

HAND PARTS	SANG BANSIN	NUMBERS	KOREAN	SPARRING	MATSOKI
Fore fist	Ap joomuk	One	Hanna	One point	Jayoo matsoki
Back fist	Dung joomuk	Two	Dool	1-Step	Ilbo matsoki
Side (hammer) fist	Yop joomuk	Three	Set	2-Step	Ibo matsoki
Under fist	Mit joomuk	Four	Net	3-Step	Sanbo matsoki
Long fist	Ghin joomuk	Five	Tulset	Semi-free	Banjay matsoki
Open fist	Pyun joomuk	Six	Yulset	Free	Jay matsoki
Knuckle fist	Songarak joomuk	Seven	Ilgop	Footstep	Jokgi matsoki
Middle knuckle fist	Joongji joomuk	Eight	Yodul	Self-defence	Hosin sul
Fore knuckle fist	Inji joomuk	Nine	Ahop	Pre-arranged	Yaksok matsoki
Thumb knuckle fist	Umji joomuk	Ten	Yul	One way	Hancock matsoki
Palm	Sonbadak			Two way	Yangchock matsoki
Palm heel	Pyun joomuk	FOOT PARTS	HA BANSIN		
Knifehand	Sonkal	Ball of foot	Ap kumchi	KICKING	CHAGI
Reverse knifehand	Sonkal dung	Heel base	Dwit kumchi	Front	Ap chagi
Base of knifehand	Sonkal batang	Footsword	Balkal	Side	Yop chagi
Fingertip	Sonkut	Reverse footsword	Balkal dung	Back	Dwit chagi
Flat fingertip	Opun sonkut	Knee	Moorup	Turning	Dollyo chagi
Straight fingertip	Son sonkut	Back of heel	Dwichook	Hooking	Golcho chagi
Upset fingertip	Dwijibun sonkut	Instep	Baldung	Crescent	Bandal chagi
Angle fingertip	Homi sonkut	Toes	Balkut	Jumping	Twigi
Double fingertip	Doo songarak	Side of sole	Yop bal badak	Flying	Twimyo
Forefinger	Han songarak	Side instep	Yop baldung	Mid air	Twio dolmyo
Finger belly	Songarak badak			Snap	Busigi
Finger pincers	Jipge son	STANCES	SOGI	Smashing	Cha busigi
Finger press	Jiap	Closed	Moa sogi	Double	I jung
Arc hand	Bandal son	Closed ready (ABCD)	Moa junbi sogi	Triple	Sam jung
Back hand	Son dung	Open ready	Pal ja junbi sogi	Waving	Doro chagi
Bear hand	Gomson	Attention	Charyot	Axe	Naeryo chagi

Forearm	Palmok	Bow posture	Kyungye jase	Pick axe	Gok kaeng i chagi
Outer forearm	Bakat palmok	Ready	Junbi	Checking	Cha muh chagi
Inner forearm	An palmok	Bending (AB)	Gubryo sogi	Thrusting	tulgi
Back forearm	Dung palmok	Straight leg	Waebal sogi	Striking	Taerigi
Under forearm	Mit palmok	Diagonal	Sasun sogi	Consecutive	Yonsok
Elbow	Palkup	X	Kyochoa sogi	Two rirection	Sangbang
Bow wrist	sonmok dung	Vertical	Soojik sogi	Sweeping	Suroh chagi
Thumb ridge	Umji batang	Low	Nachuo sogi	Piercing	Cha jirugi
		Warrior	Moosa sogi	Stamping	Cha bapgi
BLOCKING	MAKGI	Crouched	Oguryo sogi	Pushing	Milgi chagi
Double	Doo palmok makgi	Walking	Gunnan sogi	Reverse (kick)	Bandae
Twin	Sang palmok makgi	Rear foot	Dwitbal sogi	Overhead	Twio nomo chagi
Rising	Chookyo makgi	L	Niunja sogi	Twisting	Bituro chagi
Pressing	Noolo makgi	Parallel	Narani sogi	Rising	Cha olligi
Wedging	Hechyo makgi	Fixed	Gojung sogi	Reverse turning	Bandae dollyo
Pushing	Miro makgi	Sitting	Annun sogi	Reverse hooking	Bandae dollyo goro
Circular	Dollimyo makgi	Parallel ready	Narani junbi sogi		
Scooping	Duro makgi			GENERAL	KOREAN
Guarding	Daebi makgi	ETIQUETTE	KOREAN	Inside	An
U-Shape	Digutja makgi	Instructor (IV-VI Dan)	Sabumnim	Outside	Bakat
Upset	Dwijibo makgi	Assistant (I-III Dan)	Bo sabumnim	Right	Orun
9-Shape	Gutja makgi	Master (VII-VIII Dan)	Sahyumnim	Left	Wen
W-Shape	San makgi	Grand Master (IX Dan)	Saseungnim	Inward	Annuro
		Begin	Sijak	Outward	Bakkuro
COMPETITION	KOREAN	Stop	Haecho	Obverse	Baro
Blue	Chong	Turn	Twio tora	Reverse	Bandae
Red	Hong	Back to your mark	Baro	Vertical	Sewo
Continue	Gaesok	As you were	Goman	Horizontal	Soopyong
Foul	Gamjum hana	Shout	Kihap	Upward	Ollyo

Warning	Ju ui hana	Class dismissed	Hes han	Downward	Naeryo
Disqualification	Silkyuk			Waist	Hori
		BODY PARTS	KOREAN	Upper	Wi
TENETS	JUNGSHIN	Arm	Pal	Release from grab	Jappyosul tae
Courtesy	Ye ui	Bridge of nose	Migan	Grasp	Japgi
Integrity	Yom chi	Chest	Gasum	Vital spot	Kupso
Perseverance	In nae	Eyeball	Angoo	Punching	Jirugi
Self control	Guk gi	Nose	Katdung	Dodging	Pi Hagi
Indomitable spirit	Baekjul Boolgool	Neck	Mok	Attacking	Gong gyukgi
		Point of chin	Mit tok	Throwing/falling tech.	Dungkigiwa torojigi
MISCELLANEOUS	KOREAN	Skull	Dae sin moon	Sliding	Mikulgi
Concentration	Jip joongi	Solar (caeliac) plexus	Myong chi	Spot turning	Gujari dolgi
Body dropping	Mom Nanchugi	Groin	Sataguni	Step turning	Omgyo didimyo dolgi
Breath control	Ho hup	Head	Mori	Single stepping	Ilbo omgyo didigi
Demonstration	Siwi	Heart	Shim Jang	Double stepping	Ibo omgyo didigi
Taekwon-Do Oath	Sonso	Kidney	Kongpat	Uniform	Dobok
Reaction force	Bandong ryok	Legs	Dari	Training hall	Dojang
System of rank	Dan kup chedo	Lower abdomen	Ha bokboo	Jacket	Sang i
Theory of power	Him ui wolli	Toe	Balkut	Trousers	Ha i
Test	Simsa	Temple	Gwangja nori	Belt	Tie
Student	Jeja	Wind pipe	Soom tong	Breaking stand	Gyokpa dae
Spirit	Gi			Press ups	Momtong bachim