

INTERNATIONAL TAEKWON-DO FEDERATION

Korean Terminology - General

In English	In Korean		Notes
	Encyclopedia	Hangul	
Tenets of Taekwon-Do		태권도 정신	정신 (精神): mind; spirit; soul; will; intention; mentality; genius.
Courtesy	Ye ui	예의	禮儀
Integrity	Yom chi	염치	廉恥: a sense of honour
Perseverance	In nae	인내	忍耐: patience, perserverence, endurance
Self-Control	Guk gi	극기	克己: control, conquer (oneself); ne master of oneself
Indomitable Spirit	Baek jol bool kool	백절불굴	百折不屈
Training terms			
Student (Disciple)	Jeja	제자	弟子
Assistant Instructor		부 사범님	Note: 副師範 or 副师范. Nim (님) is a form of address for a person of higher status.
Instructor	Sabum	사범님	師範 or 师范 meaning a model to others.
Master		사현님	師賢 or 师贤
Grandmaster		사성님	師聖 or 师圣
Examiner		심사관님	심사 (審査): judgement; examination; inspection
Dismiss		해산	
Bow to the Flag		국기배례 경례	
Bow to the President		종조님께 경례	종제 (宗祖): the founder [of a sect]; the originator; the father
Bow to the Founder		창시자님께 경례	
Bow to the Examiner		심사관님께 경례	
Commence	Sijak	시작	
Quiet Please		조용히	
Warm-up exercise		준비운동	
Directions/Actions			

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Front	Ap	앞	
Side	Yop	옆	
Right	Orun	오른	
Left	Wen	왼	
Back	Dwi	뒤	
High	Nopunde	높은데	When the attacking tool reaches the eye-level of the attacker, it is called a high attack.
Middle	Kaunde	가운데	Shoulder level of the attacker
Low	Najunde	낮은데	Umbilicus level of the attacker
Inside / Inner	An	안	
Outside / Outer	Bakat	바깥	
Punch	Jirugi	찌르기	Translated as to Stab on Babelfish
Strike	Taerigi	때리기	Translated as Hitting on Babelfish
Thrust	Tulgi	뚫기	뚫다: bore, punch, make a hole, pierce into, cut through, shoot through, penetrate.
Jumping	Twigi	뛰기	
Hand Techniques			See volume 3
Backward Spot Turning	Dwiro Tora [not found in encyclopedia, used in training]	뒤로돌아	돌아가다:go back/return; 뒤: back
Walking Stance Obverse Punch	Gunnun So Baro Jirugi	걷는 서 바로 찌르기	
Walking Stance Reverse Punch	Gunnun So Bandae Jirugi	걷는 서 반대 찌르기	반대: (反對) reverse, opposite
L-Stance Obverse Punch	Niunja So Baro Jirugi	니은자 서 바로 찌르기	Punch is delivered from the same side as the leg that is fully bent. Half facing. Keep fist in line that runs parallel with the other foot. Fist forms triangle with the shoulders.
L-Stance Reverse Punch	Niunja So Bandae Jirugi	니은자 서 반대 찌르기	Body is half facing.
Rear Foot Stance Reverse Punch	Dwitbal So Bandae Jirugi	뒷발 서 반대 찌르기	Similar to L-stance reverse punch
Rear Foot Stance Obverse Punch	Dwitbal So Baro Jirugi	뒷발 서 바로 찌르기	Similar to L-stance obverse punch

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Vertical Stance Punch	Soojik So Jirugi	수직 서 찌르기	Similar to rear foot stance reverse punch. Please don't expose your arm pit. 수직: vertical.
X-Stance Punch	Kyocha So Jirugi	교차 서 찌르기	For attacking opponent at a wider distance. Opposite side fist is brought in front of shoulder at point of impact.
Twin Fist [Punch]	Sang Joomuk	쌍 주먹	For attacking 2 opponents or single target in rare cases. Chiefly performed with walking, sitting and parallel stance. Occasionally performed with X-stance or closed stance. 주먹: Fist
Vertical Punch	Sewo Jirugi	세워 찌르기	세우다: stand; put; erect; raise; set up
Twin Fist [High Vertical Punch]	Sang Joomuk	쌍 주먹	
Side Punch	Yop Jirugi	옆 찌르기	
Twin Fist [Side Punch]	Sang Joomuk	쌍 주먹	
Side Front Punch	Yobup Jirugi	옆앞 찌르기 ??	
Side Vertical Punch	Yop Sewo Jirugi	옆 세워 찌르기	
Upward Punch	Ollyo Jirugi	올리오 찌르기??	올리다: elevate / enhance / hoist / put up / raise / step up
Upset Punch	Dwijibo Jirugi	뒤집오 찌르기	뒤집히다: upset
Single Fist			
Twin Fist	Sang Joomuk		
U-shape Punch	Digutja Jirugi	디글 자 찌르기	
Downward Punch	Naeryo Jirugi	내리오 찌르기	내리다: descend / alight / take down
Kicks			차다: kick
Front Snap Kick	Apcha Busigi	앞차 불시기 (?)	불시: accidental, unexpected, emergent

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Turning Kick	Dollyo Chagi	돌리오 차기	돌다: go round, turn, spin; 돌리다: turn, revolve, roll, spin. 오다: come round, draw near, set in, be due. 차다: kick
Side Piercing Kick	Yopcha Jirugi	옆차 찌르기	
Back Piercing Kick	Dwitcha Jirugi	뒷차 찌르기	
Front Rising Kick	Apcha Olligi	앞차 올리기	Considered a Defensive Kick [Defensive kicks consist of Rising, Crescent, Checking, Hooking, Waving]
Side Rising Kick	Yopcha Olligi	옆차 올리기	
Downward Kick	Naeryo Chagi	내리오 차기	
Pick-shape Kick	Gok-Kaeng-I Chagi	곡괭이 차기	곡괭이: pickax, mattock [translated as 鹤嘴锄 (he zui chu) in chinese, literally meaning crane mouth hoe]
Inside Crescent Kick	Bandal Chagi	반달 차기	
Outside Crescent Kick			
Front Reverse Hooking Kick	Golcho Chagi??		Listed as a defensive kick at Volume 4 page 180
Back Reverse Hooking Kick	Bandae Dollyo Goro-chagi		Listed as an attacking kick, a variation of reverse turning kick at Vol 4 page 72
Reverse Turning Kick	Bandae Dollyo Chagi	반대 돌리오 차기	
Stances		서기	
Ready Stance	Junbi Sogi	준비 서기	
Attention Stance	Charyot Sogi	차렷 서기	
Parallel Ready Stance	Narani Junbi Sogi	나란히 준비 서기	
Sitting Ready Stance	Annun Junbi Sogi	앉은 준비 서기	앉다: to sit
Walking Ready Stance	Gunnun Junbi Sogi	걷는 준비 서기	Note: Walking is translated as 걷기; Walk is translated as 걷다
Close Ready Stance	Moa Junbi Sogi	모아 준비 서기	
L - Ready Stance	Niunja Junbi Sogi	니은 자 준비 서기	

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X - Ready Stance	Kyocha Junbi Sogi	교차 준비 서기	
Fixed Stance	Gojung Sogi	고정 서기	
Bending Stance	Goobooryo Sogi	구부료 서기	
Vertical Stance	Soo Jik Sogi	수직 서기	
Rear Foot Stance	Dwitbal Sogi	뒷발 서기	
Low Stance	Nachuo Sogi	낮우오 서기 ???	낮은: low
Techniques (By Fundamental Exercise / Pattern)			막다: to guard
Saju Chirugi			
Walking Stance	Gunnun Sogi	걸는 서기	
Walking Stance Forearm Low Block	Gunnun So Palmok Najunde Makgi	걸는 서 팔목 낮은데 막기	
Walking Stance Middle Front Punch	Gunnun So Kaunde Ap Jirugi	걸는 서 가운데 앞 찌르기	
Saju Makgi			
Walking Stance Knife-hand Low Block	Gunnun So Sonkal Najunde Makgi	걸는 서 손칼 낮은데 막기	
Walking Stance Inner Forearm Middle Block	Gunnun So An Palmok Kaunde Makgi	걸는 서 안 팔목 가운데 막기	
Chon-Ji		천지	天地
L-stance	Niunja Sogi	니은 자 서기	
L-stance Inner Forearm Middle Block	Niunja So An Palmok Kaunde Makgi	니은 자 서 안 팔목 가운데 막기	
Dan-Gun		단군	檀君
Walking Stance High Punch	Gunnun So Nopunde Jirugi	걸는 서 높은데 찌르기	
L-stance Knife-hand Guarding Block	Niunja So Sonkal Daebi Makgi	니은 자 서 손칼 대비 막기	대비: provision, preparation
L-stance Twin Forearm Block	Niunja So Sang Palmok Makgi	니은 자 서 쌍 팔목 막기	
Walking Stance Forearm Rising Block	Gunnun So Palmok Chukyo Makgi	걸는 서 팔목 축요 막기	
L-stance Knife-hand Middle Side Strike	Niunja So Sonkal Kaunde Yop Taerigi	니은 자 서 손칼 가운데 옆 때리기	
Do-San		도산	島山

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Sitting Stance	Annun Sogi	앉는 서기	
Walking Stance Outer Forearm High Side Block	Gunnun So Bakat Palmok Nopunde Yop Makgi	걷는 서 바깥 팔목 높은데 옆 막기	
Straight Fingertip Thrust	Sun Sonkut Tulgi	순 손끝 뚫기	
Walking Stance Backfist High Side Strike	Gunnun So Dung Joomuk Nopunde Yop Taerigi	걷는 서 등 주먹 높은데 옆 때리기	
Walking Stance High Outer Forearm Wedging Block	Gunnun So Bakat Palmok Nopunde Hechyo Makgi	걷는 서 바깥 팔목 높은데 헤어져 막기	
Middle Front Snap Kick	Kaunde Apcha Busigi	거운데 앞차 불시기	
Sitting Stance Knife-hand Side Strike	Annun So Sonkal Yop Taerigi	앉은 서 손칼 옆 때리기	
Won-Hyo		원효	元曉
Close Stance	Moa Sogi	모아 서기	
Close Ready Stance A	Moa Junbi Sogi A	모아 준비 서기 A	
Fixed Stance	Gojung Sogi	고정 서기	
Bending Stance	Goobooryo Sogi	구부로 서기	
Bending Ready Stance	Goobooryo Junbi Sogi	구부로 준비 서기	
L-stance Knife-hand High Inward Strike	Niunja So Sonkal Nopunde Anuro Taerigi	니은 자 서 손칼 높은데 안으로 때리기	
Fixed Stance Middle Punch	Gojung So Kaunde Jirugi	고정 서 가운데 찌르기	
Walking Stance Reverse Punch	Gunnun So Bande Jirugi	걷는 서 반대 찌르기	
Forearm Circular Block	Palmok Dollimyo Makgi	팔목 돌림요 막기 (?)	돌리다: turn, revolve, roll, spin. 돌림: turn, rotation.
L-stance Forearm Middle Guarding Block	Niunja So Palmok Kaunde Daebi Makgi	니은 자 서 팔목 가운데 대비 막기	
Middle Side Piercing Kick	Kaunde Yopcha Jirugi	가운데 옆차 찌르기	
Low Front Snap Kick	Najunde Apcha Boosigi	낮은데 앞차 불시기	
Yul-Gok		율곡	栗谷
Sitting Stance Middle Punch	Annun So Kaunde Makgi	앉은 서 가운데 막기	
L-Stance Twin Knife-hand Block	Niunja So Sang Sonkal Makgi	니은자 서 쌍 손칼 막기	
Walking Stance Palm Hooking Block	Gunnun So Sonbadak Golcho Makgi	걷는 서 손바닥 골초 막기???	손바닥: Palm
Obverse Hooking Block	Baro Golcho Makgi	바로 골초 막기???	
Reverse Hooking Block	Bandae Golcho Makgi	반데 골초 막기???	
Walking Stance Front Elbow Strike	Gunnun So Ap Palkup Taerigi	걷는 서 앞 팔꿈치 때리기???	

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X-Stance Back Fist High Side Strike	Kyocha So Dung Joomuk Nopunde Yop Taerigi	교차 서 등 주먹 높은데 옆 때리기	팔꿈: elbow
Walking Stance Double Forearm High Block	Gunnun So Doo Palmok Nopunde Makgi	걷는 서 두 팔목 높은데 막기	
Joong-Gun		중근	重根
Close Ready Stance B	Moa Junbi Sogi B	모아 준비 서기 B	
Rear Foot Stance Palm Upward Block	Dwitbal So Sonbadak Ollyo Makgi	뒷발 서 손바닥 올리오 막기	
Low Stance	Nachuo Sogi	낮우오 서기 ???	
L-Stance Reverse Knife-hand Outward Block	Niunja So Sonkal Dung Bakuro Makgi	니은자 서 손칼 등 밖으로 막기	
Side Front Snap Kick	Yobap Cha Busigi	옆앞 차 불시기???	
Walking Stance Upper Elbow Strike	Gunnun So Wipalgup Taerigi	걷는 서 위팔꿈 때리기???	
Walking Stance Twin Fist High Vertical Punch	Gunnun So Sang Joomuk Sewo Jirugi	걷는 서 쌍 주먹 세워 찌르기	
Walking Stance Twin Fist Upset Punch	Gunnun So Sang Joomuk Dwijibo Jirugi	걷는 서 쌍 주먹 뒤집오 찌르기	
Walking Stance X-Fist Rising Block	Gunnun So Kyocha Joomuk Chukyo Makgi	걷는 서 교차 주먹 축교 막기???	
L-Stance Back Fist High Side Strike	Niunja Soo Dung Joomuk Nopunde Yop Taerigi	니은자 서 등 주먹 높은데 옆 때리기	
L-Stance Reverse Punch	Niunja So Bandae Jirugi	니은자 서 반대 찌르기	
Walking Stance Palm Pressing Block	Gunnun So Sonbadak Noollo Makgi	걷는 서 손바닥 눌러 막기???	누르기: pressing
Fixed Stance U-shaped Block	Gojung So Mongdung-I Makgi	고정 서 멍둥이???	막기
Closed Stance Angle Punch	Moa So Kiokja Jirugi	모아 서 꼭자 찌르기???	
Toi-Gye		퇴계	退溪
Walking Stance Upset Fingertip Low Thrust	Gunnun So Dwijibun Sonkut Najunde Tulgi	걷는 서 뒤집은 선끝 낮은데 뚫기	뒤집히다: upset
Close Stance Back Fist Side Back Strike	Moa So Dung Joomuk Yopdwi Taerigi	모아 서 교차 등 주먹 옆뒤 때리기	
Walking Stance X-Fist Pressing Block	Gunnun So Kyocha Joomuk Noollo Makgi	걷는 서 교차 주먹 눌러 막기???	
Sitting Stance Outer Forearm W-Shape Block	Annun So Bakat Palmok San Makgi	앉은 서 바깥 팔목 산 막기	
Knee Upward Kick	Moorup Ollyo Chagi	무릎 올료 차기	올리다: elevate
Walking Stance Flat Fingertip High Thrust	Gunnun So Opun Sonkut Nopunde Tulgi	걷는 서 옹은 손끝 높은데 뚫기???	
L-Stance Double Forearm Low Pushing Block	Niunja So Doopalmok Najunde Miro Makgi	니은자 서 두팔목 낮은데 밀오 막기	밀다: push

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X-Stance X-Fist Pressing Block	Kyocha So Kyocha Joomuk Noollo Makgi	교차 서 교차 주먹 눌러 막기???	
L-Stance Knife Hand Low Guarding Block	Niunja So Sonkal Najunde Daebi Makgi	니은자 서 손칼 낮은데 대비 막기	