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Tae Kwon Do Introductory Vocabulary

Taekwondo means “art of hand and foot fighting”. It is a martial art that has no equal in either power or technique. Taekwondo stresses the importance of harmony and balance between the mental and physical. By doing this, one can have a stable and balanced system. Then one can learn how the mind and body become the weapons of Taekwondo.

Meaning of the Belt Colors

White- signifies innocence, as that of a beginning student who has no previous knowledge of taekwondo

Yellow/Orange - Signifies the earth from which a plant sprouts and takes roots as the taekwondo foundation is being laid

Green - Signifies the plant's growth as the taekwondo skill begins to develop

Blue - Signifies the heaven, towards which the plant matures into a towering tree as training in taekwondo progresses

Brown - Signifies danger, cautioning the student to exercise control and warning the opponent to stay away

Black - Opposite of white, therefore, signifies the maturity and proficiency in taekwondo. It also indicates the wearer's imperviousness to darkness and fear

5 Tenets of Tae Kwon Do

- 1) **Courtesy** - the showing of politeness in one's attitude and behavior toward others
- 2) **Integrity** - the quality of being honest and having strong moral principles
- 3) **Perseverance** - steadfastness in doing something despite difficulty or delay in achieving success
- 4) **Self Control** - the ability to control oneself, in particular one's emotions and desires or the expression of them in one's behavior, especially in difficult situations
- 5) **Indomitable Spirit** - A spirit that cannot be subdued or overcome; unconquerable



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Korean numbers 1 - 10, 20, 30, 40, 50-100

1 hana	11 yeol hana	30 serun
2 duel	12 yeol duel	40 mahron
3 set	13 yeol set	50 osip
4 net	14 yeol net	60 yesun
5 daset	15 yeol daset	70 irhun
6 yuhset	16 yeol yuset	80 yodun
7 ilgop	17 yeol ilgop	90 ahum
8 yeoldeol	18 yeol yeoldeol	100 bek
9 ahop	19 yeol ahop	
10 yeol	20 soomul	

Commands

Attention - Chareyhet (Char-ri-'yut)
Ready Stance - Chunbee (Choon 'bee)
Bow - Kyung Yeh ('koon yay)
Finish, Return to beginning position - Goman (go'man)
Turn around - Dohrahs ('door us)
Ready, Go - Si Jak ('see jak)

Basic Movements & Techniques

Block - Maki
Punch - Kong Keok
Kick - Chaki

Low - Hadan
Middle - Jung Dan
High - Sang Dan

Front Stance - Chongul Ja Sae



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Back Stance - Hugul Ja Sae

Riding Horse Stance - Kim Ja Sae

Basic Movements Continued

Front Kick - Ap Chaki

Side Kick - Yup Chaki

Roundhouse - Doll Rye Chaki

Reverse Kick - Dwet Chaki

Hooking Kick - Dwet Doll Rye Chaki

Jump Reverse - Ei Dan Dwet Chaki

Ten Basic Movements

1) Low Block - Hadan Maki

2) Middle Punch - Jung Dan Kong Keok

3) High Punch - Sang Dan Kong keok

4) High Block - Sang Dan Maki

5) Middle Front kick, Middle Punch - Jung Dan Ap Chaki, Jung Dan Kong Keok

6) High Front Kick, High Punch - Sang Dan Ap Chaki, Sang Dan Kong Keok

7) Inside Outside Middle Maki - Mont Anmaki

8) Outside Inside - Montan An Maki

9) Double Knife Hand Block - Sudo Maki

10) Two Finger Strike - Ea Kwansu

Other Additional Movements

11) Spear Hand Strike - Kwansu

12) Knife/Ridge Hand Strike - Yeop Sudo