

## **PRECISION TAE KWON DO**

### **OTHER TERMINOLOGY:**

#### **The Disciplines of Tae Kwon Do**

Poomse - Pattern or Form

Ho sin sul - Self Defense

Kyurooki - Free Sparring

Kyuk Pa - Breaking

Mook nyum - Meditation

#### **Tenets of Tae Kwon Do**

In nae - Patience or Perseverance

Kueng ki - Self Control

Yong ki - Indomitable Spirit

Yom chi - Integrity

Yea eui - Courtesy

#### **Micellaneous**

Kibon dongjak - Fundamental Practice

Daeryon - Step Sparring

Sajoe daeryon - Four Direction Movement

Pan ja yu - Semi Contact Fight/Sparring

Paegi - Freeing Techniques (in self defense)

Ki hap - Spirit Yell

Hoo hup - Breathing Control

Gup - Colour Belt Levels from Black Belt (ex. Assistant Black is 1st Gup)

Dan - Degree of Black Belt (1st-10th)

Dhee - Belt

Kwan - School

Gam sah ham ni da - Thank you

Cheonmanaeyo - You're Welcome

#### **Directions**

Ap - Front

Dwit - Back

Bandae - Reverse

Bakat- Outer

An - Inner

Amuro - Inward

Bakuro - Outward

Ohreun - Right

Wen - Left

## Competition

Kyurooki - Free Sparring

Hogu - Chest Protector

Charyut - Attention

Kyung Yea - Bow

Joonbi - Ready

Jeon - Round

Il-hoejeon - First Round

Si-jahk - Begin or Start

Kallyo - Pause

Geuman - Finished

Dwit-a dora - Turn Around

Kam-jom-hana - Penalty Point

Kyeonggo-hana - Warning

Hong - Red

Chong - Blue

Boo sang - Injury

## Kicking Techniques (Chagi)

Chagi - Kick

Ap chagi - Snap Kick

Bandae chagi - Crescent Kick

Bandae bakat chagi - Inside-Out Crescent Kick

Bandae an chagi - Outside-In Crescent Kick

Dolryo chagi - Roundhouse Kick

Naeryeo chagi - Axe Kick

Yop chagi - Side Kick

Dwit chagi - Back Kick

Huryeo chagi - Hook Kick

Dwit huryeo chagi - Spin Kick

Meereo chagi - Push Kick

## Stances (Seogi)

Seogi - Stance

Moa seogi - Close Stance

Pyonhi seogi - Open Stance

Naranhi Seogi - Parallel Stance

Joonbi seogi - Ready Stance

Joochoom seogi - Horse Riding Stance

Ap seogi - Front Stance or Walking Stance

Ap koobi seogi - Forward Stance or Long Forward Stance

Dwit koobi seogi - Back Stance

Beom seogi - Cat Stance

Niumja seogi - L Stance

Koa seogi - X Stance or Twist Stance

Haktari seogi - Crane Stance

### **Blocking Techniques (Makki)**

Makki - Block

Ahre makki - Low Block

Momtong makki - Middle Block

Eolgul makki - High Block

Geudeureo makki - Fist of One Arm Supports the Other Arm by the Elbow

Sonna-bakat makki - Block with Knife hand, from insider Outside

Gawi makki - Scissor Block

Etgalyo makki - X/Cross Block

Hecho makki - Pushing Block

Bituro makki - Twisting Block

### **Hand Techniques and Punches (Jireugi)**

Jireugi - Punch

Momtong jireugi - Middle Punch

Eolgul jireugi - High Punch

Sonnal mok anchigi - Knife hand Strike at Neck

Pyeonsonkut jireugi - Spear Fingers

Doobeon jireugi - Double Punch

Kaljaebi - Strangle Punch/Grab Neck

### **The Body**

**Mom - Body**

Eolgool - Upper Body (head and neck)

Momtong - Middle Part of Body (trunk)

Ahre - Lower Body (legs and feet)

Meo-li - Head

Mok - Neck

Myung chi - Solar Plexus

Pal - Arm

Palkoop - Elbow

Palmok - Forearm

Son - Hand

Sonmok - Wrist

Jumeok - Fist

Dari - Leg

Murup - Knee

Baal - Foot

Apchook - Ball of Foot

