



A

abdomen	bokboo
about turn	dero dara
Achilles tendon	dwichuk himjool
Adam's apple	gyol hoo
against	dae
air shield	gongi bangpae
alternate	euhkallin
and	mit
and	w-
angle fingertip	homi sonkut
angle of the mandible	wit tok
angle punch	giokja jirugi
ankle joint	balmok gwanjol
arc-hand	bandal son
armed opponent	moogi
armpit	gyodurang
Assistant Instructor	Boosabum (nim)
at ease	swiyo
attack	gong gyok
attack technique	gong gyokgi
attacking tools	gong gyok boowi
attention	charyot
attention stance	charyot sogi

B

back [foot parts/attacks]	dwit
back [hand parts]	dung
back elbow	dwit palkup
back hand	sondung
back heel	dwitchook
back sole	dwitkumchi
back view	dwitmosup
back wrist artery	dung sonmok
dongmaek	
backward	duruogi (dwiro)
ball of the foot	apkumchi
base of knife hand	sonkal batang
bayonet	chong gum
bear hand	gomson
belt	ti
bending stance	guburyo sogi
black	komun
block	makgi (magumyo-)
blocking apparatus	makgi dae
blocking tools	makgi boowi
blue	paran/ch'ong
body dropping	mom nachugi
bow	kyong ye
bow posture	kyong ye jase
bow wrist	sonmok dung
breath control	hohup jojul
bridge of the nose	migan
calisthenics	dosoo dallyon
cervix	gyong boo

C

charter of Taekwon-Do	Taekwon-Do hun jang
check list	daejo pyo
checking	momchugi
checking block	momchau makgi
checking kick	cha momchugi
chest	gasum
circular block	dollimyo makgi
classification	jongyu
clavicle	swe gol
close stance	moa sogi
club	gonbong
coccyx	migol
cold showers and baths	naengsoo machal
combination	honap
commence	si jak
competition	kyong gi
composition of Taekwon-Do	Taekwon-Do goosun
concentration	jip joong
consecutive	yonsok
continue	kesok
counter	kick bada chagi
courtesy	ye ui
covering	karioogi
crescent	bandal
cross-cut	ghutgi
crouched stance	oguryo sogi
cycle of Taekwon-Do	soonhwan do

D

dagger	dando
defence technique	bang eau gi demerit
kamjom demonstration sibus	
diagonal stance	sasun sogi
direction diagram	bang hyang pyo
direction of kick	chan bang hyang
dismiss	hae san
disqualification	silkyok
dodging	pihagi (pihamyo-)
double [attack/defence eg turning kick] i-jung double [technique eg stepping] ibo	
double [tool eg forearm] doo	
downward	naeryo
dumb-bells	aryong
dynamic stability	dongtchuk anjong

E

eight	yodul
elbow	palkup
elbow joint	palgup gwanjol
energy	Ki
Epigastrium	sang bokboo
equilibrium	kyun hyung
etiquette	ye jol
extremities	pal gwa dari

eyeball

angoo

F

face [eg. instructor]

kke

fast motion

pparun sokdo

female

yoja

finger belly

songarak badak

finger pincers

jipge son

finger toughening box

dallyon tong

fingertips

sonkut

fist

joomuk

five

dasot

fixed stance

gojung sogi

fixed type

gojongsik

flat fingertip

opun sonkut

floating ribs

nuk gol

flying [see jumping qv.]

twimyo

focus shield

chotjum bangpae

foot lifting

bal dulgi

foot parts

ha bansin

foot shifting

jajun bal

foot sparring

bal matsogi

foot tackling

bal golgi

foot techniques

bal gisool

foot-fist-way

tae-kwon-do

footsword

balkal

forearm

palmok

forefinger

han songarak

forefist

ap joomuk

forehead

ima

fore-knuckle fist

inji joomuk

forging bag

dallyon bag

forging pendulum

dallyon gune

forging post

dallyon joo

forward

nagagi fossa ogum

fouls

banchik

four

net

four direction [punch/block]

saju

four direction kick

sabang chagi

free sparring

jayu matsogi

front

ap

front view

apmosup

front-back kick

apdwi chagi

full facing

ohnmom

function

kinung

fundamental exercises

gibon yonsup

G

gain a victory in one blow olkyokpilsung

general assumptions

ilban kahjung

Grand Master

Saseong (nim)

grasping block

butjaba makgi

grasping kick

butjapgo chagi

green

paran/nok

groin

sataguni

ground

noowo

guarding block

daebi makgi

H

half

ban

half facing

bahnmom

hand parts

sang bansin

hand technique

son gisool

head

mori

heart

shim jang

heaven hand

hanulson

heavy

mukoun

high

nopunde

high elbow

nopun palkup

high kick

nopi chagi

high section

nopun bubun

history of Taekwon-Do

Taekwon-Do yoksa

holding bachigi

hooking

golcho

horizontal

soopyong

horizontal wave

soopyong pahdo

how to make a clenched fist

jwinun bop

how to use

sayong bop

humanity

in

hyper

gajang khun

I

identification of title

chingho pyosik

indomitable spirit

baekjul boolgool

injury

busang

inner

an

inner thigh

anjok hobok dari

inside block

anmakgi

instep

baldung

Instructor

Sabum (nim)

integrity

yom chi

inward

anaero

J

jar

danji

jaw

yop tok

jump rope

twim jool

jumping (flying)

twigi (twimyo-)

K

kick

chagi (cha-)

kidney

kongpat

knee

moorup

knee bending

moorup guburigi

knee joint

murup gwanjol

knife-hand
knuckle fist

sonkal
songarak joomuk

open stance
outer
outside block
outward
overhead
overlapped
back hand

palja sogi
bakat
bakat makgi
bakuro
twio nomo
pogaen
sondung

L

left
leg crossing
leg stretching
light
lips
liver
long fist
low
low section
low stance
lower abdomen
L-stance
luring block

wen
dari kogi
dari pyogi
labyoun
ipsul
gan jang
ghin joomuk
najunde
najun bubun
nachuo sogi
ha bokboo
niunja sogi
yuin makgi

M

male
mandibula
mass
Master
mastrid
method of exercise
micro
mid-air
middle
middle knuckle fist
middle section
mirror
miscellaneous parts
model sparring
moral culture
mountain climbing
mounted type
moveable type

namja
tok gwanjol
zilyang
Sahyun (nim)
hoo-i-boo
yonsup bop
aju jagun
twio dolmyo
kaunde
joongji joomuk
kaunde bubun
ko ul
gita boowi
mobum matsogi
jungshin sooyang
dung san
ollyo nonnun shik
idong shik

N

neck
neck artery
nine
nine (9) -shape block
normal speed
nose
occiput
occiput
one
one way
one-leg stance
one-step sparring
open fist

mok
mok dongmaek
ahop
gutja makgi
potong sokdo
kotdung
hudoo
hudoo
hana
han chok
waebal sogi
ilbo matsogi
pyon joomuk

palm
pants
parallel
parallel stance
patterns
perseverance
philosophy of Taekwon-Do
philtrum i
pick-shape kick
piercing kick
pistol
point of the chin
points
pole
portable type
power holder
power indicator
practice suit
prearranged sparring
preface
preparatory exercise
press finger
pressing
procedure for leading a class
propriety
pubic region
public service s
pullers
punch
punching ball
punching kick
pursue one goal
push ups
pushing block
pushing kick

P
sonbadak
baji
narani
narani sogi
tul
in nae
Taekwon-Do chul hak
njoong
gokaeng-i chagi
cha jirugi
gwon chong
mit tok
dukjom
mongdung-i
heudae shik
gyokpa dae
wiryok gi
do bok
yaksok matsogi
morimal
junbi undong
jiap
noollo
sooryon jido bop
ye
chiboo
ahwe bongsa
dallyon jool
jirugi (jirumyo-)
dallyon gong
jirumyo chagi
ohdoilkwan
momtong bachim
miro makgi
cha milgi

R

radical artery
dongmaek
reaction force
ready
ready posture
ready stance
rear foot stance
red
reflex
reflex kick

maekbak sonmok
bandong ryok
junbi
junbi jase
junbi sogi
dwitbal sogi
ppaigan
banung
bansa chagi

release from a grab	jappjosul tae
repeat	tashi
return	baro
reverse [hand and foot parts]	dung
reverse [techniques]	bandae
reverse hooking kick	bandae dollyo
gorochagi	
right	orun
righteousness	ui
rising block	chookyo makgi
rising kick	cha olligi
rules for competition	kyong gi kyu jong

S

saw tooth wave	topnal pahdo
scissors-shape kick	kawi chagi
scooping block	duro makgi
scoring	chejom
scrotum	nang shim
section of the body	mom dungboon
self-control	guk gi
self-defence techniques	hosin sul
semi-free sparring ban	jayu matsogi
serve one master with unshakeable loyalty	ilpyondanshim
seven	ilgop
shifting	jajunbal
shin	jong kwaeng-i
shirt	jeogori
shoulder	euhke
shoulder joint	eukke gwanjol
shout	kihap
side	yop
side back	yopdwi
side facing	yopmom
side front	yobap
side instep	yop baldung
side sole	yop bal badak
side view	yop mosup
side-twisting kick	yop bituro chagi
sine wave	hwaldung pahdo
single [technique eg. stepping]	ilbo
single [tools eg. back-hand]	wae
sitting stance	annun sogi
six	yosot
skip kick	duro gamyo chagi
skull	dae sin moon
sliding	mikulgi
slow motion	nurin dongjak
small of the back	gyong chu
smashing kick	cha busigi
snap kick	cha busigi
solar plexus	myong chi
song of Taekwon-Do	Taekwon-Do norae
sparring	matsogi
special technique holder	tukgi dae
speed	sokdo

spiral kick	rasonsik chagi
spleen	bi jang
sponge pad	sponji byogae
spot	gajari
square punching kick	sagak jirumyo chagi
stability	anjong
stamping kick	cha bapgi
stance	sogi (so-)
stance mould	sogi pan
static stability	jungtchuk anjong
stepping	omgyo didigi (didimyo-)
sternum	hyung gol stop guman
straight [technique eg thrust]	sun
straight kick	jigeau chagi
straw pad	jip byogae
strike	taerigi (taerimyo-)
student and instructor relationship	sajeji do
students	jeja
sudden attack	boori gong gyok
sweeping kick	suroh chagi
system of rank	dan gup jedo
system of sparring	matsogi goosong

T

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Taekwon-Do practitioner	Taekwon-Do in
teacher	kyo sa (nim)
temple	gwanja nori ten yaul
tenets of Taekwon-Do	Taekwon-Do jungshin
test	simsa
thank you	ko mup sum nida
the	nar umjigoo
theory of power	him ui wolli
three	set
three direction kick	sambang chagi
three-step sparring	sambo matsogi
throwing and falling techniques	dunjigi wa torojigi
thrust	tulgi (tulumyo-)
thrusting kick	cha tulgi
thumb	umji
thumb knuckle fist	umji joomuk
thumb ridge	umji batang
tibia	kyong gol
time allowance	shigan baedang
title	chingho
toe edge	balgarak nal
toes	balkut
toward [eg. toward A]	bang (eg A-bang)
training	sooryon
training aids	dallyon goo
training equipment	sooryon jangbi
training hall	do jang
training schedule	sooryon gehek pyo
trapezoid punching kick	jaegak jirumyo chagi
travel	yo haeng

treble [technique eg. turning]	sambo
triple [eg. attack]	samjung
trust	shin
tumbling kick	joma chagi
turning [around]	dolgi
turning [technique eg. kick] dollyo	
twin	sang
twin foot	sangbal
twisting kick	bituro chagi
two	dool
two direction kick	sangbang chagi
two way	yang chok
two-step sparring	ibo matsogi

U

umbilicus	baekkob
umpire	simpan
under fist	mit joomuk
under forearm	mitpalmok
upper back	gyon gap
upper back elbow strike	widwi palkup taerigi
upper elbow	wi palkup
upper neck	witmok
upset fingertip	dwijibun sonkut
upset punch	dwijibo jirugi
upward	ollyo
u-shape	digutja
u-shape grasp	digutja japgi

V

vertical	sewo
vertical stance	soojik sogi
vital spots	kupso

W

waist block	hori makgi
walking stance	gunnun sogi
warnings	kyongko
warrior ready stance	moosa junbi sogi
waving kick	doro chagi
wedging	hechyo
weight	chegup
white	hayan
windpipe	soom tong
wisdom	ji
wooden horse	mok ma
wrist joint	sonmok gwanjol
w-shape block	san makgi

X

x-	kyocha
x-stance	kyocha-sogi
x-fist	kyocha-joomuk

Y

yellow	noran
you're welcome	chang ma naeo