

Charyot *Attention* In most cases used prior to a bow. Instructs the students to perform the attention stance. Also use during a lesson to command the attention of the class and not followed by the 'bow' command

Kyong ye *Bow* Used after the attention command as a sign of courtesy

Junbi *Ready* Commands the student to move to the appropriate stance in preparation for the next exercise or event

Si jak *Start* Commands the student to commence the required action in his or her own time, this could be a pattern, sparring or exercise

Gumahn *Stop* When the student is not performing under the direct command of the instructor i.e. free sparring, commands the student to cease performing the action but to remain where they are

Hechyo *Separate* Used during sparring to command students to pause. In competitions, used when an illegal technique has been used

Gessot *Continue* Used following the 'hechyo' command to recommence sparring

Baro *Return* Used to instruct the student to return to their original starting position

Kooryongopshi *In your own time* Command used where the student is instructed to perform the required exercise at his or her own pace

Kooryongmacho *In my time* Command used where the student is instructed to perform by the count

Nagagi *Forward stepping* Instructs the students to perform the exercise stepping forwards

Duruogi *Backward stepping* Instructs the students to perform the exercise stepping backwards

Teero Torra *About turn* Commands the students to turn through 180°

Wen *Left*

Orrun *Right*