

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) – Banae 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

1

2

3



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

