

White Belt Vocabulary

Attention	<i>Cha-Ryot</i>
Bow	<i>Kyong Ye</i>
Bow to the Master	<i>Sabum-Nim Kae Kyong Ye</i>
Bow to the Instructor	<i>Suhn-Bae Nim Kae Kyong Ye</i>
Salute to the Flags	<i>Kukiae Dae Hiyo Kyung Ye</i>

One	<i>Hana</i>	Six	<i>Yuhsot</i>
Two	<i>Dul</i>	Seven	<i>Ilgop</i>
Three	<i>Set</i>	Eight	<i>Yodol</i>
Four	<i>Net</i>	Nine	<i>Ahope</i>
Five	<i>Dasot</i>	Ten	<i>Yul</i>

Front Snap Kick	<i>Ap Chagi</i>	Focus	<i>Jip Joong</i>
Roundhouse Kick	<i>Dol Yeo Chagi</i>	Thank You	<i>Kam Saham Needa</i>
Side Kick	<i>Yop Chagi</i>	You're Welcome	<i>Chun Mahn Aeyo</i>

Yellow Belt Vocabulary

Ready	<i>Joonbi</i>	Form	<i>Poomsae</i>
Start	<i>Sheejock</i>	Sparring	<i>Gyoroogi</i>
Return	<i>Baro</i>	Forward Stance	<i>Ap Goobi</i>
At Ease	<i>Sheo</i>	Walking Stance	<i>Ap Seogi</i>
Finish	<i>Kumahn</i>	Horse Riding Stance	<i>Choo Choom Seogi</i>

Self Control	<i>Guk Ki</i>
Hello	<i>Anyong Ha Shim Neeka</i>

High Yellow Vocabulary

Turn Around	<i>Dweero Dora</i>	Down Block	<i>Arrae Maki</i>
One Step Sparring	<i>Ilusushik</i>	Body Block	<i>Momtong Maki</i>
Board Breaking	<i>Kyukpa</i>	Face Block	<i>Olgool Maki</i>

Courtesy	<i>Yeh Wee</i>
Excuse Me	<i>Shil Ray Ham Needa</i>

Green Belt Vocabulary

Switch Feet	<i>Bal Kyo Dae</i>	Back Kick	<i>Dwee Chagi</i>
Warmup Exercise	<i>Joonbi Woon Dong</i>	Knife Hand Block	<i>Sonnal Maki</i>
Confidence	<i>Cha Shin Kahm</i>	Knife Hand Strike	<i>Sonnal Chigi</i>

Goodbye*

Ahnyonghee Ka Ship Sheeyo

*Spoken to someone who is leaving; most likely teacher to student, since the student is leaving the school.

Goodbye**

Ahnyonghee Kay Ship Sheeyo

**Spoken to someone who is staying; most likely student to teacher, since the teacher is staying at the school.

High Green Vocabulary

Back Stance	<i>Dwee Goobi</i>	Punch	<i>Jjireugi</i>
Separate	<i>Kalyo</i>	Face Punch	<i>Olgool Jjireugi</i>
Continue	<i>Kyesok</i>	Middle Punch	<i>Momtong Jjireugi</i>

Enthusiasm	<i>Yul Jung</i>
Energy Yell	<i>Kihap</i>

Blue Belt Vocabulary

Sparring Warning	<i>Kyung Go</i>	Spinning Heel Kick	<i>Dwee Hooriyo Chagi</i>
Sparring Penalty -1	<i>Kahm Jum</i>	Spear Hand Strike	<i>Pyun Sohn-goot Jjireugi</i>
Blue	<i>Chung</i>	Goal Setting	<i>Mokjook Euishik</i>
Red	<i>Hong</i>		

High Blue Vocabulary

Self Defense	<i>Ho Shin Sool</i>	I'm Sorry	<i>Me Ahn Hamnida</i>
Falling Techniques	<i>Nak Bup</i>	Good to See You	<i>Bangap Seumnida</i>
Elbow Strike	<i>Palkup Chigi</i>	Perseverance	<i>In Nae</i>

Advanced Blue Vocabulary

Foot/Kick/Step	<i>Tae</i>	Demonstration	<i>She Bum</i>
Hand/Fist	<i>Kwon</i>	Testing	<i>Shim Sa</i>
Way/Art	<i>Do</i>	Cooperation	<i>Hyup Dong</i>

Red Belt Vocabulary

Tiger Stance	<i>Beom-seogi</i>
Scissor Block	<i>Kawhee Maki</i>
Covered Fist	<i>Bo Joomuk</i>
Double Knife Down Block	<i>Yang Sonnal Arae Maki</i>

Integrity

Yom Chi

High Red Vocabulary

One Hundred	<i>Baek</i>
To Break	<i>Jul</i>
Unbending - Unyielding	<i>Bool-Gool</i>

The Five Tenets of Taekwondo

Courtesy	Yeh Wee
Integrity	Yom Chi
Perseverance	In Nae
Self Control	Guk Ki
Indomitable Spirit	Baek Jul Bool-Gool



“A hundred times broken, still your spirit does not bend.”

- Korean Adage