

TERMINOLOGY

<i>Chariut</i>	Attention	<i>Kwon soo</i>	Spear hand
<i>Kyong yet</i>	Bow	<i>Yuk soo</i>	Ridge hand
<i>Ahn ja</i>	Sit down	<i>Yu kwon</i>	Bottom or hammer fist
<i>Yi ro sut</i>	Stand up	<i>Kap kwon</i>	Back fist
<i>Chumbee</i>	Ready Motion	<i>Pal Kum Chi</i>	Elbow
<i>Ki yap</i>	Spirit yell	<i>Mok</i>	Neck
<i>Je ja</i>	Student	<i>Keema Jasae</i>	Ride horse motion
<i>Doe Bok</i>	Training uniform	<i>Kong Kyuk</i>	punching attack
<i>Do Chang</i>	Training hall	<i>Ha dan Mah kee</i>	Low block
<i>Thie</i>	Belt	<i>Choong dan</i>	Stomach punch
<i>Keema Jasae</i>	Ride Horse Motion	<i>Kong Kyuk</i>	
<i>Up</i>	Front	<i>Sang dan kong kyuk</i>	Face punch
<i>Yup</i>	Side	<i>Sang dan Mah Kee</i>	Upper Block
<i>Dwee</i>	Back	<i>Yup Kong Kyuk</i>	Side punch
<i>Dolyo</i>	Roundhouse	<i>Soo doe ha dan Mah kee</i>	Knife hand low block
<i>Ha dan</i>	Low (lower part of the body)	<i>Soo do sang dan Mah kee</i>	Knife hand upper block
<i>Choong dan</i>	Stomach (middle part of the body)	<i>Choong dan Doylo Cha kee</i>	Roundhouse kick to the middle
<i>Sang dan</i>	Upper / face	<i>Sang dan Doylo Cha kee</i>	Roundhouse kick to the face
<i>Kong kyuk</i>	Punch	<i>Choong dan Up cha kee</i>	Front snap kick to the middle
<i>Mah kee</i>	Block	<i>Sang dan up Cha kee</i>	Front snap kick to the face
<i>Cha kee</i>	Kick		
<i>Soo do</i>	Knife hand		

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<i>Olli Kee</i>	Stretch kick	<i>Tora</i>	Turn around
<i>Yup Cha kee Jasae</i>	Side kick ready motion	<i>Tae Kwon Do</i>	Korean art of self-defense
<i>Up Cha kee Jasae</i>	Front kick ready motion	<i>Kwan Chang Nim</i>	President
<i>Yup Cha Olli kee</i>	Side stretch kick	<i>Sah Bum Nim</i>	Above 4 th degree black belt
<i>Up Cha Olli Kee</i>	Front stretch kick	<i>Soo Sah Bum Nim</i>	2 nd & 3 rd degree black belt
<i>Dolyo Olli Kee</i>	Roundhouse stretch kick	<i>Jo Kyo Nim</i>	1 st degree black belt
<i>Choong Dan Yup Cha Kee</i>	Side snap kick to the middle	<i>Hoy Won</i>	Member
<i>Sang Dan Yup Cha Kee</i>	Side snap kick to the face	<i>Dan</i>	Degree
<i>Choong Dan Dwee Cha Kee</i>	Back kick to the middle	<i>You Dan Ja</i>	Degree holder
<i>Sang Dan Dwee Cha Kee</i>	Back kick to the face	<i>Gup</i>	Rank below black belt
<i>Yi Dan</i>	Jumping or flying	<i>You Gup Ja</i>	Rank holder
<i>Yi Dan Up Cha Kee</i>	Jumping front kick	<i>Bon Kwan</i>	Main branch
<i>Yi Dan Yup Cha Kee</i>	Jumping side kick	<i>Ji Kwan</i>	Branch school
<i>Yi Dan Dolyo Cha Kee</i>	Jumping roundhouse kick	<i>Hyung</i>	Form
<i>Yi Dan Dwee Cha Kee</i>	Jumping back kick	<i>Il Bo Dae Ryun</i>	One-step sparring
<i>Chon Kul Jasae</i>	Front balance	<i>Ja Yu Dae Ryun</i>	Free sparring
<i>Hoo Kul Jasae</i>	Back balance	<i>Pil sung</i>	Certain victory
<i>Chong Kwon</i>	Fist		

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Counting 1 – 20		Hyung (Forms)	
<i>Hannah</i>	One	<i>Kee cho</i>	Basic Form # 1
<i>Dul</i>	Two	<i>Hyung il boo</i>	
<i>Set</i>	Three	<i>Kee cho</i>	Basic Form #2
		<i>Hyung yi boo</i>	
<i>Net</i>	Four	<i>Kee cho</i>	Basic Form #3
		<i>Hyung sahm boo</i>	
<i>Dah set</i>	Five		
		<i>Palgae il chang</i>	Palgae #1
<i>Yah set</i>	Six		
		<i>Palgae yi chang</i>	Palgae #2
<i>Il gop</i>	Seven		
		<i>Palgae sahm</i>	Palgae #3
<i>Yo dah</i>	Eight	<i>Chang</i>	
<i>Ah hope</i>	Nine	<i>Palgae sah chang</i>	Palgae #4
<i>Yul</i>	Ten	<i>Palgae oh chang</i>	Palgae #5
<i>Yul hannah</i>	Eleven	<i>Palgae yuk chang</i>	Palgae #6
<i>Yul dul</i>	Twelve	<i>Palgae chil chang</i>	Palgae #7
<i>Yul set</i>	Thirteen	<i>Palgae pal chang</i>	Palgae #8
<i>Yul net</i>	Fourteen		<i>Korea</i>
<i>Yul dah set</i>	Fifteen		
<i>Yul yah set</i>	Sixteen		
<i>Yul il gop</i>	Seventeen		
<i>Yul yo dah</i>	Eighteen		
<i>Yul ah hope</i>	Nineteen		
<i>Sumul</i>	Twenty		