# **Korean Terminology**

# **Basic Knowledge**

Instructor – Sabam

Belt – Ti

Training Hall - Do-jang

Suit – Dobok

Block – Makgi

Strike – Taerigi

Rising - Olligi

Student – Jeja

Inward - Anaero

Outward - Bakaero

Attention - Charyot

Bow - Kyong-ye

Ready – Chunbi

Start - Si-Jak

Stop – Goman

Back to read - Barrol

Press up – Momtong bachia

In - An

Out-Bakat



### Sections of the body

High - Nopundae

Middle – Kaunde

Low - Najunde

Left – Wen

Right - Orun





#### **Kicks**

Knee strike – Moorup taerigi

Front kick – Ap cha busigi\*

Crescent kick – Bandal chagi

Turning kick - Dolyo chagi

Side kick – Yop chagi

Back kick – Dwit chagi

Hooking kick – Golcho chagi

\*Also used is the Axe kick – Sugo chagi

# **Punches (Jirugi)**

Obverse punch (Jab) – Baro jirugi

Reverse Punch (Cross) - Bandae Jirugi

Back fist – Dung joomuk

Uppercut – Ollyo jirugi

Hook Punch – Golcho jirugi

#### **Counting**

One – Hanna

Two - Dool

Three - Seth

Four – Neth

Five - Dasaul

Six - Yosaul

Seven – Ilgop

Eight - Yodoll

Nine – Ahop

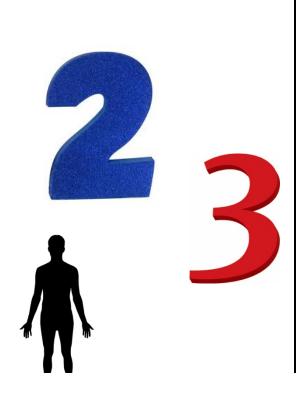
Ten – Yoll

#### Parts of the body

Elbow - Palkup







Knee – Moorup
Ball of foot – Ap kumchi
Blade of foot – Balkal
Instep of foot – Baltung
Heel of foot – Dwichook
Fist – Jookmuk

#### Stances (Sogi)

Front stance – Ap sogi Side stance – Yop sogi Ready – Junbi sogi L Stance – Niunja sogi



# **Tenants of Korean Kickboxing**

**COURTESY** - Being polite and respectful to ones' instructors, seniors and fellow students

INTEGRITY - Being able to do the right thing, and be able to define right from wrong

**SELF CONTROL**- Being able to master your own impulses and emotions. **PERSEVERANCE**- Never giving up, striving to achieve your goal **INDOMITABLE SPIRIT** - Never wanting to give up, to show courage

