



## 27. Know Your Taekwondo Terminology

Taekwondo, it's a Korean martial art that has spread across the globe, but its terminology is still rooted in the language of its origin. This month we take a look at basic Taekwondo terminology courtesy Turtle Press's Taekwondo Terminology Cassette by Sang H. Kim. Special thanks to [Turtle Press](#) for the use of this article.

### Basic TKD Terminology

#### 1. Basics

- Attention: Charyot
- Bow: Kyungrae
- Ready: Joonbee
- Back to Ready: Baro
- At Ease: ShihBegin: Shijak
- End: Koman
- Turn Around: Dwi Ro Dorah
- Master: Sahbumnim
- Black Belt: Yudanja
- Assistant Instructor: Chogyo
- Uniform: Dobok
- Basic: Kibon
- Movement: Dongiak
- Technique: Kisool
- Warm-up: Joonbee Undong
- Cool-down : Junglee Undong
- Hand Technique: Son Gisool
- Foot Technique: Sal Gisool
- Punch : Jirugi
- Kick: Bal Chagi
- Block: Mahkgi
- Vital Point: Kupsoh
- Form: Poomse
- Sparring: Kyuroogi
- Breaking: Kyukpa
- Self-defense : Hoshinsool
- Seated-meditation : Joasun
- Stance : Suhgi
- Ready Stance: Naranhee Suhgi
- At Ease Stance: Pyunhee Suhgi
- Horse Riding Stance: Joochoom Suhgi
- Walking Stance: Ap Suhgi
- Front Stance: Ap Goobee
- Back Stance: Dwi Goobee
- Cross Stance: Koah Suhgi
- Crane Stance: Hak Dahri Suhgi
- Cat Stance : Buhm Suhgi
- Foot Together Stance: Moah Suhgi

#### 2. Kicking Techniques

- Raising Kick: Ap Cha Ohlligi
- Outside Crescent Kick: Bakat Hooryu Chagi
- Inside Crescent Kick: Bandal Chagi
- Front Kick: Ap Chagi
- Axe Kick: Naeryu Chagi
- Side Kick: Yup Chagi
- Back Kick: Dwi Chagi
- Roundhouse Kick: Dollyu Chagi
- Whip Kick: Hooryu Chagi
- Spin Whip kick: Dwi Hooryu Chagi
- Pushing Kick: Mirruh Chagi
- Turn Kick: Mom Dorah Chagi

#### 3. Hand Techniques

- High Block: Ulgool Mahkgi
- High Outside Block: Ulgool Bakat Mahkgi
- Middle Section Inside Block: Momtong Ahn Mahkgi
- Middle Section Outside Block: Momtong Bakat Mahkgi
- Low Block: Ahrae Mahkgi
- Single Knife Hand Block: Han Sonnahl Bakat Mahgi
- Double Knife Hand Block: Sonnahl Momtong Mahkgi
- Middle Section Opening Block: Momtong Haechyo Mahkgi
- Low Section Opening Block: Ahrae Haechyo Mahkgi
- Diamond Block: Kumgang Mahkgi
- Mountain Block: Sahntul Mahkgi
- Single Mountain Block: Ue Sahntul Mahkgi

#### 4. Kyorugi Terms

##### (General Terms)

- Competition Place: Kyunggijang
- Competition area: Kyunggijangso
- Boundary Line: Kyunggaesun

##### (Starting & Ending)

- Attention : Charyut
- Bow: Kyungrae
- Right and Left Face: Jwa-Woo-Yang-Woo
- Ready : Joonbee
- 1st Round: Il-Whoejun



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- 2nd Round: EE-Whoejun
- 3rd Round: Sahm-Whoejun
- Start: Shijak
- End: Komahn

### *(Directing & Awarding)*

- Break: Kallyo
- Blue: Chung
- Red: Hong
- Prewarning : Jooui
- Warning: Kyunggo
- One Warning: Kyunggo Hana
- Deduction of Point: Gahmjum
- Deduction of 1 Point: Gahmjum Hana
- Continue: Kaesok
- Time: Shigan
- Win: Seung

### *(Staff and Equipment)*

- Jury: Baeshim
- Referee : Jooshim
- Judge: Booshim
- Timer: Kaeshi
- Recorder: Kirohk
- Protective Cup: Nangshim Bohodae
- Chest Protector : Momtong Hoogoo
- Head Gear: Mori boowi Bohoda
- Arm Protector: Pahl Bohodae

**Shin Protector: Dahri Bohodae**