

Korean Terminology

[A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#)
[Q](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) | [W](#) | [X](#) | [Y](#) | [Z](#)

[Blocking Techniques](#) | [Parts of the Body](#) | [Commands](#) | [Kicking Techniques](#) | [Stances](#) |
[Strikes and Punches](#)
[Striking Surfaces \(Hands\)](#) | [Striking Surfaces \(Feet\)](#) | [Martial Arts Rank](#)

A

Art of Striking with the Hands and Feet	Tae Kwon Do
Art of the Knifehand (or "China Hand")	Tang Soo Do
Art of Striking the Vital Points	Keupso
Attention	Chario

[Top of Page](#)

B

Begin	Shi-jak
Black Belt	Yoo-dan-ja
Block	Makki

Blocking Techniques

High Block	Sang-dan Makki or Sang-dan Bong-o
Middle Block	Chung-dan Makki or Jung-dan Bong-o
Low Block	Ha-dan Makki or Ha-dan Bong-o
Knifehand Block	Soo-do Makki
"X" Block	Gah-ro Makki or Kyo-cha Makki
Forearm Block	Ap Palmok Makki
Side Block	Yop Makki
Double Reinforced Arm Block	Yahng-pahl Makki
Rising Block	Chook-yu Makki
Knifehand Guarding Block	Sang Soo-do Makki

Parts of the Body

Arm	Pal
Ball of the Foot	Ap-bal
Elbow	Pal-koop
Face	Ol-gul
Forearm	Pal-mok
Head	Mur-ree
Instep	Bal-tung
Knee	Moo-rup
	.
Bow	In-sa or Kunyeh
Breaking Techniques	Kyupa
Breakfalls	Nackpup
Buddistic Meditation	Sun
	.

Top of Page

C

Commands

Attention	Chario
Salute/Bow	Kunyeh
Ready	Chunbi
End	Goman
At Ease	Sheea
Begin	Shi-jak
Turn	Dora or Durio Dora
Relax	Sho
Return to Ready	Parro
	.
Contest	Si-hap
	.

Top of Page

E

Elbow Attack	Pahl-koom-chi Chagee
---------------------	-----------------------------

Top of Page

F

Forms or pattern	Hyung, Pumseh, or Shuit
Exercises (basic)	Ke-bon don-jak
Front	Ap

Top of Page

I

Instructor	Sah-bom
-------------------	----------------

Top of Page

K

Kicking Techniques

Kick	Chagee
Front Kick	Ap Chagee
Side Kick	Yop Chagee
Roundhouse Kick	Tollio Chagee
Back or Rear Kick	Pandae Chagee or Twi Chagee
Turning Back Kick	Pandae Duiro Chagee or Twi Duiro Chagee
Heel Kick	Kilchiyo Chagee
Hook Kick	Yang-chok Chagee
Stomp Kick	Pal-twi-chok Chagee
Jumping	Twimyo
Jumping Kick	Twimyo Chagee
Knee Kick	Moohrup Chagee

Cresent Kick

Reverse Roundhouse Kick

Reverse Kick

Knifehand

Bon-dal Chagee

Dee Doliyo Chagee

Dee Yop Chagee

Soo-do

Top of Page

L

Left

Wen-chok

Top of Page

M

Master Instructor

Sah-bom Nim

Meditation

Moo-yom

Top of Page

N

Non-Black Belt

Moo-dan-ya

Top of Page

O

Opponent

Sang-dae-bang

One Attack Kill

Il kyook pyl sal

Top of Page

P

Practice Hall

Dojank

Punch

Chigee

Top of Page

R

Rank of Black Belt	Dan
Rank Below Black Belt	Kup
Ready	Chunbi
Rear	Twí
Right	Ba-run-jok

Top of Page

S

Side	Yop
Sparring	Tae Ryon or Kyur-ru-ki
Stance	Sugi

Stances

Attention Stance	Moa Sugi
Back Stance	Hugul Sugi or Whogul ja-sae
Foreward Stance	Chungul Sugi or chungul ja-sae
Straddle Stance	Kima Sugi
Riding Stance	Keme ja-sae
Natural Stance	Cha-yun Sugi
Side Stance	Yop Sugi
Cat Stance	Twit-bal Sugi
Short Forward Stance	Pahn-chungul Sugi
Stepping	Bal Ohmkigi
Strike	Tae-rigee

Strikes and Punches

Lunge Punch	Paro Chigee
Middle Punch	Chung-dan Chigee or Jung-dan Koung Kyok
Low Punch	Ha-dan Koung Kyok
High Punch	Sang-dan Koung Kyok

Reverse Punch	Pan-dae Chigee
Knifehand Strike	Soo-do Tae-rigee
Backfist Strike	Yikwon Tae-rigee or Choo-muk-dung Chigee
Inverted Fist Strike	Nae-ryo Tae-rigee
Ridgehand Strike	Yauk Soo-do Tae-rigee
Spearhand Strike	Kwan-soo Tae—rigee
Upset Punch	Twichi-bo Chigee
Vertical Punch	Sewo Chigee
Striking Board	Tal-yon-chu

Striking Surfaces (Hands)

Backfist	Ri or Yi Kwon
Forefist	Chon-kwon
Hammerfist	Yug-kwon
Knifehand	Soo-do
Palmheel	Chang-kwon
Ridgehand	Yok-soo-do
Spearhand	Kwon-soo

Striking Surfaces (Feet and Legs)

Ball of Foot	Ap-bal Cumchi
Foot Edge	Chok-do
Heel	Twipal Cumchi
Instep	Bal-tung
Knee	Moo-rup

[Top of Page](#)

T

Technique

Ki-sul

Time

Si-ban

Turn

Duiro Dora

Top of Page

U

Uniform

Tol-bok

Top of Page

V

Vital Point

Yup-soo

Top of Page

Y

Yell

Ki-hap

Top of Page

MARTIAL ARTS RANK

Black Belt Ranks

Pre-Black Belt Ranks

1st Dan	Chodan	10th Kup	Sipkup
2nd Dan	Yidan	9th Kup	Kookup
3rd Dan	Sahmdan	8th Kup	Palkup
4th Dan	Sahdan	7th Kup	Chilkup
5th Dan	Ohdan	6th Kup	Yookkup
6th Dan	Yookdan	5th Kup	Ohkup
7th Dan	Chidan	4th Kup	Sahkup
8th Dan	Paldan	3rd Kup	Sahmkup
9th Dan	Koodan.	2nd Kup	Yikup
10th Dan	Sipdan	1st Kup	Ilkup