyo Chaki

1. Trap, elbow to thigh, spin elbow.
2. Trap, spear hand to groin, sweep.
3. Trap, spin sweep.
4. Drop spin heel.
5. Planted leg kick out.



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 dora
dora
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