

YCKim Black Belt Society Taekwondo Vocabulary

WHITE BELT (10TH GUP)

GENERAL VOCABULARY

- Attack *Kong Kyuhk*
- Block *Mahk Gee*
- Front *Ahp*
- High *Sahng Dahn*
- Kick *Cha Gee*
- Low *Ha Dahn*
- Middle *Joong Dahn*
- Motion (or Stance) *Jah Seh*
- Punch (or Attack) *Kong Kyuhk*
- Side *Yup*
- Stance (or Motion) *Jah Seh*
- Yell (or Show of Spirit) *Ki Hap*
- Martial Art *Moo Do*
- The Way (art) of the foot and hand *Tae Kwon Do* (Korean Marital Art)
- Patience and Perserverence *Een Nae* (Student Motto)
- Martial Art Training Hall *Doe Jahng*
- Martial Art Uniform *Doe Bok*
- Thank You Very Much *Gam Sah Hap Mee Dah*

FORMS POOM SEH

- Basic Form One *Ki Cho Il Boo*
- Basic Form Two *Ki Cho Yi Boo*
- Basic Form Three *Ki Cho Sahm Boo*

STUDENT CREED

1. Be loyal to your country.
2. Be obedient to your parents.
3. Be lovable with husband or wife.
4. Be cooperative with brothers and sisters.
5. Be respectful with your elders.
6. Be faithful with your friends.
7. Be honorable with your instructor.
8. Be discreet with the use of Tae Kwon Do, using it justly.
9. Be brave, never retreating in battle.
10. Be consistent, always finishing what you start.

BASIC TECHNIQUES KI BON DONG JAHK

- Meditation Position *Muk Ryum*
- Attention *Chah Ryuht*
- Bow *Kyung Nieh*
- Ready Motion *Joon Bee Jah Seh*
- Horse Riding Stance *Ki Mah Jah Seh*
- Return to Ready Motion *Bah Ro*
- Foreward Stance *Chuhn Gool (Jah) Seh*
- Turn Around *Doe Rah*
- Low Block *Ha Dahn Mahk Gee*
- Upper (or High) Block *Sahng Dahn Mahk Gee*
- Foreward Middle Punch *Joong Dahn Kong Kyuhk*
- Foreward Upper Punch *Sahng Dahn Kong Kyuhk*
- Front Stretching Kick Motion *Ahp Cha Ol Ee Gee Jah Seh*
- Front Stretching Kick *Ahp Ol Ee Cha Gee*
- Front Snap Kick *Ahp Cha Gee*
- Side Stretch Kick Motion *Yup Cha Ol Ee Gee Jah Seh*
- Side Stretch Kick *Yup Cha Ol Ee Gee*
- Side Snap Kick *Yup Cha Gee*
- Back Stance *Hoo Gool (Jah) Seh*
- Middle Block (In\Out) Back Stance *Joong Dan Ahn Phal Yup Mahk Gee*
- Knife Hand Middle Block *Soo Doe Joong Dahn Yup Mahk Gee*
- Knife Hand Low Block *Soo Doe Ha Dahn Yup Mahk Gee*
- Breaking Technique *Kyuhk Pah*
- Self Defense Technique *Ho Shin Sool*
- Sparring *Dae Ryuhn*
- Three Step Sparring *Sahm Bo Dae Ryuhn*

BREAKING TECHNIQUE KYUHK PAH

- Side Snap Kick *Yup Cha Gee*

COUNTING

- | | |
|---------------------|---------------------|
| • 1 <i>hah nah</i> | • 6 <i>yuh suht</i> |
| • 2 <i>dool</i> | • 7 <i>il gop</i> |
| • 3 <i>set</i> | • 8 <i>yuh dul</i> |
| • 4 <i>net</i> | • 9 <i>ah hop</i> |
| • 5 <i>dah suht</i> | • 10 <i>yuhl</i> |

YELLOW BELT (8TH GUP)

GENERAL VOCABULARY

- Middle Section *Joong Dahn*
- Return to Ready *Bah Ro*
- Start or Begin *Shi Jahk*
- Return to Ready Motion *Bah Ro*
- Sparring Stance *Dae Ryuhn Jah Seh*
- Self-Defense Technique *Hoe Shin Sool*
- Two Step Sparring *Yi Bo Dae Ryuhn*
- Semi-Sparring Technique *Yark Sok Dae Ryuhn*
- Sparring Motion *Dae Ryuhn Jah Seh*
- Two-Step Sparring *Yi Bo Dae Ryuhn*

FORMS POOM SEH

- Plague 1 *Palgue Il Chang*
- Tae Gook 1 *Tae Gook Il Chang*

BREAKING TECHNIQUE KYUHK PAH

- Back Spinning Side Kick *Dwee Yup Cha Gee*

BASIC TECHNIQUES KI BON DONG JAHK

- Foreward Knife Hand Attack (Out/In) *Soo Doe Ahp Kong Kyuhk*
- Knife Hand Strike *Soo Doe Chi Gee*
- Foreward Double Middle Block *Sahng Soo Joong Dahn Ahp Mahk Gee*
- Foreward Middle Block (In/Out) *Joong Dahn Ahn Phal Bah Kaht Ahp Mahk Gee*
- Foreward Middle Block (Out/In) *Joong Dahn Bah Kaht Ahn Phal Ahp Mahk Gee*
- Knife Hand Block *Soo Doe Mahk Gee*
- Side Double Low Block *Sahng Soo Ha Dahn Yup Mahk Gee*
- Side Middle Block (Out/In) *Joong Dahn Bah Kaht Ahn Phal Yup Mahk Gee*
- Back Spinning Side Kick *Dwee Yup Cha Gee*
- Round House Kick *Dol Yut Cha Gee*
- Skip Side Kick *Dwi Yehr Yup Cha*

ORANGE BELT (7TH GUP)

GENERAL VOCABULARY

- One Step Sparring *Il Bo Dae Ryuhn*

FORMS POOM SEH

- Palgue 2 *Palgue Yi Chang*
- Tae Gook 2 *Tae Gook Yi Chang*

BREAKING TECHNIQUE KYUHK PAH

- Round House Kick *Dol Yut Cha Gee*

BASIC TECHNIQUES KI BON DONG JAHK

- Spear Hand Attack *Kwan Soo Kong Kyuhk*
- Outward Middle Block *Joong Dahn Bah Kaht Phal Mahk Gee*
- Front Spinning Side Kick *Ahp Dol Yut Yup Cha Gee*
- Jump Front Kick *Yi Dahn Ahp Cha Gee*
- Jump Side Kick *Yi Dahn Yup Cha Gee*
- Skip Front Kick *Dwi Yehr Ahp Cha Gee*
- Skip Round House Kick *Dwi Yehr Dol Yut Cha Gee*
- Skip Side Kick *Dwi YehrYup Cha Gee*

LT. BLUE BELT (6TH GUP)

GENERAL VOCABULARY

- Semi-Sparring Technique *Yark Sok Dae Ryuhn*

BASIC TECHNIQUES KI BON DONG JAHK

- Palm Attack *Son Bah Dahk Kong Kyuhk*
- Back Spinning Front Kick *Dwee Ahp Cha Gee*
- Back Spinning Round House Kick *Dwee Dol Yut Cha Gee*
- Back Spinning Side Kick *Dwee Yup Cha Gee*

FORMS POOM SEH

- Palgue 3 *Palgue Sahm Jang*
- Tae Gook 3 *Tae Gook Sahm Jang*
- Pyong Ann 1 *Pyong Ann Cho Dan*

GREEN BELT (5TH GUP)

GENERAL VOCABULARY

BASIC TECHNIQUES *KI BON DONG JAHK*

- High Reverse Round House Kick *Sahng Dahn Yehrk Dol Yut Cha Gee*
- Modified Round House Kick *Byon Hyung Dol Yut Cha Gee*

FORMS *POOM SEH*

- Palgue 4 *Palgue Sah Chang*
- Tae Gook 4 *Tae Gook Sah Chang*
- Pyong Ann 2 *Pyong Ann Yi Dan*

PURPLE BELT (4TH GUP)

GENERAL VOCABULARY

- Elbow *Phal Goop*

BASIC TECHNIQUES KI BON DONG JAHK

- Foreward Elbow Attack *Phal Goop Kong Kyuhk*
- Side Back Fist *Kap Kwon Kong Kyuhk*
- Low Palm Block *Hah Dahn Son Bah Dahk Mahk Gee*
- Jump Back Spinning Side Kick *Yi Dahn Dwee Yup Cha Gee*
- Jump Front Spinning Side Kick *Yi Dahn Ahp Dol Yut Yup Cha Gee*

FORMS POOM SEH

- Palgue 5 *Palgue Oh Chang*
- Tae Gook 5 *Tae Gook Oh Chang*
- Pyong Ann 3 *Pyong Ann Sam Dan*

BROWN BELT (3RD GUP)

GENERAL VOCABULARY

- Elbow *Phal Goop*
- Back Fist *Kap Kwon*
- Um Yang Symbol *Tae Gook*

BASIC TECHNIQUES KI BON DONG JAHK

- Back Spinning Wheel Kick *Dwi Wheh Chun Cha Gee*
- Jump Back Spinning Wheel Kick *Yi Dan Dwi Wheh Chun Cha Gee*

FORMS POOM SEH

- Palgue 6 *Palgue Yuk Chang*
- Tae Gook 6 *Tae Gook Yuk Chang*
- Pyong Ann 4 *Pyong Ann Sah Dan*

RED BELT (2ND GUP)

GENERAL VOCABULARY

- Knife Fighting *Dahn Doe Dae Ryuhn*

BASIC TECHNIQUES KI BON DONG JAHK

- Front Spinning Wheel Kick *Ahp Wheh Chun Chah Gee*
- Pick Kick *Go Quang Yi Cha Gee*

FORMS POOM SEH

- Palgue 7 *Palgue Chil Chang*
- Tae Gook 7 *Tae Gook Chil Chang*
- Pyong Ann 5 *Pyong Ann Oh Dan*

NAVY BLUE BELT (1ST GUP)

GENERAL VOCABULARY

- Arm *Pahl*
- Back Fist *Yi Kwon*
- Elbow *Phal Koop*
- Face *Uhl Gool*
- Fist *Juhng Kwon (Joo Muhk)*
- Foot *Bahl*
- Hand *Son*
- Knee *Moo Roop*
- Knife Hand *Soo Doe*
- Spear Hand *Kwan Soo*
- Wrist *Son Mok*
- Attack and Defense Combination
Kong Bahng Dae Ryuhn
- Back *Dwi*
- Break Fall *Nahk Buhp*
- Defense *Bahng Uh*
- Left *Chwa (Wehn Chok)*
- Rest *Shi Yuh*
- Right *Woo (Bah Run Chok)*
- Strike *Chee Gee*
- Long Stick *Jahng Bong*
- Short Stick *Dahn Bong*
- Stick *Bong*
- Stick Fighting Technique *Bong Sool*
- Free Sparring *Chah Yu Dae Ryuhn*
- Seated Sparring *Chwah Dae Ryuhn*
- Stop (In Sparring) *Gu Mahn*

BASIC TECHNIQUES KI BON DONG JAHK

- Punching *Chuhng Kwon Kong Kyuhk*
- Circular Block *Dollyuh Mahk Gee*
- Dividing Block *Heh Chyuh Mahk Gee*
- Double Block *Sahng Soo Mahk Gee*
- Inward Middle Block *Joong Dahn Ahn Phal Mahk Gee*
- Pressing Block *Nool Luh Kahk Gee*
- X-Block *Kyo Chah Mahk Gee*
- Back Foot Reverse Round House
Dwi Bahl Yuk Dollyuh Charh Gee
- Front Foot Reverse Round House
Ahp Bahl Yuk Dollyuh Chah Gee
- Front Jump Kick *Yi Dahn Ahp Chah Gee*
- Jump Round House Kick *Yi Dahn Dollyu Chah Gee*
- Jump Spinning Wheel Kick *Yi Dahn When Chun Chah Gee*
- Side Jump Kick *Yi Dahn Yuhp Chah Gee*
- Spinning Wheel Kick *When Chuhn Chah Gee*
- Cat Stances *Buhm Sah Gi (Myo Bo Seh)*
- Crane Stance *Hahk Dah Ree Suh Gi*
- Fixed Stance (Root Stance) *Ko Chuhng Jah Seh*
- Free Front Stance *So Chuhn Gool Seh*
- X-Stance (Cross Stance) *Kyo Chah Suh Gi*

FORMS POOM SEH

- Palgue 8 *Palgue Pal Chang*
- Tae Gook 8 *Tae Gook Pal Chang*
- Ba-Si-Ee *Ba-Si-Ee*