

Taekwon-Do Theory

# Taekwon-Do Theory and Dictionary

Taekwon-Do Theory for each grade,  
with a new section on Foot Shifting,  
and a dictionary of required terms,  
English/Korean and Korean/English



By Dale Copeland, 2015.  
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# Taekwon-Do Theory

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# Taekwon-Do Theory

## For All Grades

### **Founder of Taekwon-Do**

General Choi Hong Hi (1918 – 2002)

### **Tenets of Taekwon-Do**

Courtesy (*Ye Ui*), Integrity (*Yom Chi*), Perseverance (*In Nae*),  
Self-Control (*Guk Gi*), Indomitable Spirit (*Baekjul Boolgool*)

### **Student Oath**

I shall observe the tenets of Taekwon-Do  
I shall respect the instructor and seniors  
I shall never misuse Taekwon-Do  
I shall be a champion of freedom and justice  
I shall build a more peaceful world

The full syllabus for each grade can be found in General Choi Hong Hi's Encyclopedia, or online. This book contains only the theory part of the syllabus. Students should learn the theory of their current grade, and also revise all the theory from previous grades.

## 10<sup>th</sup> Gup White Belt

### **Meaning of the white belt:**

White signifies innocence, as that of a beginning student who has no previous knowledge of Taekwon-Do.

### **Fundamental Movements:**

<i>Saju Jirugi</i>	7 movements each side
<i>Saju Makgi</i>	8 movements each side

**Uniform** - *do bok*  
**Training area** - *do jang*  
**Attention** - *charyot*  
**Ready** - *junbi*

## Taekwon-Do Theory

**Bow** - *kyong ye*

**Greeting** - *Taekwon*

**Counting in Korean:** *hana, dool, set, net, dosot, yosot, ilgop, yodul, ahop, yol*

**Low** - *najunde*

**Middle** - *kaunde*

**High** - *nopunde*

**Stance** - *sogi* (sometimes shortened to *so*)

**Parallel stance** - *narani sogi* **Parallel ready stance** - *narani junbi sogi*

**Walking stance** - *gunnun sogi* **Walking ready stance** - *gunnun junbi sogi*

**Sitting stance** - *annun sogi*

**Attention stance** - *charyot sogi*

**Fist** - *joomuk*

**Forearm** – *palmok*

**Outer forearm** - *pakat palmok*

**Inner forearm** – *an palmok*

**Knifehand** - *sonkal*

**Punch** - *jirugi*

**Block** - *makgi*

**Kick** - *chagi* (sometimes shortened to *cha*)

**Front** - *ap*

**Side** - *yop*

⇒ When you master those Korean words then putting them together gives the proper names of the techniques you are learning. ⇐

**Forearm low block** - *palmok najunde makgi*

**Knife-hand low block** - *sonkal najunde makgi*

**Inner forearm side block** - *an palmok yop makgi*

**Forefist middle punch** - *ap joomuk kaunde ap jirugi*

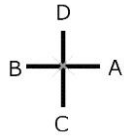
**Front rising kick** - *apcha olligi*

**Front snap kick** - *apcha busigi*

## Taekwon-Do Theory

### 9<sup>th</sup> Gup Yellow Stripe

**Pattern:** *Chon-Ji Tul* 19 movements



**Meaning of Chon-Ji:** Chon-Ji means literally “The Heaven, the Earth”. It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore it is the initial pattern played by the beginner. This pattern consists of two similar parts; one to represent the Heaven and the other the Earth.

**Three-step sparring** - *sambo matsogi*

**Free sparring** - *jayu matsogi*

**Self defence** - *hosin sul*

For all grades, students should check the compulsory techniques which their club requires for step sparring and for self defence.

**L-stance** - *niunja sogi*

**Forward** - *nagagi*

**Right** - *orun*

**Fingertip** - *sonkut*

**Backward** - *duruogi*

**Left** - *wen*

**Forearm guarding block** - *palmok daebi makgi*

**Forearm inward block** - *palmok anuro makgi*

**Strike** - *taerigi*

**Thrust** - *tulgi*

**Flat fingertip thrust** - *opun sonkut tulgi*

**Side front snap kick** - *yobap cha busigi*

**Turning kick** - *dollyo chagi*

**Side rising kick** - *yopcha olligi*

**Thank you** - *ko mup sum neda*

**Tae / Kwon / Do** - foot / fist / art or way

## Taekwon-Do Theory

### 8<sup>th</sup> Gup Yellow Belt

**Pattern:** *Dan-Gun Tul* 21 movements

#### **Meaning of Dan-Gun:**

Dan-Gun Is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 B.C.



#### **Meaning of the yellow belt:**

Yellow signifies the Earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

**Back fist** - *dung joomuk*

**Reverse knifehand** - *sonkal dung*

**Elbow** - *palkup*

**Forefist** - *ap joomuk*

**Continuous motion** - *iojin tongjak*

**Forearm rising block** - *palmok chookyo makgi*

**Outer forearm side block** - *pakat palmok yop makgi*

**Knifehand side block** - *sonkal yop makgi*

**Twin forearm block** - *sang palmok makgi*

**Knifehand guarding block** - *sonkal daebi makgi*

**Knifehand side strike** - *sonkal yop taerigi*

**Backfist side strike** - *dung joomuk yop taerigi*

**Reverse knifehand strike** - *sonkal dung taerigi*

**Side turning kick** - *yop dollyo chagi*

**Side piercing kick** - *yopcha jirugi*

**How to address seniors:** Questions or answers should end with “Sir” or “Ma’am”. Use titles, eg Mr, Mrs, Ms. Black belts 1<sup>st</sup> to 3<sup>rd</sup> Dan have the title *Boosabum*. 4<sup>th</sup> to 6<sup>th</sup> Dan (wearing stripes) the title is *Sabum*. A Master, from 7<sup>th</sup> Dan, is addressed as *Sahyun*. 9<sup>th</sup> Dan, a Grand Master, is *Saseong*

**Destruction:** Check with your instructor what breaks are needed.

# Taekwon-Do Theory

## 7<sup>th</sup> Gup Green Stripe

**Pattern:** *Do-San Tul* 24 movements

### **Meaning of Do-San**

Do-San is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life which he devoted to furthering education in Korea and its independence movement.



**Fast Motion** - *balli*

**Palm** - *sonbadak*

**Downward** - *naeryo*

**Reverse** (used for **which hand** to use, as well as for direction) - *bandae*

**Wedging block** - *hechyo makgi*

**Outer forearm high wedging block** - *pakat palmok nopunde hechyo makgi*

**Palm downward block** - *sonbadak naeryo makgi*

**Middle reverse punch** - *kaunde bandae jirugi*

**Back fist high side strike** - *dung joomuk nopunde yop taerigi*

**Straight fingertip thrust** - *sun sonkut tulgi*

**Back piercing kick** - *dwitcha jirugi*

**Downward kick** - *naeryo chagi*

**Reverse turning kick** - *bandae dollyo chagi*

**Rules of conduct inside the *do jang*.** Courtesy and respect at all times and in all aspects of Taekwon-Do training.

More detail on the Protocol that should be followed by all students can be found on the club website [www.taranakitaekwondo.com](http://www.taranakitaekwondo.com) - Downloads.

For all grades, students should check with their instructor to find the techniques required for step sparring, self defence and destruction.

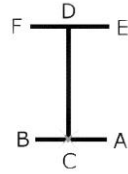
## Taekwon-Do Theory

### 6<sup>th</sup> Gup Green Belt

**Pattern:** *Won-Hyo Tul* 28 movements

#### **Meaning of Won-Hyo**

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.



#### **Meaning of the green belt:**

Green signifies the growth as the Taekwon-Do skills begins to develop like the green of a young plant.

**Two step sparring** - *ibo matsogi*

**Dodging** - *pihagi*

**Close ready stance A** - *moa junbi sogi A*

**Bending ready stance A** - *guburyo junbi sogi A*

**Fixed stance** - *gojung sogi*

**Close stance** - *moa sogi*

**Inner forearm circular block** - *an palmok dollimyo magki*

**Fixed stance side punch** - *gojung so yop jirugi*

**Knifehand inward strike** - *sonkal anuro taerigi*

**Reverse knifehand strike** - *sonkal dung taerigi*

**Crescent kick** - *bandal chagi*

**Vertical kick** - *sewo chagi*

**Pick shape kick** - *gokaeng-i chagi*

**Twisting kick** - *bituro chagi*

**Reverse hooking kick** - *bandae dollyo gorochagi*

For all grades, students should check with their instructor to find the techniques required for step sparring, self defence and destruction.



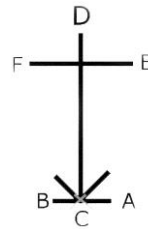
## Taekwon-Do Theory

### 5<sup>th</sup> Gup Blue Stripe

**Pattern:** *Yul-Gok Tul* 38 movements

#### **Meaning of Yul-Gok**

Yul-Gok is the pseudonym of a great philosopher and scholar Yi-I (1536-1584) nicknamed the "Confucius of Korea". The 38 movements of this pattern refer to his birthplace on the 38th degree of latitude and the diagram represents "scholar".



**One Step Sparring** - *ilbo matsogi*

**Elbow** - *palkup*

**X stance** - *kyocha sogi*

**Jumping X stance** - *twigi kyocha sogi*

**Twin knife-hand block** - *sang sonkal makgi*

**Double forearm block** - *doo palmok magki*

**Palm hooking block** - *sonbadak golcho makgi*

**Hooking kick** - *golcho chagi*

**Front elbow strike** - *ap palkup taerigi*

**Back snap kick** - *dwitchcha busigi*

**Side pushing kick** - *yopcha milgi*

**What is Taekwon-Do?** Refer to the full syllabus on the club website [www.taranakitaekwondo.com](http://www.taranakitaekwondo.com) - Downloads.

For all grades, students should check with their instructor to find the techniques required for step sparring, self defence and destruction.

## Taekwon-Do Theory

### 4<sup>th</sup> Gup Blue Belt

**Pattern:** *Joong-Gun Tul* 32 movements

#### **Meaning of Joong-Gun**

Joong-Gun Is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. Ahn's age when he was executed at Lui-Shung prison (1910).



#### **Meaning of the blue belt:**

Blue signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwon-Do progresses.

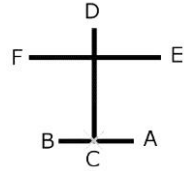
- Low stance** - *nachuo sogi*
- Rear foot stance** - *dwit bal sogi*
- Close ready stance B** - *moa junbi sogi B*
- Foot shifting** - *jajun bal*
  
- Reverse knifehand side block** - *sonkal dung yop makgi*
- Palm upward block** - *sonbadak ollyo makgi*
- X-fist rising block** - *kyocha joomuk chookyo makgi*
- Palm pressing block** - *sonbadak noollo makgi*
- U-shape block** - *digutja makgi*
  
- Upper elbow strike** - *wi palkup taerigi*
- Twin vertical punch** - *sang joomuk sewo jirugi*
- Twin fist upset punch** - *sang joomuk dwijibo jirugi*
- Angle punch** - *giokja jirugi*
  
- Skip kick** - *duro gamyo chagi*

**Student . Instructor Relationship: for students.** Refer to Encyclopedia.  
For all grades, students should check with their instructor to find the techniques required for step sparring, self defence and destruction. .

## Taekwon-Do Theory

### 3<sup>rd</sup> Gup Red Stripe

**Pattern:** *Toi-Gye Tul* 37 movements



#### **Meaning of Toi-Gye**

Toi-Gye is the pen name of the noted scholar Yi Hwang (16th century), an authority on neo-Confucianism. The 37 movements of the pattern refer to his birthplace on the 37th degree of latitude, and the diagram represents "scholar".

**X-fist pressing block** - *kyocha joomuk noollo makgi*  
**W-shape block** - *san makgi*  
**Double forearm low pushing block** - *doo palmok najunde miro makgi*  
**Knife-hand low guarding block** - *sonkal najunde daebi makgi*

**Backfist side back strike** - *dung joomuk yopdwi taerigi*  
**Upset fingertip thrust** - *dwijibun sonkut tulgi*  
**Twin side elbow thrust** - *sang yop palkup tulgi*

**Flying kicks** - *twimyo chagi*  
**Flying crescent kick** - *twimyo bandal chagi*  
**Upward kick** - *ollyo chagi*

For all grades, students should check with their instructor to find the techniques required for step sparring, self defence and destruction. .

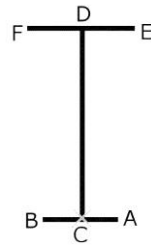
# Taekwon-Do Theory

## 2<sup>nd</sup> Gup Red Belt

**Pattern:** *Hwa-Rang Tul* 29 movements

### Meaning of Hwa-Rang

Hwa-Rang Is named after the Hwa-Rang youth group which originated in the Silla Dynasty in the early 7th century. The 29 movements refer to the 29th Infantry Division, where Taekwon-Do developed into maturity.



### Meaning of the red belt:

Red signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

- Vertical stance** - *soojik sogi*
- Close ready stance C** - *moa junbi sogi C*
- Sliding** - *mikulgi*
  
- Palm pushing block** - *sonbadak miro makgi*
- Side front block** - *yobap makgi*
  
- Front (side) checking kick** - *apcha (yopcha) momchagi*
- Flying hooking kick** - *twimyo golcho chagi*
- Mid-air kick** - *twio dolmyo chagi*
  
- Upward punch** - *ollyo jirugi*
- Knife-hand downward strike** - *sonkal naeryo taerigi*
- Side elbow thrust** - *yop palkup tulgi*
- Four direction thrust** - *saju tulgi*

**Procedure for leading the class:** Korean instructions are in the dictionary.

**History of Taekwon-Do:** Read in the Encyclopedia or online.

**Destruction:** Both power and special techniques.

Consult with your instructor for suitable techniques.

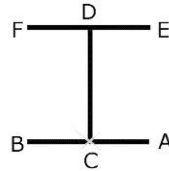
## Taekwon-Do Theory

### 1<sup>st</sup> Gup Black Stripe

**Pattern:** *Choong-Moo Tul* 30 movements

#### **Meaning of Choong-Moo**

Choong-Moo was the name given to the great Admiral Yi Soon-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.



**X – knife-hand checking block** - *kyocha sonkal momchau makgi*

**Twin palm upward block** - *sang sonbadak ollyo makgi*

**Downward punch** - *naeryo jirugi*

**Knife-hand high front strike** - *sonkal nopunde ap taerigi*

**Reverse knife-hand high front strike** - *sonkal dung nopunde ap taerigi*

**Flying high kick** - *twimyo nopi chagi*

**Overhead kick** - *twio nomo chagi*

**Destruction:** both power and special techniques.

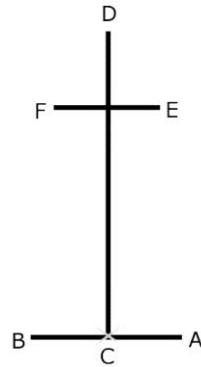
Consult with your instructor to find the techniques required for step sparring, self defence and destruction. .

# Taekwon-Do Theory

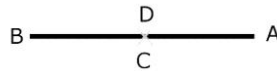
## 1<sup>st</sup> Dan Black Belt

**Patterns:**            *Kwang-Gae Tul*  39 movements  
                          *Po-Eun Tul*   36 movements  
                          *Ge Baek Tul*  44 movements

**Meaning of Kwang-Gae:** Kwang-Gae is named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A.D., the year he came to the throne.



**Meaning of Po-Eun:** Po-Eun is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.



**Meaning of Ge-Baek:** Ge-Baek is named after Ge-Baek, a great general in the Baek Je Dynasty (660 A.D.). The diagram represents his severe and strict military discipline.



### **Meaning of the Black Belt:**

Black is the opposite of white, therefore, signifying the maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

- One leg stance** - *waebal sogi*
- Parallel stance heaven hand** - *narani so hanulson*
- Double stepping** - *ibo omgyo didigi*
- Foot shifting** (with both feet) - *jajun bal* (See the section on page 22)

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**Double arc hand block** - *doo bandal son makgi*  
**Forefist pressing block** - *ap joomuk noollo makgi*  
**Inner forearm wedging block** - *an palmok hechyo makgi*  
**Low front block** - *najunde ap makgi*  
**Low reverse block** - *najunde bandae makgi*  
**Nine shape block** - *gutja makgi*  
**Reverse knife-hand low guarding block** - *sonkal dung najunde daebi makgi*  
**Scooping block** - *duro makgi*      **U-shape grasp** - *jigutja japggi*

**Back elbow thrust** - *dwit palkup tulgi*  
**Backfist front strike** - *dung joomuk ap taerigi*  
**Horizontal strike** - *soopyong tulgi*  
**Middle knuckle fist upset punch** - *joongi joomuk dwijibo jirugi*  
**Sidefist downward strike** - *yop joomuk naeryo taerigi*  
**Twin elbow horizontal thrust** - *sang palkup soopyong tulgi*  
**Upset punch** - *dwijibo jirugi*      **Pressing kick** - *noollo chagi*

**Ground techniques**      **Hand technique** - *son gisool*  
**Ground crosscut/punch/strike/thrust** - *noowo ghutgi/jirugi/taerigi/tulgi*  
**Holding** - *bachigi*      **Checking** - *momchugi*      **Covering** - *karioogi*  
**Foot technique** - *bal gisool*  
**Ground ... checking kick/ crescent kick/ hooking kick/ piercing kick/ smashing kick/ thrusting kick** - *noowo ... cha momchugi/ bandal chagi/ golcho chagi/ cha jirugi/ cha busigi/ cha tulgi*      **Leg crossing** - *dari kogi*  
**Ground dodging** - *noowo pihagi*      **Knee bending** - *moorup guburigi*

**Theory of Power** - *Him Ui Wollli*

**Reaction force** - *bandong ryok*

**Equilibrium** - *kyun hyung*

**Mass** - *zilyang*

**Concentration** - *jip joong*

**Breath control** - *hohup joju*

**Speed** - *sokdo*

**Stances:** Learn the distances, angles, facing and advantages of all stances.

**Self Defence:** ground techniques.      **Free-sparring:** 2:1

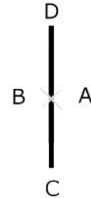
Consult with your instructor for destruction, step sparring and self defence.

# Taekwon-Do Theory

## 2<sup>nd</sup> Dan Black Belt

<b>Patterns:</b>	<i>Eui-Am Tul</i>	45 movements
	<i>Choong-Jang Tul</i>	52 movements
	<i>Juche Tul</i>	45 movements
	<i>Ko-Dang Tul</i>	39 movements

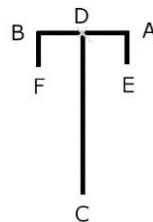
**Meaning of Eui-Am:** Eui-Am is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. The diagram represents his indomitable spirit, displayed while dedicating himself to the prosperity of his nation.



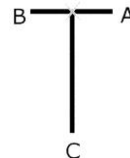
**Meaning of Choong-Jang:** Choong-Jang is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.



**Meaning of Juche:** Juche is a philosophical idea that man is the master of everything and decides everything, in other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain which symbolizes the spirit of the Korean people. The diagram represents Baekdu Mountain.



**Meaning of Ko-Dang:** Pseudonym of the patriot Cho Man Shik, who dedicated his life to the Korean Independence Movement and to the education of his people.



- Diagonal stance** - *sasun sogi*
- Close ready stance D** - *moa junbi sogi D*
- Parallel stance with twin side elbow** - *narani so sang yop palkup*
- Close stance heaven hand** - *moa so hanulson*
- Bending ready stance B** - *guburyo junbi sogi B*



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**Alternate palm downward block** - *eukhallin sonbadak naeryo makgi*  
**Downward block** - *naeryo makgi*  
**Knifehand rising block** - *sonkal chookyo makgi*  
**Low inward block** - *najunde anuro makgi*  
**Parallel block** - *narani makgi*  
**Reverse knifeand circular block** - *sonkal dung dollimyo makgi*  
**Twin palm pressing block** - *sang sonbadak noollo makgi*  
**Twin palm rising block** - *sang sonbadak chookyo makgi*  
**X-fist downward block** - *kyocha joomuk naeryo makgi*

**Crescent punch** - *bandal jirugi*  
**Turning punch** - *dollyo jirugi*  
**Double finger thrust** - *doo songarak tulgi*  
**Backhand downward strike** - *sondung naeryo taerigi*  
**Backfist side front strike** - *dung joomuk yobap taerigi*  
**Twin knife-hand horizontal strike** - *sang sonkal soopyong taerigi*  
**Arc hand strike** - *bandal son taerigi*  
**Twin foreknuckle fist crescent punch** - *sang inji joomuk bandal jirugi*  
**Open fist punch** - *pyon joomuk jirugi*  
**Crosscut** - *ghutgi*  
**High elbow strike** - *nopunde palkup taerigi*  
**Mid-air strike** - *twio dolmyo taerigi*  
**Straight elbow downward thrust** - *sun palkup naeryo tulgi*  
**Arc hand crescent strike** - *bandal son bandal taerigi*  
**Twin knife-hand inward strike** - *sang sonkal anuro taerigi*  
**Back fist horizontal strike** - *dung joomuk soopyong taerigi*  
**Flying consecutive punch** - *twimyo yonsok jirugi*  
**Knee front snap kick** - *moorup apcha busigi*  
**Dodging reverse turning kick** - *pihamyo bandae dollyo chagi*  
**Two direction kick** - *sangbang chagi*  
**Stamping kick** - *cha bapgi*  
**Straight kick** - *jigeau chagi*

**Composition of Taekwon-Do** - *Taekwon-Do goosung.*

**System of sparring** – *matsogi goosung*    **System of rank** - *dang up jedo.*

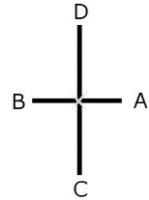
Self Defence against weapons.    Step sparring to include Pre-arranged.

# Taekwon-Do Theory

## 3<sup>rd</sup> Dan Black Belt

<b>Patterns:</b>	<i>Sam-Il Tul</i>	33 movements
	<i>Yoo-Sin Tul</i>	68 movements
	<i>Choi-Yong Tul</i>	46 movements

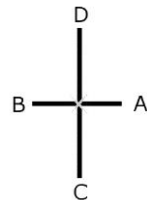
**Meaning of Sam-Il:** Sam-Il denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.



**Meaning of Yoo-Sin:** Yoo-Sin is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 A.D., the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo Sin's mistake of following his king's orders to fight with foreign forces against his own nation.



**Meaning of Choi-Yong:** Choi-Yong is named after General Choi Yong, Premier and Commander-in-Chief of the Armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism, and humility. He was executed by his subordinate commanders headed by General Yi Sung Gae, who later become the first king of the Lee Dynasty.



**Warrior ready stance B** - *moosa junbi sagi*

<b>Foot lifting</b> -	<i>bal dulgi</i>
<b>Body dropping</b> -	<i>mom nachugi</i>
<b>High outward block &amp; forearm low block</b> –	<i>nopunde bakuro makgi wa palmok najunde makgi</i>
<b>Reverse knife-hand guarding block</b> -	<i>sonkal dung daebi makgi</i>
<b>W-shape blockb (2 opponents)</b> -	<i>san makgi</i>
<b>Waving kick</b> -	<i>doro chagi</i>

## Taekwon-Do Theory

<b>Double fist low punch</b> -	<i>doo joomuk najunde jirugi</i>
<b>U-shape punch</b> -	<i>digutja jirugi</i>
<b>Backhand horizontal strike</b> -	<i>sondung soopyong taerigi</i>
<b>Middle knuckle fist punch</b> -	<i>joongi joomuk jirugi</i>
<b>Sweeping kick</b> -	<i>suroh chagi</i>
<b>Foot tackling</b> -	<i>bal golgi</i>
<b>Grasping kick</b> -	<i>butjapgo chagi</i>
<b>Punching kick</b> -	<i>jirumyo chagi</i>
<b>Striking kick</b> -	<i>taerimyo chagi</i>
<b>Thrusting kick</b> -	<i>tulumyo chagi</i>

### Training secrets of Taekwon-Do

To study the theory of power thoroughly.

To understand the purpose and method of each movement clearly.

To bring the movement of eyes, hands, feet and breath into a single action.

To choose the appropriate attacking tool for each vital spot.

To become familiar with the correct angle & distance for attack and defense.

Keep both the arms and legs bent slightly while the movement is in motion.

All movements begin with a backward motion, with few exceptions. Once started the movement should not be stopped before reaching the target.

To create a sine wave during the movement by using knee spring properly.

To exhale briefly at the moment of each blow except in a connecting motion.

<b>Moral Culture</b> - <i>jungshin sooyang</i>	Humanity - <i>in</i>
Righteousness - <i>ui</i>	Propriety - <i>ye</i>
Wisdom - <i>ji</i>	Trust - <i>shin</i>

The General recommended these activities as part of training:

Travel - <i>yo haeng</i>	Mountain climbing - <i>dung san</i>
Public service - <i>sahwe bongsa</i>	Etiquette - <i>ye jol</i>

**Self defence:** throwing and falling techniques – *dunjigi wa torojigi*

Consult your instructor about destruction, step sparring and self defence.

**Thesis** – an essay on some aspect of Taekwon-Do.

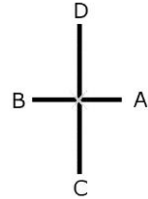
**Credits** for service towards Taekwon-Do: the art and your club.

# Taekwon-Do Theory

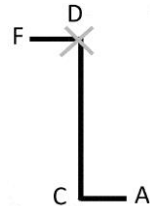
## 4<sup>th</sup> Dan Black Belt

<b>Patterns:</b>	<i>Yon-Gae Tul</i>	49 movements
	<i>Ul-Ji Tul</i>	42 movements
	<i>Moon-Moo Tul</i>	61 movements

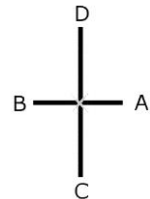
**Meaning of Yon-Gae:** Yon-Gae is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The 49 movements refer to the last two figures of 649 A.D., the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung.



**Meaning of Ul-Ji:** Ul-Ji is named after general Ul-Ji Moon Dok who successfully defended Korea against a Tang's invasion force of nearly one million soldiers led by Yang Je in 612 A.D. Ul-Ji, employing hit and run guerilla tactics, was able to decimate a large percentage of the force. The diagram represents his surname. The 42 movements represent the author's age when he designed the pattern.



**Meaning of Moon-Moo:** Moon-Moo honours the 30th King of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "where my soul shall forever defend my land against the Japanese." It is said that the Sok Gul Am (Stone cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 661 A.D. when Moon Moo came to the throne.



## Taekwon-Do Theory

<b>Warrior ready stance A</b>	-	<i>moosa junbi sogi A</i>
<b>Parallel stance with X-backhand</b>	-	<i>narani so kyocha sondung</i>
<b>Double step jumping</b>	-	<i>ibo omgyo didmyo twigi</i>
<b>X-fist checking block</b>	-	<i>kyocha joomuk momchau makgi</i>
<b>Waist block</b>	-	<i>hori makgi</i>
<b>Twin straight forearm checking block</b>	-	<i>sang sun palmok momchau makgi</i>
<b>Outward block and pushing block</b>	-	<i>bakuro makgi wa miro makgi</i>
<b>Arc hand rising block</b>	-	<i>bandal son chookyo makgi</i>
<b>Low side block &amp; high side block</b>	-	<i>najunde yop makgi wa nopunde yop makgi</i>
<b>Long fist punch</b>	-	<i>ghin joomuk jirugi</i>
<b>Flying knifehand side strike</b>	-	<i>twimyo sonkal yop taerigi</i>
<b>Twin side fist horizontal strike</b>	-	<i>sang yop joomuk soopyong taerigi</i>
<b>Side fist side strike</b>	-	<i>yop joomuk yop taerigi</i>
<b>Side thrusting kick</b>	-	<i>yopcha tulgi</i>
<b>High twisting kick</b>	-	<i>nopunde bituro chagi</i>
<b>Side front snap kick and wedging block</b>	-	<i>yobap cha busigi wa hechyo makgi</i>

Study what is meant by the Ideal Instructor

Study the Student and Instructor Relationship

Students are expected to have a wide general knowledge of Taekwon-Do.

See your online syllabus for destruction, step sparring and self defence.

All previous theory should be known, including all forms of sparring.

**Thesis** – an essay on some aspect of Taekwon-Do.

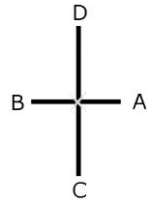
**Credits** for service towards Taekwon-Do: the art and your club.

# Taekwon-Do Theory

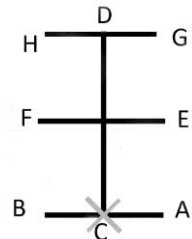
## 5<sup>th</sup> Dan Black Belt

**Patterns:**            *So-San Tul*            72 movements  
                          *Se-Jong Tul*            24 movements

**Meaning of So-San:** So-San is the pseudonym of the great monk Choi Hyong Ung (1520-1604) during the Lee Dynasty. The 72 movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil Sa Myunh Dang. The monk soldiers helped repulse the Japanese pirates who overran most of the Korean peninsula in 1592.



**Meaning of Se-Jong:** Se-Jong is named after the greatest Korean King, Se-Jong, who invented the Korean alphabet in 1443, and was also a noted meteorologist. The diagram represents the king, while the 24 movements refer to the 24 letters of the Korean alphabet.



**One leg stance (with instep to hollow of knee) -** *waebal sogi*

**Knife-hand low block & inner forearm middle outward block -**  
*sonkal najunde makgi wa ap palmok kaunde bakuro makgi*

**Palm obverse pressing block -** *sonbadak baro noollo makgi*

**Vertical punch -** *sewo jirugi*

Study the Philosophy of Taekwon-Do

All previous theory should be known, including all forms of sparring.

**Thesis** – an essay on some aspect of Taekwon-Do.

**Credits** for service towards Taekwon-Do: the art and your club.

## Taekwon-Do Theory

### 6<sup>th</sup> Dan Black Belt

**Pattern:** *Tong-Il Tul* 56 movements

**Meaning of Tong-Il:** Tong-Il denotes the resolution of the unification of Korea which has been divided since 1945. The diagram symbolizes the homogenous race.



- Palm low inward block** - *sonbadak najunde anuro makgi*
- Twin palm horizontal block** - *sang sonbadak soopyong makgi*
- Bow wrist upward block** - *sonmok dung ollyo makgi*
- Knife-hand circular block** - *sonkal dollimyo makgi*
  
- Twin fist middle punch** - *sang joomuk kaunde jirugi*
- Backhand outward strike** - *sondung bakuro taerigi*
- Angle fingertip thrust** - *homi sonkut tulgi*
- Under fist front strike** - *mit joomuk ap taerigi*
- Twin side back elbow thrust** - *sang yopdwi palkup tulgi*

All theory from previous grades.

Especially the content of the Encyclopedia.

Promotion to 7<sup>th</sup> degree and above is a hard-earned honour. The successful candidate well deserves to be called Master.

## Taekwon-Do Theory

### **Foot Shifting (*jajun bal*)**

	<i>movements</i>	<i>description</i>	<i>path of moving foot</i>
<b><u>Pulling</u></b> (moving a foot inwards)			
<b>Joong-Gun</b>	21 & 24	WS to L-stance ( <i>WS means walking stance</i> )	front foot in then out
<b>Hwa-Rang</b>	7 11 21	Fixed Stance to vert S WS to L-stance WS to L-stance	front ft, direct front ft, direct front ft, direct
<b>Choong-Moo</b>	21	WS to L-stance	front ft, direct
<b>Kwang-Gae</b>	16 & 20	L-S to close S	front ft, direct
<b>Ge-Baek</b>	35	WS to L-stance	front foot in then out
<b>Eui-Am</b>	13 & 26 29 & 34	WS to parallel S WS to rear ft S	back ft, direct, slow front ft, direct
<b>Juche</b>	42	L-S to parallel S	back ft, direct
<b>Ko-Dang</b>	26	WS to L-stance	front ft in then out
<b>Sam-Il</b>	8 10	WS to L-stance sitting S (to A) to L-S (to C)	front ft, direct right ft in then out to C
<b>Yoo-Sin</b>	64	sitting S (to B) to vert S (to D)	left ft, direct
<b>Yon-Gae</b>	7 & 18	WS to rear ft S	front ft, direct
<b>So-San</b>	54 & 59	WS to L-stance	front ft in then out



## Taekwon-Do Theory

### **Slipping** (moving a foot outwards)

<b>Won-Hyo</b>	3, 6, 15, 18	L-S to fixed S	front ft in then out
<b>Joong-Gun</b>	8 & 10 27 & 29	L-S to WS L-S to low S	back ft, direct front ft in then out, slow
<b>Toi-Gye</b>	2 & 5, 20, 32 & 34	L-S to WS	front ft, direct
<b>Hwa-Rang</b>	24	L-S to WS	front ft, direct
<b>Choong-Moo</b>	11	L-S to WS	front ft, direct
<b>Kwang-Gae</b>	26 & 30	WS to low S	front ft in then out, slow
<b>Eui-Am</b>	30 & 34 42 & 44	rear ft S to L-S L-S to WS	front ft, direct back ft in then out
<b>Choong-Jang</b>	34 & 36 38 & 40	L-S to WS L-S to WS	front ft in then out front ft in then out
<b>Juche</b>	28 & 30	rear ft S to WS	front ft, direct
<b>Ko-Dang</b>	27	L-S to WS	front ft in then out
<b>Sam-Il</b>	15	L-S to fixed S	front ft, direct
<b>Yon-Gae</b>	6 & 17 46 & 48	L-S to WS L-S to WS	front ft in then out back ft in then out
<b>So-San</b>	2 & 4 18 & 21 24 & 26 52 & 57 72	rear ft S to WS L-S to WS L-S to WS L-S to WS L-S to WS	front ft, direct front ft, direct back ft, direct front ft in then out front ft in then out

## Taekwon-Do Theory

<b>Tong-Il</b>	4	rear ft S to WS	back ft, direct
	11	from kick & down, to L-S	front ft, direct, slow
	37	L-S to WS	front ft, direct

### **Shifting** (maintaining a stance)

<b>Kwang-Gae</b>	25 & 29	WS to WS backward
<b>Eui-Am</b>	31 & 36	L-S to L-S backward
<b>Yon-Gae</b>	5 & 16, 40	L-S to L-S backward
<b>Moon-Moo</b>	45 & 48	WS to WS backward
<b>So-San</b>	31 & 33	L-S to L-S forward
	61 & 67	WS to WS forward

### **Sliding** (covering distance, usually while changing stance)

<b>Hwa-Rang</b>	6	L-S to fixed S	front ft, forward
	25	W S rotate & slide to L-S	back ft, rotate, slide back
<b>Kwang-Gae</b>	5 & 7	WS to L-S	front ft step back & slide back
<b>Choong-Jang</b>	9	WS to L-S	pivot on back ft, slide back
	21	L-S rotate, slide back to L-S	pivot on front ft
<b>Juche</b>	27	close S to rear ft S	slide back
	29	WS to rear ft S	slide back
	33	WS to L-S	front ft step back & slide back
	35	L-S to L-S	front ft step back & slide back
	39	diag. S to rear ft S	rt foot slides forward, rotate
<b>Ko-Dang</b>	28	WS to L-S	front ft step back & slide back

## Taekwon-Do Theory

<b>Sam-Il</b>	1	close S to L-S	left foot leads forward
<b>Yoo-Sin</b>	2 & 3	sitting S to sitting S	slide sideways
<b>Choi-Yong</b>	29	L-S to L-S	step forward with each ft, rotate, slide back
	46	L-S to fixed stance	back foot step forward, slide forward
<b>Yon-Gae</b>	1 & 12	Parallel S to L-S	slide back
	3 & 14	WS to L-S	front ft back, slide back
	47 & 49	WS to L-S	front ft back, slide back
<b>Ul-Ji</b>	33	fixed S to L-S	back ft forward, slide forward
<b>Moon-Moo</b>	25 & 34	WS to rear ft S	front ft back, slide back
	28 & 37	sitting S to sitting S	slide sideways
<b>So-San</b>	1	close S to rear ft S	slide back
	3	WS to rear ft S	slide back
	23	WS to L-S	back ft forward, slide forward
	25	WS to L-S	rotate & slide
	50	WS to L-S	back ft forward, turn & slide back
	55	L-S to L-S	back ft forward, turn & slide back
	60 & 66	L-S to L-S	front ft back, slide back
<b>Tong-Il</b>	29 & 33	WS to L-S	back ft forward, slide forward
	42 & 44	sitting S to sitting S	slide sideways

### **Foot Movements during releases in Taekwon-do Patterns**

<b>Do-San</b>	7	rt WS to left WS	pivot on front ft, rotate
<b>Joong-Gun</b>	15 & 18	L-S to WS	slipping front ft
<b>Hwa-Rang</b>	11 to 12	WS to L-S	back ft in, front ft kick & down
<b>So-San</b>	18 & 21	L-S to WS	slipping front ft

## Taekwon-Do Theory

### Dictionary: English to Korean

2G = 2<sup>nd</sup> Gup, 2D = 2<sup>nd</sup> Dan etc

The level at which the terms are first met

1: <i>hana</i>	2: <i>dool</i>	3: <i>set</i>	4: <i>net</i>	5: <i>dosot</i>	
6: <i>yosot</i>	7: <i>ilgop</i>	8: <i>yodul</i>	9: <i>ahop</i>	10: <i>yol</i>	10G
About turn		<i>twiro tora</i>			2G
Alternate palm downward block		<i>eukhallin sonbadak naeryo makgi</i>			2D
Angle fingertip thrust		<i>homi sonkut tulgi</i>			6D
Angle punch		<i>giokja jirugi</i>			4G
Arc hand rising block		<i>bandal son chookyo makgi</i>			4D
Arc hand strike		<i>bandal son taerigi</i>			2D
At ease		<i>swiyo</i>			2G
Attention		<i>charyot</i>			10G
Back		<i>dwit or dung</i>			8G
Back elbow thrust		<i>dwit palkup tulgi</i>			1D
Back fist		<i>dung joomuk</i>			8G
Back fist front strike		<i>dung joomuk ap taerigi</i>			1D
Back fist horizontal strike		<i>dung joomuk soopyong taerigi</i>			2D
Back fist side back strike		<i>dung joomuk yop taerigi</i>			8G
Back fist side front strike		<i>dung joomuk yopdwi taerigi</i>			3G
Back fist high side strike		<i>dung joomuk yobap taerigi</i>			2D
Back fist side strike		<i>dung joomuk nopunde yop taerigi</i>			7G
Backhand downward strike		<i>sondung naeryo taerigi</i>			2D
Backhand horizontal strike		<i>sondung soopyong taerigi</i>			3D
Backhand outward strike		<i>sondung bakuro taerigi</i>			6D
Back piercing kick		<i>dwitcha jirugi</i>			7G
Back snap kick		<i>dwitcha busigi</i>			5G
Backward		<i>duruogi</i>			9G
Bending ready stance A,B	<i>guburyo junbi sogi A, B</i>				6G,2D
Black Belt (1D to 3D)		<i>Boosabum</i>			8G
Black Belt (4D to 6D)		<i>Sabum</i>			8G
Block		<i>makgi</i>			10G
Body dropping		<i>mom nachugi</i>			3D
Bow		<i>kyong ye</i>			10G
Bow wrist upward block		<i>sonmok dung ollyo makgi</i>			6D
Breath control		<i>hohup joju</i>			1D

## Taekwon-Do Theory

Checking block with X-fist	<i>kyocha joomuk momchau makgi</i>	4D
Checking block with X-knife-hand	<i>kyocha sonkal momchau makgi</i>	1G
Checking kick	<i>cha momchagi</i>	4D
Circular block	<i>dollimyo makgi</i>	6G
Circular block with knife-hand	<i>dollimyo sonkal makgi</i>	6D
Circular block with reverse knife-hand	<i>dollimyo sonkal dung makgi</i>	2D
Class dismissed	<i>hae san</i>	2G
Close ready stance A,B,C,D	<i>moa junbi sogi A,B,C,D</i>	6G, 4G, 2G, 2D
Close stance	<i>moa sogi</i>	6G
Close stance heaven hand	<i>moa so hanulson</i>	2D
Concentration	<i>jip joong</i>	1D
Connecting motion	<i>yon gyol tongjak</i>	5G
Consecutive motion	<i>yonsok</i>	1D
Continuous motion	<i>iojin tongjak</i>	8G
Courtesy	<i>Ye Ui</i>	10G
Covering	<i>kariogi</i>	1D
Crescent kick	<i>bandal chagi</i>	6G
Crescent punch	<i>bandal jirugi</i>	2D
Crescent punch, twin fore-knuckle	<i>fist sang inji joomuk bandal jirugi</i>	2D
Crescent strike with arc-hand	<i>bandal son bandal taerigi</i>	2D
Cross-cut	<i>ghutgi</i>	2D
Cross-cut with flat fingertip	<i>ghutgi opun sonkut</i>	2D
Diagonal stance	<i>sasun sogi</i>	2D
Dodging	<i>pihagi / pihamyo</i>	6G
Dodging reverse turning kick	<i>pihamyo bandae dollyo chagi</i>	2D
Double arc hand block	<i>doo bandal son makgi</i>	1D
Double finger thrust	<i>doo songarak tulgi</i>	2D
Double fist low punch	<i>doo joomuk najunde jirugi</i>	3D
Double forearm block	<i>doo palmok makgi</i>	5G
Double forearm low pushing block	<i>doo palmok najunde miro makgi</i>	3G
Double step jumping	<i>ibo omgyo didmyo twigi</i>	4D
Double stepping	<i>ibo omygo didigi</i>	1D
Downward	<i>naeryo</i>	7G
Downward block	<i>naeryo makgi</i>	2D
Downward block, alternate palm	<i>eukhallin sonbadak naeryo makgi</i>	2D
Downward block with X-fist	<i>kyocha joomuk naeryo makgi</i>	2D

## Taekwon-Do Theory

Downward kick	<i>naeryo chagi</i>	7G
Downward knife-hand strike	<i>sonkal naeryo taerigi</i>	2G
Downward punch	<i>naeryo jirugi</i>	1G
Downward strike with backhand	<i>naeryo sondung taerigi</i>	2D
Downward strike with side fist	<i>naeryo yop joomuk taerigi</i>	1D
Downward thrust, straight elbow	<i>sun palkup naeryo tulgi</i>	2D
Eight	<i>yodul</i>	10G
Elbow	<i>palkup</i>	8G
Elbow strike	<i>palkup taerigi</i>	5G
Elbow thrust	<i>palkup tulgi</i>	2G
Equilibrium	<i>kyun hyung</i>	1D
Etiquette	<i>ye jol</i>	3D
Face the flag	<i>kukki e tae hae</i>	2G
Face the General	<i>chang shiga nim kke</i>	2G
Face the Grand Master (9D)	<i>Saseong nim kke</i>	2G
Face the Instructor (1D to 3D)	<i>Boosabum nim kke</i>	2G
Face the Instructor (4D to 6D)	<i>Sabum nim kke</i>	2G
Face the Master (7D to 8D)	<i>Sahyun nim kke</i>	2G
Face the senior	<i>suseog-e jigmyeon</i>	2G
Fast motion	<i>balli</i>	7G
Fingertip	<i>sonkut</i>	9G
Fingertip thrust	<i>sonkut tulgi</i>	7G
Five	<i>dosot</i>	10G
Fixed stance	<i>gojung sogi</i>	6G
Fixed stance side punch	<i>gojung so yop jirugi</i>	6G
Flat	<i>opun</i>	9G
Flat fingertip cross-cut	<i>opun sonkut ghutgi</i>	2D
Flat fingertip thrust	<i>opun sonkut tulgi</i>	9G
Flying consecutive punch	<i>twimo yonsok jirugi</i>	2D
Flying crescent kick	<i>twimyo bandal chagi</i>	3G
Flying front snap kick	<i>twimyo apcha busigi</i>	5D
Flying high kick	<i>twimyo nopi chagi</i>	1G
Flying hooking kick	<i>twimyo golcho chagi</i>	2G
Flying kicks	<i>twimyo chagi</i>	3G
Flying knifehand side strike	<i>twimyo sonkal yop taerigi</i>	4D
Flying side piercing kick	<i>twimyo yopcha jirugi</i>	1G

## Taekwon-Do Theory

Foot lifting	<i>bal dulgi</i>	3D
Foot shifting	<i>jajun bal</i>	4G
Foot tackling	<i>bal golgi</i>	3D
Foot technique	<i>bal gisool</i>	1D
Forearm	<i>palmok</i>	10G
Forearm block	<i>palmok makgi</i>	10G
Forearm guarding block	<i>palmok daebi makgi</i>	9G
Forearm inward block	<i>palmok anuro makgi</i>	9G
Forefist pressing block	<i>ap joomuk noollo makgi</i>	1D
Forefist punch	<i>ap joomuk jirugi</i>	10G
Forward	<i>nagagi</i>	9G
Four	<i>net</i>	10G
Four direction block	<i>saju makgi</i>	10G
Four direction punch	<i>saju jirugi</i>	10G
Four direction thrust	<i>saju tulgi</i>	2G
Free sparring	<i>jayu matsogi</i>	9G
Front	<i>ap</i>	10G
Front checking kick	<i>apcha momchagi</i>	2G
Front elbow strike	<i>ap palkup taerigi</i>	5G
Front rising kick	<i>apcha olligi</i>	10G
Front snap kick	<i>apcha busigi</i>	10G
Fundamental movements	<i>saju jirugi, saju makgi</i>	10G
Grand Master (9D)	<i>Saseong</i>	8G
Grasping kick	<i>butjapgo chagi</i>	3D
Greeting	<i>Taekwon</i>	10G
Ground checking kick	<i>noowo cha momchugi</i>	1D
Ground crescent kick	<i>noowo cha bandal chagi</i>	1D
Ground crosscut	<i>noowo ghutgi</i>	1D
Ground dodging	<i>noowa pihagi</i>	1D
Ground hooking kick	<i>noowo cha golcho chagi</i>	1D
Ground piercing kick	<i>noowo cha jirugi</i>	1D
Ground punch	<i>noowo jirugi</i>	1D
Ground smashing kick	<i>noowo cha busigi</i>	1D
Ground strike	<i>noowo taerigi</i>	1D
Ground thrust	<i>noowo tulgi</i>	1D
Ground thrusting kick	<i>noowo cha tulgi</i>	1D

## Taekwon-Do Theory

Guarding block	<i>daebi makgi</i>	9G
Hand technique	<i>son gisool</i>	1D
Heaven hand	<i>hanulson</i>	1D
High	<i>nopunde</i>	10G
High elbow strike	<i>nopunde palkup taerigi</i>	2D
High outward block	<i>nopunde bakura makgi</i>	
and forearm low block	<i>wa palmok najunde makgi</i>	3D
High twisting kick	<i>nopunde bituro chagi</i>	4D
Holding	<i>bachigi</i>	1D
Hooking	<i>golcho</i>	5G
Hooking kick	<i>golcho chagi</i>	5G
Horizontal block with twin palm	<i>sang sonbadak soopyong makgi</i>	6D
Horizontal punch	<i>soopyong jirugi</i>	1D
Horizontal strike	<i>soopyong taerigi</i>	2D
Horizontal strike with back fist	<i>dung joomuk soopyong taerigi</i>	2D
Horizontal strike with back hand	<i>sondung soopyong taerigi</i>	3D
Horizontal strike with twin knife-hand	<i>sang sonkal soopyong taerigi</i>	2D
Horizontal strike with twin side fists	<i>sang yop jirugi soopyong taerigi</i>	4D
Horizontal thrust with twin elbow	<i>sang palkup soopyong tulgi</i>	1D
Humanity	<i>in</i>	3D
Indomitable Spirit	<i>Baekjul Boolgool</i>	10G
Inner	<i>an</i>	10G
Inner forearm	<i>an palmok</i>	10G
Inner forearm circular block	<i>an palmok dollimyo makgi</i>	6G
Inner forearm wedging block	<i>an palmok hechyo makgi</i>	1D
Integrity	<i>Yom Chi</i>	10G
Inward block	<i>anuro makgi</i>	9G
Inward block with palm	<i>sonbadak anuro makgi</i>	6D
Inward knife-hand strike	<i>sonkal anuro taerigi</i>	6G
Inward strike with twin knife-hand	<i>sang sonkal anuro taerigi</i>	2D
Jumping	<i>twigi</i>	5G
Jumping X stance	<i>twigi kyocha sogi</i>	5G
Kick	<i>chagi</i>	10G
Knee Bending	<i>moorup guburigi</i>	1D
Knee front snap kick	<i>moorup apcha busigi</i>	2D
Knife-hand	<i>sonkal</i>	10G



## Taekwon-Do Theory

Knife-hand block	<i>sonkal makgi</i>	10G
Knife-hand circular block	<i>sonkal dollimyo makgi</i>	6D
Knife-hand downward strike	<i>sonkal naeryo taerigi</i>	2G
Knife-hand guarding block	<i>sonkal daebi makgi</i>	8G
Knife-hand high front strike	<i>sonkap nopunde ap taerigi</i>	1G
Knife-hand inward strike	<i>sonkal anuro taerigi</i>	6G
Knife-hand low block & inner forearm middle outward block	<i>sonkal najunde makgi wa ap palmok kaunde bakuro makgi</i>	5D
Knife-hand low guarding block	<i>sonkal najunde daebi makgi</i>	3G
Knife-hand rising block	<i>sonkal chookyo makgi</i>	2D
Knife-hand side strike	<i>sonkal yop taerigi</i>	8G
Knife-hand wedging block	<i>sonkal hechyo makgi</i>	2D
Knife-hand W-shape block	<i>sonkal san makgi</i>	3D
L-stance	<i>niunja sogi</i>	9G
Left	<i>wen</i>	9G
Leg crossing	<i>dari kogi</i>	1D
Long fist punch	<i>ghin joomuk jirugi</i>	4D
Low	<i>najunde</i>	10G
Low front block	<i>najunde ap makgi</i>	1D
Low inward block	<i>najunde anuro makgi</i>	2D
Low punch	<i>najunde jirugi</i>	4D
Low punch with double fist	<i>doo joomuk najunde jirugi</i>	3D
Low reverse block	<i>najunde bandae makgi</i>	1D
Low side block and high side block	<i>najunde yop makgi wa nopunde yop makgi</i>	4D
Low stance	<i>nachuo sogi</i>	4G
Mass	<i>zilyang</i>	1D
Master (9D)	<i>Saseong</i>	8G
Mid-air kick	<i>twio dolmyo chagi</i>	2G
Mid-air strike	<i>twio dolmyo taerigi</i>	2D
Middle	<i>kaunde</i>	10G
Middle knuckle fist	<i>joongi joomuk</i>	1D
Middle knuckle fist upset punch	<i>joongi joomuk dwijibo jirugi</i>	1D
Middle punch	<i>kaunde jirugi</i>	10G
Middle reverse punch	<i>kaunde bandae jirugi</i>	7G
Moral Culture	<i>jungshin sooyang</i>	3D

## Taekwon-Do Theory

Mountain climbing	<i>dung san</i>	3D
Nine	<i>ahop</i>	10G
Nine shape block	<i>gutja makgi</i>	1D
One-leg stance	<i>waebal sogi</i>	1D
One step sparring	<i>ilbo matsogi</i>	5G
Open fist punch	<i>pyon joomuk jirugi</i>	2D
Outer forearm	<i>pakat palmok</i>	10G
Outer forearm side block	<i>pakat palmok yop makgi</i>	8G
Outward	<i>bakuro</i>	3D
Outward block and pushing block	<i>bakuro makgi wa miro makgi</i>	4D
Overhead kick	<i>twio nomo chagi</i>	1G
Overlapped back hand	<i>pogaen sondung</i>	6D
Palm	<i>sonbadak</i>	7G
Palm downward block	<i>sonbadak naeryo makgi</i>	7G
Palm hooking block	<i>sonbadak golcho makgi</i>	6G
Palm low inward block	<i>sonbadak najunde anuro makgi</i>	6D
Palm obverse pressing block	<i>sonbadak baro noollo makgi</i>	5D
Palm pressing block	<i>sonbadak noollo makgi</i>	5G
Palm pushing block	<i>sonbadak miro makgi</i>	2G
Palm scooping block	<i>duro makgi</i>	1D
Palm upward block	<i>sonbadak ollyo makgi</i>	4G
Parallel block	<i>narani makgi</i>	2D
Parallel ready stance	<i>narani junbi sogi</i>	10G
Parallel stance	<i>narani sogi</i>	10G
Parallel stance with an X-backhand	<i>narani sogi kyocha sondung</i>	4D
Parallel stance with heaven hand	<i>narani so hanulson</i>	1D
Parallel stance with twin side elbow	<i>narani so sang yop palkup</i>	2D
Patterns:	<i>Choi-Yong</i>	3D
	<i>Chon-Ji</i>	9G
	<i>Choong-Jang</i>	2D
	<i>Choong-Moo</i>	1G
	<i>Dan-Gun</i>	8G
	<i>Do-San</i>	7G
	<i>Eui-am</i>	2D
	<i>Ge-Baek</i>	1D
	<i>Hwa-Rang</i>	2G

## Taekwon-Do Theory

	<i>Joong-Gun</i>	4G
	<i>Juche</i>	2D
	<i>Ko-Dang</i> (old original pattern)	2D
	<i>Kwang-Gae</i>	1D
	<i>Moon-Moo</i>	4D
	<i>Po-Eun</i>	1D
	<i>Sam-Il</i>	3D
	<i>Se-Jong</i>	5D
	<i>So-San</i>	5D
	<i>Toi-Gye</i>	3G
	<i>Tong-Il</i>	6D
	<i>Ul-Ji</i>	4D
	<i>Won-Hyo</i>	6G
	<i>Yon-Gae</i>	4D
	<i>Yoo-Sin</i>	3D
	<i>Yul-Gok</i>	5G
Perseverance	<i>In Nae</i>	10G
Pick-shape kick	<i>gokaeng-I chagi</i>	6G
Pressing block	<i>noollo makgi</i>	3G
Pressing block with fore-fist	<i>ap joomuk noollo makgi</i>	1D
Pressing block with twin palm	<i>sang sonbadak noollo makgi</i>	2D
Pressing block with X-fist	<i>kyocha joomuk noollo makgi</i>	3G
Pressing kick	<i>noollo chagi</i>	1D
Propriety	<i>ye</i>	3D
Public service	<i>sahwe bongsa</i>	3D
Punch	<i>jirugi</i>	10G
Punching kick	<i>jirumyo chagi</i>	3D
Pushing block	<i>miro makgi</i>	2G
Pushing kick	<i>miro chagi</i>	4D
Rank System	<i>dang up jedo</i>	2D
Reaction force	<i>banding ryok</i>	1D
Ready	<i>junbi</i>	10G
Rear foot stance	<i>dwit bal sogi</i>	4G
Return	<i>baro</i>	2G
Reverse	<i>bandae</i>	7G
Reverse hooking kick	<i>bandae dollyo gorochagi</i>	6G

## Taekwon-Do Theory

Reverse knife-hand	<i>sonkal dung</i>	8G
Reverse knife-hand circular block	<i>sonkal dung dollimyo makgi</i>	2D
Reverse knife-hand guarding block	<i>sonkal dung daebi makgi</i>	3D
Reverse knife-hand high front strike	<i>sonkal dung nopunde ap taerigi</i>	1G
Reverse knife-hand	<i>sonkal dung</i>	
low guarding block	<i>najunde daebi makgi</i>	1D
Reverse knife-hand strike	<i>sonkal dung taerigi</i>	8G
Reverse knife-hand wedging block	<i>sonkal dung hechyo makgi</i>	3D
Reverse knife-hand W-shape block	<i>sonkal dung san makgi</i>	4D
Reverse punch	<i>bandae jirugi</i>	7G
Reverse turning kick	<i>bandae dollyo chagi</i>	7G
Right	<i>orun</i>	9G
Righteousness	<i>ui</i>	3D
Rising block	<i>chookyo makgi</i>	8G
Rising block with twin palm	<i>sang sonbadak chookyo makgi</i>	2D
Rising block with X-fist	<i>kyocha joomuk chookyo makgi</i>	4G
Rising block with X-knife-hand	<i>kyocha sonkal chookyo makgi</i>	3D
Scooping block	<i>duro makgi</i>	1D
Self-Control	<i>Guk Gi</i>	10G
Self Defence	<i>hosin sul</i>	9G
Seven	<i>ilgop</i>	10G
Side	<i>yop</i>	10G
Side checking kick	<i>yopcha momchagi</i>	2G
Side elbow thrust	<i>yop palkup tulgi</i>	2G
Side fist	<i>yop joomuk</i>	1D
Side fist downward strike	<i>yop joomuk naeryo taerigi</i>	1D
Side fist side strike	<i>yop joomuk yop taerigi</i>	4D
Side front	<i>yobap</i>	9G
Side front block	<i>yobap makgi</i>	2G
Side front snap kick	<i>yobap cha busigi</i>	9G
Side front snap kick	<i>yobap cha busigi</i>	
and wedging block	<i>wa hechyo makgi</i>	4D
Side front strike with back fist	<i>dung joomuk yobap taerigi</i>	2D
Side piercing kick	<i>yopcha jirugi</i>	8G
Side pushing kick	<i>yopcha milgi</i>	5G
Side rising kick	<i>yopcha olligi</i>	9G

## Taekwon-Do Theory

Side thrusting kick	<i>yopcha tulgi</i>	4D
Side turning kick	<i>yop dollyo chagi</i>	8G
Sitting stance	<i>annun sogi</i>	10G
Six	<i>yosot</i>	10G
Skip kick	<i>duro gamyo chagi</i>	4G
Sliding	<i>mikulgi</i>	2G
Sparring System	<i>matsogi goosung</i>	2D
Stamping kick	<i>cha bapgi</i>	2D
Stances	<i>sogi (or so)</i>	(in pattern, not initial stance)
Bending stance	<i>guburyo sogi</i>	6G
Close stance	<i>moa sogi</i>	4G
Diagonal stance	<i>sasun sogi</i>	2D
Fixed stance	<i>gojung sogi</i>	6G
L-stance	<i>niunja sogi</i>	9G
Low stance	<i>nachua sogi</i>	4G
One-leg stance	<i>waebal sogi</i>	1D
Parallel stance	<i>narani sogi</i>	2D
Ready stance	<i>....junbi sogi</i>	4G
Rear foot stance	<i>dwit bal sogi</i>	4G
Sitting stance	<i>annun sogi</i>	8G
Vertical stance	<i>soojik sogi</i>	2G
Walking stance	<i>gunnun sogi</i>	10G
X-stance	<i>kyocha sogi</i>	5G
Start, or begin	<i>si jak</i>	2G
Stop	<i>guman</i>	2G
Straight elbow downward thrust	<i>sun palkup naeryo tulgi</i>	2D
Straight fingertip thrust	<i>sun sonkut tulgi</i>	7G
Straight kick	<i>jigeau chagi</i>	2D
Strike	<i>taerigi</i>	9G
Striking kick	<i>taerimyo chagi</i>	3D
Sweeping kick	<i>suoro chagi</i>	3D
System of Rank	<i>dang up jedo</i>	2D
System of sparring	<i>matsogi goosung</i>	2D
Taekwon-Do Composition	<i>Taekwon-Do goosung</i>	2D
Ten	<i>yol</i>	10G
Thank you	<i>ko mup sum neda</i>	9G

## Taekwon-Do Theory

Theory of Power	<i>Him Ui Wollli</i>	1D
Three	<i>set</i>	10G
Three step sparring	<i>sambo matsogi</i>	9G
Throwing & falling techniques	<i>dunjigi wa torojigi</i>	3D
Thrust	<i>tulgi</i>	9G
Thrusting kick	<i>tulumyo chagi</i>	3D
Training area	<i>do jang</i>	10G
Travel	<i>yo haeng</i>	3D
Trust	<i>shin</i>	3D
Turning kick	<i>dollyo chagi</i>	9G
Turning punch	<i>dollyo jirugi</i>	2D
Twin elbow	<i>sang palkup</i>	1D
Twin elbow horizontal thrust	<i>sang palkup soopyong tulgi</i>	1D
Twin fist middle punch	<i>sang joomuk kaunde jirugi</i>	6D
Twin fist upset punch	<i>sang joomuk dwijibo jirugi</i>	4G
Twin forearm block	<i>sang palmok makgi</i>	8G
Twin fore-knuckle fist crescent punch	<i>sang inji joomuk bandal taerigi</i>	2D
Twin knife-hand block	<i>sang sonkal makgi</i>	5G
Twin knife-hand horizontal strike	<i>sang sonkal soopyong taerigi</i>	2D
Twin knife-hand inward strike	<i>sang sonkal anuro taerigi</i>	2D
Twin palm horizontal block	<i>sang sonbadak soopyong makgi</i>	6D
Twin palm pressing block	<i>sang sonbadak noollo makgi</i>	2D
Twin palm rising block	<i>sang sonbadak chookyo makgi</i>	2D
Twin palm upward block	<i>sang sonbadak ollyo makgi</i>	1G
Twin side back elbow thrust	<i>sang yopdwi palkup tulgi</i>	6D
Twin side elbow thrust	<i>sang yop palkup tulgi</i>	3G
Twin side fist horizontal strike	<i>sang yop jirugi soopyong taerigi</i>	4D
Twin straight forearm checking block	<i>sang sun palmok momchau makgi</i>	4D
Twin vertical punch	<i>sang joomuk sewo jirugi</i>	4G
Twisting kick	<i>bituro chagi</i>	6G
Two	<i>dool</i>	10G
Two direction kick	<i>sangbang chagi</i>	2D
Two step sparring	<i>ibo matsogi</i>	6G
Under fist	<i>mit joomuk</i>	6D
Under fist front strike	<i>mit joomuk ap taerigi</i>	6D
Uniform	<i>do bok</i>	10G

## Taekwon-Do Theory

Upper elbow strike	<i>wi palkup taerigi</i>	4G
Upset fingertip thrust	<i>dwijibun sonkut tulgi</i>	3G
Upset punch	<i>dwijibo jirugi</i>	1D
Upset punch with middle knuckle fist	<i>joongi joomuk dwijibo jirugi</i>	1D
Upward	<i>ollyo</i>	4G
Upward block with bow wrist	<i>sonmok dung ollyo makgi</i>	6D
Upward block with palm	<i>sonbadak ollyo makgi</i>	4G
Upward kick	<i>ollyo chagi</i>	3G
Upward punch	<i>ollyo jirugi</i>	2G
U-shape block	<i>digutja makgi</i>	4G
U-shape grasp	<i>digutja japggi</i>	1D
U-shape punch	<i>digutja jirugi</i>	3D
Vertical kick	<i>sewo chagi</i>	6G
Vertical punch	<i>sewo jirugi</i>	4G
Vertical stance	<i>soojik sogi</i>	2G
Waist block	<i>hori makgi</i>	4D
Walking ready stance	<i>gunnun junbi sogi</i>	10G
Walking stance	<i>gunnun sogi</i>	10G
Warrior ready stance A/B	<i>moosa junbi sogi A/B</i>	4D / 3D
Waving kick	<i>doro chagi</i>	3D
Wedging block	<i>hechyo makgi</i>	7G
Wedging block with knife-hand	<i>sonkal hechyo makgi</i>	2D
Wedging block with reverse knife-hand	<i>sonkal dung hechyo makgi</i>	3D
Wisdom	<i>ji</i>	3D
W-shape block (1 or 2 opponents)	<i>san makgi</i>	3G / 3D
W-shape block with knife-hand	<i>sonkal san makgi</i>	3D
W-shape block with reverse knife-hand	<i>sonkal dung san makgi</i>	4D
X-fist checking block	<i>kyocha joomuk momchau makgi</i>	4D
X-fist downward block	<i>kyocha joomuk naeryo makgi</i>	2D
X-fist pressing block	<i>kyocha joomuk noollo makgi</i>	3G
X-fist rising block	<i>kyocha joomuk chookyo makgi</i>	4G
X-knife-hand	<i>kyocha sonkal</i>	1G
X-knife-hand checking block	<i>kyocha sonkal momchau makgi</i>	1G
X-knife-hand rising block	<i>kyocha sonkal chookyo makgi</i>	3D
X-stance	<i>kyocha sogi</i>	5G
Yell	<i>kihap</i>	2G

## Taekwon-Do Theory

### Dictionary: Korean to English

2G = 2<sup>nd</sup> Gup, 2D = 2<sup>nd</sup> Dan etc  
The level at which the terms are first met

<i>ahop</i>	Nine	10G
<i>an</i>	Inner	10G
<i>annun sogi</i>	Sitting stance	10G
<i>an palmok</i>	Inner forearm	10G
<i>an palmok yop makgi</i>	Inner forearm side block	10G
<i>an palmok hechyo makgi</i>	Inner forearm wedging block	1D
<i>anuro</i>	Inward	9G
<i>anuro makgi</i>	Inward block	9G
<i>ap</i>	Front	10G
<i>apcha busigi</i>	Front snap kick	10G
<i>apcha momchagi</i>	Front checking kick	2G
<i>apcha olligi</i>	Front rising kick	10G
<i>ap joomuk jirugi</i>	Forefist punch	10G
<i>ap joomuk noollo makgi</i>	Forefist pressing block	1D
<i>apkumchi</i>	Ball of the foot	7G
<i>ap palkup taerigi</i>	Front elbow strike	5G
<i>Baekjul Boolgool</i>	Indomitable Spirit	10G
<i>bachigi</i>	Holding	1D
<i>bakuro</i>	Outward	3D
<i>bakuro makgi wa miro makgi</i>	Outward block and pushing block	4D
<i>bal</i>	Foot	4G
<i>bal dulgi</i>	Foot lifting	3D
<i>bal gisool</i>	Foot techniques	1D
<i>bal golgi</i>	Foot tackling	3D
<i>balkal</i>	Footsword	8G
<i>balli</i>	Fast motion	7G
<i>bandae</i>	Reverse	7G
<i>bandae dollyo chagi</i>	Reverse turning kick	7G
<i>bandae dollyo gorochagi</i>	Reverse hooking kick	6G
<i>bandae jirugi</i>	Reverse punch	7G
<i>bandal</i>	Arc or Crescent	6G
<i>bandal chagi</i>	Crescent kick	6G
<i>bandal jirugi</i>	Crescent punch	2D



## Taekwon-Do Theory

<i>bandal son</i>	Arc hand	1D
<i>bandal son bandal taerigi</i>	Arc hand crescent strike	2D
<i>bandal son chookyo makgi</i>	Arc hand rising block	4D
<i>bandal son taerigi</i>	Arc hand strike	2D
<i>bandal taerigi</i>	Crescent strike	2D
<i>bandong ryok</i>	Reaction force	1D
<i>baro</i>	Return	2G
<i>bituro chagi</i>	Twisting kick	6G
<i>Boosabum</i>	Black belt, 1D to 3D	8G
<i>Boosabum nim kke</i>	Face the Instructor	2G
<i>butiapggo chagi</i>	Grasping kick	3D
<i>cha bapgi</i>	Stamping kick	2D
<i>chagi / cha</i>	Kick	10G
<i>cha momchagi</i>	Checking kick	4D
<i>chang shiga nim kke</i>	Face the General	2G
<i>charyot</i>	Attention	10G
<i>Choi-Yong Tul</i>	Pattern	3D
<i>chonchonhi</i>	Slow motion	4G
<i>Chon-Ji Tul</i>	Pattern	9G
<i>chookyo makgi</i>	Rising block	8G
<i>Choong-Moo Tul</i>	Pattern	1G
<i>Choon-Jang Tul</i>	Pattern	2D
<i>daebi makgi</i>	Guarding block	9G
<i>Dan-Gun Tul</i>	Pattern	8G
<i>Dang up jedo</i>	<i>System of rank</i>	2D
<i>dari kogi</i>	Leg crossing	1D
<i>digutja japgi</i>	U-shape grasp	1D
<i>digutja jirugi</i>	U-shape punch	3D
<i>digutja makgi</i>	U-shape block	4G
<i>do bok</i>	Uniform	10G
<i>do jang</i>	Training area	10G
<i>dollimyo makgi</i>	Circular block	6G
<i>dollimyo sonkal dung makgi</i>	Circular block with reverse knifehand	2D
<i>dollimyo sonkal makgi</i>	Circular block with knifehand	6D
<i>dollyo chagi</i>	Turning kick	9G
<i>dollyo jirugi</i>	Turning punch	2D

## Taekwon-Do Theory

<i>doo bandal son makgi</i>	Double arc hand block	1D
<i>doo joomuk</i>	Double fist	3D
<i>doo joomuk najunde jirugi</i>	Double fist low punch	3D
<i>doo palmok makgi</i>	Double forearm block	5G
<i>doo palmok najunde miro makgi</i>	Double forearm low pushing block	3G
<i>doo songarak tulgi</i>	Double finger thrust	<b>2D</b>
<i>dool</i>	Two	10G
<i>doro chagi</i>	Waving kick	3D
<i>Do-San Tul</i>	Pattern	7G
<i>dosot</i>	Five	10G
<i>dung joomuk</i>	Back fist	8G
<i>dung joomuk ap taerigi</i>	<i>Back fist front strike</i>	1D
<i>dung joomuk nopunde yop taerigi</i>	Back fist high side strike	7G
<i>dung joomuk soopyong taerigi</i>	Back fist horizontal strike	2D
<i>dung joomuk yobap taerigi</i>	Back fist side front strike	2D
<i>dung joomuk yopdwi taerigi</i>	Back fist side back strike	3G
<i>dung joomuk yop taerigi</i>	Back fist side strike	8G
<i>dung san</i>	Mountain climbing	3D
<i>dunjigi wa torojigi</i>	Throwing & falling techniques	3D
<i>duro gamyo chagi</i>	Skip kick	4G
<i>duro makgi</i>	Scooping block	1D
<i>dwijibo jirugi</i>	Upset punch	1D
<i>dwijibun sonkut tulgi</i>	Upset fingertip thrust	3G
<i>dwit bal sogi</i>	Rear foot stance	4G
<i>dwitcha busigi</i>	Back snap kick	5G
<i>dwitcha jirugi</i>	Back piercing kick	7G
<i>dwitchook</i>	Back heel	7G
<i>dwit palkup tulgi</i>	Back elbow thrust	1D
<i>Eui-Am Tul</i>	Pattern	2D
<i>eukhallin sonbadak naeryo makgi</i>	Alternate palm downward block	2D
<i>Ge-Baek Tul</i>	Pattern	1D
<i>ghin joomuk jirugi</i>	Long fist punch	4D
<i>ghutgi</i>	Cross-cut	2D
<i>ghutgi opun sonkut</i>	Cross-cut with flat fingertip	2D
<i>gibon yonsup</i>	Fundamental Movements	10G
<i>giokja jirugi</i>	Angle punch	4G

## Taekwon-Do Theory

<i>gojung sogi</i>	Fixed stance	6G
<i>gojung so yop taerigi</i>	Fixed stance side	6G
<i>gokaeng-i chagi</i>	Pick shape kick	6G
<i>gojung so yop taerigi</i>	Fixed stance side strike	6G
<i>gokaeng-i chagi</i>	Pick shape kick	6G
<i>golcho</i>	Hooking	5G
<i>golcho chagi</i>	Hooking kick	5G
<i>guburyo junbi sogi A,B</i>	Bending ready stance A,B	6G, 2D
<i>Guk Gi</i>	Self-Control	10G
<i>guman</i>	Stop	2G
<i>gunnun junbi sogi</i>	Walking ready stance	10G
<i>gunnun sogi</i>	Walking stance	10G
<i>gutja makgi</i>	9 shape block	1D
<i>hae san</i>	Class dismissed	2G
<i>hana</i>	One	10G
<i>hanulson</i>	Heaven hand	1D
<i>hechyo makgi</i>	Wedging block	7G
<i>Him Ui Wollli</i>	Theory of Power	1D
<i>Hohup joju</i>	Breath control	1D
<i>homi sonkut tulgi</i>	Angle fingertip thrust	6D
<i>hori makgi</i>	Waist block	4D
<i>hosin sul</i>	Self defence	9G
<i>Hwa-Rang Tul</i>	Pattern	2G
<i>ibo matsogi</i>	Two step sparring	6G
<i>ibo omgyo didigi</i>	Double stepping	1D
<i>ibo omgyo didmyo twigi</i>	Double step jumping	4D
<i>ilbo matsogi</i>	One step sparring	5G
<i>ilgop</i>	Seven	10G
<i>in</i>	Humanity	3D
<i>In Nae</i>	Perseverance	10G
<i>iojin tongjak</i>	Continuous motion	8G
<i>jajun bal</i>	Foot shifting	4G
<i>jayu matsogi</i>	Free sparring	9G
<i>ji</i>	Wisdom	3D
<i>jigeau chagi</i>	Straight kick	2D
<i>jigutja japgi</i>	U-shape grasp	1D

## Taekwon-Do Theory

<i>jip joong</i>	Concentration	1D
<i>jirugi</i>	Punch	10G
<i>jirumyo chagi</i>	Punching kick	3D
<i>Joong-Gun Tul</i>	Pattern	4G
<i>joongji joomuk</i>	Middle knuckle fist	1D
<i>joongi joomuk dwijibo jirugi</i>	Middle knuckle fist upset punch	1D
<i>joongi joomuk jirugi</i>	Middle knuckle fist punch	3D
<i>Juche Tul</i>	Pattern	2D
<i>junbi</i>	Ready	10G
<i>jungshin sooyang</i>	Moral Culture	3D
<i>kariogi</i>	Covering	1D
<i>kaunde</i>	Middle	10G
<i>kaunde bandae jirugi</i>	Middle reverse punch	7G
<i>kihap</i>	Yell	2G
<i>Ko-Dang Tul</i>	Pattern (old original pattern)	2D
<i>ko mup sum neda</i>	Thank you	9G
<i>kukki e tae hae</i>	Face the flag	2G
<i>Kwang-Gae Tul</i>	Pattern	1D
<i>kyocha joomuk choockyo makgi</i>	X-fist rising block	4G
<i>kyocha joomuk momchau makgi</i>	X-fist checking block	4D
<i>kyocha joomuk naeryo makgi</i>	X-fist downward block	2D
<i>kyocha joomuk noollo makgi</i>	X-fist pressing block	3G
<i>kyocha sogi</i>	X stance	5G
<i>kyocha sonkal</i>	X-knife-hand	1G
<i>kyocha sonkal momchau makgi</i>	Checking block with X-knife-hand	1G
<i>kyong ye</i>	Bow	10G
<i>kyun hyung</i>	Equilibrium	1D
<i>makgi</i>	Block	10G
<i>matsogi goosung</i>	System of sparring	2D
<i>mikulgi</i>	Sliding	2G
<i>miro makgi</i>	Pushing block	2G
<i>mit joomuk ap taerigi</i>	Under fist front strike	6D
<i>moa junbi sogi A,B,C,D</i>	Close ready stance	6G, 4G,2G,2D
<i>moa sogi</i>	Close stance	6G
<i>moa so hanulson</i>	Close stance heaven hand	2D
<i>momchagi</i>	Checking kick	2G

## Taekwon-Do Theory

<i>momchau makgi</i>	Checking block	1G
<i>momchugi</i>	Checking	1D
<i>mom nachugi</i>	Body dropping	3D
<i>Moon-Moo Tul</i>	Pattern	4D
<i>moorup</i>	Knee	1D
<i>moorup apcha busigi</i>	Knee front snap kick	2D
<i>moorup gugurigi</i>	Knee bending	1D
<i>moosa junbi sogi A/B</i>	Warrior ready stance A/B	4D/3D
<i>nachuo sogi</i>	Low stance	4G
<i>naeryo</i>	Downward	7G
<i>naeryo chagi</i>	Downward kick	7G
<i>naeryo jirugi</i>	Downward punch	1G
<i>naeryo makgi</i>	Downward block	2D
<i>naeryo sondung taerigi</i>	Downward strike with back hand	2D
<i>naeryo taerigi</i>	Downward strike	2G
<i>naeryo tulgi</i>	Downward thrust	2D
<i>naeryo yop joomuk taerigi</i>	Downward strike with side fist	1D
<i>nagagi</i>	Forward	9G
<i>najunde</i>	Low	10G
<i>najunde anuro makgi</i>	Low inward block	2D
<i>najunde ap makgi</i>	Low front block	1D
<i>najunde bandae makgi</i>	Low reverse block	1D
<i>najunde yop makgi</i>	Low side block	
<i>wa nopunde yop makgi</i>	and high side block	4D
<i>narani junbi sogi</i>	Parallel ready stance	10G
<i>narani makgi</i>	Parallel block	2D
<i>narani sogi</i>	Parallel stance	10G
<i>narani so hanulson</i>	Parallel stance double heaven hand	1D
<i>narani so kyocha sondung</i>	Parallel stance with X-backhand	4D
<i>narani so sang yop palkup</i>	Parallel stance with twin side elbow	2D
<i>net</i>	Four	10G
<i>niunja sogi</i>	L-stance	9G
<i>noollo chagi</i>	Pressing kick	1D
<i>noollo makgi</i>	Pressing block	3G
<i>noowa cha bandal chagi</i>	Ground crescent kick	1D
<i>noowa cha busigi</i>	Ground smashing kick	1D

## Taekwon-Do Theory

<i>noowa cha golcho chagi</i>	Ground hooking kick	1D
<i>noowa cha jirugi</i>	Ground piercing kick	1D
<i>noowa cha momchugi</i>	Ground checking kick	1D
<i>noowa cha tulgi</i>	Ground thrusting kick	1D
<i>noowo ghutgi</i>	Ground crosscut	1D
<i>noowo jirugi</i>	Ground punch	1D
<i>noowa pihagi</i>	Ground dodging	1D
<i>noowo taerigi</i>	Ground strike	1D
<i>noowo tulgi</i>	Ground thrust	1D
<i>nopunde</i>	High	10G
<i>nopunde bakuro makgi wa</i>	High outward block and	
<i>palmok najunde makgi</i>	forearm low block	3D
<i>nopunde bituro chagi</i>	High twisting kick	4D
<i>nopunde palkup taerigi</i>	High elbow strike	2D
<i>ollyo chagi</i>	Upward kick	3G
<i>ollyo jirugi</i>	Upward punch	2G
<i>opun</i>	Flat	9G
<i>opun sonkut tulgi</i>	Flat fingertip thrust	9G
<i>orun</i>	Right	9G
<i>pakat palmok</i>	Outer forearm	10G
<i>pakat palmok yop makgi</i>	Outer forearm side block	8G
<i>palkup</i>	Elbow	8G
<i>palkup taerigi</i>	Elbow strike	5G
<i>palkup tulgi</i>	Elbow thrust	2G
<i>palmok</i>	Forearm	10G
<i>palmok anuro makgi</i>	Forearm inward block	9G
<i>palmok chookyo makgi</i>	Forearm rising block	8G
<i>palmok daebi makgi</i>	Forearm guarding block	9G
<i>palmok makgi</i>	Forearm block	10G
<i>pihagi / pihamyo</i>	Dodging	6G
<i>pihamyo bandae dollyo chagi</i>	Dodging reverse turning kick	2D
<i>Po-Eun Tul</i>	Pattern	1D
<i>pogaen sondung</i>	Overlapped back hand	6D
<i>pyon joomuk jirugi</i>	Open fist punch	2D
<i>Sabum</i>	Senior Black Belt (4D to 6D)	8G
<i>Sabum nim kke</i>	Face the Instructor (4D to 6D)	2G

## Taekwon-Do Theory

<i>Sahwe bongsa</i>	Public service	3D
<i>Sahyun</i>	Master (7D or 8D)	8G
<i>Sahyun nim kke</i>	Face the Master (7D to 8D)	2G
<i>saju jirugi</i>	Four direction punch	10G
<i>saju makgi</i>	Four direction block	10G
<i>sambo matsogi</i>	Three step sparring	9G
<i>Sam-Il Tul</i>	Pattern	3D
<i>san makgi</i>	W-shape block (1 / 2 opponents)	3G/3D
<i>sangbang chagi</i>	Two direction kick	2D
<i>sang inji joomuk bandal jirugi</i>	Twin fore-knuckle fist crescent punch	2D
<i>sang joomuk</i>	Twin fist	4G
<i>sang joomuk dwijibo jirugi</i>	Twin fist upset punch	4G
<i>sang joomuk kaunde jirugi</i>	Twin fist middle punch	6D
<i>sang joomuk sewo jirugi</i>	Twin vertical punch	4G
<i>sang palkup</i>	Twin elbow	1D
<i>sang palkup soopyong taerigi</i>	Twin elbow horizontal thrust	1D
<i>sang palmok makgi</i>	Twin forearm block	8G
<i>sang sonbadak chookyo makgi</i>	Twin palm rising block	2D
<i>sang sonbadak noollo makgi</i>	Twin palm pressing block	2D
<i>sang sonbadak ollyo makgi</i>	Twin palm upward block	1G
<i>sang sonbadak soopyong makgi</i>	Twin palm horizontal block	6D
<i>sang sonkal anuro taerigi</i>	Twin knife-hand inward strike	2D
<i>sang sonkal makgi</i>	Twin knife-hand block	5G
<i>sang sonkal soopyong taerigi</i>	Twin knife-hand horizontal strike	2D
<i>sang yopdwi palkup tulgi</i>	Twin side back elbow thrust	6D
<i>sang yop joomuk soopyong chagi</i>	Twin side fist horizontal strike	4D
<i>sang yop palkup tulgi</i>	Twin side elbow thrust	3G
<i>sangbang chagi</i>	Two-direction kick	2D
<i>Saseong</i>	Grand Master (9D)	8G
<i>Saseong nim kke</i>	Face Grand Master (9D)	2G
<i>sasun sogi</i>	Diagonal stance	2D
<i>Se-Jong Tul</i>	Pattern	5D
<i>set</i>	Three	10G
<i>sewo chagi</i>	Vertical kick	6G
<i>sewo jirugi</i>	Vertical punch	4G
<i>shin</i>	Trust	3D

## Taekwon-Do Theory

<i>si jak</i>	Start, or begin	2G
<i>so</i>	Stance (shortened form)	10G
<i>sogi</i>	Stance	10G
<i>sokdo</i>	Speed	1D
<i>son</i>	Hand	7G
<i>sonbadak</i>	Palm	7G
<i>sonbadak baro noollo makgi</i>	Palm obverse pressing block	5D
<i>sonbadak golcho makgi</i>	Palm hooking block	5G
<i>sonbadak miro makgi</i>	Palm pushing block	2G
<i>sonbadak naeryo makgi</i>	Palm downward block	7G
<i>sonbadak najunde anuro makgi</i>	Palm low inward block	6D
<i>sonbadak noollo makgi</i>	Palm pressing block	4G
<i>sonbadak ollyo makgi</i>	Palm upward block	4G
<i>sondung</i>	Back hand	2D
<i>sondung bakuro taerigi</i>	Backhand outward strike	6D
<i>sondung naeryo taerigi</i>	Backhand downward strike	2D
<i>sondung soopyong taerigi</i>	Backhand horizontal strike	3D
<i>son gisool</i>	Hand techniques	1D
<i>sonkal</i>	Knife-hand	10G
<i>sonkal anuro taerigi</i>	Knife-hand inward strike	6G
<i>sonkal chookyo makgi</i>	Knife-hand rising block	2D
<i>sonkal daebi makgi</i>	Knife-hand guarding block	8G
<i>sonkal dollimyo makgi</i>	Knife-hand circular block	6D
<i>sonkal dung</i>	Reverse knife-hand	8G
<i>sonkal dung daebi makgi</i>	Reverse knife-hand guarding block	3D
<i>sonkal dung dollimyo makgi</i>	Reverse knife-hand circular block	2D
<i>sonkal dung</i>	Reverse knife-hand	
<i>najunde daebi makgi</i>	low guarding block	1D
<i>sonkal dung nopunde ap taerigi</i>	Reverse knife-hand high front strike	1G
<i>sonkal dung taerigi</i>	Reverse knife-hand strike	8G
<i>sonkal dung yop makgi</i>	Reverse knife-hand side block	4G
<i>sonkal makgi</i>	Knife-hand block	10G
<i>sonkal naeryo taerigi</i>	Knife-hand downward strike	2G
<i>sonkal najunde daebi makgi</i>	Knife-hand low guarding block	3G
<i>sonkal najunde makgi wa</i>	Knife-hand low block and inner	
<i>kaunde bakuro ap palmok makgi</i>	forearm middle outward block	5D



## Taekwon-Do Theory

<i>sonkal nopunde ap taerigi</i>	Knife-hand high front strike	1G
<i>sonkal taerigi</i>	Knife-hand strike	8G
<i>sonkal yop taerigi</i>	Knife-hand side strike	8G
<i>sonkut</i>	Fingertip	9G
<i>sonkut tulgi</i>	Fingertip thrust	9G
<i>sonmok dung</i>	Bow wrist	6D
<i>sonmok dung ollyo makgi</i>	Bow wrist upward block	6D
<i>soojik sogi</i>	Vertical stance	2G
<i>soopyong jirugi</i>	Horizontal punch	1D
<i>soopyong taerigi</i>	Horizontal strike	1D
<i>So-San Tul</i>	Pattern	5D
<i>sun palkup naeryo tulgi</i>	Straight elbow downward thrust	2D
<i>sun sonkut tulgi</i>	Straight fingertip thrust	7G
<i>suroh chagi</i>	Sweeping kick	3D
<i>suseog-e jigmyeon</i>	Face the senior	2G
<i>swiyo</i>	At ease	2G
<i>Taekwon</i>	Greeting	10G
<i>Tae / Kwon / Do</i>	Foot / fist / art or way	9G
<i>Taekwon-Do goosung</i>	Taekwon-Do Composition	2D
<i>taerigi</i>	Strike	9G
<i>taerimyo chagi</i>	Striking kick	3D
<i>tashi</i>	Return	2G
<i>Toi-Gye Tul</i>	Pattern	3G
<i>Tong-Il Tul</i>	Pattern	6D
<i>tulgi</i>	Thrust	9G
<i>tulumyo chagi</i>	Thrusting kick	3D
<i>twigi</i>	Jumping	5G
<i>twigi kyocha sogi</i>	Jumping X stance	5G
<i>twimyo apcha busigi</i>	Flying front snap kick	5D
<i>twimyo bandal chagi</i>	Flying crescent kick	3G
<i>twimyo chagi</i>	Flying kicks	3G
<i>twimyo golcho chagi</i>	Flying hooking kick	2G
<i>twimyo nomo chagi</i>	Flying high kick	1G
<i>twimyo nopi chagi</i>	Flying high kick	1G
<i>twimyo sonkal yop taerigi</i>	Flying knifehand side strike	4D
<i>twimyo yonsok jirugi</i>	Flying consecutive punch	2D

## Taekwon-Do Theory

<i>twimyo yopcha jirugi</i>	Flying side piercing kick	1G
<i>twio dolmyo chagi</i>	Mid-air kick	2G
<i>twio dolmyo taerigi</i>	Mid-air strike	2D
<i>twio nomo chagi</i>	Overhead kick	1G
<i>twiro tora</i>	About turn	2G
<i>ui</i>	Righteousness	3D
<i>Ul-Ji Tul</i>	Pattern	4D
<i>waebal sogi</i>	One leg stance	1D
<i>wen</i>	Left	9G
<i>wi palkup taerigi</i>	Upper elbow strike	4G
<i>Won-Hyo Tul</i>	Pattern	6G
<i>Ye</i>	Propriety	3D
<i>Ye jol</i>	Etiquette	3D
<i>Ye Ui</i>	Courtesy	10G
<i>yobap</i>	Side front	9G
<i>yobap cha busigi</i>	Side front snap kick	9G
<i>yobap cha busigi wa           hechyo makgi</i>	Side front snap kick and wedging block	4D
<i>yobap makgi</i>	Side front block	2G
<i>yodul</i>	Eight	10G
<i>yo haeng</i>	Travel	3D
<i>Yon-Gae Tul</i>	Pattern	4D
<i>yon gyol tongjak</i>	Connecting motion	5G
<i>yonsok</i>	Consecutive motion	1D
<i>yonsok chagi</i>	Consecutive kicks	2D
<i>Yoo-Sin Tul</i>	Pattern	3D
<i>Yom Chi</i>	Integrity	10G
<i>yop</i>	Side	10G
<i>yop bal badak</i>	Side sole of the foot	3D
<i>yopcha jirugi</i>	Side piercing kick	8G
<i>yopcha milgi</i>	Side pushing kick	5G
<i>yopcha momchagi</i>	Side checking kick	2G
<i>yopcha olligi</i>	Side rising kick	9G
<i>yopcha tulgi</i>	Side thrusting kick	4D
<i>yop dollyo chagi</i>	Side turning kick	8G
<i>yop joomuk</i>	Sidelist	1D

## Taekwon-Do Theory

<i>yop joomuk naeryo taerigi</i>	Sidefist downward strike	1D
<i>yop joomuk yop taerigi</i>	Side fist side strike	4D
<i>yop palkup tulgi</i>	Side elbow thrust	2G
<i>yol</i>	Ten	10G
<i>yosot</i>	Six	10G
<i>Yul-Gok Tul</i>	Pattern	5G
<i>Zilyang</i>	Mass	1D

