



Established 1974

Taekwon-Do Terminology

A

abdomen	bokboo
air shield	gongi bangpae
alternate back hand	euhkallin sondung
alternate forearm	euhkallin palmok
alternate palm	euhkallin sonbadak
angle fingertip	homi sonkut
angle punch	giokja jirugi
arc-hand	bandalson
attacking and blocking	gong gyok mit makgi
tools	boowi
attack technique	gong gyokgi
attention stance	charyot sogi

B

back elbow	dwit palkup
back fist	dung joomuk
back forearm	dung palmok
back hand	sondung
backheel	dwitchook
back piercing kick	dwitcha jirugi
back pushing kick	dwitcha milgi
back snap kick	dwitcha busigi
back sole	dwitkumchi
back tibia	dwit kyong go
ball of the foot	apkumchi
base of knife hand	sonkal batang
body dropping	mom nachugi
bow posture	kyong ye jase
bow wrist	sonmok dung
breath control	hohup jojul
bear hand	gomson
belt	ti
bending ready stance	guburyo junbi sogi
blocking	makgi
blocking apparatus	makgi dae
breaking release	gog goh pulgi

C

calisthenics	dosoo dallyon
charter of Taekwon-Do	Taekwon-Do hun jang
checking block	momchau makgi
checking kick	cha momchugi
check list	daejo pyo
chest	gasum
circular block	dollimyo makgi
classification of instructor	sabum jongyu
classification of umpire	simpan jongyu
close ready stance	moa junbi sogi
close stance	moa sogi
cold showers and baths	naengsoo machal
combination attack	honap gong gyok
combination kick	honap chagi
competition	kyong gi
concentration	jip joong

connecting motion	euijin dong-jak
consecutive attack	yonsok gong gyok
consecutive kick	yonsok chagi
continuous motion	yonsok dong-jak
counter attack release	yok gong kyok pulgi
counter kick	bada chagi
courtesy	ye ui
covering	karioogi
crescent kick	bandal chagi
crescent punch	bandal jirugi
crescent strike	bandal taerigi
cross-cut	ghutgi
crouched stance	oguryo sogi

D

defence against an armed opponent	dae moogi
defence technique	bang eau gi
demonstration	sibum
diagonal stance	sasun sogi
dodging	pihagi
dodging attack	pihamyo gong gyok
dodging kick	pihamyo chagi
dodging punch	pihamyo jirugi
dodging strike	pihamyo taerigi
dodging thrust	pihamyo tulgi
double arc-hand block	doo bandalson makgi
double attack	i-jung gong gyok
double crescent kick	i-jung bandal chagi
double finger	doo songarak
double fist punch	doo joomuk jirugi
double forearm	doo palmok
double forearm block	doo palmok makgi
double front snap kick	i-jung apcha busigi
double hooking kick	i-jung golcho chagi
double kick	i-jung chagi
double side checking kick	i-jung yopcha kick
double side piercing kick	i-jung yopcha jirugi
double stepping	ibo omgyo didigi
double turning kick	i-jung dollyo chagi
double twisting kick	i-jung bituro chagi
downward block	naeryo makgi
downward kick	naeryo chagi
downward punch	naeryo jirugi
downward strike	naeryo taerigi
downward thrust	naeryo tulgi
dumbbells	aryong
dynamic stability	dongtchuk anjong

E

elbow	palkup
equilibrium	kyun hyung
etiquette	ye jol
extremities	pal gwa dari

F

fast motion	barun dong-jak
finger belly	songarak badak
finger pincers	jipge son
fingertips	sonkut
finger toughening box	dallyon tong
fixed stance	gojung sogi
flat fingertip	opun sonkut
flying back kick	twimyo dwit chagi
flying combination attack	twimyo honap gong gyok

flying combination kick	twimyo honap chagi
flying combination kick and punch	wa jirugi
flying combination punch	twimyo honap jirugi
flying combination strike	twimyo honap taerigi
flying combination thrust	twimyo honap tulgi
flying consecutive attack	twimyo yonsok gong gyok
flying consecutive kick	twimyo yonsok chagi
flying consecutive punch	twimyo yonsok jirugi
flying consecutive strike	twimyo yonsoktaerigi
flying consecutive thrust	twimyo yonsok tulgi
flying crescent and side kick	twimyo bandal chago yop chagi
flying crescent kick	twimyo bandal chagi
flying double attack	twimyo i-jung gong gyok

flying double foot side pushing kick	twimyo doobal yopcha milgi
flying double front kick	twimyo i-jung ap chagi
flying double kick	twimyo i-jung chagi
flying double punch	twimyo i-jung jirugi
flying double side kick	twimyo i-jung yop chagi
flying double strike	twimyo i-jung taerigi
flying double thrust	twimyo i-jung tulgi
flying double turning kick	twimyo i-jung dollyo chagi
flying double twisting kick	twimyo i-jung bituro chagi
flying downward kick	twimyo naeryo chagi
flying flat fingertip cross-cut	twimyo opun sonkut ghutgi
flying four direction kick	twimyo sabang chagi
flying front-back kick	twimyo apdwi chagi
flying front kick	twimyo ap chagi
flying hand technique	twimyo son gisool
flying high kick	twimyo nopi chagi
flying high reverse turning kick	twimyo nopunde bandae dollyo chagi
flying high side kick	twimyo nopunde yop chagi

flying high turning kick	twimyo nopunde dollyo chagi
flying high twisting kick	twimyo nopunde bituro chagi
flying hooking kick	twimyo golcho chagi
flying horizontal double front punch	twimyo soopyong i-jung ap jirugi
flying horizontal double front thrust	twimyo soopyong i-jung ap tulgi
flying horizontal double side punch	twimyo soopyong i-jung yop jirugi
flying horizontal double side thrust	twimyo soopyong i-jung yop tulgi
flying horizontal double strike	twimyo soopyong i-jung taerigi
flying horizontal	twimyo soopyong

striking kick	taerimyo chagi
flying horizontal triple punch	twimyo soopyong samjung jirugi
flying horizontal triple side kick	twimyo soopyong samjung yop chagi
flying horizontal triple strike	twimyo soopyong samjung taerigi
flying kick	twimyo chagi
flying middle twisting kick	twimyo kaunde bituro chagi
flying punch	twimyo jirugi
flying reverse hooking and double side kick	twimyo bandae dollyo goto chago i-jung yop chagi

flying reverse hooking kick	twimyo bandae dollyo gorochagi
flying reverse turning kick	twimyo bandae dollyo chagi
flying scissors-shape kick	twimyo kawi chagi
flying side front kick	twimyo yobap chagi
flying side front strike	twimyo yobap taerigi
flying side piercing kick	twimyo yopcha jirugi
flying side pushing kick	twimyo yopcha milgi
flying side strike	twimyo yop taerigi
flying side thrusting kick	twimyo yopcha tulgi

flying side-twisting kick	twimyo yop bituro chagi
flying spiral kick	twimyo rasonsik chagi
flying square punching kick	twio sagakjirumyo chagi
flying three direction kick	twimyo sambaing chagi
flying trapezoid punching kick	twimyo jaegak jirumyo chagi
flying triple attack	twimyo samjung gong gyok

flying triple front kick	twimyo samjung ap chagi
flying triple kick	twimyo samjung chagi
flying triple punch	twimyo samjung jirugi
flying triple strike	twimyo samjung taerigi
flying triple thrust	twimyo samjung tulgi
flying triple turning kick	twimyo samjung dollyo chagi
flying turning kick	twimyo dollyo chagi
flying twin foot front checking kick	twimyo sangbal apcha momchugi
flying twin foot front kick	twimyo sangbal ap chagi
flying twin foot high kick	twimyo sangbalnopi chagi
flying twin foot middle twisting kick	twimyo sangbal kaunde bituro chagi
flying twin foot side piercing kick	twimyo sangbal yopcha jirugi
flying twin foot turning kick	twimyo sangbal dollyo chagi
flying twisting kick	twimyo bituro chagi
flying two direction kick	twimyo sangbang chagi

flying u-shape punching kick	twip digutja jirumyo chagi
flying vertical double front punch	twimyo soojik i-jung ap jirugi

flying vertical double front thrust	twimyo soojik i-jung ap tulgi
flying vertical double side punch	twimyo soojik i-jung yop jirug
flying vertical double side thrust	twimyo soojik i-jung yop tulgi
flying vertical double strike	twimyo soojik i-jung taerigi
flying vertical kick	twimyo sewo chagi
flying vertical triple strike	twimyo soojik samjung taerigi
focus shield	chotjum bangpae
foot lifting	bal dulgi
foot parts	ha bansin
foot shifting	jajun bal
foot sparring	bal matsogi
footsword	balkal
foot tackling	bal golgi
foot techniques	bal gisool
forearm	palmok
forearm low block	palmok najunde makgi
forefinger	han sonkarak
foreflst	apjoomuk
forehead	ima
fore-knuckle fist	inji joomuk
forging bag	dallyon bag
forging pendulum	dallyon gune
forging post	dallyon joo
founder	chang se da
four direction block	saju makgi
four direction punch	saju jirugi
free sparring	jayu matsogi
front block	ap makgi
front checking kick	apcha momchugi
front downward strike	ap naeryo taerigi
front elbow strike	ap palkup taerigi
front punching-kick	ap jirumyo chagi
front rising kick	apcha olligi
front snap kick	apcha busigi
front strike	ap taerigi
fundamental exercises	ibbon yonsup

G

grasping block	butjaba makgi
grasping kick	butjapgo chagi
ground crescent kick	noowo bandal chagi
ground cross-cut	noowo ghutgi
ground dodging	noowo pihagi
ground downward kick	noowo naeryo chagi
ground downward strike	noowo naeryo taerigi
ground front checking kick	noowo apcha momchugi
ground front snap kick	noowo apcha busigi
ground hooking kick	noowo golcho chagi
ground inward strike	noowo anuro taerigi
ground knee bending	noowo moorup guburigi
ground leg crossing	noowo dari kogi
ground punch	noowo jirugi
ground side piercing kick	noowo yopcha jirugi
ground side thrusting kick	noowo yopcha tulgi
ground technique	noowo gisool
ground thrust	noowo tulgi

