



BASIC TERMS IN KOREAN TAE KWON DO MOO DUK KWAN

1. TAE KWON DO – Foot Fist Way
2. JUN-BI – Ready Pose
3. CHARIUT – Attention
4. KYUNG NAE – Bow
5. GO SA NIM – Instructor
6. SA BAM NIM – Master
7. GHAN CHANG NIM – Grandmaster
8. DO JANG – Studio
9. DI – Belt
10. DO BAK – Uniform
11. SHO – At ease
12. SUNG CHO GI – American Flag
13. TAE GUK GI – Korean Flag
14. NAK BUP – Falling Techniques
29. YUP HAENG GIN – Horse Stance Punch
30. HUGUL JASE PAKURO MAKI – Back Stance In To Out
31. HUGUL JASE AN-URO MAKI – Out To In Back Stance
32. HUGUL JASE SANGSU JUNG DAN MAKI – Back Stance Double Middle Block
33. HUGUL JASE SANGSU SUDO HADAN MAKI – Back Stance Double Low Chop
34. CHONGUL JASE SUDO SANG DAN MAKI – Front Stance Chop
35. HUGUL JASE YUK JIN – Back Stance Reverse Punch

FORM TECHNIQUES:

15. KIMA-JASE – Horse Stance
16. CHONGUL-JASE- Front Balance
17. HUGUL-JASE- Back Balance
18. HADAN MAKI- Low or Down Block
19. JUNG DAN GONG KEUK – Punching (Attacking to the middle part of the body)
20. SANDAN GONG KEUK – Punching (Attacking upper part of the body)
21. SANG DAN MAKI – High Block
22. PAKURO MAKI – In To Out Block
23. AN-URO MAKI – Out To In Block
24. SANGSU JUNG DAN MAKI – Double Middle Block
25. SANGSU HADAN MAKI – Double Low Block
26. SANGSU SANG DAN MAKI – Double High Block
27. FIVE STRIKES:
 - a. CHUNG GWON – Fist
 - b. GAP KWON – Back Fist
 - c. SUDO – Edge of hand
 - d. YUK SU- Ridge hand
 - e. KWAN SU – Piercing hand
28. PALGUP CHGI – Elbow Attack

KICKING:

36. AP CHAGI – Front snap kick
37. APURO CHAGI – Forward stretch kick
38. TOLIO CHAGI – Round kick
39. DI CHAGI – Back kick
40. DI DORYO CHAGI – Spinning hook kick
41. YUP CHAGI – Side kick
42. IDAN APCHAGI – Forward jump front kick
43. IDAN YUPURO CHAGI – Jumping side kick with the front leg
44. YUPURO CHAGI – Slide Up Side Kick
45. NARABONG – Butterfly Kick
46. CHIGI CHUGI – Axe Kick

COUNTING:

1. Hana
2. Dul
3. Set
4. Net
5. Tatsut
6. Usit
7. Ilgop
8. Yudul
9. Ahop
10. Yul

TYPES OF FIGHTING AND FORMS

- KAE RU GI - Olympic sparring
ILSU SHIK DAE TYUN – One step sparring
JA YU DAE TYUN – Free sparring
PUMSE – Modern Forms
HUNG – Traditional Forms

PRONUNCIATION GUIDE

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|----|---------|
| A | FA THER |
| E | SET |
| I | SEEM |
| O | SHOW |
| U | USE |
| AE | SAY |