



Taekwondo is a Korean Martial Art. As such, we will use some Korean terms and commands in class. To help you follow along better, you may wish to familiarise yourself with some of these commonly used commands, expressions and phrases.

Phrase or Command (Phonetically)	English Translation	Action
Do-jang	Taekwondo School	Bow upon entering and upon leaving the workout area as a sign of respect to the place we train, and those we train with
Do-bok	Taekwondo Uniform	Treat with respect, keep clean
Chah-reot	Attention	Stand with your feet together, hands at your side, shoulders back, good posture, eyes forward
Kyeong-neh	Bow	Bend at the waist, keeping your hands at your sides, eyes down
Jun-bee	Ready position	Depends on context for forms, one-steps, sparring or weapons
Si-jak	Begin	Start your technique, exercise or performance until completion
Gu-maan	Stop	Cease all action. Do not continue.
Bah-roh	Return to ready position	Depends on context for forms, one-steps, sparring, weapons.
Shi-oh	At ease	Bow to instructor/judges, turn 180 degrees to the right to straighten uniform, tighten belt. Continue 180 degrees to the right to face front.
Ki-ap	Yell	Engage your core and exhale while emitting a strong martial arts yell!
Ha-na	1	Count
Dul	2	Count
Set	3	Count
Net	4	Count
Da-suht	5	Count
Yuh-suht	6	Count
Il-gup	7	Count
Yuh-duhl	8	Count
Ah-hob	9	Count
Yuhl	10	Count