

STONE MOUNTAIN TAEKWONDO ACADEMY

TAEKWONDO TERMINOLOGY GUIDE

Category	Technique	Hangul	Romanization
Attacks	Double Fist Middle Punch	젓혀지르기	Double Fist Middle Punch
Attacks	Double Middle Punch	몸통 바로지르기	Momtung Dubeon Jireugi
Attacks	Elbow Strike	팔굽돌려차기	Palkup Dollyo Chigi
Attacks	Face Punch	올굴 지르기	Oolgool Jireugi
Attacks	Front, Back Fist	앞치기	Ahp Chigi
Attacks	Hammer Fist	메주먹내려치기	Mejumeok Naeryochigi
Attacks	Knife Hand High Block & Neck Chop	제비품목치기	Jebipoom Mok Chigi
Attacks	Knife Hand Neck Chop	손날 목치기	Sohn Nahl Mok Chigi
Attacks	Middle Punch	몸통 지르기	Mohmtong Jireugi
Attacks	Middle Side Punch	몸통 옆지르기	Momtung Yopjireugi
Attacks	Outer Back Fist	등주먹 바깥치기	Deungjumeok Bakkatchigi
Attacks	Pull and Uppercut	당겨 턱지르기	Dangkyo Teokjireugi
Attacks	Reinforced Elbow Strike	팔굽돌려차기	Palkup Dollyo Chigi
Attacks	Spear Finger	손날 끝 지르기	Sohn Nahl Cut Jireugi
Attacks	Target Elbow Strike	팔굽돌려차기	Palkup Dollyo Chigi
Attacks	Target Elbow Strike	팔굽돌려차기	Palkup Dollyo Chigi
Blocks	Cross Down Block	엇걸이 아래 막기	Uhk Guh Uh Areh Makki
Blocks	Diamond Block	외산틀막기	Wesanteul Makki
Blocks	Double First Middle Block	거들어바깥막기 (겨눔새)	Kodureo Bakkatmakki (Kyonumuse)
Blocks	Double Fist Down Block	양손 날 아래 막기	Yahng Sohn Nahl Areh Makki
Blocks	Double Knife Hand Low Block	양손 날 아래 막기	Yahng Sohn Nahl Areh Makki
Blocks	Double Knife Hand Middle Block	양손 날 몸통 막기	Yahng Sohn Nahl Mohm Tong Makki
Blocks	Double Reverse Middle Block	몸통헤체막기	Momtung Hechomakki
Blocks	Down Block	아래 막기	Areh Makki
Blocks	Face Block	얼굴 옆 막기	Oolgool Yuhp Makki
Blocks	High Block	얼굴 막기	Oolgool Makki
Blocks	Knife Hand Face Block	한손날 얼굴비틀어막기	Hanssonal Oolgool Bitureomakki
Blocks	Knife Hand High Block	한 손 날 얼굴 막기	Hahn Sohn Nahl Oolgool Makki
Blocks	Knife Hand Middle Block	한 손 날 몸통 막기	Hahn Sohn Nahl Mohm Tong Makki
Blocks	Out to In Middle Block	몸통 안 막기	Mohmtong Ahn Makki
Blocks	Palm Block	눌러막기	Nullomakki
Blocks	Reverse Middle Block	몸통 안 막기	Mohmtong Ahn Makki
Blocks	Scissor Block	가위 막기	Gah-whee Makki
Blocks	Solar Plexus and Palm Block	바탕손 몸통거들어안막기	Batangson Momtung Koduro Anmakki
Blocks	Wrappedup Fists (Neck Height)	보주먹 (목높이)	Bojumok (Moknop-i)
Kicks	(Front) Hook Kick	(앞) 후려 차기	(Ahp) Hooryoo Chagi
Kicks	(Front) Roundhouse Kick	(앞) 돌려 차기	(Ahp) Dollyo Chagi
Kicks	Ax Kick	내려 차기	Naeryo Chagi
Kicks	Front Snap Kick	앞 차기	Ahp Chagi
Kicks	Jumping Front Snap Kick	뛰어 차기	Tdwi-uh Ahp Chagi
Kicks	Jumping Side Kick	뛰어옆 차기	Tdwi-uh Yeop Chagi

Kicks	Knee Kick	무릎 차기	Moo-roop Chagi
Kicks	Side Kick	옆 차기	Yap Chagi
Kicks	Spinning Back Hook Kick	뒤 후려 차기	Dwi Hooryoo Chagi
Kicks	Spinning Back Side Kick	뒤로 돌아 옆 차기	Dwi Do-rah Yup Chagi
Kicks	Target Crescent Kick	표적차기	Pyojeokchagi
Phrase	(1) One <i>(Native Korean)</i>	하나	Hana
Phrase	(2) Two <i>(Native Korean)</i>	둘	Dul
Phrase	(3) Three <i>(Native Korean)</i>	셋	Set
Phrase	(4) Four <i>(Native Korean)</i>	넷	Net
Phrase	(5) Five <i>(Native Korean)</i>	다섯	Daseot
Phrase	(6) Six <i>(Native Korean)</i>	여섯	Yeoseot
Phrase	(7) Seven <i>(Native Korean)</i>	일곱	Illop
Phrase	(8) Eight <i>(Native Korean)</i>	여덟	Yeodeol
Phrase	(9) Nine <i>(Native Korean)</i>	아홉	Ahope
Phrase	(10) Ten <i>(Native Korean)</i>	열	Yeol
Phrase	(1) One <i>(Sino Korean)</i>	일	Il
Phrase	(2) Two <i>(Sino Korean)</i>	이	I (Yee)
Phrase	(3) Three <i>(Sino Korean)</i>	삼	Sam
Phrase	(4) Four <i>(Sino Korean)</i>	사	Sa
Phrase	(5) Five <i>(Sino Korean)</i>	오	O
Phrase	(6) Six <i>(Sino Korean)</i>	육	Yuk
Phrase	(7) Seven <i>(Sino Korean)</i>	칠	Chil
Phrase	(8) Eight <i>(Sino Korean)</i>	팔	Pal
Phrase	(9) Nine <i>(Sino Korean)</i>	구	Gu
Phrase	(10) Ten <i>(Sino Korean)</i>	십	Sip
Phrase	Attention	차렷	Charyeot
Phrase	Begin	시작	Shijak
Phrase	Bow	경례	Kyungnae
Phrase	Bow to the _____	_____께 경례	_____ kke kyungnae
Phrase	Break	갈려	Kallyeo
Phrase	Continue	계속	Kyesok
Phrase	Dismissed	해쳐	Hae Chyeo
Phrase	Fighting Stance	겨루기 준비	Kyorigi Joonbi
Phrase	Grandmaster (7th Dan and Up)	관장님	Kwanjangnim
Phrase	Hello <i>(Formal)</i>	안녕하세요	Annyeong Haseyo
Phrase	Instructor (1st Dan - 3rd Dan)	교사님	Kyosanim
Phrase	Kicking Stance	발차기 준비	Balchagi Joonbi
Phrase	Kukkiwon	국기원	Kukkiwon
Phrase	Line Up	정렬	Cheong Yeol
Phrase	Master (4th Dan - 6th Dan)	사범님	Sabumnim
Phrase	Ready	준비	Joonbi
Phrase	Return	바로	Baro
Phrase	Salute to the Flags	국기에 대하여 경례	Kukgiye Daehayo Kyungnae
Phrase	Senior Belt	선배님	Seonbaenim
Phrase	Taekwondo	태권도	Taekwondo
Phrase	Taekwondo School	(도장)	Dojang

Phrase	Taekwondo School	도장	Dojang
Phrase	Thank You (<i>Formal</i>)	감사합니다	Kamsahamnida
Phrase	Turn Around	뒤로 돌아	Dwiro Dora
Phrase	Uniform	도복	Uniform (lit. "Way Clothing")
Stances	Back Stance	뒷 굽이	Dwi Koobi
Stances	Feet Together Stance	모아서기	Moaseogi
Stances	Front Stance	앞 굽이	Ahp Koobi
Stances	Reverse Front Stance	앞 굽이	Ahp Koobi
Stances	Shoulder Stance	나란히서기	Naranhiseogi
Stances	Sitting Stance	주춤 서기	Juchoom Suhgi
Stances	Tiger Stance	범 서기	Beom Suhgi
Stances	Twist Stance	꼬아 서기	Kkoah Suhgi
Stances	Walking Stance	앞 서기	Ahp Suhki
Weapons	Bamboo Sword (Japanese: Shinai)	죽도	Jukdo
Weapons	Knife	칼	Kal
Weapons	Long Stick	장봉	Chong Bong
Weapons	Middle Stick	중봉	Jung Bong
Weapons	Nunchuck	쌍절곤	Ssang Jeol Bong
Weapons	Short Stick	단봉	Dan Bong
Weapons	Wooden Sword	목검	Mok Keom

OTHER & ALTERNATE NAMES

Blocks	Double Fist Down Block	아래헤쳐막기	Arae Hechomakki
Attacks	Spear Finger	편손끝 세워찌르기	Pyonsonkkeut sewotzireugi
Attacks	Double Middle Punch	젓혀지르기	Jecho Jireugi
Kicks	Nakka-Chagi	낙아차기	Loose Kick
Weapons	Nunchuck	이절봉	Yi Jeol Bong (lit. 2 section stick)
Exercise	Sit Ups	윗몸일으키기	wismom-il-eukigi
Exercise	Pushups	팔굽혀펴기	palgubhyeopyeogi