

Korean Language Sheet

Basics		Poomse	
Sa-bu-nim	Grand Master	Kibon	White Belt Pattern
Kwan-jang-nim	Head Master	Taegeuk Il Jang	Yellow Stripe Pattern
Gyo-sa-nim	Assistant Instructor	Taegeuk E Jang	Yellow Belt Pattern
Ku-ki	Flag	Taegeuk Sam Jang	Orange Belt Pattern
Do-jang	Taekwondo Gym	Taegeuk Sa Jang	Green Belt Pattern
Poom-se	Pattern	Taegeuk O Jang	Purple Belt Pattern
Kyo-roo-gi	Sparring	Taegeuk Yook Jang	Blue Belt Pattern
Ho-shim-sool	Self Defense	Taegeuk Chil Jang	Red Stripe Pattern
Shim-sa	Promotion Test	Taegeuk Pal Jang	Red Belt Pattern
Cha-ryut	Attention	Koryo	Brown Belt Pattern
Kyung-neh	Bow	Kumgang	1 st Dan Pattern
Joom-be	Get Ready	Taeback	2 nd Dan Pattern
Shi-jack	Begin	Pyongwon	3 rd Dan Pattern
Ba-ro	Back to Start	Shipjin	4 th Dan Pattern
Shi-au	At Ease	Jitae	5 th Dan Pattern
Do-bok	Uniform	Chunkwon	6 th Dan Pattern
Ho-go	Chest Protector	Hansoo	7 th Dan Pattern
Dui-ro-do-ra	Turn Around	Ilyuh	8 th Dan Pattern
Numbers		Punching Techniques	
Ha-na	One	Han-bun Ji-reu-gi	Single Punch
Dool	Two	Doo-bun Ji-reu-gi	Double Punch
Set	Three	Seh-bun Ji-reu-gi	Triple Punch
Net	Four	Son Deung	Back Fist
Das-sut	Five	Mea Joo-mook	Hammer Strike
Yuh-sut	Six	Pal-koop Chi-gi	Elbow Strike
Il-gop	Seven	Kicking Techniques	
Yuh-dul	Eight	Ap Cha Oli-gi	High Lift Kick
Ah-hop	Nine	Ap Cha-gi	Front Kick
Yul	Ten	Yup Cha-gi	Side Kick
Soo-mool	Twenty	Dol-yo Cha-gi	Roundhouse Kick
Suh-lun	Thirty	Dwi Cha-gi	Back Kick
Ma-heun	Forty	Ji-gau Cha-gi	Axe Kick
Shi-heun	Fifty	Dui Dol-yo Cha-gi	Spin Back Kick
Yeh-seun	Sixty	Mir-au Cha-gi	Push Kick
E-heun	Seventy	Dwi-au Yup Cha-gi	Jumping Side Kick
Yuh-deun	Eighty	Dwi-au Dwi Cha-gi	Jumping Back Kick
Ah-heun	Ninety	Dwi-au Dwi Dol-yo Cha-gi	Jumping Spin Back Kick
Bek	Hundred	Geu-nau Cha-gi	Cut Kick
Chun	Thousand	Blocking Techniques	
Il	First	Arae Mak-ki	Low Block
E	Second	Moum-tong An Mak-ki	Middle Block
Sam	Third	Eol-gool Mak-ki	High Block
Sa	Fourth	Son-nal Mak-ki	Knife Hand Block
O	Fifth	Moum-tong Bak-at Mak-ki	Outside Middle Block
Yook	Sixth	Teu-rau Mak-ki	Twist Block
Chil	Seventh	Ban-dae Son-al Mak-ki	Inward Knife Hand Block
Pal	Eighth	Doo Son-al Mak-ki	Double Knife Hand Block
Goo	Ninth	Ba-tang Son-al Mak-ki	Palm Block
Ship	Tenth	Advanced Terminology	
Traditional Stances		An-young-ha-seh-yo	Hello
Jak Pom	Open Stance	Gam-sa	Appreciation
Mat Pom	Closed Stance	Gam-sa-ham-ni-da	Thank you
Ap-koo-bi	Front Stance	Hap-Jang	Palms Together
Dwi-koo-bi	Back Stance	Pyung-hwa	Peace
Joo-choom Seo-gi	Punching Stance	Gyum-son	Modesty
Beom Seo-gi	Tiger Stance	Choong-sung	Loyalty
		Seung-ri	Victory

Note: All Korean words have been hyphenated to separate the syllables. These words are not normally spelt in this manner.