



Terminology

Taekwondo is taught in over 200 countries around the world. Not all countries learn in English. The Korean language ties all countries practising taekwondo together. From time to time we have a number of students visiting from other countries. Some may not understand English, but we can communicate though Taekwondo and Korean. Basic terminology is required from red belt and above.

Korean terminology gives the student a task to study and achieve.

| | |
|-------------------------------|------------------------------|
| Red I | Page 1 |
| Red II (Red / White) | Page 2 only |
| Red III (Red / Black) | Page 3 only |
| Cho dan bo (Black/ White) | Page 4 (Cho dan bo) |
| 1 st Dan | Page 5 (1 st Dan) |
| 2 nd Dan and above | Pages 1 - 5 |

Terminology 3rd Gup - Red Belt I

General

| | | | |
|-------------|----|------------|----|
| HANA..... | 1, | DUL | 2 |
| SET..... | 3, | NET | 4 |
| DASOT | 5, | YOSOT..... | 6 |
| ILGOP..... | 7 | YODOL..... | 8 |
| AHOP | 9 | YOL | 10 |

| | |
|---------------|------------|
| CHARYOT | ATTENTION |
| GYONGRYE..... | BOW |
| SABOMNIM..... | INSTRUCTOR |

Stances

| | |
|---------------|--------------|
| AP GUBI. | FRONT STANCE |
|---------------|--------------|

Strikes

| | |
|--------------------|------------|
| MOMTONG JIRUGI ... | BODY PUNCH |
| OLGUL JIRUGI | FACE PUNCH |

Blocks

| | |
|--------------------|-------------|
| ARAE MAKGI | LOWER BLOCK |
| MOMTONG MAKGI | BODY BLOCK |

Kicks

| | |
|-------------------|-----------------|
| AP CHAGI | FRONT KICK |
| YOP CHAGI | SIDE KICK |
| DOLYO CHAGI | ROUNDHOUSE KICK |

EXTRA - Seniors & Black Belts Only

| | |
|---------------------|-------------------|
| SHYO | REST |
| BOM SOGI | CAT STANCE |
| SONNAL CHIGI..... | KNIFE HAND STRIKE |
| SONGUT DJIRUGI..... | SPEAR HAND STRIKE |

Terminology 2nd Gup - Red Belt I I

General

GWAN JANG NIMHEAD INSTRUCTOR
DOJANG.....TRAINING HALL
DOBOK.....UNIFORM
JUNBIREADY

Stances

JUCHUM SOGIHORSE RIDING STANCE

Strikes

DU BON JIRUGIDOUBLE PUNCH
DUNG JUMOKBACK FIST

Blocks

BAKGAT MAKGIOUTSIDE BLOCK
OLGUL MAKGIFACE BLOCK

Kicks

DIT CHAGIBACK KICK

EXTRA - Seniors & Black Belts Only

SHIJAK.....START
DORATURN
MOA SOGIFEET TOGETHER
NARANHI SOGIPARALLEL STANCE
DJIRUGIPOKE
YOP JIRUGISIDE PUNCH
ME JUMOKHAMMER FIST
OTGORO MAKGICROSSED WRIST BLK
HAN SONNAL MAKGI.... SINGLE KNIFE HAND
AN CHAGIINSIDE KICK
BAKGAT CHAGIOUTSIDE KICK

Terminology - 1st Gup - Red Belt III

General

GUMANFINISH
PUMSEI..FORMWORK
BARORETURN TO START

Stances

DIT GUBIBACK STANCE
AP SOGISHORT FRONT STANCE

Strikes

BATANGSON CHIGI ..PALM STRIKE
PALGUB CHIGIELBOW STRIKE

Blocks

SONNAL MOMTONG MAKKI DOUBLE KNIFE HAND

Kicks

DOL GAE CHAGITURN KICK

EXTRA - Seniors & Black Belts Only

MURUP CHIGIKNEE STRIKE
HOSHINSULSELF-DEFENCE
GYORUGI.....SPARRING
ORUN SOGIRIGHT STANCE
WEN SOGILEFT STANCE
BARO JIRUGIREGULAR PUNCH
BANDAE JIRUGIIRREGULAR PUNCH
HECHYO MAKGICLEAVING BLOCK
NULLO MAKGIPUSHING DOWN BLK
NULLO CHAGIDOWNWARD KICK
MIRO CHAGIPUSHING KICK

Terminology – Cho Dan Bo

General

HANBON GYORUGI ONE STEP SPARRING
GYOKPA.....BREAKING

Stances

GOA SOGICROSSING STANCE
PYONHI SOGIEASY STANCE

Strikes

PYON JU MOKKNUCKLE STRIKE
SONNAL DUNGRIDGE HAND
PALGUB PYOJOK CHIGI.....ELBOW to TARGET
PYOJOK CHIGITARGET STRIKE
JEBI PUM MOK CHIGISWALLOW KNIFEHAND

Blocks

GAWI MAKGISCISSORS BLOCK
GODURO MAKGITWO HANDED BLOCK

Kicks

BANDAL CHAGIHALF MOON (45°) KICK
HURYO CHAGISPINNING KICK
DDIO CHAGIJUMPING KICK

Questions

- What does Taekwondo mean.
- Where did Taekwondo originate from.
- Who was the founder of Tans Taekwondo.
- What KWAN does our club originate from.
- When and where was our club started.
- Difference between Sport and Martial Arts.
- Who won Olympic medals for Australia in Taekwondo.
- Explain the Australian Flag.

Terminology – 1st Dan Black Belt

General

| | |
|--------------------|--------------------|
| YUDANJA | BLACK BELT |
| KUKKIWON | WORLD TAEKWONDO HQ |
| HWE JANG NIM | PRESIDENT |

Strikes

| | |
|-------------------------|--------------------|
| KAL JAEBI | “Y” HAND GRIP |
| DANGYO TOK JIRUGI | PULLING CHIN PUNCH |
| JAECHYO JIRUGI | INVERTED PUNCH |
| TONG MILGI | PUSHING A LOG |
| SEWEO JIREUGI | UPRIGHT PUNCH |

Blocks

| | |
|-----------------------|------------------|
| BITUREO MAKKI..... | TWIST BLOCK |
| WESANTEUL MAKKI | ½ MOUNTAIN BLOCK |

Kicks

| | |
|---------------------|-----------------|
| BALDEUNG CHAGI..... | INSTEP KICK |
| APCHA OLRIGI | LEG UP |
| GULLO CHAGI | RUNNING KICK |
| GODUP CHAGI | CONTINUOUS KICK |

Questions

- What does Koryo mean.
- What is the difference between Poom and Dan
- What is the function of the Kukkiwon
- What is the function of the WTF
- How many weight classes are there at the Olympics
- What is the minimum time limit between dans.
- Explain the meaning behind the Korean Flag
- Name Tans instructors and which branch they teach at.

Black Belt Essays

All full Dan gradings must complete a written essay. Essays are all based on your opinion and experience. There is no right or wrong answer. Please use personal examples where possible.

| | |
|---------------------|---|
| 1 st Dan | What does a Black Belt mean to you. Min 1 page |
| 2 nd Dan | What does Taekwondo mean to you. What has Taekwondo taught you in and out of the dojang. Min 2 pages |
| 3 rd Dan | What is the difference between a student and Instructor. Give examples of a good instructor. Min 3 pages |
| 4 th Dan | Explain the 5 Tenents of Taekwondo. Give an example of how you have used the Tenents in training or everyday life. Min 1000 words |
| 5 th Dan | Taekwondo is a way of life. How has Taekwondo been part of your life. What are some of the benefits you have experienced through TKD. Min 2000 words |
| 6 th Dan | Taekwondo can change people's lives. Explain how this is possible. Min 3000 words |
| 7 th Dan | Explain the difference between Master Instructor and Head Instructor. Min 3000 words |
| 8 th Dan | Taekwondo is a life's journey. Discuss all of the above. Has your view has changed over time. Min 3000 words |
| 9 th Dan | Open topic. Min 3000 words |