

## KOREAN TERMINOLOGY

### TAEKWONDO

Tae—Foot, Kwon –Hand, Do--- Way of Life

### HAPKIDO

Hap—Harmony, Ki—Inner Strength, Do—way of life

### NUMBERS

English	Korean	English	Korean
		<b>10's</b>	
One	Hana	Ten	Yul
Two	Dool	Twenty	Seumul
Three	Set	Thirty	Seoreun
Four	Net	Forty	Maheun
Five	Dasat	Fifty	Swin
Six	Yasot	Sixty	Yesun
Seven	Ilkop	Seventy	ilheun
Eight	Yodol	Eighty	Yeodeun
Nine	Ahop	Ninety	Aheun
Ten	Yul	One Hundred	Baek

### ANATOMY

English	Korean	English	Korean
Head	Mo-Dee	Face	Eolgul
Mouth	Ee-p	Neck	Mok
Body	Mom Tong	Elbow	Palkoop
Palm Fist	Batangson	Wrist	Pal Mock
Fingertip	Son-Kut	Waist	Huri
Leg	Tari	Knee	Moo rup
Foot	Baal	Knife Hand	Sonnal
Fist	Joomok	Hand	Son
Instep	Baltung	Heel	Di Kumchi
Ball of Foot	Ap Chuck		

## INSTRUCTOR COMMANDS

English	Korean	English	Korean
Attention	Charyot	Bow to the flag	Kuki Kyongnet
Bow	Kyongnet	Bow to the Instructor	Sabumnim Kyongnet
Sit	Ahn Jo	Bow to the Master	Bu Kwanjangnim Kyongnet
Begin	Sijak	With Count	Kooryung e Matchoso
Return	Barro	Without Count	Kooryung Upshi
Fix Uniform	Dobok Jongni	Relax	Show
Ready	Junbi	Meditate	Muk Nium
Turn to the rear	Dwi ro Dorra		

## STANCES

English	Korean	English	Korean
Close Stance	Moa Seogi	Walking Stance	Ap Seogi
Ease Stance	Phyeonhi Seogi	Front Stance	Ap Koobi Seogi
Tiger Stance	Bum Seogi	Back Stance	Dwi Koobi Seogi
Parallel Stance	Naranhi Seogi	Cross Stance	Koa Seogi
Horse Stance	Kimajase/Joochum Seogi	Front Cross Stance	Ap Koa Seogi
Crane Stance	Haktari Seogi		

## DIRECTION

English	Korean	English	Korean
Left	Wen	High	Sang Dan
Right	Oreun	Middle	Jung Dan
		Low	Ha Dan

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**BLOCKS**

English	Korean
High Block	Sang Dan Makki
Outside Block	Bakat Makki
Inside Block	An Makki
Low Block	Ha Dan Makki
Double Knife-hand Block	(Yang) Sonnal Makki
Side Low Block	Yeop Ha Dan Makki
Half Mountain Block	Wesanteul Makki
Diamond Block	Kumgang Makki

English	Korean
X-Block	Yutgeoreo Makki
Palm Block	Batangson Makki
Double Knife Hand Low Block	Yang Sonnal Ha Dan Makki

**KICKS**

English	Korean
Front Kick	Ap Chagi
Side Kick	Yeop Chagi
Round House Kick	(Ap) Dollyo Chagi
Inside Crescent Kick	An Chagi
Spinning Heel Kick	Dwi Dollyo Chagi

English	Korean
Back Kick	Dwi Chagi
Rising Up Heel Kick	Ollyo Chagi
Ax Kick	Naeryo Chagi
Outside Crescent Kick	Bakat Chagi
Low Spinning Heel	Ha Dan Dwi Dollyo Chagi

**PUNCHES/STRIKES**

English	Korean
High Punch	Sang Dan Chireugi
Low Punch	Ha Dan Chireugi
Elbow Strike	Palkoop Chigi
Back Fist Strike	Dung Joomok Chigi
Middle Punch	Jung Dan Chireugi

English	Korean
Side Punch	Yeop Chireugi
Hammer Fist Strike	Mea Joomok Chigi
Spear Hand Strike	Punsonkut Kyong Kyuk
Swallow Shaped Knife Hand Strike	Jebipoom Mok Chigi
Swallow Shaped Knife Palm Strike	Jebipoom Tuk Chigi