

# **Dictionary of Kukkiwon Taekwondo Terminology**

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# Kukkiwon Taekwondo Dictionary

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Revision 4.

## Kukkiwon Taekwondo Dictionary

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This dictionary is broken down into sections to make it easier to use. The first section is terminology by Functional Groups. It contains classroom terminology, anatomy and techniques organized by group and alphabetical order. The second section is the English terminology in alphabetical order. The third section is the Romanized (Anglicized) name of the techniques in alphabetical order. This section will be alphabetized according to the more modern Revised Romanization format. The fourth section is the Korean name of the technique, in Hangeul, in alphabetical order. I have not included every technique that is listed in the Kukkiwon Textbook, but most of them are here. You should be able to look at some of the hand techniques and create another technique from them (eg: outside block, bakkat makgi becomes knifehand outside block, Sonnal bakkat makgi). Some of the techniques will also indicate which poomsae they are used in.

In the first two sections many techniques will be listed more than once. There are several different ways to describe the same technique in English and I tried to include as many of them as possible. I have also (where possible) grouped some of the kicks (eg: front kick, jumping front kick, flying front kick) and blocks (eg: outward block, outward knife hand block). In the Romanization and Hangeul sections the term will be listed once, but the different English translations will appear with that term. The most correct translation will be the one in **boldface**.

There are some “new” terms in Kukkiwon. These are recent changes that have been made to the terminology. The new terms are more closely related to everyday conversational Korean. In those cases, I have annotated the “old term” and the “new term”.

Since some Korean terminology doesn't translate well into English (ie. Keumgang makgi; diamond block, Jebi poom mok chigi; Swallow wing neck strike), I have added an appendix of photos that shows some of these techniques. Photos of all of these techniques can be found in the Kukkiwon Textbook. The techniques with photos will be marked with an asterisk\*.

Some of the names may be different depending on when the edition was printed. There are two forms of Romanization. The old style is called McCune-Reischauer Romanization and the modern style is called Revised Romanization (RR). RR is the more proper way to Romanize the Korean language and is the first set used. Because so many people have been using the McCune-Reishauer system, it has been included in parenthesis. If the Romanization is the same in both McCune-Reischauer and RR, I only included one. Then there is also the “dojang” Romanization. Many of these terms were translated by phonetics and many people have different spellings for them. I have not included dojang Romanization as there are simply too many variations to consider.

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## Classroom Terminology

(Myeong nyeong-eo 명령어)

This section contains common classroom terminology and commands.

About Face ( <b>Stationary Turn</b> )	Dwi-ro do-ra (Twi-ro do-ra) 뒤로돌아
Again	Dashi (Tashi) 다시
Assistant Instructor	Bu sa-beom (Pu sa-pŏm) 부 사범
At Ease (stand at ease)	Swieo (Shwiŏ) 쉬어
Attention	Cha-ryeot (Ch'a-ryŏt) 차렷
Begin	Si-jak (Shi-jak) 시작
Belt Colors	Tti-saek (Tti-saek) 띠색
Black	Geo-meun (Kŏ-mŭn) 검은
Black Belt	Geo-meun tti (Kŏ-mŭn tti) 검은띠
Black Belt Dan Ranking	Dan 단
Blue	Cheong (Ch'ŏng) 청
Blue Belt	Cheong tti (Ch'ŏng tti) 청
Blue Belt With Red Stripe	Cheong tti-e hong seon (Ch'ŏng tti-e hong sŏn) 청띠에홍선
Bow (Salute)	Gyeong-nye (Kyŏng-nye) 경례

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Bow To The Instructor	Sa-beom-nim-kke gyeong-nye (Sa-bŏm-nim-kke gyŏng-nye) 사범님께 경례
Break (separate fighters)	Gal-lyeo (Kal-lyŏ) 갈려
Change (as in switch feet or switch hands)	Ba kkum (Pa kkum) 바꿈
Change Direction	Bang hyang bakkugi (Pang hyang Pakkugi) 방향 바꾸기
Colors	Saek 색
Continue	Gye-sok (Kye-sok) 계속
Dismissed	Hae-san 해산
Eighth Dan	Pal Dan (P'al Dan) 팔 단
Fifth Dan	O Dan 오 단
First Dan	Il Dan 일 단
First Poom (Junior Black Belt)	Il Pum (Il P'um) 일 품
Fourth Dan	Sa Dan 사 단
Fourth Poom (Junior Black Belt)	Sa Pum (Sa P'um) 사 품
Green	Cho-rok (Ch'o-rok) 초록
Green Belt	Cho-rok tti (Ch'o-rok tti) 초록띠

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Green Belt With Blue Stripe	Cho-rok tti-e cheong-seon (Ch'o-rok tti-e ch'öng-sön) 초록띠에청선
Head Of The School	Gwan-jang (Kwan-jang) 관장
Instructor	Sa-beom (Sa-bö̃m) 사범
Line Up	Jul-lo-seo ( Chul-lo-sö̃) 줄로서
Meditate	Mung-nyeom (Mung-nyö̃m) 묵념
Ninth Dan	Gu Dan (Ku Dan) 구 단
Ready	Jun-bi (Chun-bi) 준 비
Red	Hong 홍
Red Belt	Hong tti 홍띠
Red Belt With Black Stripe	Hong-tti-e geo-meun seon (Hong-tti-e gö-mün sön) 홍띠에 검은선
Return (to a position, usually ready stance)	Ba-ro (Pa-ro) 바로
Salute (Bow)	Gyeong-nye (Kyö̃ng-nye) 경례
Salute The National Flag	Guk-gi-e dae-ha-yeo gyeong-nye (Kuk-ki-e dae-ha-yö̃ gyö̃ng-nye) 국기에대하여 경례
Second Dan	I Dan 이 단
Second Poom (Junior Black Belt)	I Pum (I P'um) 이 품

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Seventh Dan	Chil Dan (Ch'il Dan) 칠 단
Sit	An-jeo (An-jö) 앉어
Sixth Dan	Yuk Dan 육 단
Start	Si-jak (Shi-jak) 시작
Stationary Turn (About Face)	Dwi-ro do-ra (Twi-ro do-ra) 뒤로 돌아
Stop	Geu-man ( Kŭ-man) 그만
Third Dan	Sam Dan 삼 단
Third Poom (Junior Black Belt)	Sam Pum (Sam P'um) 삼 품
Training Hall	Do-jang (To-jang) 도장
Turn Around (Stationary Turn)	Dwi-ro Do-ra (Twi-ro Do-ra) 뒤로 돌아
White	Huin (Hŭin) 흰
White Belt	Huin tti (Hŭin tti) 흰띠
White Belt With Yellow Stripe	Huin tti-e no-ran seon (Hŭin tti-e no-ran-sŏn) 흰띠에 노란선
Yellow	No-rang 노랑
Yellow Belt	No-ran tti 노란띠
Yellow Belt With Green Stripe	No-ran tti-e cho-rok seon (No-ran-tti-e ch'o-rok sŏn) 노란띠에초록선

## Anatomy

(Sinche Bubun 신체 부분)

Using the different parts of the body can help when naming a technique. For example: sonnal chigi means knife hand (hand blade) strike, sonnal mok chigi means knife hand (hand blade) neck strike.

Abdomen	Bok-Bu (Pok-Pu) 복부
Achilles Heel	Dwi-Jjok Gyak-Jeom (Twi-Tchok Kyak-Chöm) 뒤쪽 약점
Achilles Tendon	Dwi Jjok Himjul (Twit Chok Himjul) 뒤쪽 힘줄
Adam's Apple	Gyo-Hu (Kyo-Hu) 교후
Ankle	Balmok (Pal-Mok) 발목
Ankle Joint	Balmok Gwan-Jeol (Pal-Mok Kwan-Jöl) 발목 관절
Arch Of The Foot	Bal Nal Deung (Pal Nal Tüng) 발 날 등
Arm	Pal (P'al) 팔
Armpit	Gyeodeurangi (Kyödürangi) 겨드랑이
Artery	Dong Maek (Tong Maek) 동맥
Back (of the torso)	Deung (Tüng) 등
Ball Of The Foot (fore sole)	Ap Kkum Chi (Ap Kkum Ch'i) 앞꿈치
Blood	Pi (P'i) 피



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Body	Mom 몸
Bone	Ppyeo (Ppyŏ) 뼈
Brachial Plexus	Sangwan Singyeong (Sangwan Shin'gyŏng) 상완 신경
Bridge Of The Nose	Migan 미간
Carotid Artery	Mok Dongmaek (Mok Tongmaek) 목 동맥
Cheek	Gwangdae (Kwangdae) 광대
Chest	Gaseum (Kasŭm) 가슴
Chin	Teok (T'ŏk) 턱
Clavicle	Swaegol 쇄골
Coccyx	Migol 미골
Ear	Gwi (Kwi) 귀
Elbow (towards forearm)	Palgup (P'algup) 팔굽
Elbow (general)	Palkkumchi (P'alkkumch'i) 팔꿈치
Elbow Joint	Palgup Gwanjeol (P'algup Kwanjŏl) 팔굽 관절
Eye	Nun 눈
Eyes (general area)	Anbu 안부

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Eyeball	Angu 안구
Face	Eolgul (Ŏlgul) 얼굴
Femur	Tae Toegol (T'ae T'oegol) 태 퇴골
Fibula	Pigol (P'igol) 피골
Finger	Songarak (Son'garak) 손가락
Finger Tip	Pyeon Sonkkeut (P'yŏn Sonkküt) 편 손끝
Foot	Bal (Pal) 발
Foot Blade	Bal Nal (Pal Nal) 발 날
Forearm	Palmok (P'almok) 팔목
Forehead	I Ma 이마
Groin	Nangsim (Nangshim) 낭심
Hand	Son 손
Hand Blade	Son Nal 손날
Head	Meo-Ri (Mŏ-Ri) 머리
Heart	Simjang (Shimjang) 심장
Heel (back below achilles tendon)	Dwikkumchi (Twikkumch'i) 뒤꿈치

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Heel (Back Sole)	Dwichuk (Twich'uk) 뒤축
Hip	Eongdeongi (Öngdöngi) 엉덩이
Humerous	Sangbakgol (Sangbakkol) 상박골
Instep	Bal Deung (Paltüng) 발등
Jaw	Teok (T'ök) 턱
Joint	Gwanjeol (Kwanjöl) 관절
Kidney	Kongpat (K'ongp'at) 콩팥
Knee	Mureup (Murüp) 무릎
Knuckle	Son Madi 손 마디
Leg	Dari (Tari) 다리
Lips	Ipsul 입술
Liver	Ganjang (Kanjang) 간장
Mandibula	Teokgwanjeol (T'ökkwanjöl) 턱관절
Mouth	Ip 입
Muscle	Geunyuk (Künyuk) 근육
Neck	Mok 목

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Nerve	Sin Gyeong (Shin'gyǒng) 신경
Nose	Ko (K'o) 코
Occipital Bone	Hudugol 후두골
Patella	Seulgaegol (Sŭlgaegol) 슬개골
Pelvis	Gol Ban (Kol Ban) 골반
Philtrum	In Jung 인중
Point Of The Chin	Mit Teok (Mit T'ök) 밑 턱
Radius (bone)	Yo Gol 요골
Ribs	Gal Bi (Kal Bi) 갈비
Shin	Jeong Gan I (Chǒnggangi) 정강이
Shoulder	Eokkae (Ökkae) 어깨
Skull	Dugaegol (Tugaegol) 두개골
Solar Plexus	Myeong Chi (Myǒng-Ch'i) 명치
Sole Of The Foot	Bal Badak (Pal Padak) 발 바닥
Spine	Cheokchu (Ch'ökch'u) 척추
Spinal Cord	Cheokchu Singyeong (Ch'ök-Ch'u Shin-Gyǒng) 척추 신경

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Spleen	Pi Jang (P'i Jang) 피장
Sternum	Hyeongol (Hyön'gol) 현골
Temple	No Ri 노리
Throat	Mokgumeong (Mokkumöng) 목구멍
Thumb	Eomji Songarak (Ömji Son'garak) 엄지 손가락
Toe	Balgarak (Palgarak) 발가락
Trunk Of The Body	Momtong (Momt'ong) 몸통
Ulna	Cheokgol (Ch'ök-Gol) 척골
Waist	Hoe-Ri (Hö-Ri) 허리
Windpipe	Sumtong (Sum-T'ong) 숨통
Wrist	Son Mok 손목

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## Stances

(Seogi 서기)

Stances are perhaps the easiest of Taekwondo techniques to translate. There are, however, some different English terms for the same stance and in some instances the same English term describes two different stances to two different people.

Assisted Stance (Hansu #11)	Gyeotda-Ri Seogi (Kyötta-Ri Sögi) 걸다리 서기
At Ease Stance	Pyeonhi Seogi (P'yönhi Sögi) 편히 서기
Attention Stance	Charyeot Seogi (Ch'aryöt Sögi) 차렷 서기
Back Attention Stance*	Dwichuk Moa Seogi (Twich'uk Moa Sögi) 뒤축 모아 서기
<b>Back Stance</b> (L Stance)	Dwit Gubi (Twit Kubi) 뒷 굽이
Cat Stance ( <b>Tiger Stance</b> )	Beom Seogi (Pöm Sögi) 범 서기
Closed Stance*	Moa Seogi (Moa Sögi) 모아 서기
Covered-Fist Ready Stance (Taegeuk 7 Jang #11)	Bojumeok Junbi Seogi (Pojumök Chunbi Sögi) 보주먹 준비 서기
Crane Stance (Keumgang #8)	Hakda-Ri Seogi (Hakta-Ri Sögi) 학다리 서기
Cross Stance (Taegeuk 5 Jang #20)	Kkoa Seogi (Kkoa Sögi) 꼬아 서기
<b>Crouching Stance</b> (Riding Stance) (Keumgang #9)	Juchum Seogi (Chuch'um Sögi) 주춤 서기
Fighting Stance	Gyeorumsae Seogi (Kyörumse Sögi) 겨름새 서기
Forward Stance ( <b>Walking Stance</b> ) (Taegeuk 1 Jang #1)	Ap Seogi (Ap Sögi) 앞 서기
Forward Crouching Stance	Ap Juchum Seogi (Ap Chuch'um Sögi) 앞 주춤 서기

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Forward Cross Stance	Ap Kkoa Seogi (Ap Kkoa Sŏgi) 앞 꼬아 서기
Forward Inflection (Bent Knee) Stance ( <b>Front Stance</b> ) (Taegeuk 2 Jang #2)	Ap Gubi (Ap Kubi) 앞 굽이
Front Stance (Taegeuk 2 Jang #2)	Ap Gubi (Ap Kubi) 앞 굽이
Inverted "T" Stance*	Oja Seogi (Oja Sŏgi) 오자(丄자) 서기
Inward Stance*	Anjjong Seogi (Antchong Sŏgi) 안짱 서기
Inward Crouching Stance*	Anjjong Juchum Seogi (Antchong Chuch'um Sŏgi) 안짱 주춤 서기
L Stance ( <b>Back Stance</b> )	Dwit Gubi (Twit Kubi) 뒤 굽이
Left Stance (Taegeuk 5 Jang #2)	Oen Seogi (Oen Sŏgi) 왼 서기
Lowered Stance (Old Style Riding Stance)	Natchueo Seogi (Natch'uo Sŏgi) 낮추어 서기
Oblique Angle Stance*	Mo Seogi (Mo Sŏgi) 모 서기
Oblique Angle Crouching Stance*	Mo Juchum Seogi (Mo Chuch'um Sŏgi) 모 주춤 서기
Overlapped Hands Ready Stance (also layered hands) (Pyungwon)	Gyeopson Junbi Seogi (Kyŏpsŏn Chunbi Sŏgi) 겹선 준비 서기
Parallel Stance (Taegeuk 6 Jang #10)	Naranhi Seogi (Naranhi Sŏgi) 나란히 서기
Pushing Hands Ready Stance ( <b>Barrel Pushing</b> ) (Koryo)	Tong Milgi Junbi Seogi (T'ong Milgi Chunbi Sŏgi) 통밀기 준비 서기
Ready Stance	Junbi Seogi (Chunbi Sŏgi) 준비 서기

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Reverse Attention Stance*	Apchuk Moa Seogi (Apch'uk Moa Sögi) 앞축 모아 서기
Reverse Crane Stance* (Ilyeo #6)	Ogeum Seogi (Ogüm Sögi) 오금 서기
Riding Stance <b>(Crouching Stance)</b>	Juchum Seogi (Chuch'um Sögi) 주춤 서기
Right Stance (Taegeuk 5 Jang #4)	Oreun Seogi (Orün Sögi) 오른 서기
<b>Tiger Stance</b> (Cat Stance)	Beom Seogi (Pöm Sögi) 범 서기
Walking Stance <b>(Forward Stance)</b>	Ap Seogi (Ap Sögi) 앞 서기
<b>Ready Stances</b>	
<b>Junbi Jase (준비 자세)</b>	
Basic Ready Stance (Taegeuk 1-8)	Gibon Junbi Seogi (Kibon Chunbi Sögi) 기본 준비 서기
Covered Fist Ready Stance (#11 In Taegeuk 7, Ready Position In Ilyeo)	Bojumeok Junbi Seogi (Po Jomök Chunbi Sögi) 보조먹준비 서기
Sparring Ready Stance	Gyeorugi Junbi Seogi (KyörugiJunbi Sögi) 겨루기 준비 서기  Also called: Gyeorumsae, 겨름새
Layered Hand Ready Stance (Pyungwon, Chonkwon, Hansu) (also overlapped hands)	Gyeopson Junbi Seogi (Kyöpson Junbi Sögi) 겹손준비 서기
Barrel Pushing Ready Stance (Koryo)	Tong Milgi Junbi Seogi (T'ong Milgi Junbi Sögi) 통밀기준비 서기
Two Fists On Hip Ready Stance (Ilyeo #18)*	Dujumeok Heori Junbi Seogi (Tu Jumök Höri Junbi Sögi) 두주먹 허리준비 서기



## Blocking

(Makgi 막기)

Blocks are by far the largest group of techniques and also the hardest to name. There are different ways to name the same blocking technique. There are long names and short cuts to naming many of the blocks. This can lead to long names for some blocks that are then shortened for common usage. The terms “knife hand” and “hand blade” are interchangeable as are “ridge hand” and “reverse hand blade”. The more common English usage is “knife hand” and “ridge hand”, while the more correct translation is “hand blade” and “reverse hand blade”.  
Techniques here

Absorbing Block	Bada Makgi (Pada Makki) 받아 막기
Foot Sole Absorbing Block	Bal Badak Bada Makgi (Pal Padakpada Makki) 발 바닥받아 막기
Palm Absorbing Block	Son Badak Bada Makgi (Son Padak Pada Makki) 손 바닥 받아 막기
Shin Absorbing Block	Junggangi Bada Makgi (Chönggangi Pada Makki) 정강이 받아 막기
Arc Hand Block	Ageum Son Makgi (Agüm Son Makki) 아금 손 막기
Assisted Block	Geodeureo Makgi (Ködürö Makki) 거들어 막기
Assisted Low (downward) Block (Taegeuk 8 Jang #18)	Geodeureo Naeryeo Makgi (New Term) (Ködürö Naeryö Makki) 거들어내려막기 Geodeureo Arae Makgi (Old Term) (Ködürö Arae Makki) 거들어아래막기
Inner Forearm Assisted Block	An Palmok Geodeureo Makgi (An P'almok Ködürö Makki) 안 팔목 거들어막기

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Knife Hand Guard Block (hand blade block, twin knife hand block) (Taegeuk 4 Jang #1 And #3)	Sonnal Geodeureo Makgi (Ködürö Sonnal Makki) 손날 거들어막기
Low Knife Hand Guard Block (Taegeuk 7 Jang #5)	Sonnal Geodeureo Naeryeo Makgi (New Term) (Sonnal Ködürö Naeryö Makki) 손날거들어내려막기 Sonnal Geodeureo Arae Makgi (Old Term) (Sonnal Ködürö Arae Makki) 손날거들어아래막기
Outer Forearm Assisted Outer Block (Taegeuk 8 #1)	Bakkat Palmok Geodeureo Bakkat Makgi (Pakkat P'almok Ködürö Pakkat Makki) 바깥 팔목거들어바깥 막기
Palm Supporting Inside Wrist Outward Block (Shipjin #2 & 7)	Sonbadak Geodeureo Anpalmok Makgi (Sonbadak Ködünö Anp'almok Pakkat Makki) 손바닥 거든어 안팔목 바깥 막기
Reverse Kife Hand (ridge hand) Assisted Downward Block	Sonnal Deung Geodeureo Naeryeo Makgi (Sonnal Tüng Ködürö Naeryö Makki) 손날 등 거들어 내려 막기
Reverse Kife Hand (ridge hand) Assisted Block (Shipjin #26)	Sonnal Deung Geodeureo Makgi (Sonnal Tüng Ködürö Makki) 손날 등 거들어 막기
Body Block ( <b>inner block</b> , trunk block, front block) (Taegeuk 1 Jang #6)	Momtong An Makgi (Momt'ong An Makki) 몸통 안 막기
Bow Wrist Block	Gupin Sonmok Makgi (Kup'in Sonmok Makki) 굽힌 손목 막기
Bow Wrist Lifting Body Block	Gupin Son Momtong Chukyeo Makgi (Kup'in Son Momt'ong Ch'uk'yö Makki) 굽힌 손 몸통 추켜 막기
Bull Block (Shipjin #1)	Hwang-So Makgi (Hwangso Makki) 황소 막기

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Crane Diamond Block (Keumgang #8)*	Hakda-Ri Geumgang Makgi (Hakta-Ri Kūmgang Makki) 학다리 금강 막기
Cross Block	Eotgeoreo Makgi (Ötkörö Makki) 엇걸어 막기
Cross Underneath Block (Taegeuk 7 Jang #16 And #19)	Eotgeoreo Naeryeo Makgi (New Term) (Ötkörö Naeryö Makki) 엇걸어 내려 막기 Eotgeoreo Arae Makgi (Old Term) (Ötkörö Arae Makki) 엇걸어 아래 막기
Diamond Low Block (Keumgang #8)*	Geumgang Naeryeo Makgi (Kūmgang Makki) 금강 내려 막기
Diamond Inner Forearm Middle Block (Taebaek #9)*	Geumgang An Palmok Momtong Makgi (Kūmgang An P'almok Momt'ong Makki) 금강 안 팔목 몸통 막기
Diamond Knife Hand Outward Block	Sonnal Geumgang Bakkat Makgi (Sonnal Kūmgang Pakkat Makki) 손날 금강 바깥막기
Diamond Knifehand Block* (Hansu #13)	Sonnal Geumgang Makgi (Sonnal Kūmgang Makki) 손날 금강 막기
Diamond Outer Block	Geumgang Bakkat Momtong Makgi (Kūmgang Pakkat Momt'ong Makki) 금강 바깥몸통막기
Drawing Up Block	Geuryeo Olligi Makgi (Kūryö Olligi Makki) 그려 올리기 막기
Face Block (High Block) {most correct translation is <b>Upward Block</b> } (Taegeuk 1 #11 & 13)	Olyeo Makgi (Ollyö Makki) (New Term) 올려 막기 Eolgul Makgi (Ölgul Makki) (Old Term) 얼굴 막기

## Kukkiwon Taekwondo Dictionary

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Face Wedging Block	Eolgul Hechyeo Makgi (Ölgul Hech'yö Makki) 얼굴 헤쳐 막기
Foot Blade Low Block (leg checking)	Arae Bada Makgi (Arae Pada Makki) 아래 바다 막기
Front Block ( <b>inner block</b> , outside to inside block)	Momtong An Makgi (Momt'ong An Makki) 몸통 안 막기
Hand Blade Block (knife hand guard block, twin knife hand block) (Taegeuk 4 Jang #1)	Sonnal Geodeureo Makgi (Sonnal Ködürö Makki) 손날 거들어막기
Hand Blade Face Cross Block (high knife hand x-block)	Sonnal Eolgul Eotgeoreo Makgi (Sonnal Ölgul Ötkörö Makki) 손날 얼굴 엇걸어 막기
Hand Blade Low Block (low knife hand guard block) (Taegeuk 7 Jang #5)	Sonnal Geodeureo Naeryeo Makgi (New Term) (Sonnal Ködürö Naeryö Makki) 손날 거들어내려막기 Sonnal Geodeureo Arae Makgi (Old Term) (Sonnal Ködürö Arae Makki) 손날 거들어아래막기
Hand Blade Wedging Body Block	Sonnal Momtong Hechyeo Makgi (Sonnal Momt'ong Hech'yö Makki) 손날 몸통 헤쳐막기
High Hand Blade X-Block	Sonnal Eolgul Eotgeoreo Makgi (Sonnal Ölgul Ötkörö Makki) 손날 얼굴 엇걸어 막기
Inner Forearm Block	An Palmok Makgi (An P'almok Makki) 안 팔목 막기
Inner Forearm Face Outer Block	An Palmok Eolgul Bakkat Makgi (An P'almok Ölgul Pakkat Makki) 안 팔목 얼굴 바깥 막기
Inner Forearm Twist Block	An Palmok Biteureo Makgi (An P'almok Pit'ürö Makki) 안 팔목 비틀어 막기

## Kukkiwon Taekwondo Dictionary

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Inner Forearm Wedging Block (Keumgang #1)	An Palmok Hechyeo Makgi (An P'almok Hech'yŏ Makki) 안 팔목 헤쳐 막기
Inside To Outside Block ( <b>Outer Block</b> ) (Taegeuk 4, #9 And #11)	Bakkat Makgi (Pakkat Makki) 바깥 막기
Inward Block (front block, outside to inside block)	An Makgi (An Makki) 안 막기
Knife Hand Inward Block (Keumgang #5)	Sonnal An Makgi (Sonnal An Makki) 손날 안 막기
Outer Forearm Inward Block (Taegeuk 1 #6)	Bakkat Palmok An Makgi (Pakkat P'almok Makki) 바깥 팔목 안 막기
Palm Heel Inward Block (Taegeuk 7 #1)	Batangson An Makgi (Pat'ang Son An Makki) 바탕 손 안 막기
Reverse Foot Blade Inward Block (Inward Crescent Kick)	Balnal Deung An Makki (Pal Nal Tŭng An Makki) 발날 등 안 막기
Knife Hand Guard Block (hand blade block, twin knife hand block) (Taegeuk 4 Jang #1 And #3)	Sonnal Geodeureo Makgi (Sonnal Kŏdŭrŏ Makki) 손날 거들어막기
Knife Hand Low Block (single blade hand low block) (Koryo #25-2)	Sonnal Naeryeo Makgi (New Term) (Sonnal Naeryŏ Makki) 손날 내려 막기 Sonnal Arae Makgi (Old Term) (Sonnal Arae Makki) 손날 아래 막기
Knife Hand Inner Block (Keumgang #5)	Sonnal An Makgi (Sonnal An Makki) 손날 안 막기
Knife Hand Outer Block (single blade hand block) (Taegeuk 3 Jang #7)	Sonnal Bakkat Makgi (Sonnal Pakkat Makki) 손날바깥막기

## Kukkiwon Taekwondo Dictionary

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Low Block (Taegeuk 1 Jang #1)	<p>Naeryeo Makgi (Naeryö Makki) (New Term) 내려 막기</p> <p>Arae Makgi (Arae Makki ) (Old Term) 아래 막기</p>
Low Twist Block	<p>Naeryeo Biteureo Makgi (New Term) (Naeryö Pit'ürö Makki) 내려 비틀어 막기</p> <p>Arae Biteureo Makgi (Old Term) (Arae Pit'ürö Makki) 아래 비틀어 막기</p>
Low Wedging Block (Taegeuk 6 Jang #10)	<p>Naeryeo Hechyeo Makgi (New Term) (Naeryö Hech'yö Makki) 내려 헤쳐 막기</p> <p>Arae Hechyeo Makgi (Old Term) (Arae Hech'yö Makki) 아래 헤쳐 막기</p>
Low X-Block (Shipjin #25)	<p>Eotgeoreo Naeryeo Sonnal Makgi (New Term) (Ötkörö Naeryö Sonnal Makki) 엇걸어 내려 손날 막기</p> <p>Eotgeoreo Arae Sonnal Makgi (Old Term) (Ötkörö Arae Sonnal Makki) 엇걸어 아래 손날 막기</p>
Mountain Block (Keumgang #11)*	<p>Santeul Makgi (Sant'ül Makki) 산틀 막기</p>
Open Hand Mountain Block (not knife hand because the hands are moving in different directions and using different striking surfaces)	<p>Pyeonson Santeul Makgi (P'yönson Sant'ül Makki) 편손 산틀 막기</p>
Wedging Mountain Block	<p>Hecheo Santeul Makgi (Hech'yö Sant'ül Makki) 헤쳐 산틀 막기</p>

## Kukkiwon Taekwondo Dictionary

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Outer Block (inside to outside block)	Bakkat Makgi (Pakkat Makki) 바깥 막기
Inner Forearm Outward Block (Jitae #1)	Anpalmok Bakkat Makgi (An P'almok Pakkat Makki) 안 파르ᄇᄇ 바깥 막기
Knife Hand Outward Block (Taegeuk 3 #7 & 9)	Sonnal Bakkat Makgi (Sonnal Pakkat Makki) 손날 바깥 막기
Outer Forearm Outward Block (Taegeuk 6 #6 & 8)	Bakkat Palmok Bakkat Makgi (Pakkat P'almok Pakkat Makki) 바깥 팔목바깥막기
Reverse Knife Hand Outward Block	Sonnal Deung Bakkat Makgi (Sonnal Tŭng Pakkat Makki) 손날 등 바깥 막기
Outer Forearm Face Side Block	Bakkat Palmok Eolgul Yeop Makgi (Pakkat P'almok Ölgul Yöp Makki) 바깥 팔목 얼굴 옆 막기
Outer Forearm Face Twist Block	Bakkat Palmok Eolgul Biteureo Makgi (Pakkat P'almok Ölgul Pit'ürö Makki) 바깥 팔목 얼굴 비틀어 막기
Outside To Inside Block ( <b>Inner Block</b> ) (Taegeuk 1 #6 And #8)	Momtong An Makgi (Momt'ong An Makki) 몸통 안 막기
Outward Kick Face Block (outward crescent kick)	Eolgul Bakkat Chyeonae Makgi (Ölgul Pakkat Ch'yönae Makki) 얼굴 바깥 쳐내 막기
Palm Assisting Side Block (Shipjin #2)	Son Badak Geodeureo Bakkat Makgi (Son Padak Ködürö Pakkat Makki) 손 바닥 거들어 바깥 막기
Palm Block (Taeguek 7 Jang #1)	Batang Son Makgi (Pat'ang Son Makki) 바탕 손 막기
Palm Body Lifting Block	Batang Son Chukyeo Makgi (Pat'ang Son Ch'uk'yö Makki) 바탕 손 추켜 막기

## Kukkiwon Taekwondo Dictionary

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Palm Pressing Block (Koryo #20-1)	Batang Son Nulleo Makgi (Pat'ang Son Nullö Makki) 바탕 손 눌러 막기
Reverse Foot Blade (Arch) Lifting Block	Aneu-Ro Geodeo Naegi Makgi (Anü-Ro Ködö Naegi Makki) 안으로 걷어 내기 막기
Reverse Hand Blade Guard Block (ridge hand guarding block) (Shipjin #26)	Sonnal Deung Geodeureo Makgi (Sonnal Tüng Ködürö Makki) 손날 등거들어막기
Reverse Hand Blade Low Block (low section ridge hand block)	Sonnal Deung Naeryeo Makgi (New Term) (Sonnal Tüng Naeryö Makki) 손날 등 내려 막기 Sonnal Deung Arae Makgi (Old Term) (Sonnal Tüng Arae Makki) 손날 등 아래 막기
Reverse Hand Blade Wedging Block (Shipjin #16)	Sonnal Deung Hechyeo Makgi (Sonnal Tüng Hech'yö Makki) 손날 등 헤쳐 막기
Scissors Block (Taegeuk 7 Jang #12-13)	Gawi Makgi (Kawi Makki) 가위 막기
Open Hand Scissors Block (not knife hand because the hands are moving in different directions and using different striking surfaces)	Pyeonson Gawi Makgi (P'yönsön Kawi Makki) 편손 가위 막기
Shin Underneath Block	Jeong Gangi Bada Makgi (Chöng Gangi Pada Makki) 정 강이 바다 막기
Side Block	Yeop Makgi (Yöp Makki) 옆 막기
Side Rising Kick Face Block	Eolgul Yeop Cha Ollyeo Makgi (Ölgul Yöp Ch'a Ollyö Makki) 얼굴 옆 차 올려 막기



## Kukkiwon Taekwondo Dictionary

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Single Blade Hand Block <b>(Knife Hand Block)</b> (Taegeuk 3 Jang #7)	Sonnal Makgi (Sonnal Makki) 손날 막기
Single Blade Hand Low Block (knife hand low block) (Koryo #27-2)	Sonnal Naeryeo Makgi (New Term) (Sonnal Naeryö Makki) 손날 내려 막기 Sonnal Arae Makgi (Old Term) (Sonnal Arae Makki) 손날 아래 막기
Target Block	Pyojeok Makgi (P'yojök Makki) 표적 막기
Target Low Block (Hansu #12)	Pyojeok Naeryo Makgi (new term) (P'yojök Naeryö Makki) 표적 내려 막기 Pyojeok Arae Makgi (old term) (P'yojök Arae Makki) 표적아래 막기
Trunk Block ( <b>Inner Block</b> , Front Block)	Momtong An Makgi (Momt'ong An Makki) 몸통 안 막기
Twin Knife Hand Block (knife hand guard block, hand blade block) (Taegeuk 4 Jang #1)	Sonnal Geodeureo Makgi (Sonnal Ködürö Makki) 손날 거들어막기
Twist Block	Biteureo Makgi (Pit'ürö Makki) 비틀어 막기
Downward (low) Twist Block	Biteureo Naeryeo Makgi (Pit'ürö Naeryö Makki) 비틀어 내려 막기
Inner Forearm Twist Block	An Palmok Biteureo Bakkat Makki (An P'almok Pit'ürö Pakkat Makki) 안팔목비틀어 바깥 막기

## Kukkiwon Taekwondo Dictionary

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Knife Hand Twist Block (Taegeuk 6 Jang #5)	Sonnal Biteureo Bakkat Makki (Sonnal Pit'ürö Pakkat Makki) 손날 비틀어 바깥 막기
Outer Forearm Twist Block	Bakkat Palmok Biteureo Bakkat Makgi (Pakkat P'almok Pit'ürö Pakkat Makki) 바깥 팔목 비틀어 바깥 막기
Reverse Knife Hand Outward Twist Block	Sonnal Deung Biteureo Bakkat Makki (Sonnal Tüng Pit'ürö Pakkat Makki) 손날 등 비틀어 바깥 막기
Underneath Pull Out Block	Miteu-Ro Ppaegi Makgi (Mit'ü-Ro Ppaegi Makki) 밑으로 빼기 막기
Upward Block (Rising Block) (Taegeuk 1 #11 & 13)	Ollyeo Makgi (Sonnal Ollyö Makki) 올려 막기
Inner Forearm Upward Block (Shipjin #19)	Term #1: Kkeureo Olligi 끌어 올리기 Term #2: An Palmok Ollyeo Makgi 알팔목 올려 막기
Knife Hand Upward Block (Jitae #6)	Sonnal Ollyeo Makgi (Sonnal Ollyö Makki) 손날올려 막기
Upward Pull Out Block	Wi-Ro Ppaegi Makgi (Wi-Ro Ppaegi Makki) 위로 빼기 막기
Wedging Block	Hechyeo Makgi (Hech'yö Makki) 헤쳐 막기
Inner Forearm Wedging Block (Keumgang #1)	An Palmok Hechyeo Makgi (An P'almok Hech'yö Makki) 알팔목 헤쳐 막기
Reverse Knife Hand Wedging Block (Shipjin #16)	Sonnal Deung Hechyeo Makgi (Sonnal Tüng Hech'yö Makki) 손날 등 헤쳐 막기

## Kukkiwon Taekwondo Dictionary

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Wedging Low Block (Tae Geuk 6, #10)	Naeryeo Hechyeo Makgi (Naeryŏ Hech'yŏ Makki)  내려 헤쳐 막기
Wedging Mountain Block (Pyungwon #11)	Santeul Hechyeo Makgi (Sant'ül Hech'yŏ Makki)  산틀헤쳐막기
Wide Open Block (Taegeuk 8 Jang #5)	Oe Santeul Makgi (Oe Sant'ül Makki)  외 산틀 막기
Knife Hand Wide Open Block* (Chonkwon #23)	Sonnal Oe Santeul Makgi (Sonnal Oe Sant'ül Makki)  손날 외 산틀 막기
Yoke Pull Out Block	Meonge Ppaegi Makgi (Mŏnge Ppaegi Makki)  멩에 빼기 막기

## Grasping

(Japgi 잡기)

Grasping is usually accompanied by a strike, kick or punch.

Grasping	Japgi (Chapki) 잡기
Ankle Grasp	Balmok Japgi (Palmok Chapki) 발목 잡기
Arc Hand Wrist Grasp	Ageum Son Palmok Japgi (Agüm Son P'almok Chapki) 아금 손 팔목 잡기
Head Grasp	Meo-Ri Japgi (Mö-Ri Chapki) 머리 잡기
Neck Grasp	Mok Japgi (Mok Chapki) 목 잡기
Shoulder Grasp	Eokkae Japgi (Ökkae Chapki) 어깨 잡기

## Punching

### (Jireugi 지르기)

Back Punch (done over the shoulder)	Dwi Jireugi (Twi Chirūgi) 뒤 지르기
Diamond Forward Punch * (Jitae #11)	Geumgang Ap Jireugi (Kūmgang Ap Chirūgi) 금강 앞 지르기
Diamond Side Punch * (Chonkwon #21)	Geumgang Yeop Jireugi (Kūmgang Yōp Chirūgi) 금강 옆 지르기
Digeut Ja (ㄷ) Shaped Punch * (old term was u-shaped punch)	Digeut Ja (ㄷ) Jireugi (Digeut Cha Chirūgi) 'ㄷ' 자 지르기
Downward Punch	Naeryeo Jireugi (Naeryō Chirūgi) 내려 지르기
Fist	Jumeok (Chumōk) 주먹
Flat Fist Punch *	Pyeon Jumeok Jireugi (P'yōn Chumōk Chirūgi) 편 주먹 지르기
Fork Punch (Shipjin #'S 21-2, 22-2, 27, 28)	Chetda-Ri Jireugi (Ch'etta-Ri Chirūgi) 챗다리 지르기
Knuckle Protruding Punch (index finger)	Jipge Soseum Jumeok Jireugi (Chipke Sosūm Chumōk Chirūgi) 집게 솟음 주먹 지르기
Knuckle Protruding Punch (middle knuckle, Chonkwon #2-4)	Soseum Jumeok Jireugi (Sosūm Chumōk Chirūgi) 솟음 주먹 지르기
Palm Upward Punch (Upset Punch)	Jeochin Jumeok Jireugi (Chōt'in Chumōk Chirūgi) 젓힌 주먹 지르기
Twin Fist Palm Upward Punch (Taegeuk 7 Jang #15-3)	Du Jumeok Jeochin Jireugi (Tu Chumōk Chōt'in Chirūgi) 두 주먹 젓힌 지르기

## Kukkiwon Taekwondo Dictionary

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Pincer Punch	Jipge Jumeok Jireugi (Chipke Chumök Chirügi) 집게 주먹 지르기
Pulling Jaw Punch (Taegeuk 8 Jang #'S 6 & 8)	Danggyeo Teok Jireugi (Tanggyö T'ök Chirügi) 당겨 턱 지르기
Reverse Punch (in ap seogi/ap gubi this is done with the same hand as the front leg) (Taegeuk 1 Jang #2)	Bandae Jireugi (Pandae Chirügi) 반대 지르기
Side Punch	Yeop Jireugi (Yöp Chirügi) 옆 지르기
Standing Punch * <b>(Vertical Punch)</b>	Seun Jumeok Jireugi (Seun Chumök Chirügi) 세운 주먹 지르기
Straight Punch (in ap seogi/ap gubi this is done with the same hand as the rear leg) (Taegeuk 1 Jang #7)	Ba-Ro Jireugi (Pa-Ro Chirügi) 바로 지르기
Target Punch (Koryo #17)	Pyojeok Jireugi (P'yojök Chirügi) 표적 지르기
Turning Punch (Twist Punch)	Dollyeo Jireugi (Tollyö Chirügi) 돌려 지르기
Upward Punch (Upper Cut)	Chi Jireugi (Ch'i Chirügi) 치 지르기
Vertical Punch * (Standing Punch)	Seun Jumeok Jireugi (Seun Chumök Chirügi) 세운 주먹 지르기
Wing Punch	Nalgae Jireugi (Nalgae Chirügi) 날개 지르기

### Specialty Punches

Double Punch (Two consecutive punches) (Taegeuk 3 #2)	Du Beon Jireugi (Tu Bön Chirügi) 두 번 지르기
Twin Punch (Two simultaneous punches)	Du Jumeok Jireugi (Tu Chumök Chirügi) 두 주먹 지르기

## Kukkiwon Taekwondo Dictionary

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Twin Fist Palm Upward Punch  
(Taegeuk 7 Jang #15-3)

Du Jumeok Jeochin Jireugi  
(Tu Chumŏk Chŏt'in Chirŭgi)

두 주먹 젓힌 지르기

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## Strikes

(Chigi 치기)

**This is a general terminology of striking. It lists the type of strike, but not the target or application. For example sonnal ch'gi means hand blade (knife hand) strike. You could further specify sonnal mok chigi to mean knife hand strike to the neck.**

Arc Hand Strike (Koryo) ( there are 2 different terms for this technique)	Agwi Son Kaljaebi (Agwison K'alchaebi) 아귀 손 칼재비 Ageum Son Chigi (Agŭm Son Ch'igi) 아금 손 치기
Back Fist Strike	Deung Jumeok Chigi (Tŭng Chumöck Ch'igi) 등 주먹 치기
Back Fist Front Strike (Taegeuk 5 Jang #6-2)	Deung Jumeok Ap Chigi (Tŭng Chumöck Ap Ch'igi) 등 주먹 앞 치기
Back Fist Outer Strike (Taegeuk 7 Jang #20)	Deung Jumeok Bakkat Chigi (Tŭng Chumöck Pakkat Ch'igi) 등 주먹 바깥 치기
Back Hand Strike	Son Deung Chigi (Son Tŭng Ch'igi) 손 등 치기
Bear Hand Strike *	Gom Son Chigi (Kom Son Ch'igi) 곰 손 치기
Bow Wrist Strike	Gupin Sonmok Chigi (Kup'in Sonmok Ch'igi) 굽힌 손목 치기
Downward Strike	Naeryeo Chigi (Naeryö Ch'igi) 내려 치기
Back Fist Downward Strike	Deung Jumeok Naeryeo Chigi (Tŭng Chumöck Naeryö Ch'igi) 등 주먹 내려 치기
Hammer Fist Downward Strike (Taegeuk 5 Jang #2 And #4)	Mae Jumeok Naeryeo Chigi (Mae Chumöck Naeryö Ch'igi) 매 주먹 내려 치기
Knife Hand Downward Strike	Sonnal Naeryeo Chigi (Sonnal Naeryö Ch'igi) 손날 내려 치기



## Kukkiwon Taekwondo Dictionary

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Reverse Knife Hand Downward Strike	Sonnal Deung Naeryeo Chigi (Sonnal Tŭng Naeryö Ch'igi) 손날 등 내려 치기
Elbow Strike	Palgup Chigi (P'algup Ch'igi) 팔굽 치기
Turning Elbow Strike (Taegeuk 5 Jang #10)	Palgup Dollyeo Chigi (P'algup Tollyö Ch'igi) 팔굽 돌려 치기
Target Elbow Strike (Taegeuk 5 Jang #16-2)	Palgup Pyojeok Chigi (P'algup P'yojök Ch'igi) 팔굽 표적 치기
Elbow Side Strike (Koryo #20-2)	Palgup Yeop Chigi (P'algup Yöp Ch'igi) 팔굽 옆 치기
Rising Elbow Strike (Pyungwon #5)	Palgup Ollyeo Chigi (P'algup Ollyö Ch'igi) 팔굽 올려 치기
Elbow Downward Strike	Palgup Naeryeo Chigi (P'algup Naeryö Ch'igi) 팔굽 내려 치기
Hammer Fist	Mae Jumeok Chigi (Mae Chumök Ch'igi) 매 주먹 치기
Hammer Fist Flank Strike	Mae Jumeok Yeop Gu-Ri Chigi (Mae Chumök Yöp Ku-Ri Ch'igi) 매 주먹 옆 구리 치기
Hammer Fist Downward Strike (Taegeuk 5 Jang #2 And #4)	Mae Jumeok Naeryeo Chigi (Mae Chumök Naeryö Ch'igi) 매 주먹 내려 치기
Inward Strike	An Chigi (An Ch'igi) 안 치기
Double Hammer Fist Inward Strike (Hansu #2)	Du Mae Jumeok An Chigi (Tu Mae Chumök An Ch'igi) 두 매 주먹 안 치기
Double Knifehand Inward Strike	Du Sonnal An Chigi (Tu Sonnal An Ch'igi) 두 손날 안 치기
Knee Strike	Mureup Chigi (Murüp Ch'igi) 무릎 치기
Knife Hand Strike	Sonnal Chigi (Sonnal Ch'igi) 손날 치기

## Kukkiwon Taekwondo Dictionary

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Knife Hand Neck Strike (Taegeuk 3 Jang #5 & #6)	Sonnal Mok Chigi (Sonnal Mok Ch'igi) 손날 목 치기
Knife Hand Outer Strike (Koryo #2)	Sonnal Bakkat Chigi (Sonnal Pakkat Ch'igi) 손날 바깥 치기
Palm Strike (Keumgang #2)	Batang Son Chigi (Pat'ang Son Ch'igi) 바탕 손 치기
Pulling Strike	Danggyeo Chigi (Tanggyö Ch'igi) 당겨 치기
Pulling Backfist Strike (Pyungwon #9-1)	Danggyeo Deung Jumeok Chigi (Tanggyö Tüng Chumök Ch'igi) 당겨 등 주먹 치기
Pulling Elbow Strike	Danggyeo Palgup Chigi (Tanggyö P'algup Ch'igi) 당겨 팔굽 치기
Reverse Hand Blade Strike (Ridge Hand Strike)	Sonnal Deung Chigi (Sonnal Tüng Ch'igi) 손날 등 치기
Swallow Technique Jaw Strike *	Jebi Pum Teok Chigi (Chebi P'um T'ök Ch'igi) 제비 품 턱 치기
Swallow Technique Neck Strike * (Taegeuk 4 Jang #4, Taebaek #4)	Jebi Pum Mok Chigi (Chebi P'um Mok Ch'igi) 제비 품 목 치기
Target Strike	Pyojeok Chigi (P'yojök Ch'igi) 표적 치기
Hammer Fist Target Strike (Jitae #18)	Mae Jumeok Pyojeok Chigi (Mae Chumök P'yojök Ch'igi) 매 주먹 표적 치기
Elbow Target Strike (Taegeuk 5 Jang #16)	Palgup Pyojeok Chigi (P'algup P'yojök Ch'igi) 팔굽 표적 치기
Yoke Hit (Shipjin #6)	Meonge Chigi (Möngge Ch'igi) 멍에 치기

## Stepping

(Ditgi 딛기)

**Stepping drills are generally done forward, backwards, Obliquely and in place (bouncing). There are 6 basic categories of stepping.**

Turning Step (Il Bo Chunjin/Il Bo Woojin)	Dora Ditgi (Tora Titki) 돌아 딛기
Right Turning Step (right foot steps)	Oreun Dora Ditgi (Orün Tora Titki) 오른 돌아 딛기
Left Turning Step (left foot steps)	Oen Dora Ditgi (Oen Tora Titki) 왼 돌아 딛기
Back Turn Step	Dwi Dora Ditgi (Twi Tora Titki) 뒤 돌아 딛기
Stepping In Place (Bouncing)	Jeja-Ri Dora Ditgi (Cheja-Ri Tora Titki) 제자리 돌아 딛기
Oblique Stepping	Mo Dora Ditgi (Mo Tora Titki) 모 돌아 딛기
Backwards Stepping (sliding backwards without switching the feet/woojin)	Mulleo Dora Ditgi (Mullö Tora Titki) 물러 돌아 딛기
Two Foot Backwards Step (both feet shift backwards at the same time)	Du Bal Mulleo Dora Ditgi (Tu Pal Mullö Tora Titki) 두 발 물러 돌아 딛기
Rear Foot Backwards Step (rear foot steps first and pulls the front foot back)	Dwit Bal Mulleo Dora Ditgi (Twit Pal Mullö Tora Titki) 뒷 발 물러 돌아 딛기
Front Foot Backwards Step (front foot pulls back to the rear foot and then the rear foot steps back)	Ap Bal Mulleo Dora Ditgi (Ap Pal Mullö Tora Titki) 앞 발 물러 돌아 딛기
Forward Stepping (sliding forward without switching the feet/chunjin)	Nae Dora Ditgi (Nae Tora Titki) 내 돌아 딛기
Two Foot Forwards Step (both feet shift forwards at the same time)	Du Bal Nae Ditgi (Tu Pal Nae Titki) 두 발 내 딛기
Rear Foot Forwards Step (rear foot slides up to the front foot and then the front foot steps forward)	Dwit Bal Nae Ditgi (Twit Pal Nae Titki) 뒷 발 내 딛기
Front Foot Forward Step (the front foot steps forward and the rear foot	Ap Bal Nae Ditgi (Ap Pal Nae Titki) 앞 발 내 딛기

## Kukkiwon Taekwondo Dictionary

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pull up)	
Side Stepping	Yeop Ditgi (Yöp Titki) 옆 딛기

## Thrusting

(Jjireugi 찌르기)

In thrusting, “finger tip thrust” is the more correct translation for the term “spear hand”.

Fingertip Thrust (All Fingers)	Modeum Sonkkeut Jjireugi (Modŭm Sonkkŭt Tchirŭgi) 모듬 손끝 찌르기
Fingertip Thrust (Three Fingers)	Moeun Se Sonkkeut Jjireugi (Moŭn Se Sonkkŭt Tchirŭgi) 모은 세 손끝 찌르기
Fingertip Thrust (Two Fingers Together)	Moeun Du Sonkkeut Jjireugi (Moŭn Tu Sonkkŭt Tchirŭgi) 모은 두 손끝 찌르기
Fingertip Thrust (two fingers apart, also called scissor finger tip thrust)	Gawi Sonkkeut Jjireugi (Kawi Sonkkŭt Tchirŭgi) 가위 손끝 찌르기
Fingertip Thrust (One Finger)	Han Sonkkeut Jjireugi (Han Sonkkŭt Tchirŭgi) 한 손끝 찌르기
Spear Finger (hand vertical Taegeuk 4 Jang #2 & #4)	Seun Pyeon Sonkkeut Jjireugi (Seun P'yŏn Sonkkŭt Tchirŭgi) 세운 편 손끝 찌르기
Spear Finger (palm down, Shipjin #3-2)	Eopeo Pyeon Sonkkeut Jjireugi (Ŏp'ŏ P'yŏn Sonkkŭt Tchirŭgi) 엎어 편 손끝 찌르기
Spear Finger (Palm Up Koryo #18-3)	Jeochin Pyeon Sonkkeut Jjireugi (Chŏt'in P'yŏn Sonkkŭt Tchirŭgi) 젓힌 편 손끝 찌르기

# Kukkiwon Taekwondo Dictionary

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## Kicks

(Chagi 차기)

Arc Kick (Half Turning Kick, Pi Chagi )	Pan Dollyeo Chagi (P'an Tollyö Ch'agi) 판 돌려 차기
Ax Kick ( <b>Downward Kick</b> )	Naeryeo Chagi (Naeryö Ch'agi) 내려 차기
Back Kick	Dwi Chagi (Twi Ch'agi) 뒤 차기
Counter Kick	Bada Chagi (Pada Ch'agi) 받아 차기
Back Foot Counter Kick	Dwit Bal Bada Chagi (Twit Pal Pada Ch'agi) 뒷 발 받아 차기
Front Foot Counter Kick	Ap Bal Bada Chagi (Ap Pal Pada Ch'agi) 앞 발 받아 차기
Cut Kick ( <b>Pushing Side Kick</b> )	Mireo Yeop Chagi (Mirö Yöp Ch'agi) 밀어 옆 차기
Double Kick (kicking low with the back foot first and then immediately kicking high with the front foot)	Du Bal Dang Seong Chagi (Tu Pal Tang Söng Ch'agi) 두 발 당 성 차기
Double Front Kick (Taegeuk 8 Jang #3-1, First Double Kick)	Du Bal Dang Seong Ap Chagi (Tubal Tangsöng Ap Ch'agi) 두 발 당 성 앞 차기
<b>Downward Kick</b> (Ax Kick)	Naeryeo Chagi (Naeryö Ch'agi) 내려 차기
In Kick (inner crescent kick, outside to inside kick)	An Chagi (An Ch'agi) 안 차기
Flying Kick (second level kicks; rear foot leave the ground first then the front foot kicks)	I Dan Chagi (I Tan Ch'agi) 이 단 차기
Flying Front Kick	I Dan Ap Chagi (I Tan Ap Ch'agi) 이 단 앞 차기
Flying Roundhouse Kick	I Dan Dollyeo Chagi (I Tan Tollyö Ch'agi) 이 단 돌려 차기

## Kukkiwon Taekwondo Dictionary

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Flying Side Kick	I Dan Yeop Chagi (I Tan Yöp Ch'agi) 이 단 옆 차기
Front Kick	Ap Chagi (Ap Ch'agi) 앞 차기
Front Kick With The Heel	Dwi Chuk Ap Chagi (Wi Ch'uk Ap Ch'agi) 뒤 축 앞 차기
Jumping Two-Foot Front Kick	Ttwieo Du Bal Ap Chagi (Ttwiö Tu Pal Ap Ch'agi) 뛰어 두 발 앞 차기
Flying Front Kick	I Dan Ap Chagi (I Tan Ap Ch'agi) 이 단 앞 차기
Jumping Front Kick	Ttwieo Ap Chagi (Ttwiö Ap Ch'agi) 뛰어 앞 차기
Front Kick With The Ball Of The Foot	Ap Chuk Ap Chagi (Ap Ch'uk Ap Ch'agi) 앞 축 앞 차기
Instep Front Kick	Bal Deung Ap Chagi (Pal Tüng Ap Ch'agi) 발 등 앞 차기
Front Foot Axe Kick	Ap Bal Naeryeo Chagi (Ap Pal Naeryö Ch'agi) 앞 발 내려 차기
Front Foot Front Kick	Ap Bal Ap Chagi (Ap Pal Ap Ch'agi) 앞 발 앞 차기
Front Foot Skipping Roundhouse Kick (Fast Kick)	Ap Bal Butyeo Dollyeo Chagi (Ap Pal Put'yö Tollyö Ch'agi) 앞 발 붙여 돌려 차기
Front Pushing Kick	Ap Mireo Chagi (Ap Mirö Ch'agi) 앞 밀어 차기
Front Rising Kick (Front Stretch Kick)	Ap Cha Olligi (Ap Ch'a Olligi) 앞 차 올리기
Holding Kick (holding the opponent with the hand and kicking; see grasping techniques)	Jakgyo Chagi (Chakkyo Ch'agi) 작교 차기
Holding Front Kick	Jakgyo Ap Chagi (Chakkyo Ap Ch'agi) 작교 앞 차기

## Kukkiwon Taekwondo Dictionary

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Holding Twisting Kick	Jakgyo Biteureo Chagi (Chakkyo Pit'ürö Ch'agi) 작교 비틀어 차기
Holding Roundhouse (Turning) Kick	Jakgyo Dollyeo Chagi (Chakkyo Tollyö Ch'agi) 작교 돌려 차기
Holding Side Kick	Jakgyo Yeop Chagi (Chakkyo Yöp Ch'agi) 작교 옆 차기
Holding Axe (Downward) Kick	Jakgyo Naeryeo Chagi (Chakkyo Naeryö Ch'agi) 작교 내려 차기
Hook Kick (front foot hooking kick)	Naga Chagi (Naga Ch'agi) 낙아 차기
Jump Kick (both feet leave the ground at the same time)	Ttwieo Chagi (Ttwiö Ch'agi) 뛰어 차기
Jump Both Feet Kick (Twin Kick)	Ttwieo Yang Bal Chagi (Ttwiö Yang Bal Ch'agi) 뛰어 양 발 차기
Mixed Kicks	Seokkeo Chagi (Sökkö Ch'agi) 섞어 차기
Multi-Direction Kicks	Dabanghyang Chagi (Tabanghyang Ch'agi) 다방향 차기
<b>Outer Kick</b> (outer crescent kick, inside to outside kick)	Bakkat Chagi (Pakkat Ch'agi) 바깥 차기
Pushing Kick	Mireo Chagi (Mirö Ch'agi) 밀어 차기
Pushing Front Kick	Mireo Ap Chagi (Mirö Ap Ch'agi) 밀어 앞 차기
<b>Pushing Side Kick</b> (Cut Kick)	Mireo Yeop Chagi (Mirö Yöp Ch'agi) 밀어 옆 차기
Roundhouse Kick ( <b>Turning Kick</b> )	Dollyeo Chagi (Tollyö Ch'agi) 돌려 차기
Flying Roundhouse Kick	I Dan Dollyeo Chagi (I Tan Tollyö Ch'agi) 이 단 돌려 차기



## Kukkiwon Taekwondo Dictionary

Jumping Roundhouse Kick	Ttwieo Dollyeo Chagi (Ttwiö Tollyö Ch'agi) 뛰어 돌려 차기
Roundhouse Kick With The Ball Of The Foot	Ap Chuk Dollyeo Chagi (Ap Ch'uk Tollyö Ch'agi) 앞 축 돌려 차기
Instep Roundhouse Kick	Bal Deung Dollyeo Chagi (Pal Tüng Tollyö Ch'agi) 발 등 돌려 차기
Scissors Kick (Split Kick)	Gawi Chagi (Kawi Ch'agi) 가위 차기
Side Kick	Yeop Chagi (Yöp Ch'agi) 옆 차기
Side Rising Kick (Side Stretch Kick)	Yeop Cha Olligi (Yöp Ch'a Olligi) 옆 차 올리기
Skipping Kicks (rear foot moves forward and front foot kicks)	Bal Butyeo Chagi (Pal Put'yö Ch'agi) 발 붙여 차기
Skipping Roundhouse Kick (Fast Kick)	Bal Butyeo Dollyeo Chagi (Pal Put'yö Tollyö Ch'agi) 발 붙여 돌려 차기
Skipping Side Kick	Bal Butyeo Yeop Chagi (Pal Put'yö Yöp Ch'agi) 발 붙여 옆 차기
Skipping Spin Hook Kick	Bal Butyeo Huryeo Chagi (Pal Put'yö Huryö Ch'agi) 발 붙여 후려 차기
Spin Hook Kick	(Onmomdollyeo) Huryeo Chagi ((Onmomdollyö) Huryö Ch'agi) (온몸돌려) 후려 차기
Split Kick ( <b>Scissor Kick</b> )	Gawi Chagi (Kawi Ch'agi) 가위 차기
Spin Roundhouse Kick (Tornado Roundhouse Kick, Nado Bahn)	Dolgae Chagi /Dolgae Dollyeo Chagi (Tolgae Ch'agi)/( Tolgae Tollyö Ch'agi) 돌개 차기/돌개 돌려 차기
Spin In Kick (Chonkwon #22-1,2,3)	Dolgae An Chagi (Tolgae An Ch'agi) 돌개 안 차기

## Kukkiwon Taekwondo Dictionary

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360° Tornado Kick	Sam Baek Yuk Ship Do Dolgae Chagi 360 도 돌개 차기
540° Tornado Kick	Oh Baek Sa Ship Do Dolgae Chagi 540 도 돌개 차기
720° Tornado Kick	Ch'il Baek Yi Ship Do Dolgae Chagi 720 도 돌개 차기
Stamping Kick	Gulleo Chagi (Kullö Ch'agi) 굴러 차기
Target Kick	Pyojeok Chagi (P'yojök Ch'agi) 표적 차기
Target In Kick (Taegeuk 7 Jang #21-1)	Pyojeok An Chagi (P'yojök An Ch'agi) 표적 안 차기
<b>Turning Kick</b> (Roundhouse Kick)	Dollyeo Chagi (Tollyö Ch'agi) 돌려 차기
Twin Kick (jumping and performing the same kick with both feet)	Ttwieo Yang Bal Chagi (Ttwiö Yang Pal Ch'agi) 뛰어 양 발 차기
Twin Front Kick	Ttwieo Yang Bal Ap Chagi (Ttwiö Yang Ap Pal Ch'agi) 뛰어 양발 앞 차기
Twin Side Kick	Ttwieo Yang Bal Yeop Chagi (Ttwiö Yang Pal Yöp Ch'agi) 뛰어 양발 옆 차기
Twist Kick	Bitureo Chagi (Pit'ürö Ch'agi) 비틀어 차기

## Special Techniques

(Teuksupum 특수 품)

Special Techniques fall outside of the normal categories of other techniques. They are most commonly pushing techniques or techniques that require both hands at the same time.

Barrel Pushing (Koryo Ready Position)	Tong Milgi (T'ong Milgi) 통 밀기
Big Hinge (Keumgang #9)	Keundol Jjeogwi (K'ündol Tchögwi) 큰돌 찌귀
Boulder Pushing (Shipjin #15)	Pawi Milgi (P'awi Milgi) 파워 밀기
Mountain Pushing (Chonkwon #25-4)	Taesan Milgi (T'aesan Milgi) 태산 밀기
Smaller Hinge (Keumgang #10-1)	Jageun Dol Jjeogwi (Chakün Tol Tchögwi) 작은 돌 찌귀
Wing Spreading (Chonkwon #1)	Nalgae Pyeogi (Nalgae P'yögi) 날개 펴기

## Competition Terminology

(Shi hap 시합)

These are the most common terms used in sparring. They are generally found in the competition arena, but also pertain to the classroom.

Attention	Charyeot (Ch'aryöt) 차렷
Begin (start, commence)	Sijak (Shijak) 시작
Blue contestant	Cheong Seonsu (Ch'öng Sönsu) 청 선수
Blue contestant mark	Cheong Wichi (Ch'öng Wich'i) 청 위치
Bout or match	Sihap (Shihap) 시합
Bow	Gyeongnye (Kyöngnye) 경례
Break	Gallyeo (Kallyö) 갈려
Caution	Juwi (Chuwi) 주위
Contestant	Seonsu (Sönsu) 선수
Continue	Gyesok (Kyesok) 계속
Deduction (minus point)	Gamjeom (Kamjöm) 감점
Disqualification	Silgyeok (Shilgyök) 실격
Enter (sparring competition, literally means to enter a courtroom)	Ip Jang (Ip Chang) 입장
Enter, also means Advance or Participate (poomsae competition)	Chul Jeon (Ch'ul Chön) 출전

## Kukkiwon Taekwondo Dictionary

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Exit (Poomsae)	Toe Jang (T'oe Chang) 퇴 장 (WTF Romanizes this as: Tuae-jahng, which is not considered correct)
Injury	Busang (Pusang) 부상
Injury time out	Gye-si (Kye-si) 계시
Judge	Busim (Pushim) 부심
Protective equipment	Hogu (generally the chest protector) 호구
Shin Guard	Da-ri Bohodae (Ta-ri Pohodae) 다리 보호대
Forearm Guard	Pal Bohodae (P'al Pohodae) 팔 보호대
Groin Guard (cup)	Nangsim Bohodae (Nangshim Pohodae) 낭심 보호대
Foot Guard (instep protector/e-sock)	Bal Bohodae (Pal Pohodae) 발 보호대
Fist/Hand Guard (glove)	Son Bohodae (Son Pohodae) 손 보호대
Head Guard (helmet)	Meo-ri Bohodae (Mǒ-ri Pohodae) 머리 보호대
Recorder	Girok (Kirok) 기록
Red contestant	Hong Seonsu (Hong Sǒnsu) 홍 선수
Red contestant mark	Hong Wichi (Hong Wich'i) 홍 위치
Referee	Jusim (Chushim) 주심

## Kukkiwon Taekwondo Dictionary

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Round	Hoejeon (Hoejŏn) 회전
Start	Sijak (Shijak) 시작
Show Score (Poomsae)	Pyochul (P'yoch'ul) 표출
Stop	Geuman (Kŭman) 그만
Timer	Gae-si (Kae-si) 개시
Time out	Sigan (Shigan) 시간
Warning	Gyeonggo (Kyŏnggo) 경고
Weight	Chegeup (Ch'egŭp) 체급
Winner	Seung (Sŭng) 승

## Weapons Terminology

(Mu Ki 무 기)

Weapons are not normally part of Kukkiwon Taekwondo training, but many schools do have weapons training. Most schools still use the Japanese terminology for these weapons instead of Korean. This section gives the Korean term for the most common weapons.

Bayonet	Chonggeom 총검
Cane	Ji Pang (Chi P'ang) 지 팡
Fan	Bu Chaei (Pu Ch'aei) 부 채이
Knife	Kal (K'al) 칼
Pistol	Gwonchong 권총
Sickle	Nat 낫
Spear	Jang (Chang) 장
Staff	Jang Bong (Chang Bong) 장 봉 Kin Makdae 긴 막대
Sticks	Dan Bong 단 봉 Jjareun Makdae 짚은 막대
Sword	Geum (Kŭm) 금 Kin Kal 긴 칼

## Additional Terminology

(Ch'u-ga yong-ŏ 추가 용어)

These are words that do not fit in any of the previous categories, but are commonly found in Taekwondo.

Attack	Gonggyeok (Konggyŏk) 공격
Balance	Jungsim (Chungshim) 중심
Breathing	Hoheup (Hohŭp) 호흡
Center Of Gravity	Jungnyeok Jungsim (Chungnyŏk Chungshim) 중력 중심
Certain Victory	Pilseung (P'ilsŭng) 필승
Certificate	Jagyeok Jeung (Chagyŏk Chŭng) 자격 증
Dan Certificate (Black Belt)	Dan Jeung (Dan Chŭng) 단 증
Defensive	Bangeojeogin (Pangŏjŏgin) 방어적인
End	Kkeut (Kkŭt) 끝
Etiquette	Yejeol (Yejŏl) 예절
Flag	Gukgi (Kukki) 국기
Flexibility	Sinchuk (Shinch'uk) 신축
Focus Power and Energy	Gihap (Kihap) 기합
Force	Him 힘

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## Kukkiwon Taekwondo Dictionary

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Form (Pattern)	Pumsae (P'umsae) Although not correct, the Kukkiwon has chosen to Romanize this as <u>Poomsae</u> 품새
Grade Certificate (Color Belt)	Geup Jeung (Kŭp Chŭng) 급 증
Incorrect	Teullim (T'ŭllim) 틀림
Injury	Busang (Pusang) 부상
Junior	Hubae 후배
Life Energy	Gi (Ki) 기
Line of the pattern (poomsae diagram)	Yeon Mu Seon 연무선
Martial Art	Musul 무술
Mirror	Geoul (Köul) 거울
Offensive	Gonggyeokjeogin (Konggyökchögin) 공격적인
Pattern (Form)	Pumsae (P'umsae) 품새
Push Ups	Momtong Batchim (Momt'ong Patch'im) 몸통 받침
Rank	Pumgye (P'umgye) 품계
Rising	Olligi 올리기
Rules	Gyujeong (Kyujöng) 규정
Senior	Seonbae (Sönbae) 선배

## Kukkiwon Taekwondo Dictionary

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Speed	Sok-Do 속도
Stomping On The Instep (Taegeuk 5 Jang #20)	Jitjiki (Chittchik'i) 짓짚기
Stretching	Pyeogi (P'yŏgi) 펴기
Strong	Ganghan (Kanghan) 강한
Student	Suryeonsaeng (Suryŏnsaeng) 수련생
Technique	Dongjak (Tongjak) 동작
Test (Exam)	Siheom (Shihŏm) 시험
Test Judge	Simsawi (Shimsawi) 심사위
Test Judge Committee	Simsawiwon (Shimsawiwŏn) 심사위원회
Training	Suryeon(Suryŏn) 수련
Training Hall	Dojang (Tojang) 도장
Upward	Olyeo (Olyŏ) 올려
Weak	Yakan (Yak'an) 약한

## Terminology Alphabetical in English

### A

Absorbing Block	Bada Makgi (Pada Makki) 받아 막기
Abdomen	Bok-Bu (Pok-Pu) 복부
About Face ( <b>Stationary Turn</b> )	Dwi-ro do-ra (Twi-ro do-ra) 뒤로돌아
Achilles Heel	Dwi-Jjok Gyak-Jeom (Twi-Tchok Kyak-Chŏm) 뒤쪽 약점
Achilles Tendon	Dwi Jjok Himjul (Twit Chok Himjul) 뒤쪽 힘줄
Adam's Apple	Gyo-Hu (Kyo-Hu) 교후
Again	Dashi (Tashi) 다시
Ankle	Balmok (Pal-Mok) 발목
Ankle Grasp	Balmok Japgi (Palmok Chapki) 발목 잡기
Ankle Joint	Balmok Gwan-Jeol (Palmok Kwan-Jŏl) 발목 관절
Arc Hand Block	Ageum Son Makgi (Agŭm Son Makki) 아금 손 막기
Arc Hand Strike (Koryo) ( there are 2 different terms for this technique)	Agwi Son Kaljaebi (Agwison K'alchaebi) 아귀 손 칼재비 Ageum Son Chigi (Agŭm Son Ch'igi) 아금 손 치기
Arc Hand Wrist Grasp	Ageum Son Palmok Japgi (Agŭm Son P'almok Chapki) 아금 손 팔목 잡기

## Kukkiwon Taekwondo Dictionary

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Arc Kick (Half Turning Kick, Pi Chagi )	Pan Dollyeo Chagi (P'an Tollyö Ch'agi) 판 돌려 차기
Arch Of The Foot	Bal Nal Deung (Pal Nal Tüng) 발 날 등
Arm	Pal (P'al) 팔
Armpit	Gyeodeurangi (Kyödürangi) 겨드랑이
Artery	Dong Maek (Tong Maek) 동맥
Assistant Instructor	Bu sa-beom (Pu sa-pöm) 부 사범
Assisted Block	Geodeureo Makgi (Ködürö Makki) 거들어 막기
Assisted Inner Forearm Face Block	Geodeureo An Palmok Eolgul Makgi (Ködürö An P'almok Ölgul Makki) 거들어 안 팔목 얼굴 막기
Assisted Low Block (Taegeuk 8 Jang #18)	Geodeureo Naeryeo Makgi (New Term) (Ködürö Naeryö Makki) 거들어 내려 막기 Geodeureo Arae Makgi (Old Term) (Ködürö Arae Makki) 거들어 아래 막기
Assisted Outer Forearm Body Block	Geodeureo Bakkat Palmok Momtong Makgi (Ködürö Pakkat P'almok Momt'ong Makki) 거들어 바깥 팔목 몸통 막기
Assisted Stance (Hansu #11)	Gyeotda-Ri Seogi (Kyötta-Ri Sögi) 결다리 서기
At Ease (stand at ease)	Swieo (Shwiö) 쉬어
At Ease Stance	Pyeonhi Seogi (P'yönhi Sögi) 편히 서기
Attack	Gonggyeok (Konggyök) 공격

## Kukkiwon Taekwondo Dictionary

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Attention	Cha-ryeot (Ch'a-ryöt) 차렷
Attention Stance	Charyeot Seogi (Ch'aryöt Sögi) 차렷 서기
Ax Kick ( <b>Downward Kick</b> )	Naeryeo Chagi (Naeryö Ch'agi) 내려 차기

### B

Back (of the torso)	Deung (Tüng) 등
Back Attention Stance	Dwichuk Moa Seogi (Twich'uk Moa Sögi) 뒤축 모아 서기
Back Fist Downward Strike	Deung Jumeok Naeryeo Chigi (Tüng Chumök Naeryö Ch'igi) 등 주먹 내려 치기
Back Fist Front Strike (Taegeuk 5 Jang #6-2)	Deung Jumeok Ap Chigi (Tüng Chumök Ap Ch'igi) 등 주먹 앞 치기
Back Fist Outer Strike (Taegeuk 7 Jang #20)	Deung Jumeok Bakkat Chigi (Tüng Chumök Pakkat Ch'igi) 등 주먹 바깥 치기
Back Fist Strike	Deung Jumeok Chigi (Tüng Chumök Ch'igi) 등 주먹 치기
Back Foot Counter Kick	Dwit Bal Bada Chagi (Twit Pal Pada Ch'agi) 뒷 발 받아 차기
Back Hand Strike	Son Deung Chigi (Son Tüng Ch'igi) 손 등 치기
Back Kick	Dwi Chagi (Twi Ch'agi) 뒤 차기
Back Punch (done over the shoulder)	Dwi Jireugi (Twi Chirügi) 뒤 지르기

## Kukkiwon Taekwondo Dictionary

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<b>Back Stance</b> (L Stance)	Dwit Gubi (Twit Kubi) 뒤 굽이
<b>Back Turn Step</b>	Dwi Dora Ditgi (Twi Tora Titki) 뒤 돌아 딛기
<b>Backwards Stepping</b> (sliding backwards without switching the feet/woojin)	Mulleo Dora Ditgi (Mullö Tora Titki) 물러 돌아 딛기
<b>Balance</b>	Jungsim (Chungshim) 중심
<b>Ball Of The Foot</b> (fore sole)	Ap Kkum Chi (Ap Kkum Ch'i) 앞꿈치
<b>Barrel Pushing</b> (Koryo Ready Position)	Tong Milgi (T'ong Milgi) 통 밀기
<b>Barrel Pushing Ready Stance</b> (Koryo)	Tong Milgi Junbi Seogi (T'ong Milgi Junbi Sögi) 통밀기준비 서기
<b>Basic Ready Stance</b> (Taegeuk 1-8)	Gibon Junbi Seogi (Kibon Chunbi Sögi) 기본 준비 서기
<b>Bear Hand Strike</b>	Gom Son Chigi (Kom Son Ch'igi) 곰 손 치기
<b>Begin</b> (start, commence)	Sijak (Shijak) 시작
<b>Belt Colors</b>	Tti-saek (Tti-saek) 띠색
<b>Big Hinge</b> (Keumgang #9)	Keundol Jjeogwi (K'ündol Tchögwi) 큰돌 찌귀
<b>Black</b>	Geo-meun (Kö-mŭn) 검은
<b>Black Belt</b>	Geo-meun tti (Kö-mŭn tti) 검은띠
<b>Black Belt Dan Ranking</b>	Dan 단

## Kukkiwon Taekwondo Dictionary

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Blood	Pi (P'i) 피
Blue	Cheong (Ch'öng) 청
Blue Belt	Cheong tti (Ch'öng tti) 청
Blue Belt With Red Stripe	Cheong tti-e hong seon (Ch'öng tti-e hong sön) 청띠에홍선
Blue contestant	Cheong Seonsu (Ch'öng Sönsu) 청 선수
Blue contestant mark	Cheong Wich'i (Ch'öng Wich'i) 청 위치
Body	Mom 몸
Body Block ( <b>inner block</b> , trunk block, front block) (Taegeuk 1 Jang #6)	Momtong An Makgi (Mom'tong An Makki) 몸통 안 막기
Bone	Ppyeo (Ppyö) 뼈
Boulder Pushing (Shipjin #15)	Pawi Milgi (P'awi Milgi) 파위 밀기
Bout or match	Sihap (Shihap) 시합
Bow (Salute)	Gyeong-nye (Kyöng-nye) 경례
Bow To The Instructor	Sa-beom-nim-kke gyeong-nye (Sa-böm-nim-kke gyöng-nye) 사범님께 경례
Bow Wrist Block	Gupin Sonmok Makgi (Kup'in Sonmok Makki) 굽힌 손목 막기
Bow Wrist Lifting Body Block	Gupin Son Momtong Chukyeo Makgi (Kup'in Son Momt'ong Ch'uk'yö Makki) 굽힌 손 몸통 추켜 막기
Bow Wrist Strike	Gupin Sonmok Chigi (Kup'in Sonmok Ch'igi) 굽힌 손목 치기

## Kukkiwon Taekwondo Dictionary

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Brachial Plexus	Sangwan Singyeong (Sangwan Shin'gyöng) 상완 신경
Break (separate fighters)	Gallyeo (Kallyö) 갈려
Breathing	Hoheup (Hohüp) 호흡
Bridge Of The Nose	Migan 미간
Bull Block (Shipjin #1)	Hwang-So Makgi (Hwangso Makki) 황소 막기

### C

Cane	Ji Pang (Chi P'ang) 지 팡
Carotid Artery	Mok Dongmaek (Mok Tongmaek) 목 동맥
Cat Stance ( <b>Tiger Stance</b> )	Beom Seogi (Pöm Sögi) 범 서기
Caution	Juwi (Chuwi) 주위
Center Of Gravity	Jungnyeok Jungsim (Chungnyök Chungshim) 중력 중심
Certain Victory	Pilseung (P'ilsüng) 필승
Certificate	Jagyeok Jeung (Chagyök Chüng) 자격 증
Change (as in switch feet or switch hands)	Ba kkum (Pa kkum) 바 꿈
Change Direction	Bang hyang bakkugi (Pang hyang Pakkugi) 방향 바꾸기



## Kukkiwon Taekwondo Dictionary

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Cheek	Gwangdae (Kwangdae) 광대
Chest	Gaseum (Kasŭm) 가슴
Chin	Teok (T'ŏk) 턱
Clavicle	Swaegol 쇄골
Closed Stance	Moa Seogi (Moa Sŏgi) 모아 서기
Coccyx	Migol 미골
Colors	Saek 색
Contestant	Seonsu (Sŏnsu) 선수
Continue	Gyesok (Kyesok) 계속
Counter Kick	Bada Chagi (Pada Ch'agi) 받아 차기
Covered Fist Ready Stance (#11 In Taegeuk 7, Ready Position In Ilyeo)	Bojumeok Junbi Seogi (Po Jomŏk Chunbi Sŏgi) 보조먹준비 서기
Crane Diamond Block (Keumgang #8)	Hakda-Ri Geumgang Makgi (Hakta-Ri Kŭmgang Makki) 학다리 금강 막기
Crane Stance (Keumgang #8)	Hakda-Ri Seogi (Hakta-Ri Sŏgi) 학다리 서기
Cross Block	Eotgeoreo Makgi (Ŏtkŏrŏ Makki) 엇걸어 막기
Cross Stance (Taegeuk 5 Jang #20)	Kkoa Seogi (Kkoa Sŏgi) 꼬아 서기

## Kukkiwon Taekwondo Dictionary

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Cross Underneath Block (Taegeuk 7 Jang #16 And #19)	Eotgeoreo Naeryeo Makgi (New Term) (Ötkörö Naeryö Makki) 엇걸어 내려 막기 Eotgeoreo Arae Makgi (Old Term) (Ötkörö Arae Makki) 엇걸어 아래 막기
<b>Crouching Stance</b> (Riding Stance) (Keumgang #9)	Juchum Seogi (Chuch'um Sögi) 주춤 서기
Cut Kick ( <b>Pushing Side Kick</b> )	Mireo Yeop Chagi (Mirö Yöp Ch'agi) 밀어 옆 차기

## D

Dan Certificate (Black Belt)	Dan Jeung (Dan Chŭng) 단 증
Deduction (minus point)	Gamjeom (Kamjöm) 감점
Defensive	Bangeojeogin (Pangöjögjin) 방어적인
Diamond Block (Keumgang #8)	Geumgang Makgi (Kümgang Makki) 금강 막기
Diamond Forward Punch (Jitae #11)	Geumgang Ap Jireugi (Kümgang Ap Chirügi) 금강 앞 지르기
Diamond Inner Forearm Middle Block (Taebaek #9)	Geumgang An Palmok Momtong Makgi (Kümgang An P'almok Momt'ong Makki) 금강 안 팔목 몸통 막기
Diamond Knife Hand Outward Block	Sonnal Geumgang Bakkat Makgi (Sonnal Kümgang Pakkat Makki) 손날 금강 바깥막기
Diamond Outer Block	Geumgang Bakkat Makgi (Kümgangbakkat Makki) 금강 바깥 막기
Diamond Side Punch (Chonkwon #21)	Geumgang Yeop Jireugi (Kümgang Yöp Chirügi) 금강 옆 지르기

## Kukkiwon Taekwondo Dictionary

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Digeut Ja (ㄷ) Shaped Punch (old term was u-shaped punch)	Digeut Ja (ㄷ) Jireugi (Digeut Cha Chirūgi) ‘ㄷ’ 자 지르기
Dismissed	Hae-san 해산
Disqualification	Silgyeok (Shilgyōk) 실격
Double Front Kick (Taegeuk 8 Jang #3-1, First Double Kick)	Du Bal Dang Seong Ap Chagi (Tubal Tangsōng Ap Ch'agi) 두발 당성 앞 차기
Double Hammer Fist Inward Strike (Hansu #2)	Du Mae Jumeok An Chigi (Tu Mae Chumōk An Ch'igi) 두 매 주먹 안 치기
Double Kick (kicking low with the back foot first and then immediately kicking high with the front foot)	Du Bal Dang Seong Chagi (Tu Pal Tang Sōng Ch'agi) 두 발 당성 차기
Double Knifehand Inward Strike	Du Sonnal An Chigi (Tu Sonnal An Ch'igi) 두 손날 안 치기
Downward (low) Twist Block	Biteureo Naeryeo Makgi (Pit'ūrō Naeryō Makki) 비틀어 내려 막기
<b>Downward Kick</b> (Ax Kick)	Naeryeo Chagi (Naeryō Ch'agi) 내려 차기
Downward Punch	Naeryeo Jiruegi (Naeryō Chirūgi) 내려 지르기
Downward Strike	Naeryeo Chigi (Naeryō Ch'igi) 내려 치기
Drawing Up Block	Geuryeo Olligi Makgi (Kūryō Olligi Makki) 그려 올리기 막기

## Kukkiwon Taekwondo Dictionary

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### E

Ear	Gwi (Kwi) 귀
Eighth Dan	Pal Dan (P'al Dan) 팔 단
Elbow (general)	Palkkumchi (P'alkkumch'i) 팔꿈치
Elbow (towards forearm)	Palgup (P'algup) 팔굽
Elbow Downward Strike	Palgup Naeryeo Chigi (P'algup Naeryö Ch'igi) 팔굽 내려 치기
Elbow Joint	Palgup Gwanjeol (P'algup Kwanjöl) 팔굽 관절
Elbow Side Strike (Koryo #20-2)	Palgup Yeop Chigi (P'algup Yöp Ch'igi) 팔굽 옆 치기
Elbow Strike	Palgup Chigi (P'algup Ch'igi) 팔굽 치기
Elbow Target Strike (Taegeuk 5 Jang #16)	Palgup Pyojeok Chigi (P'algup P'yojök Ch'igi) 팔굽 표적 치기
End	Kkeut (Kküt) 끝
Enter (sparring competition, literally means to enter a courtroom)	Ip Jang (Ip Chang) 입장
Enter, also means Advance or Participate (poomsae competition)	Chul Jeon (Ch'ul Chŏn) 출 전
Etiquette	Yejeol (Yejöl) 예절
Exit (Poomsae)	Toe Jang (T'oe Chang) 퇴 장 (WTF Romanizes this as: Tuae-jahng, which is not considered correct)
Eye	Nun 눈

## Kukkiwon Taekwondo Dictionary

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Eyeball	Angu 안구
Eyes (general area)	Anbu 안부

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### F

Face	Eolgul (Ölgul) 얼굴
Face Block (High Block)	Ollyeo Makgi (Ollyö Makki) (New Term) 올려 막기 Eolgul Makgi (Ölgul Makki) (Old Term) 얼굴 막기
Face Wedging Block	Eolgul Hechyeo Makgi (Ölgul Hech'yö Makki) 얼굴 헤쳐 막기
Fan	Bu Chaei (Pu Ch'aei)  부 채이
Femur	Tae Toegol (T'ae T'oegol) 태 퇴골
Fibula	Pigol (P'igol) 피골
Fifth Dan	O Dan 오 단
Fighting Stance	Gyeorumsae Seogi (Kyörumse Sögi) 겨름새 서기
Finger	Songarak (Son'garak) 손가락
Finger Tip	Pyeon Sonkkeut (P'yön Sonkküt) 편 손끝
Fingertip Thrust (All Fingers)	Modeum Sonkkeut Jjireugi (Modüm Sonkküt Tchirügi) 모듬 손끝 찌르기

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## Kukkiwon Taekwondo Dictionary

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Fingertip Thrust (Three Fingers)	Moeun Se Sonkkeut Jjireugi (Moŭn Se Sonkküt Tchirügi) 모은 세 손끝 찌르기
Fingertip Thrust (Two Fingers Together)	Moeun Du Sonkkeut Jjireugi (Moŭn Tu Sonkküt Tchirügi) 모은 두 손끝 찌르기
Fingertip Thrust (two fingers apart, also called scissor finger tip thrust)	Gawi Sonkkeut Jjireugi (Kawi Sonkküt Tchirügi) 가위 손끝 찌르기
Fingertip Thrust (One Finger)	Han Sonkkeut Jjireugi (Han Sonkküt Tchirügi) 한 손끝 찌르기
First Dan	Il Dan 일 단
First Poom (Junior Black Belt)	Il Pum (Il P'um) 일 품
Fist	Jumeok (Chumök) 주먹
Fist/Hand Guard (glove)	Son Bohodae (Son Pohodae) 손 보호대
Flag	Gukgi (Kukki) 국기
Flat Fist Punch	Pyeon Jumeok Jireugi (P'yŏn Chumök Chirügi) 편 주먹 지르기
Flexibility	Sinchuk (Shinch'uk) 신축
Flying Front Kick	I Dan Ap Chagi (I Tan Ap Ch'agi) 이 단 앞 차기
Flying Kick (second level kicks; rear foot leave the ground first then the front foot kicks)	I Dan Chagi (I Tan Ch'agi) 이 단 차기
Flying Roundhouse Kick	I Dan Dollyeo Chagi (I Tan Tollyö Ch'agi) 이 단 돌려 차기
Flying Side Kick	I Dan Yeop Chagi (I Tan Yöp Ch'agi) 이 단 옆 차기

## Kukkiwon Taekwondo Dictionary

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Focus Power and Energy	Gihap (Kihap) 기합
Foot	Bal (Pal) 발
Foot Blade	Bal Nal (Pal Nal) 발 날
Foot Blade Low Block (leg checking)	Arae Bada Makgi (Arae Pada Makki) 아래 바다 막기
Foot Guard (instep protector/e-sock)	Bal Bohodae (Pal Pohodae) 발 보호대
Foot Sole Absorbing Block	Bal Badak Bada Makgi (Pal Padakpada Makki) 발 바닥받아 막기
Force	Him 힘
Forearm Guard	Pal Bohodae (P'al Pohodae) 팔 보호대
Forearm	Palmok (P'almok) 팔목
Forehead	I Ma 이마
Fork Punch (Shipjin #S 21-2, 22-2, 27, 28)	Chetda-Ri Jireugi (Ch'etta-Ri Chirŭgi) 챗다리 지르기
Form (Pattern)	Pumsae (P'umsae) Although not correct, the Kukkiwon has chosen to Romanize this as <u>Poomsae</u> 품새
Forward Cross Stance	Ap Kkoa Seogi (Ap Kkoa Sŏgi) 앞 꼬아 서기
Forward Crouching Stance	Ap Juchum Seogi (Ap Chuch'um Sŏgi) 앞 주춤 서기
Forward Inflection (Bent Knee) Stance <b>(Front Stance)</b> (Taegeuk 2 Jang #2)	Ap Gubi (Ap Kubi) 앞 굽이
Forward Stance ( <b>Walking Stance</b> ) (Taegeuk 1 Jang #1)	Ap Seogi (Ap Sŏgi) 앞 서기

## Kukkiwon Taekwondo Dictionary

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Forward Stepping (sliding forward without switching the feet/chunjin)	Nae Dora Ditgi (Nae Tora Titki) 내 돌아 딛기
Fourth Dan	Sa Dan 사 단
Fourth Poom (Junior Black Belt)	Sa Pum (Sa P'um) 사 품
Front Block ( <b>inner block</b> , outside to inside block)	Momtong An Makgi (Momt'ong An Makki) 몸통 안 막기
Front Foot Axe Kick	Ap Bal Naeryeo Chagi (Ap Pal Naeryö Ch'agi) 앞 발 내려 차기
Front Foot Backwards Step (front foot pulls back to the rear foot and then the rear foot steps back)	Ap Bal Mulleo Dora Ditgi (Ap Pal Mullö Tora Titki) 앞 발 물러 돌아 딛기
Front Foot Counter Kick	Ap Bal Bada Chagi (Ap Pal Pada Ch'agi) 앞 발 받아 차기
Front Foot Forward Step (the front foot steps forward and the rear foot pull up)	Ap Bal Nae Ditgi (Ap Pal Nae Titki) 앞 발 내 딛기
Front Foot Front Kick	Ap Bal Ap Chagi (Ap Pal Ap Ch'agi) 앞 발 앞 차기
Front Foot Skipping Roundhouse Kick (Fast Kick)	Ap Bal Butyeo Dollyeo Chagi (Ap Pal Put'yö Tollyö Ch'agi) 앞 발 붙여 돌려 차기
Front Kick	Ap Chagi (Ap Ch'agi) 앞 차기
Front Kick With The Ball Of The Foot	Ap Chuk Ap Chagi (Ap Ch'uk Ap Ch'agi) 앞 축 앞 차기
Front Kick With The Heel	Dwi Chuk Ap Chagi (Wi Ch'uk Ap Ch'agi) 뒤 축 앞 차기
Front Pushing Kick	Ap Mireo Chagi (Ap Mirö Ch'agi) 앞 밀어 차기



## Kukkiwon Taekwondo Dictionary

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Front Rising Kick (Front Stretch Kick)	Ap Cha Olligi (Ap Ch'a Olligi) 앞 차 올리기
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Front Stance (Taegeuk 2 Jang #2)	Ap Gubi (Ap Kubi) 앞 굽이
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### G

Grade Certificate (Color Belt)	Geup Jeung (Kŭp Chŭng) 급 증
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Grasping	Japgi (Chapki) 잡기
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Green	Cho-rok (Ch'o-rok) 초록
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Green Belt	Cho-rok tti (Ch'o-rok tti) 초록띠
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Green Belt With Blue Stripe	Cho-rok tti-e cheong-seon (Ch'o-rok tti-e ch'öng-sön) 초록띠에청선
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Groin	Nangsim (Nangshim) 낭심
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Groin Guard (cup)	Nangsim Bohodae (Nangshim Pohodae) 낭심 보호대
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### H

Hammer Fist	Mae Jumeok Chigi (Mae Chumök Ch'igi) 매 주먹 치기
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Hammer Fist Downward Strike (Taegeuk 5 Jang #2 And #4)	Mae Jumeok Naeryeo Chigi (Mae Chumök Naeryö Ch'igi) 매 주먹 내려 치기
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Hammer Fist Downward Strike (Taegeuk 5 Jang #2 And #4)	Mae Jumeok Naeryeo Chigi (Mae Chumök Naeryö Ch'igi) 매 주먹 내려 치기
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## Kukkiwon Taekwondo Dictionary

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Hammer Fist Flank Strike	Mae Jumeok Yeop Gu-Ri Chigi (Mae Chumök Yöp Ku-Ri Ch'igi) 매 주먹 옆 구리 치기
Hammer Fist Target Strike (Jitae #18)	Mae Jumeok Pyojeok Chigi (Mae Chumök P'yojök Ch'igi) 매 주먹 표적 치기
Hand	Son 손
Hand Blade	Son Nal 손날
Hand Blade Block (knife hand guard block, twin knife hand block) (Taegeuk 4 Jang #1)	Sonnal Geodeureo Makgi (Sonnal Ködürö Makki) 손날 거들어막기
Hand Blade Face Cross Block (high knife hand x-block)	Sonnal Eolgul Eotgeoreo Makgi (Sonnal Ölgul Ötkörö Makki) 손날 얼굴 엇걸어 막기
Hand Blade Low Block (low knife hand guard block) (Taegeuk 7 Jang #5)	Sonnal Geodeureo Naeryeo Makgi (New Term) (Sonnal Ködürö Naeryö Makki) 손날 거들어내려막기 Sonnal Geodeureo Arae Makgi (Old Term) (Sonnal Ködürö Arae Makki) 손날 거들어아래막기
Hand Blade Wedging Body Block	Sonnal Momtong Hechyeo Makgi (Sonnal Momt'ong Hech'yö Makki) 손날 몸통 헤쳐막기
Head	Meo-Ri (Mö-Ri) 머리
Head Grasp	Meo-Ri Japgi (Mö-Ri Chapki) 머리 잡기
Head Guard (helmet)	Meo-ri Bohodae (Mö-ri Pohodae) 머리 보호대
Head Of The School	Gwan-jang (Kwan-jang) 관장
Heart	Simjang (Shimjang) 심장

## Kukkiwon Taekwondo Dictionary

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Heel (back below achilles tendon)	Dwikkumchi (Twikkumch'i) 뒤꿈치
Heel (Back Sole)	Dwichuk (Twich'uk) 뒤축
High Hand Blade X-Block	Sonnal Eolgul Eotgeoreo Makgi (Sonnal Ölgul Ötkörö Makki) 손날 얼굴 엇걸어 막기
Hip	Eongdeongi (Öngdöngi) 엉덩이
Holding Axe (Downward) Kick	Jakgyo Naeryeo Chagi (Chakkyo Naeryö Ch'agi) 작교 내려 차기
Holding Front Kick	Jakgyo Ap Chagi (Chakkyo Ap Ch'agi) 작교 앞 차기
Holding Kick (holding the opponent with the hand and kicking; see grasping techniques)	Jakgyo Chagi (Chakkyo Ch'agi) 작교 차기
Holding Roundhouse (Turning) Kick	Jakgyo Dollyeo Chagi (Chakkyo Tollyö Ch'agi) 작교 돌려 차기
Holding Side Kick	Jakgyo Yeop Chagi (Chakkyo Yöp Ch'agi) 작교 옆 차기
Holding Twisting Kick	Jakgyo Biteureo Chagi (Chakkyo Pit'ürö Ch'agi) 작교 비틀어 차기
Hook Kick (front foot hooking kick)	Naga Chagi (Naga Ch'agi) 낙아 차기
Humerous	Sangbakgol (Sangbakkol) 상박골
<b>I</b>	
In Kick (inner crescent kick, outside to inside kick)	An Chagi (An Ch'agi) 안 차기
Incorrect	Teullim (T'üllim) 틀림

## Kukkiwon Taekwondo Dictionary

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Injury	Busang (Pusang) 부상
Injury time out	Gye-si (Kye-si) 계시
Inner Forearm Assisted Block	An Palmok Geodeureo Makgi (An P'almok Kōdūrō Makki) 안 팔목 거들어막기
Inner Forearm Block	An Palmok Makgi (An P'almok Makki) 안 팔목 막기
Inner Forearm Outward Block (Jitae #1)	Anpalmok Bakkat Makgi (An P'almok Pakkat Makki) 안 파르노기 바깥 막기
Inner Forearm Face Outer Block	An Palmok Eolgul Bakkat Makgi (An P'almok Ōlgul Pakkat Makki) 안 팔목 얼굴 바깥 막기
Inner Forearm Twist Block	An Palmok Biteureo Makgi (An P'almok Pit'ūrō Makki) 안 팔목 비틀어 막기
Inner Forearm Upward Block (Shipjin #19)	Term #1: Kkeureo Olligi 끌어 올리기 Term #2: An Palmok Ollyeo Makgi 알팔목 올려 막기
Inner Forearm Wedging Block (Keumgang #1)	An Palmok Hechyeo Makgi (An P'almok Hech'yō Makki) 안 팔목 헤쳐 막기
Inside To Outside Block ( <b>Outer Block</b> ) (Taegeuk 4, #9 And #11)	Bakkat Makgi (Pakkat Makki) 바깥 막기
Instep	Bal Deung (Paltŭng) 발등
Instep Front Kick	Bal Deung Ap Chagi (Pal Tŭng Ap Ch'agi) 발 등 앞 차기
Instep Roundhouse Kick	Bal Deung Dollyeo Chagi (Pal Tŭng Tollyō Ch'agi)

## Kukkiwon Taekwondo Dictionary

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	발 등 돌려 차기
Instructor	Sa-beom (Sa-bŏm) 사범
Inverted "T" Stance	Oja Seogi (Oja Sŏgi) 오자(丄자) 서기
Inward Block (front block, outside to inside block)	An Makgi (An Makki) 안 막기
Inward Crouching Stance	Anjjong Juchum Seogi (Antchong Chuch'um Sŏgi) 안짱 주춤 서기
Inward Foot Arch Body Block (Inward Crescent Kick)	Momtong An Chyeonae Makgi (Momt'ong An Ch'yŏnae Makki) 몸통 안 쳐내 막기
Inward Stance	Anjjong Seogi (Antchong Sŏgi) 안짱 서기
Inward Strike	An Chigi (An Ch'igi) 안 치기

## J

Jaw	Teok (T'ŏk) 턱
Joint	Gwanjeol (Kwanjŏl) 관절
Judge	Busim (Pushim) 부심
Jump Both Feet Kick (Twin Kick)	Ttwieo Yang Bal Chagi (Ttwiŏ Yang Bal Ch'agi) 뛰어 양 발 차기
Jump Kick (both feet leave the ground at the same time)	Ttwieo Chagi (Ttwiŏ Ch'agi) 뛰어 차기
Jumping Front Kick	Ttwieo Ap Chagi (Ttwiŏ Ap Ch'agi)

## Kukkiwon Taekwondo Dictionary

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	뛰어 앞 차기
Jumping Roundhouse Kick	Ttwieo Dollyeo Chagi (Ttwiö Tollyö Ch'agi)
	뛰어 돌려 차기
Jumping Two-Foot Front Kick	Ttwieo Du Bal Ap Chagi (Ttwiö Tu Pal Ap Ch'agi)
	뛰어 두 발 앞 차기
Junior	Hubae
	후배

### K

Kidney	Kongpat (K'ongp'at)
	콩팥
Knee	Mureup (Murŭp)
	무릎
Knee Strike	Mureup Chigi (Murŭp Ch'igi)
	무릎 치기
Knife	Kal (K'al)
	칼
Knife Hand Downward Strike	Sonnal Naeryeo Chigi (Sonnal Naeryö Ch'igi)
	손날 내려 치기
Knife Hand Guard Block (hand blade block, twin knife hand block) (Taegeuk 4 Jang #1 And #3)	Sonnal Geodeureo Makgi (Ködŭrö Sonnal Makki)
	손날 거들어막기
Knife Hand Inward Block (Keumgang #5)	Sonnal An Makgi (Sonnal An Makki)
	손날 안 막기
Knife Hand Low Block (single blade hand low block) (Koryo #25-2)	Sonnal Naeryeo Makgi (New Term) (Sonnal Naeryö Makki)
	손날 내려 막기
	Sonnal Arae Makgi (Old Term) (Sonnal Arae Makki)
	손날 아래 막기
Knife Hand Neck Strike	Sonnal Mok Chigi (Sonnal Mok Ch'igi)

## Kukkiwon Taekwondo Dictionary

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(Taegeuk 3 Jang #5 & #6)	손날 목 치기
Knife Hand Outer Strike (Koryo #2)	Sonnal Bakkat Chigi (Sonnal Pakkat Ch'igi) 손날 바깥 치기
Knife Hand Outward Block (Taegeuk 3 #7 & 9)	Sonnal Bakkat Makgi (Sonnal Pakkat Makki) 손날 바깥 막기
Knife Hand Strike	Sonnal Chigi (Sonnal Ch'igi) 손날 치기
Knife Hand Upward Block (Jitae #6)	Sonnal Ollyeo Makgi (Sonnal Ollyŏ Makki) 손날올려 막기
Knuckle	Son Madi 손 마디
Knuckle Protruding Punch (index finger)	Jipge Soseum Jumeok Jireugi (Chipke Sosŭm Chumŏk Chirŭgi) 집게 솟음 주먹 지르기
Knuckle Protruding Punch (middle knuckle, Chonkwon #2-4)	Soseum Jumeok Jireugi (Sosŭm Chumŏk Chirŭgi) 솟음 주먹 지르기

### L

L Stance ( <b>Back Stance</b> )	Dwit Gubi (Twit Kubi) 뒷 굽이
Layered Hand Ready Stance (Pyungwon, Chonkwon, Hansu) (also overlapped hands)	Gyeopson Junbi Seogi (Kyŏpson Junbi Sŏgi) 겹손준비 서기
Left Stance (Taegeuk 5 Jang #2)	Oen Seogi (Oen Sŏgi) 왼 서기
Left Turning Step (left foot steps)	Oen Dora Ditgi (Oen Tora Titki)  왼 돌아 딛기
Leg	Dari (Tari) 다리
Life Energy	Gi (Ki) 기

## Kukkiwon Taekwondo Dictionary

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Line of the pattern (poomsae diagram)	Yeon Mu Seon 연무선
Line Up	Jul-lo-seo ( Chul-lo-sŏ) 줄로서
Lips	Ipsul 입술
Liver	Ganjang (Kanjang) 간장
Low Block (Taegeuk 1 Jang #1)	Naeryeo Makgi (Naeryŏ Makki) (New Term) 내려 막기 Arae Makgi (Arae Makki ) (Old Term) 아래 막기
Low Knife Hand Guard Block (Taegeuk 7 Jang #5)	Sonnal Geodeureo Naeryeo Makgi (New Term) (Sonnal Kŏdŭrŏ Naeryŏ Makki) 손날거들어내려막기 Sonnal Geodeureo Arae Makgi (Old Term) (Sonnal Kŏdŭrŏ Arae Makki) 손날거들어아래막기
Low Twist Block	Naeryeo Biteureo Makgi (New Term) (Naeryŏ Pit'ŭrŏ Makki) 내려 비틀어 막기 Arae Biteureo Makgi (Old Term) (Arae Pit'ŭrŏ Makki) 아래 비틀어 막기
Low Wedging Block (Taegeuk 6 Jang #10)	Naeryeo Hechyeo Makgi (New Term) (Naeryŏ Hech'yŏ Makki) 내려 헤쳐 막기 Arae Hechyeo Makgi (Old Term) (Arae Hech'yŏ Makki) 아래 헤쳐 막기
Low X-Block (Shipjin #25)	Eotgeoreo Naeryeo Sonnal Makgi (New Term) (Ŏtkŏrŏ Naeryŏ Sonnal Makki) 엇걸어 내려 손날 막기 Eotgeoreo Arae Sonnal Makgi (Old Term) (Ŏtkŏrŏ Arae Sonnal Makki)



## Kukkiwon Taekwondo Dictionary

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	엇걸어 아래 손날 막기
Lowered Stance (Old Style Riding Stance)	Natchueo Seogi (Natch'uo Sögi) 낮추어 서기

### M

Mandibula	Teokgwanjeol (T'ökkwanjöl) 턱관절
Martial Art	Musul 무술
Meditate	Mung-nyeom (Mung-nyöm) 묵념
Mirror	Geoul (Köul) 거울
Mixed Kicks	Seokkeo Chagi (Sökkö Ch'agi) 섞어 차기
Mountain Block (Keumgang #11)	Santeul Makgi (Sant'ül Makki) 산틀 막기
Mountain Pushing (Chonkwon #25-4)	Taesan Milgi (T'aesan Milgi) 태산 밀기
Mouth	Ip 입
Multi-Direction Kicks	Dabanghyang Chagi (Tabanghyang Ch'agi) 다방향 차기
Muscle	Geunyuk (Künyuk) 근육

### N

Neck	Mok 목
Neck Grasp	Mok Japgi (Mok Chapki) 목 잡기

## Kukkiwon Taekwondo Dictionary

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Nerve	Sin Gyeong (Shin'gyöng) 신경
Ninth Dan	Gu Dan (Ku Dan) 구 단
Nose	Ko (K'o) 코

### O

Oblique Angle Crouching Stance	Mo Juchum Seogi (Mo Chuch'um Sögi) 모 주춤 서기
Oblique Angle Stance	Mo Seogi (Mo Sögi) 모 서기
Oblique Stepping	Mo Dora Ditgi (Mo Tora Titki)  모 돌아 딛기
Occipital Bone	Hudugol 후두골
Offensive	Gonggyeokjeogin (Konggyökchögin) 공격적인
Open Hand Mountain Block (not knife hand because the hands are moving in different directions and using different striking surfaces)	Pyeonson Santeul Makgi (P'yönsong Sant'ül Makki) 편손 산틀 막기
Open Hand Scissors Block (not knife hand because the hands are moving in different directions and using different striking surfaces)	Pyeonson Gawi Makgi (P'yönsong Kawi Makki) 편손 가위 막기
Outer Block (inside to outside block)	Bakkat Makgi (Pakkat Makki) 바깥 막기
Outer Forearm Outward Block (Taegeuk 6 #6 & 8)	Bakkat Palmok Bakkat Makgi (Pakkat P'almok Pakkat Makki)

## Kukkiwon Taekwondo Dictionary

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	바깥 팔목바깥막기
Outer Forearm Assisted Outer Block (Taegeuk 8 #1)	Bakkat Palmok Geodeureo Bakkat Makgi (Pakkat P'almok Kōdūrō Pakkat Makki) 바깥 팔목거들어바깥 막기
Outer Forearm Face Block	Bakkat Palmok Eolgul An Makgi (Pakkat P'almok Ŏlgul An Makki) 바깥 팔목 얼굴 안 막기
Outer Forearm Face Side Block	Bakkat Palmok Eolgul Yeop Makgi (Pakkat P'almok Ŏlgul Yōp Makki) 바깥 팔목 얼굴 옆 막기
Outer Forearm Face Twist Block	Bakkat Palmok Eolgul Biteureo Makgi (Pakkat P'almok Ŏlgul Pit'ūrō Makki) 바깥 팔목 얼굴 비틀어 막기
<b>Outer Kick</b> (outer crescent kick, inside to outside kick)	Bakkat Chagi (Pakkat Ch'agi) 바깥 차기
Outside To Inside Block ( <b>Inner Block</b> ) (Taegeuk 1 #6 And #8)	Momtong An Makgi (Momt'ong An Makki) 몸통 안 막기
Outer Forearm Inward Block (Taegeuk 1 #6)	Bakkat Palmok An Makgi (Pakkat P'almok Makki) 바깥 팔목 안 막기
Outward Kick Face Block (outward crescent kick)	Eolgul Bakkat Chyeonae Makgi (Ŏlgul Pakkat Ch'yōnae Makki) 얼굴 바깥 쳐내 막기
Overlapped Hands Ready Stance (also layered hands) (Pyungwon)	Gyeopson Junbi Seogi (Kyōpsōn Chunbi Sōgi) 겹선 준비 서기

## P

Palm Absorbing Block	Son Badak Bada Makgi (Son Padak Pada Makki) 손 바닥 받아 막기
Palm Assisting Side Block (Shipjin #2)	Son Badak Geodeureo Bakkat Makgi (Son Padak Kōdūrō Pakkat Makki) 손 바닥 거들어 바깥 막기

## Kukkiwon Taekwondo Dictionary

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Palm Block (Taeguek 7 Jang #1)	Batang Son Makgi (Pat'ang Son Makki) 바탕 손 막기
Palm Body Lifting Block	Batang Son Chukyeo Makgi (Pat'ang Son Ch'uk'yö Makki) 바탕 손 चु켜 막기
Palm Heel Inward Block (Taeguek 7 #1)	Batangson An Makgi (Pat'ang Son An Makki) 바탕 손 안 막기
Palm Pressing Block (Koryo #20-1)	Batang Son Nulleo Makgi (Pat'ang Son Nullö Makki) 바탕 손 눌러 막기
Palm Strike (Keumgang #2)	Batang Son Chigi (Pat'ang Son Ch'igi) 바탕 손 치기
Palm Supporting Inside Wrist Outward Block (Shipjin #2 & 7)	Sonbadak Geodeureo Anpalmok Makgi (Sonbadak Ködünö Anp'almok Pakkat Makki) 손바닥 거든어 안팔목 바깥 막기
Palm Upward Punch (Upset Punch)	Jeochin Jumeok Jireugi (Chöt'in Chumök Chirügi) 젓힌 주먹 지르기
Parallel Stance (Taeguek 6 Jang #10)	Naranhi Seogi (Naranhi Sögi) 나란히 서기
Patella	Seulgaegol (Sülgaegol) 슬개골
Pattern (Form)	Pumsae (P'umsae) 폼새
Pelvis	Gol Ban (Kol Ban) 골반
Philtrum	In Jung 인중
Pincer Punch	Jipge Jumeok Jireugi (Chipke Chumök Chirügi) 집게 주먹 지르기
Point Of The Chin	Mit Teok (Mit T'ök) 밑 턱
Protective equipment	Hogu (generally the chest protector) 호구

## Kukkiwon Taekwondo Dictionary

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Pulling Backfist Strike (Pyungwon #9-1)	Danggyeo Deung Jumeok Chigi (Tanggyö Tüng Chumök Ch'igi) 당겨 등 주먹 치기
Pulling Elbow Strike	Danggyeo Palgup Chigi (Tanggyö P'algup Ch'igi) 당겨 팔굽 치기
Pulling Jaw Punch (Taegeuk 8 Jang #S 6 & 8)	Danggyeo Teok Jireugi (Tanggyö T'ök Chirügi) 당겨 턱 지르기
Pulling Strike	Danggyeo Chigi (Tanggyö Ch'igi) 당겨 치기
Push Ups	Momtong Batchim (Momt'ong Patch'im) 몸통 받침
Pushing Front Kick	Mireo Ap Chagi (Mirö Ap Ch'agi) 밀어 앞 차기
Pushing Hands Ready Stance ( <b>Barrel Pushing</b> ) (Koryo)	Tong Milgi Junbi Seogi (T'ong Milgi Chunbi Sögi) 통밀기 준비 서기
Pushing Kick	Mireo Chagi (Mirö Ch'agi) 밀어 차기
<b>Pushing Side Kick</b> (Cut Kick)	Mireo Yeop Chagi (Mirö Yöp Ch'agi) 밀어 옆 차기

## R

Radius (bone)	Yo Gol 요골
Rank	Pumgye (P'umgye) 품계
Ready	Jun-bi (Chun-bi) 준 비
Ready Stance	Junbi Seogi (Chunbi Sögi) 준비 서기
Rear Foot Backwards Step (rear foot steps first and pulls the front foot back)	Dwit Bal Mulleo Dora Ditgi (Twit Pal Mullö Tora Titki) 뒷 발 물러 돌아 딛기

## Kukkiwon Taekwondo Dictionary

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Rear Foot Forwards Step (rear foot slides up to the front foot and then the front foot steps forward)	Dwit Bal Nae Ditgi (Twit Pal Nae Titki) 뒷 발 내 딛기
Recorder	Girok (Kirok) 기록
Red	Hong 홍
Red Belt	Hong tti 홍띠
Red Belt With Black Stripe	Hong-tti-e geo-meun seon (Hong-tti-e gŏ-mŭn sŏn) 홍띠에 검은선
Red contestant	Hong Seonsu (Hong Sŏnsu) 홍 선수
Red contestant mark	Hong Wich'i (Hong Wich'i) 홍 위치
Referee	Jusim (Chushim) 주심
Return (to a position, usually ready stance)	Ba-ro (Pa-ro) 바로
Reverse Attention Stance	Apchuk Moa Seogi (Apch'uk Moa Sŏgi) 앞축 모아 서기
Reverse Crane Stance (Ilyeo #6)	Ogeum Seogi (Ogŭm Sŏgi) 오금 서기
Reverse Foot Blade (Arch) Lifting Block	Aneu-Ro Geodeo Naegi Makgi (Anŭ-Ro Kŏdŏ Naegi Makki) 안으로 걸어 내기 막기
Reverse Foot Blade Inward Block (Inward Crescent Kick)	Balnal Deung An Makki (Pal Nal Tŭng An Makki) 발날 등 안 막기
Reverse Hand Blade Guard Block (ridge hand guarding block) (Shipjin #26)	Sonnal Deung Geodeureo Makgi (Sonnal Tŭng Kŏdŭrŏ Makki) 손날 등거들어막기
Reverse Hand Blade Low Block (low section ridge hand block)	Sonnal Deung Naeryeo Makgi (New Term) (Sonnal Tŭng Naeryŏ Makki) 손날 등 내려 막기

## Kukkiwon Taekwondo Dictionary

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	Sonnal Deung Arae Makgi (Old Term) (Sonnal Tüng Arae Makki) 손날 등 아래 막기
Reverse Hand Blade Strike (Ridge Hand Strike)	Sonnal Deung Chigi (Sonnal Tüng Ch'igi) 손날 등 치기
Reverse Hand Blade Wedging Block (Shipjin #16)	Sonnal Deung Hechyeo Makgi (Sonnal Tüng Hech'yö Makki) 손날 등 헤쳐 막기
Reverse Knife Hand (ridge hand) Assisted Downward Block	Sonnal Deung Geodeureo Naeryeo Makgi (Sonnal Tüng Ködürö Naeryö Makki) 손날 등 거들어 내려 막기
Reverse Knife Hand Downward Strike	Sonnal Deung Naeryeo Chigi (Sonnal Tüng Naeryö Ch'igi) 손날 등 내려 치기
Reverse Knife Hand Outward Block	Sonnal Deung Bakkat Makgi (Sonnal Tüng Pakkat Makki) 손날 등 바깥 막기
Reverse Knife Hand Outward Twist Block	Sonnal Deung Biteureo Bakkat Makki (Sonnal Tüng Pit'ürö Pakkat Makki) 손날 등 비틀어 바깥 막기
Reverse Punch (in ap seogi/ap gubi this is done with the same hand as the front leg) (Taegeuk 1 Jang #2)	Bandae Jireugi (Pandae Chirügi) 반대 지르기
Ribs	Gal Bi (Kal Bi) 갈비
Riding Stance ( <b>Crouching Stance</b> )	Juchum Seogi (Chuch'um Sögi) 주춤 서기
Right Stance (Taegeuk 5 Jang #4)	Oreun Seogi (Orün Sögi) 오른 서기
Right Turning Step (right foot steps)	Oreun Dora Ditgi (Orün Tora Titki) 오른 돌아 딛기

## Kukkiwon Taekwondo Dictionary

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Rising	Olligi 올리기
Rising Elbow Strike (Pyungwon #5)	Palgup Ollyeo Chigi (P'algup Ollyö Ch'igi) 팔굽 올려 치기
Round	Hoejeon (Hoejŏn) 회전
Roundhouse Kick ( <b>Turning Kick</b> )	Dollyeo Chagi (Tollyö Ch'agi) 돌려 차기
Roundhouse Kick With The Ball Of The Foot	Ap Chuk Dollyeo Chagi (Ap Ch'uk Tollyö Ch'agi) 앞 축 돌려 차기
Rules	Gyujeong (Kyujŏng) 규정

## S

Salute (Bow)	Gyeong-nye (Kyöng-nye) 경례
Salute The National Flag	Guk-gi-e dae-ha-yeo gyeong-nye (Kuk-ki-e dae-ha-yö gyöng-nye) 국기에대하여 경례
Scissors Block (Taegeuk 7 Jang #12-13)	Gawi Makgi (Kawi Makki) 가위 막기
Scissors Kick (Split Kick)	Gawi Chagi (Kawi Ch'agi) 가위 차기
Second Dan	I Dan 이 단
Second Poom (Junior Black Belt)	I Pum (I P'um) 이 품
Senior	Seonbae (Sönbae) 선배
Seventh Dan	Chil Dan (Ch'il Dan) 칠 단



## Kukkiwon Taekwondo Dictionary

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Shin	Jeong Gan I (Chönggangi) 정강이
Shin Absorbing Block	Junggangi Bada Makgi (Chönggangi Pada Makki) 정강이 받아 막기
Shin Guard	Da-ri Bohodae (Ta-ri Pohodae) 다리 보호대
Shin Underneath Block	Jeong Gangi Bada Makgi (Chöng Gangi Pada Makki) 정강이 바다 막기
Shoulder	Eokkae (Ökkae) 어깨
Shoulder Grasp	Eokkae Japgi (Ökkae Chapki) 어깨 잡기
Show Score (Poomsae)	Pyochul (P'yoch'ul) 표출
Sickle	Nat 낫
Side Block	Yeop Makgi (Yöp Makki) 옆 막기
Side Kick	Yeop Chagi (Yöp Ch'agi) 옆 차기
Side Punch	Yeop Jireugi (Yöp Chirügi) 옆 지르기
Side Rising Kick (Side Stretch Kick)	Yeop Cha Olligi (Yöp Ch'a Olligi) 옆 차 올리기
Side Rising Kick Face Block	Eolgul Yeop Cha Ollyeo Makgi (Ölgul Yöp Ch'a Ollyö Makki) 얼굴 옆 차 올려 막기
Side Stepping	Yeop Ditgi (Yöp Titki) 옆 딛기

## Kukkiwon Taekwondo Dictionary

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Single Blade Hand Block ( <b>Knife Hand Block</b> ) (Taegeuk 3 Jang #7)	Sonnal Makgi (Sonnal Makki) 손날 막기
Single Blade Hand Low Block (knife hand low block) (Koryo #27-2)	Sonnal Naeryeo Makgi (New Term) (Sonnal Naeryö Makki) 손날 내려 막기 Sonnal Arae Makgi (Old Term) (Sonnal Arae Makki) 손날 아래 막기
Sit	An-jeo (An-jö) 앉어
Sixth Dan	Yuk Dan 육 단
Skipping Kicks (rear foot moves forward and front foot kicks)	Bal Butyeo Chagi (Pal Put'yö Ch'agi) 발 붙여 차기
Skipping Roundhouse Kick (Fast Kick)	Bal Butyeo Dollyeo Chagi (Pal Put'yö Tollyö Ch'agi) 발 붙여 돌려 차기
Skipping Side Kick	Bal Butyeo Yeop Chagi (Pal Put'yö Yöp Ch'agi) 발 붙여 옆 차기
Skipping Spin Hook Kick	Bal Butyeo Huryeo Chagi (Pal Put'yö Huryö Ch'agi) 발 붙여 후려 차기
Skull	Dugaegol (Tugaegol) 두개골
Smaller Hinge (Keumgang #10-1)	Jageun Dol Jjeogwi (Chakün Tol Tchögwi) 작은 돌 찌귀
Solar Plexus	Myeong Chi (Myöng-Ch'i) 명치
Sole Of The Foot	Bal Badak (Pal Padak) 발 바닥
Sparring Ready Stance	Gyeorugi Junbi Seogi (KyörugiJunbi Sögi) 겨루기 준비 서기
Spear	Jang (Chang) 장

## Kukkiwon Taekwondo Dictionary

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Spear Finger (hand vertical Taegeuk 4 Jang #2 & #4)	Seun Pyeon Sonkkeut Jjireugi (Seun P'yön Sonkküt Tchirügi) 세운 편 손끝 찌르기
Spear Finger (palm down, Shipjin #3-2)	Eopeo Pyeon Sonkkeut Jjireugi (Öp'ö P'yön Sonkküt Tchirügi) 엎어 편 손끝 찌르기
Spear Finger (Palm Up Koryo #18-3)	Jeochin Pyeon Sonkkeut Jjireugi (Chöt'in P'yön Sonkküt Tchirügi) 젓힌 편 손끝 찌르기
Speed	Sok-Do 속도
Spin Hook Kick	(Onmomdollyeo) Huryeo Chagi (Onmomdollyö) Huryö Ch'agi (온몸돌려) 후려 차기
Spin In Kick (Chonkwon #22-1,2,3)	Dolgae An Chagi (Tolgae An Ch'agi) 돌개 안 차기
Spin Roundhouse Kick (Tornado Roundhouse Kick, Nado Bahn)	Dolgae Chagi /Dolgae Dollyeo Chagi (Tolgae Ch'agi)/(Tolgae Tollyö Ch'agi) 돌개 차기/돌개 돌려 차기
Spinal Cord	Cheokchu Singyeong (Ch'ök-Ch'u Shin-Gyöng) 척추 신경
Spine	Cheokchu (Ch'ökch'u) 척추
Spleen	Pi Jang (P'i Jang) 피장
Split Kick ( <b>Scissor Kick</b> )	Gawi Chagi (Kawi Ch'agi) 가위 차기
Staff	Jang Bong (Chang Bong) 장 봉
Stamping Kick	Gulleo Chagi (Kullö Ch'agi) 굴러 차기
Standing Punch ( <b>Vertical Punch</b> )	Seun Jumeok Jireugi (Seun Chumök Chirügi) 세운 주먹 치르기
Start	Sijak (Shijak) 시작

## Kukkiwon Taekwondo Dictionary

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Stationary Turn (About Face)	Dwi-ro do-ra (Twi-ro do-ra) 뒤로 돌아
Stepping In Place (Bouncing)	Jeja-Ri Dora Ditgi (Cheja-Ri Tora Titki) 제자리 돌아 딛기
Sternum	Hyeongol (Hyŏn'gol) 현골
Sticks	Dan Bong 단 봉
Stomping On The Instep (Taegeuk 5 Jang #20)	Jitjiki (Chittchik'i) 짓짚기
Stop	Geu-man ( Kŭ-man) 그만
Straight Punch (in ap seogi/ap gubi this is done with the same hand as the rear leg) (Taegeuk 1 Jang #7)	Ba-Ro Jireugi (Pa-Ro Chirŭgi) 바로 지르기
Stretching	Pyeonggi (P'yŏgi) 펴기
Strong	Ganghan (Kanghan) 강한
Student	Suryeonsaeng (Suryŏnsaeng) 수련생
Swallow Technique Jaw Strike	Jebi Pum Teok Chigi (Chebi P'um T'ök Ch'igi) 제비 품 턱 치기
Swallow Technique Neck Strike (Taegeuk 4 Jang #4, Taebaek #4)	Jebi Pum Mok Chigi (Chebi P'um Mok Ch'igi) 제비 품 목 치기
Sword	Geum (Kŭm) 금

## T

Target Block	Pyojeok Makgi (P'yojök Makki)
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## Kukkiwon Taekwondo Dictionary

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	표적 막기
Target Low Block (Hansu #12)	Pyojeok Naeryo Makgi (new term) (P'yojök Naeryö Makki) 표적 내려 막기 Pyojeok Arae Makgi (old term) (P'yojök Arae Makki) 표적아래 막기
Target Elbow Strike (Taegeuk 5 Jang #16-2)	Palgup Pyojeok Chigi (P'algup P'yojök Ch'igi) 팔굽 표적 치기
Target In Kick (Taegeuk 7 Jang #21-1)	Pyojeok An Chagi (P'yojök An Ch'agi) 표적 안 차기
Target Kick	Pyojeok Chagi (P'yojök Ch'agi) 표적 차기
Target Punch (Koryo #17)	Pyojeok Jireugi (P'yojök Chirügi) 표적 지르기
Target Strike	Pyojeok Chigi (P'yojök Ch'igi) 표적 치기
Technique	Dongjak (Tongjak) 동작
Temple	No Ri 노리
Test (Exam)	Siheom (Shihö̃m) 시험
Test Judge	Simsawi (Shimsawi) 심사위
Test Judge Committee	Simsawiwon (Shimsawiwö̃n) 심사위원회
Third Dan	Sam Dan 삼 단
Third Poom (Junior Black Belt)	Sam Pum (Sam P'um) 삼 품
Throat	Mokgumeong (Mokkumö̃ng) 목구멍
Thumb	Eomji Songarak (Ö̃mji Son'garak)

## Kukkiwon Taekwondo Dictionary

	엄지 손가락
<b>Tiger Stance</b> (Cat Stance)	Beom Seogi (Pŏm Sŏgi) 범 서기
Time out	Sigan (Shigan) 시간
Timer	Gae-si (Kae-si) 개시
Toe	Balgarak (Palgarak) 발가락
Training	Suryeon(Suryŏn) 수련
Training Hall	Do-jang (To-jang) 도장
Trunk Block ( <b>Inner Block</b> , Front Block)	Momtong An Makgi (Momt'ong An Makki) 몸통 안 막기
Trunk Of The Body	Momtong (Momt'ong) 몸통
Turn Around (Stationary Turn)	Dwi-ro Do-ra (Twi-ro Do-ra) 뒤로 돌아
Turning Elbow Strike (Taegeuk 5 Jang #10)	Palgup Dollyeo Chigi (P'algup Tollyŏ Ch'igi) 팔굽 돌려 치기
<b>Turning Kick</b> (Roundhouse Kick)	Dollyeo Chagi (Tollyŏ Ch'agi) 돌려 차기
Turning Punch (Twist Punch)	Dollyeo Jireugi (Tollyŏ Chirŭgi) 돌려 지르기
Turning Step (Il Bo Chunjin/Il Bo Woojin)	Dora Ditgi (Tora Titki) 돌아 딛기
Twin Fist Palm Upward Punch (Taegeuk 7 Jang #15-3)	Du Jumeok Jeochin Jireugi (Tu Chumŏk Chŏt'in Chirŭgi) 두 주먹 젖힌 지르기
Twin Front Kick	Ttwieo Yang Bal Ap Chagi (Ttwiŏ Yang Ap Pal Ch'agi) 뛰어 양발 앞 차기

## Kukkiwon Taekwondo Dictionary

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Twin Kick (jumping and performing the same kick with both feet)	Ttwieo Yang Bal Chagi (Ttwiö Yang Pal Ch'agi) 뛰어 양 발 차기
Twin Knife Hand Block (knife hand guard block, hand blade block) (Taegeuk 4 Jang #1)	Geodeureo Sonnal Makgi (Ködürö Sonnal Makki) 거들어 손날 막기
Twin Side Kick	Twieo Yang Bal Yeop Chagi (Ttwiö Yang Pal Yöp Ch'agi) 뛰어 양발 옆 차기
Twist Block (Taegeuk 6 Jang #5)	Biteureo Makgi (Pit'ürö Makki) 비틀어 막기
Twist Kick	Bitureo Chagi (Pit'ürö Ch'agi) 비틀어 차기
Two Fists On Hip Ready Stance (Ilyeo #18)	Dujumeok Heori Junbi Seogi (Tu Jumök Höri Junbi Sögi) 두주먹 허리준비 서기
Two Foot Backwards Step (both feet shift backwards at the same time)	Du Bal Mulleo Dora Ditgi (Tu Pal Mullö Tora Titki) 두 발 물러 돌아 딛기
Two Foot Forwards Step (both feet shift forwards at the same time)	Du Bal Nae Ditgi (Tu Pal Nae Titki) 두 발 내 딛기

## U

Ulna	Cheokgol (Ch'ök-Gol) 척골
Underneath Pull Out Block	Miteu-Ro Ppaegi Makgi (Mit'ü-Ro Ppaegi Makki) 밑으로 빼기 막기
Upward	Ollyeo (Ollyö) 올려
Upward Block (Rising Block) (Taegeuk 1 #11 & 13)	Ollyeo Makgi (Sonnal Ollyö Makki) 올려 막기
Upward Pull Out Block	Wi-Ro Ppaegi Makgi (Wi-Ro Ppaegi Makki)

## Kukkiwon Taekwondo Dictionary

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	위로 빼기 막기
Upward Punch (Upper Cut)	Chi Jireugi (Ch'i Chirŭgi) 치 지르기

### V

	세운 주먹 지르기
Vertical Punch (Standing Punch)	Seun Jumeok Jireugi (Seun Chumök Chirŭgi) 세운 주먹 지르기

### W

	허리
Waist	Hoe-Ri (Hö-Ri) 허리
Walking Stance ( <b>Forward Stance</b> )	Ap Seogi (Ap Sögi) 앞 서기
Warning	Gyeonggo (Kyönggo) 경고
Weak	Yakan (Yak'an) 약한
Wedging Block	Hechyeo Makgi (Hech'yö Makki) 헤쳐 막기
Wedging Mountain Block (Pyungwon #11)	Hechyeo Santeul Makgi (Hech'yö Sant'ül Makki) 헤쳐 산틀 막기
Weight	Chegeup (Ch'egŭp) 체급
White	Huin (Hŭin) 흰
White Belt	Huin tti (Hŭin tti) 흰띠



## Kukkiwon Taekwondo Dictionary

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White Belt With Yellow Stripe	Huin tti-e no-ran seon (Hūin tti-e no-ran-sŏn) 흰띠에 노란선
Wide Open Block (Taegeuk 8 Jang #5)	Oe Santeul Makgi (Oe Sant'ül Makki) 외 산틀 막기
Windpipe	Sumtong (Sum-T'ong) 숨통
Wing Punch	Nalgae Jireugi (Nalgae Chirūgi) 날개 지르기
Wing Spreading (Chonkwon #1)	Nalgae Pyeogi (Nalgae P'yŏgi) 날개 펴기
Winner	Seung (Sŭng) 승
Wrist	Son Mok 손목

## Y

Yellow	No-rang 노랑
Yellow Belt	No-ran tti 노란띠
Yellow Belt With Green Stripe	No-ran tti-e cho-rok seon (No-ran-tti-e ch'o-rok sŏn) 노란띠에초록선
Yoke Hit (Shipjin #6)	Meonge Chigi (Mŏnge Ch'igi) 명에 치기
Yoke Pull Out Block	Meonge Ppaegi Makgi (Mŏnge Ppaegi Makki) 명에 빼기 막기

## Alphabetical by Romanization

This section contains the terms alphabetically in English Equivalent or Romanization. The more correct translation will appear first and other names for the technique will be in parenthesis.

### A

Ageum Son Makgi (Agŭm Son Makki) 아금 손 막기	Arc Hand Block
Ageum Son Palmok Jaggi (Agŭm Son P'almok Chapki) 아금 손 팔목 잡기	Arc Hand Wrist Grasp
Agwi Son Kaljaebi (Agwison K'alchaebi) 아귀 손 칼채비	Arc Hand Strike (Koryo) ( there are 2 different terms for this technique)
Ageum Son Chigi (Agŭm Son Ch'igi) 아금 손 치기	
An Chagi (An Ch'agi) 안 차기	In Kick (inner crescent kick, outside to inside kick)
An Chigi (An Ch'igi) 안 치기	Inward Strike
An Makgi (An Makki) 안 막기	Inward Block (front block, outside to inside block)
An Palmok Biteureo Makgi (An P'almok Pit'ŭrŏ Makki) 안 팔목 비틀어 막기	Inner Forearm Twist Block
An Palmok Eolgul Bakkat Makgi (An P'almok Ŏlgul Pakkat Makki) 안 팔목 얼굴 바깥 막기	Inner Forearm Face Outer Block
An Palmok Geodeureo Makgi (An P'almok Kŏdŭrŏ Makki) 안 팔목 거들어막기	Inner Forearm Assisted Block

## Kukkiwon Taekwondo Dictionary

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An Palmok Hechyeo Makgi (An P'almok Hech'yö Makki) 안 팔목 헤쳐 막기	Inner Forearm Wedging Block (Keumgang #1)
An Palmok Makgi (An P'almok Makki) 안 팔목 막기	Inner Forearm Block
An Palmok Ollyeo Makgi 알팔목 올려 막기 Kkeureo Olligi 끌어 올리기	Inner Forearm Upward Block (Shipjin #19)
Anbu 안부	Eyes (general area)
Aneu-Ro Geodeo Naegi Makgi (Anü-Ro Köddö Naegi Makki) 안으로 걷어 내기 막기	Reverse Foot Blade (Arch) Lifting Block
Angu 안구	Eyeball
An-jeo (An-jö) 앉어	Sit
Anjjong Juchum Seogi (Antchong Chuch'um Sögi) 안짱 주춤 서기	Inward Crouching Stance
Anjjong Seogi (Antchong Sögi) 안짱 서기	Inward Stance
Ap Bal Ap Chagi (Ap Pal Ap Ch'agi) 앞 발 앞 차기	Front Foot Front Kick
Ap Bal Bada Chagi (Ap Pal Pada Ch'agi) 앞 발 받아 차기	Front Foot Counter Kick
Ap Bal Butyeo Dollyeo Chagi (Ap Pal Put'yö Tollyö Ch'agi) 앞 발 붙여 돌려 차기	Front Foot Skipping Roundhouse Kick (Fast Kick)

## Kukkiwon Taekwondo Dictionary

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Ap Bal Mulleo Dora Ditgi (Ap Pal Mullö Tora Titki) 앞 발 물러 돌아 딛기	Front Foot Backwards Step (front foot pulls back to the rear foot and then the rear foot steps back)
Ap Bal Nae Ditgi (Ap Pal Nae Titki) 앞 발 내 딛기	Front Foot Forward Step (the front foot steps forward and the rear foot pull up)
Ap Bal Naeryeo Chagi (Ap Pal Naeryö Ch'agi) 앞 발 내려 차기	Front Foot Axe Kick
Ap Cha Olligi (Ap Ch'a Olligi) 앞 차 올리기	Front Rising Kick (Front Stretch Kick)
Ap Chagi (Ap Ch'agi) 앞 차기	Front Kick
Ap Chuk Ap Chagi (Ap Ch'uk Ap Ch'agi) 앞 축 앞 차기	Front Kick With The Ball Of The Foot
Ap Chuk Dollyeo Chagi (Ap Ch'uk Tollyö Ch'agi) 앞 축 돌려 차기	Roundhouse Kick With The Ball Of The Foot
Ap Gubi (Ap Kubi) 앞 굽이	Forward Inflection (Bent Knee) Stance ( <b>Front Stance</b> ) (Taegeuk 2 Jang #2)
Ap Juchum Seogi (Ap Chuch'um Sögi) 앞 주춤 서기	Forward Crouching Stance
Ap Kkoa Seogi (Ap Kkoa Sögi) 앞 꼬아 서기	Forward Cross Stance
Ap Kkum Chi (Ap Kkum Ch'i) 앞꿈치	Ball Of The Foot (fore sole)
Ap Mireo Chagi (Ap Mirö Ch'agi) 앞 밀어 차기	Front Pushing Kick
Ap Seogi (Ap Sögi) 앞 서기	Walking Stance ( <b>Forward Stance</b> )
Apchuk Moa Seogi (Apch'uk Moa Sögi) 앞축 모아 서기	Reverse Attention Stance

## Kukkiwon Taekwondo Dictionary

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Arae Bada Makgi (Arae Pada Makki) 아래 바다 막기	Foot Blade Low Block (leg checking)
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### B

Ba kkum (Pa kkum) 바꿈	Change (as in switch feet or switch hands)
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Bada Chagi (Pada Ch'agi) 받아 차기	Counter Kick
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Bada Makgi (Pada Makki) 받아 막기	Absorbing Block
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Bakkat Chagi (Pakkat Ch'agi) 바깥 차기	<b>Outer Kick</b> (outer crescent kick, inside to outside kick)
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Bakkat Makgi (Pakkat Makki) 바깥 막기	Outer Block (inside to outside block) Taegeuk 4, #9 And #11)
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Bakkat Palmok An Makgi (Pakkat P'almok Makki) 바깥 팔목 안 막기	Outer Forearm Inward Block (Taegeuk 1 #6)
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Bakkat Palmok Eolgul An Makgi (Pakkat P'almok Ölgul An Makki) 바깥 팔목 얼굴 안 막기	Outer Forearm Face Block
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Bakkat Palmok Eolgul Biteureo Makgi (Pakkat P'almok Ölgul Pit'ürö Makki) 바깥 팔목 얼굴 비틀어 막기	Outer Forearm Face Twist Block
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Bakkat Palmok Eolgul Yeop Makgi (Pakkat P'almok Ölgul Yöp Makki) 바깥 팔목 얼굴 옆 막기	Outer Forearm Face Side Block
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Bakkat Palmok Geodeureo Bakkat Makgi (Pakkat P'almok Ködürö Pakkat Makki) 바깥 팔목 거들어 바깥 막기	Outer Forearm Assisted Outer Block (Taegeuk 8 #1)
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Bal (Pal) 발	Foot
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## Kukkiwon Taekwondo Dictionary

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Bal Badak (Pal Padak) 발 바닥	Sole Of The Foot
Bal Badak Bada Makgi (Pal Padak pada Makki) 발 바닥 받아 막기	Foot Sole Absorbing Block
Bal Bohodae (Pal Pohodae) 발 보호대	Foot Guard (instep protector/e-sock)
Bal Butyeo Chagi (Pal Put'yŏ Ch'agi) 발 붙여 차기	Skipping Kicks (rear foot moves forward and front foot kicks)
Bal Butyeo Dollyeo Chagi (Pal Put'yŏ Tollyŏ Ch'agi) 발 붙여 돌려 차기	Skipping Roundhouse Kick (Fast Kick)
Bal Butyeo Huryeo Chagi (Pal Put'yŏ Huryŏ Ch'agi) 발 붙여 후려 차기	Skipping Spin Hook Kick
Bal Butyeo Yeop Chagi (Pal Put'yŏ Yŏp Ch'agi) 발 붙여 옆 차기	Skipping Side Kick
Bal Deung (Paltŭng) 발등	Instep
Bal Deung Ap Chagi (Pal Tŭng Ap Ch'agi) 발 등 앞 차기	Instep Front Kick
Bal Deung Dollyeo Chagi (Pal Tŭng Tollyŏ Ch'agi) 발 등 돌려 차기	Instep Roundhouse Kick
Bal Nal (Pal Nal) 발 날	Foot Blade
Bal Nal Deung (Pal Nal Tŭng) 발 날 등	Arch Of The Foot
Balgarak (Palgarak) 발가락	Toe
Balmok (Pal-Mok) 발목	Ankle

## Kukkiwon Taekwondo Dictionary

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Balmok Gwan-Jeol (Pal-Mok Kwan-Jöl) 발목 관절	Ankle Joint
Balmok Japgi (Palmok Chapki) 발목 잡기	Ankle Grasp
Balnal Deung An Makki (Pal Nal Tüng An Makki) 발날 등 안 막기	Reverse Foot Blade Inward Block (Inward Crescent Kick)
Bandae Jireugi (Pandae Chirügi) 반대 지르기	Reverse Punch (in ap seogi/ap gubi this is done with the same hand as the front leg) (Taegeuk 1 Jang #2)
Bang Hyang Bakkugi (Pang Hyang Pakkugi) 방향 바꾸기	Change Direction
Bangeojeogin (Pangöjögín) 방어적인	Defensive
Ba-ro (Pa-ro) 바로	Return (to a position, usually ready stance)
Ba-Ro Jireugi (Pa-Ro Chirügi) 바로 지르기	Straight Punch (in ap seogi/ap gubi this is one with the same hand as the rear leg) (Taegeuk 1 Jang #7)
Batang Son Makgi (Pat'ang Son Makki) 바탕 손 막기	Palm Block (Taeguek 7 Jang #1)
Batang Son Chigi (Pat'ang Son Ch'igi) 바탕 손 치기	Palm Strike (Keumgang #2)
Batang Son Chukyeo Makgi (Pat'ang Son Ch'uk'yö Makki) 바탕 손 चु켜 막기	Palm Body Lifting Block
Batang Son Nulleo Makgi (Pat'ang Son Nullö Makki) 바탕 손 눌러 막기	Palm Pressing Block (Koryo #20-1)
Batangson An Makgi (Pat'ang Son An Makki) 바탕 손 안 막기	Palm Heel Inward Block (Taegeuk 7 #1)
Beom Seogi (Pöm Sögi) 범 서기	<b>Tiger Stance</b> (Cat Stance)

## Kukkiwon Taekwondo Dictionary

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Biteureo Makgi (Pit'ürö Makki) 비틀어 막기	Twist Block (Taegeuk 6 Jang #5)
Biteureo Naeryeo Makgi (Pit'ürö Naeryö Makki) 비틀어 내려 막기	Downward (low) Twist Block
Bitureo Chagi (Pit'ürö Ch'agi) 비틀어 차기	Twist Kick
Bojumeok Junbi Seogi (Po Jomök Chunbi Sögi) 보조먹준비 서기	Covered Fist Ready Stance (#11 In Taegeuk 7, Ready Position In Ilyeo)
Bok-Bu (Pok-Pu) 복부	Abdomen
Bu Chaei (Pu Ch'aei) 부 채이	Fan
Bu sa-beom (Pu sa-pö̃m) 부 사범	Assistant Instructor
Busang (Pusang) 부상	Injury
Busim (Pushim) 부심	Judge

## C

Ch'il Baek Yi Ship Do Dolgae Chagi 720 도 돌개 차기	720° Tornado Kick
Cha-ryeot (Ch'a-ryö̃t) 차렸	Attention
Charyeot Seogi (Ch'aryö̃t Sögi) 차렸 서기	Attention Stance
Chegeup (Ch'egüp) 체급	Weight
Cheokchu (Ch'ökch'u) 척추	Spine



## Kukkiwon Taekwondo Dictionary

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Cheokchu Singyeong (Ch'ök-Ch'u Shin-Gyöng) 척추 신경	Spinal Cord
Cheokgol (Ch'ök-Gol) 척골	Ulna
Cheong tti-e hong seon (Ch'öng tti-e hong sön) 청띠에홍선	Blue Belt With Red Stripe
Cheong (Ch'öng) 청	Blue
Cheong Seonsu (Ch'öng Sönsu) 청 선수	Blue contestant
Cheong tti (Ch'öng tti) 청	Blue Belt
Cheong Wichi (Ch'öng Wich'i) 청 위치	Blue contestant mark
Chetda-Ri Jireugi (Ch'etta-Ri Chirügi) 챗다리 지르기	Fork Punch (Shipjin #S 21-2, 22-2, 27, 28)
Chi Jireugi (Ch'i Chirügi) 치 지르기	Upward Punch (Upper Cut)
Chil Dan (Ch'il Dan) 칠 단	Seventh Dan
Cho-rok (Ch'o-rok) 초록	Green
Cho-rok tti (Ch'o-rok tti) 초록띠	Green Belt
Cho-rok tti-e cheong-seon (Ch'o-rok tti-e ch'öng-sön) 초록띠에청선	Green Belt With Blue Stripe
Chul Jeon (Ch'ul Chön) 출 전	Enter, also means Advance or Participate (poomsae competition)

## Kukkiwon Taekwondo Dictionary

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### D

Dabanghyang Chagi (Tabanghyang Ch'agi) 다방향 차기	Multi-Direction Kicks
Dan 단	Black Belt Dan Ranking
Dan Bong 단 봉	Sticks
Dan Jeung (Dan Chŭng) 단 증	Dan Certificate (Black Belt)
Danggyeo Chigi (Tanggyŏ Ch'igi) 당겨 치기	Pulling Strike
Danggyeo Deung Jumeok Chigi (Tanggyŏ Tŭng Chumŏk Ch'igi) 당겨 등 주먹 치기	Pulling Backfist Strike (Pyungwon #9-1)
Danggyeo Palgup Chigi (Tanggyŏ P'algup Ch'igi) 당겨 팔굽 치기	Pulling Elbow Strike
Danggyeo Teok Jireugi (Tanggyŏ T'ŏk Chirŭgi) 당겨 턱 지르기	Pulling The Jaw Punch (Taegeuk 8 Jang #'S 6 & 8)
Dari (Tari) 다리	Leg
Da-ri Bohodae (Ta-ri Pohodae) 다리 보호대	Shin Guard
Dashi (Tashi) 다시	Again
Deung (Tŭng) 등	Back (of the torso)
Deung Jumeok Ap Chigi (Tŭng Chumŏk Ap Ch'igi) 등 주먹 앞 치기	Back Fist Front Strike (Taegeuk 5 Jang #6-2)

## Kukkiwon Taekwondo Dictionary

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Deung Jumeok Bakkat Chigi (Tüŋg Chumök Pakkat Ch'igi) 등 주먹 바깥 치기	Back Fist Outer Strike (Taegeuk 7 Jang #20)
Deung Jumeok Chigi (Tüŋg Chumök Ch'igi) 등 주먹 치기	Back Fist Strike
Deung Jumeok Naeryeo Chigi (Tüŋg Chumök Naeryö Ch'igi) 등 주먹 내려 치기	Back Fist Downward Strike
Digeut Ja (ㄷ) Jireugi (Digeut Cha Chirügi) 'ㄷ' 자 지르기	Digeut Ja (ㄷ) Shaped Punch (old term was u-shaped punch)
Dojang (Tojang) 도장	Training Hall
Dolgae An Chagi ( Tolgae An Ch'agi) 돌개 안 차기	Spin In Kick (Chonkwon #22-1,2,3)
Dolgae Chagi /Dolgae Dollyeo Chagi (Tolgae Ch'agi)/( Tolgae Tollyö Ch'agi) 돌개 차기/돌개 돌려 차기	Spin Roundhouse Kick (Tornado Roundhouse Kick, Nado Bahn)
Dollyeo Chagi (Tollyö Ch'agi) 돌려 차기	<b>Turning Kick</b> (Roundhouse Kick)
Dollyeo Jireugi (Tollyö Chirügi) 돌려 지르기	Turning Punch (Twist Punch)
Dong Maek (Tong Maek) 동맥	Artery
Dongjak (Tongjak) 동작	Technique
Dora Ditgi (Tora Titki) 돌아 닫기	Turning Step (Il Bo Chunjin/Il Bo Woojin)
Du Bal Dang Seong Ap Chagi (Tubal Tangsöng Ap Ch'agi) 두발 당성 앞 차기	Double Front Kick (Taegeuk 8 Jang #3-1, First Double Kick)

## Kukkiwon Taekwondo Dictionary

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Du Bal Dang Seong Chagi (Tu Pal Tang Söng Ch'agi) 두 발 당 성 차기	Double Kick (kicking low with the back foot first and then immediately kicking high with the front foot)
Du Bal Mulleo Dora Ditgi (Tu Pal Mullö Tora Titki) 두 발 물러 돌아 딛기	Two Foot Backwards Step (both feet shift backwards at the same time)
Du Bal Nae Ditgi (Tu Pal Nae Titki) 두 발 내 딛기	Two Foot Forwards Step (both feet shift forwards at the same time)
Du Jumeok Jeochin Jireugi (Tu Chumök Chöt'in Chirügi) 두 주먹 젓힌 지르기	Twin Fist Palm Upward Punch (Taegeuk 7 Jang #15-3)
Du Mae Jumeok An Chigi (Tu Mae Chumök An Ch'igi) 두 매 주먹 안 치기	Double Hammer Fist Inward Strike (Hansu #2)
Du Sonnal An Chigi (Tu Sonnal An Ch'igi) 두 손날 안 치기	Double Knifehand Inward Strike
Dugaegol (Tugaegol) 두개골	Skull
Dujumeok Heori Junbi Seogi (Tu Jumök Höri Junbi Sögi) 두주먹 허리준비 서기	Two Fists On Hip Ready Stance (Ilyeo #18)
Dwi Chagi (Twi Ch'agi) 뒤 차기	Back Kick
Dwi Chuk Ap Chagi (Wi Ch'uk Ap Ch'agi) 뒤 축 앞 차기	Front Kick With The Heel
Dwi Dora Ditgi (Twi Tora Titki) 뒤 돌아 딛기	Back Turn Step
Dwi Jireugi (Twi Chirügi) 뒤 지르기	Back Punch (done over the shoulder)

## Kukkiwon Taekwondo Dictionary

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Dwi Jjok Himjul (Twit Chok Himjul) 뒤쪽 힘줄	Achilles Tendon
Dwichuk (Twich'uk) 뒤축	Heel (Back Sole)
Dwichuk Moa Seogi (Twich'uk Moa Sŏgi) 뒤축 모아 서기	Back Attention Stance
Dwi-Jjok Gyak-Jeom (Twi-Tchok Kyak-Chŏm) 뒤쪽 약점	Achilles Heel
Dwikkumchi (Twikkumch'i) 뒤꿈치	Heel (back below achilles tendon)
Dwi-ro do-ra (Twi-ro do-ra) 뒤로 돌아	<b>Stationary Turn</b> (About Face)
Dwit Bal Bada Chagi (Twit Pal Pada Ch'agi) 뒷 발 받아 차기	Back Foot Counter Kick
Dwit Bal Mulleo Dora Ditgi (Twit Pal Mullŏ Tora Titki) 뒷 발 물러 돌아 딛기	Rear Foot Backwards Step (rear foot steps first and pulls the front foot back)
Dwit Bal Nae Ditgi (Twit Pal Nae Titki) 뒷 발 내 딛기	Rear Foot Forwards Step (rear foot slides up to the front foot and then the front foot steps forward)
Dwit Gubi (Twit Kubi) 뒷 굽이	<b>Back Stance</b> (L Stance)

## E

Eokkae (Ökkae) 어깨	Shoulder
Eokkae Japgi (Ökkae Chapki) 어깨 잡기	Shoulder Grasp

## Kukkiwon Taekwondo Dictionary

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Eolgul (Ölgul) 얼굴	Face
Eolgul Bakkat Chyeonae Makgi (Ölgul Pakkat Ch'yönae Makki) 얼굴 바깥 쳐내 막기	Outward Kick Face Block (outward crescent kick)
Eolgul Hechyeo Makgi (Ölgul Hech'yö Makki) 얼굴 헤쳐 막기	Face Wedging Block
Eolgul Yeop Cha Ollyeo Makgi (Ölgul Yöp Ch'a Ollyö Makki) 얼굴 옆 차 올려 막기	Side Rising Kick Face Block
Eomji Songarak (Ömji Son'garak) 엄지 손가락	Thumb
Eongdeongi (Öngdöngi) 엉덩이	Hip
Eopeo Pyeon Sonkkeut Jjireugi (Öp'ö P'yön Sonkküt Tchirügi) 옆어 편 손끝 찌르기	Spear Finger (palm down, Shipjin #3-2)
Eotgeoreo Makgi (Ötkörö Makki) 엇걸어 막기	Cross Block
Eotgeoreo Naeryeo Makgi (New Term) (Ötkörö Naeryö Makki) 엇걸어 내려 막기 Eotgeoreo Arae Makgi (Old Term) (Ötkörö Arae Makki) 엇걸어 아래 막기	Cross Underneath Block (Taegeuk 7 Jang #16 And #19)
Eotgeoreo Naeryeo Sonnal Makgi (New Term) (Ötkörö Naeryö Sonnal Makki) 엇걸어 내려 손날 막기 Eotgeoreo Arae Sonnal Makgi (Old Term) (Ötkörö Arae Sonnal Makki) 엇걸어 아래 손날 막기	Low X-Block (Shipjin #25)

## Kukkiwon Taekwondo Dictionary

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### G

Gae-si (Kae-si) 개시	Timer
Gal Bi (Kal Bi) 갈비	Ribs
Gallyeo (Kallyö) 갈려	Break
Gal-lyeo (Kal-lyö) 갈려	Break (separate fighters)
Gamjeom (Kamjöm) 감점	Deduction (minus point)
Ganghan (Kanghan) 강한	Strong
Ganjang (Kanjang) 간장	Liver
Gaseum (Kasüm) 가슴	Chest
Gawi Chagi (Kawi Ch'agi) 가위 차기	<b>Scissors Kick</b> (Split Kick)
Gawi Makgi (Kawi Makki) 가위 막기	Scissors Block (Taegeuk 7 Jang #12-13)
Gawi Sonkkeut Jjireugi (Kawi Sonkküt Tchirügi) 가위 손끝 찌르기	Fingertip Thrust (two fingers apart, also called scissor finger tip thrust)
Geodeureo Makgi (Ködürö Makki) 거들어 막기	Assisted Block
Geo-meun (Kö-mün) 검은	Black
Geo-meun tti (Kö-mün tti) 검은띠	Black Belt
Geoul (Köul) 거울	Mirror

## Kukkiwon Taekwondo Dictionary

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Geum (Küm)	Sword
금	
Geu-man ( Kŭ-man)	Stop
그만	
Geumgang An Palmok Momtong Makgi (Kümgang An P'almok Momt'ong Makki)	Diamond Inner Forearm Middle Block (Taebaek #9)
금강 안 팔목 몸통 막기	
Geumgang Ap Jireugi (Kümgang Ap Chirügi)	Diamond Forward Punch (Jitae #11)
금강 앞 지르기	
Geumgang Bakkat Makgi (Kümgangbakkat Makki)	Diamond Outer Block
금강 바깥 막기	
Geumgang Makgi (Kümgang Makki)	Diamond Block (Keumgang #8)
금강 막기	
Geumgang Yeop Jireugi (Kümgang Yöp Chirügi)	Diamond Side Punch (Chonkwon #21)
금강 옆 지르기	
Geunyuk (Künyuk)	Muscle
근육	
Geup Jeung (Küp Chŭng)	Grade Certificate (Color Belt)
급 증	
Geuryeo Olligi Makgi (Küryö Olligi Makki)	Drawing Up Block
그려 올리기 막기	
Gi (Ki)	Life Energy
기	
Gibon Junbi Seogi (Kibon Chunbi Sögi)	Basic Ready Stance (Taegeuk 1-8)
기본 준비 서기	
Gihap (Kihap)	Focus Power and Energy
기합	
Girok (Kirok)	Recorder
기록	



## Kukkiwon Taekwondo Dictionary

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Gol Ban (Kol Ban) 골반	Pelvis
Gom Son Chigi (Kom Son Ch'igi) 곰 손 치기	Bear Hand Strike
Gonggyeok (Konggyöök) 공격	Attack
Gonggyeokjeogin (Konggyöökchögin) 공격적인	Offensive
Gu Dan (Ku Dan) 구 단	Ninth Dan
Gukgi (Kukki) 국기	Flag
Guk-gi-e dae-ha-yeo gyeong-nye (Kuk-ki-e dae-ha-yö gyöng-nye) 국기에대하여 경례	Salute The National Flag
Gulleo Chagi (Kullö Ch'agi) 굴러 차기	Stamping Kick
Gupin Son Momtong Chukyeo Makgi (Kup'in Son Momt'ong Ch'uk'yö Makki) 굽힌 손 몸통 추켜 막기	Bow Wrist Lifting Body Block
Gupin Sonmok Chigi (Kup'in Sonmok Ch'igi) 굽힌 손목 치기	Bow Wrist Strike
Gupin Sonmok Makgi (Kup'in Sonmok Makki) 굽힌 손목 막기	Bow Wrist Block
Gwangdae (Kwangdae) 광대	Cheek
Gwan-jang (Kwan-jang) 관장	Head Of The School
Gwanjeol (Kwanjöl) 관절	Joint
Gwi (Kwi) 귀	Ear

## Kukkiwon Taekwondo Dictionary

Gyeodeurangi (Kyödŭrangi) 겨드랑이	Armpit
Gyeonggo (Kyŏnggo) 경고	Warning
Gyeong-nye (Kyŏng-nye) 경례	Bow (Salute)
Gyeopson Junbi Seogi (Kyöpson Junbi Sögi) 겹손준비 서기	Layered Hand Ready Stance (Pyungwon, Chonkwon, Hansu) (also overlapped hands)
Gyeorugi Junbi Seogi (KyörugiJunbi Sögi) 겨루기 준비 서기	Sparring Ready Stance
Gyeorumsae Seogi (Kyörumse Sögi) 겨름새 서기	Fighting Stance
Gyeotda-Ri Seogi (Kyötta-Ri Sögi) 결다리 서기	Assisted Stance (Hansu #11)
Gye-si (Kye-si) 계시	Injury Time out
Gyesok (Kyesok) 계속	Continue
Gyo-Hu (Kyo-Hu) 교후	Adam's Apple
Gyujeong (Kyujöng) 규정	Rules

## H

Hae-san 해산	Dismissed
Hakda-Ri Geumgang Makgi (Hakta-Ri Kŭmgang Makki) 학다리 금강 막기	Crane Diamond Block (Keumgang #8)

## Kukkiwon Taekwondo Dictionary

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Hakda-Ri Seogi (Hakta-Ri Sögi) 학다리 서기	Crane Stance (Keumgang #8)
Han Sonkkeut Jjireugi (Han Sonkküt Tchirügi) 한 손끝 찌르기	Fingertip Thrust (One Finger)
Hechyeo Makgi (Hech'yö Makki) 헤쳐 막기	Wedging Block
Hechyeo Santeul Makgi (Hech'yö Sant'ül Makki) 헤쳐 산틀 막기	Wedging Mountain Block (Pyungwon #11)
Him 힘	Force
Hoejeon (Hoejön) 회전	Round
Hoe-Ri (Hö-Ri) 허리	Waist
Hogu (generally the chest protector) 호구	Protective equipment
Hoheup (Hohŭp) 호흡	Breathing
Hong 홍	Red
Hong Seonsu (Hong Sönsu) 홍 선수	Red contestant
Hong tti 홍띠	Red Belt
Hong Wichi (Hong Wich'i) 홍 위치	Red contestant mark
Hong-tti-e geo-meun seon (Hong-tti-e gö-mŭn sön) 홍띠에 검은선	Red Belt With Black Stripe
Hubae 후배	Junior

## Kukkiwon Taekwondo Dictionary

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Hudugol 후두골	Occipital Bone
Huin (Hŭin) 흰	White
Huin tti (Hŭin tti) 흰띠	White Belt
Huin tti-e no-ran seon (Hŭin tti-e no-ran-sŏn) 흰띠에 노란선	White Belt With Yellow Stripe
Hwang-So Makgi (Hwangso Makki) 황소 막기	Bull Block (Shipjin #1)
Hyeongol (Hyŏn'gol) 현골	Sternum

### I

I Dan 이 단	Second Dan
I Dan Ap Chagi (I Tan Ap Ch'agi) 이 단 앞 차기	Flying Front Kick
I Dan Chagi (I Tan Ch'agi) 이 단 차기	Flying Kick (second level kicks; rear foot leave the ground first then the front foot kicks)
I Dan Dollyeo Chagi (I Tan Tollyŏ Ch'agi) 이 단 돌려 차기	Flying Roundhouse Kick
I Dan Yeop Chagi (I Tan Yŏp Ch'agi) 이 단 옆 차기	Flying Side Kick
I Ma 이마	Forehead
I Pum (I P'um) 이 품	Second Poom (Junior Black Belt)
II Dan 일 단	First Dan

## Kukkiwon Taekwondo Dictionary

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Il Pum (Il P'um) 일 품	First Poom (Junior Black Belt)
In Jung 인중	Philtrum
Ip 입	Mouth
Ip Jang (Ip Chang) 입장	Enter (sparring competition, literally means to enter a courtroom)
Ipsul 입술	Lips

### J

Jageun Dol Jjeogwi (Chakŭn Tol Tchŏgwi) 작은 돌 찌귀	Smaller Hinge (Keumgang #10-1)
Jagyeok Jeung (Chagyŏk Chŭng) 자격 증	Certificate
Jakgyo Ap Chagi (Chakkyo Ap Ch'agi) 작교 앞 차기	Holding Front Kick
Jakgyo Biteureo Chagi (Chakkyo Pit'ŭrŏ Ch'agi) 작교 비틀어 차기	Holding Twisting Kick
Jakgyo Chagi (Chakkyo Ch'agi) 작교 차기	Holding Kick (holding the opponent with the hand and kicking; see grasping techniques)
Jakgyo Dollyeo Chagi (Chakkyo Tollyŏ Ch'agi) 작교 돌려 차기	Holding Roundhouse (Turning) Kick
Jakgyo Naeryeo Chagi (Chakkyo Naeryŏ Ch'agi) 작교 내려 차기	Holding Axe (Downward) Kick
Jakgyo Yeop Chagi (Chakkyo Yŏp Ch'agi) 작교 옆 차기	Holding Side Kick

## Kukkiwon Taekwondo Dictionary

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Jang (Chang) 장	Spear
Jang Bong (Chang Bong) 장 봉	Staff
Japgi (Chapki) 잡기	Grasping
Jebi Pum Mok Chigi (Chebi P'um Mok Ch'igi) 제비 품 목 치기	Swallow Technique Neck Strike (Taegeuk 4 Jang #4, Taebaek #4)
Jebi Pum Teok Chigi (Chebi P'um T'ök Ch'igi) 제비 품 턱 치기	Swallow Technique Jaw Strike
Jeja-Ri Dora Ditgi (Cheja-Ri Tora Titki) 제자리 돌아 딛기	Stepping In Place (Bouncing)
Jeochin Jumeok Jireugi (Chöt'in Chumök Chirügi) 젓힌 주먹 지르기	Palm Upward Punch (Upset Punch)
Jeochin Pyeon Sonkkeut Jjireugi (Chöt'in P'yön Sonkküt Tchirügi) 젓힌 편 손끝 찌르기	Spear Finger (Palm Up Koryo #18-3)
Jeong Gan I (Chönggangi) 정강이	Shin
Jeong Gangi Bada Makgi (Chöng Gangi Pada Makki) 정 강이 바다 막기	Shin Underneath Block
Ji Pang (Chi P'ang) 지 팡	Cane
Jipge Jumeok Jireugi (Chipke Chumök Chirügi) 집게 주먹 지르기	Pincer Punch

## Kukkiwon Taekwondo Dictionary

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Jipge Soseum Jumeok Jireugi (Chipke Sosŭm Chumŏk Chirŭgi) 집게 솟음 주먹 지르기	Knuckle Protruding Punch (index finger)
Jitjjiki (Chittchik'i) 짓짚기	Stomping On The Instep (Taegeuk 5 Jang #20)
Juchum Seogi (Chuch'um Sŏgi) 주춤 서기	<b>Crouching Stance</b> (Riding Stance) (Keumgang #9)
Jul-lo-seo ( Chul-lo-sŏ) 줄로서	Line Up
Jumeok (Chumŏk) 주먹	Fist
Jun-bi (Chun-bi) 준 비	Ready
Junbi Seogi (Chunbi Sŏgi) 준비 서기	Ready Stance
Junggangi Bada Makgi (Chŏnggangi Pada Makki) 정강이 받아 막기	Shin Absorbing Block
Jungnyeok Jungsim (Chungnyŏk Chungshim) 중력 중심	Center Of Gravity
Jungsim (Chungshim) 중심	Balance
Jusim (Chushim) 주심	Referee
Juwi (Chuwi) 주위	Caution

## Kukkiwon Taekwondo Dictionary

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### K

Kal (K'al)	Knife
칼	
Keundol Jjeogwi (K'ündol Tchögwí)	Big Hinge (Keumgang #9)
큰돌 찌귀	
Kkeureo Olligi	Inner Forearm Upward Block (Shipjin #19)
끌어 올리기	
An Palmok Ollyeo Makgi	
알팔목 올려 막기	
Kkeut (Kküt)	End
끝	
Kkoa Seogi (Kkoa Sögi)	Cross Stance (Taegeuk 5 Jang #20)
꼬아 서기	
Ko (K'o)	Nose
코	
Kongpat (K'ongp'at)	Kidney
콩팥	

### M

Mae Jumeok Chigi (Mae Chumök Ch'igi)	Hammer Fist
매 주먹 치기	
Mae Jumeok Naeryeo Chigi (Mae Chumök Naeryö Ch'igi)	Hammer Fist Downward Strike (Taegeuk 5 Jang #2 And #4)
매 주먹 내려 치기	
Mae Jumeok Pyojeok Chigi (Mae Chumök P'yojök Ch'igi)	Hammer Fist Target Strike (Jitae #18)
매 주먹 표적 치기	



## Kukkiwon Taekwondo Dictionary

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Mae Jumeok Yeop Gu-Ri Chigi (Mae Chumök Yöp Ku-Ri Ch'igi) 매 주먹 옆 구리 치기	Hammer Fist Flank Strike
Meonge Chigi (Möngge Ch'igi) 멍에 치기	Yoke Hit (Shipjin #6)
Meonge Ppaegi Makgi (Möngge Ppaegi Makki) 멍에 빼기 막기	Yoke Pull Out Block
Meo-Ri (Mö-Ri) 머리	Head
Meo-ri Bohodae (Mö-ri Pohodae) 머리 보호대	Head Guard (helmet)
Meo-Ri Japgi (Mö-Ri Chapki) 머리 잡기	Head Grasp
Migan 미간	Bridge Of The Nose
Migol 미골	Coccyx
Mireo Yeop Chagi (Mirö Yöp Ch'agi) 밀어 옆 차기	<b>Pushing Side Kick</b> (Cut Kick)
Mireo Ap Chagi (Mirö Ap Ch'agi) 밀어 앞 차기	Pushing Front Kick
Mireo Chagi (Mirö Ch'agi) 밀어 차기	Pushing Kick
Mit Teok (Mit T'ök) 밑 턱	Point Of The Chin
Miteu-Ro Ppaegi Makgi (Mit'ü-Ro Ppaegi Makki) 밑으로 빼기 막기	Underneath Pull Out Block
Mo Dora Ditgi (Mo Tora Titki)  모 돌아 딛기	Oblique Stepping
Mo Juchum Seogi (Mo Chuch'um Sögi) 모 주춤 서기	Oblique Angle Crouching Stance

## Kukkiwon Taekwondo Dictionary

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Mo Seogi (Mo Sögi) 모 서기	Oblique Angle Stance
Moa Seogi (Moa Sögi) 모아 서기	Closed Stance
Modeum Sonkkeut Jjireugi (Modüm Sonkküt Tchirügi) 모듬 손끝 찌르기	Fingertip Thrust (All Fingers)
Moeun Du Sonkkeut Jjireugi (Moün Tu Sonkküt Tchirügi) 모은 두 손끝 찌르기	Fingertip Thrust (Two Fingers Together)
Moeun Se Sonkkeut Jjireugi (Moün Se Sonkküt Tchirügi) 모은 세 손끝 찌르기	Fingertip Thrust (Three Fingers)
Mok 목	Neck
Mok Dongmaek (Mok Tongmaek) 목 동맥	Carotid Artery
Mok Japgi (Mok Chapki) 목 잡기	Neck Grasp
Mokgumeong (Mokkumöng) 목구멍	Throat
Mom 몸	Body
Momtong (Momt'ong) 몸통	Trunk Of The Body
Momtong An Chyeonae Makgi (Momt'ong An Ch'yönae Makki) 몸통 안 쳐내 막기	Inward Foot Arch Body Block (Inward Crescent Kick)
Momtong An Makgi (Momt'ong An Makki) 몸통 안 막기	Outside To Inside Block ( <b>Inner Block</b> ) (Taegeuk 1 #6 And #8)
Momtong Batchim (Momt'ong Patch'im) 몸통 받침	Push Ups

## Kukkiwon Taekwondo Dictionary

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Mulleo Dora Ditgi (Mullö Tora Titki) 물러 돌아 딛기	Backwards Stepping (sliding backwards without switching the feet/woojin)
Mung-nyeom (Mung-nyö̃m) 묵념	Meditate
Mureup (Murüp) 무릎	Knee
Mureup Chigi (Murüp Ch'igi) 무릎 치기	Knee Strike
Musul 무술	Martial Art
Myeong Chi (Myö̃ng-Ch'i) 명치	Solar Plexus

## N

Nae Dora Ditgi (Nae Tora Titki) 내 돌아 딛기	Forward Stepping (sliding forward without switching the feet/chunjin)
Naeryeo Jiruegi (Naeryö̃ Chirügi) 내려 지르기	Downward Punch
Naeryeo Biteureo Makgi (New Term) (Naeryö̃ Pit'ürö Makki) 내려 비틀어 막기 Arae Biteureo Makgi (Old Term) (Arae Pit'ürö Makki) 아래 비틀어 막기	Low Twist Block
Naeryeo Chagi (Naeryö̃ Ch'agi) 내려 차기	<b>Downward Kick</b> (Ax Kick)
Naeryeo Chigi (Naeryö̃ Ch'igi) 내려 치기	Downward Strike

## Kukkiwon Taekwondo Dictionary

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Naeryeo Hechyeo Makgi (New Term) (Naeryŏ Hech'yŏ Makki) 내려 헤쳐 막기 Arae Hechyeo Makgi (Old Term) (Arae Hech'yŏ Makki) 아래 헤쳐 막기	Low Wedging Block (Taegeuk 6 Jang #10)
Naeryeo Makgi (Naeryŏ Makki) (New Term) 내려 막기 Arae Makgi (Arae Makki ) (Old Term) 아래 막기	Low Block (Taegeuk 1 Jang #1)
Naga Chagi (Naga Ch'agi) 낙아 차기	Hook Kick (front foot hooking kick)
Nalgae Jireugi (Nalgae Chirŭgi) 날개 지르기	Wing Punch
Nalgae Pyeogi (Nalgae P'yŏgi) 날개 펴기	Wing Spreading (Chonkwon #1)
Nangsim (Nangshim) 낭심	Groin
Nangsim Bohodae (Nangshim Pohodae) 낭심 보호대	Groin Guard (cup)
Naranhi Seogi (Naranhi Sŏgi) 나란히 서기	Parallel Stance (Taegeuk 6 Jang #10)
Nat  낫	Sickle
Natchueo Seogi (Natch'uŏ Sŏgi) 낮추어 서기	Lowered Stance (Old Style Riding Stance)
No Ri 노리	Temple
No-ran tti 노란띠	Yellow Belt

## Kukkiwon Taekwondo Dictionary

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No-ran tti-e cho-rok seon (No-ran-tti-e ch'o-rok sŏn) 노란띠에초록선	Yellow Belt With Green Stripe
No-rang 노랑	Yellow
Nun 눈	Eye
<h3 style="margin: 0;">O</h3>	
O Dan 오 단	Fifth Dan
Oe Santeul Makgi (Oe Sant'ül Makki) 외 산틀 막기	Wide Open Block (Taegeuk 8 Jang #5)
Oen Dora Ditgi (Oen Tora Titki) 왼 돌아 딛기	Left Turning Step (left foot steps)
Oen Seogi (Oen Sŏgi) 왼 서기	Left Stance (Taegeuk 5 Jang #2)
Ogeum Seogi (Ogŭm Sŏgi) 오금 서기	Reverse Crane Stance (Ilyeo #6)
Oh Baek Sa Ship Do Dolgae Chagi 540 도 돌개 차기	540° Tornado Kick
Oja Seogi (Oja Sŏgi) 오자(丱자) 서기	Inverted "T" Stance
Olligi 올리기	Rising
Ollyeo (Ollyŏ) 올려	Upward
Ollyeo Makgi (Ollyŏ Makki) (New Term) 올려 막기 Eolgul Makgi (Ölgul Makki) (Old Term) 얼굴 막기	<b>Upward/Rising Block, Face Block (High Block)</b>

## Kukkiwon Taekwondo Dictionary

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Oreun Dora Ditgi (Orŭn Tora Titki)      Right Turning Step (right foot steps)

오른 돌아 달기

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Oreun Seogi (Orŭn Sŏgi)      Right Stance (Taegeuk 5 Jang #4)

오른 서기

### P

Pal (P'al)      Arm

팔

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Pal Bohodae (P'al Pohodae)      Forearm Guard

팔 보호대

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Pal Dan (P'al Dan)      Eighth Dan

팔 단

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Palgup (P'algup)      Elbow (towards forearm)

팔굽

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Palgup Chigi (P'algup Ch'igi)      Elbow Strike

팔굽 치기

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Palgup Dollyeo Chigi      Turning Elbow Strike (Taegeuk 5 Jang #10)

(P'algup Tollyŏ Ch'igi)

팔굽 돌려 치기

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Palgup Gwanjeol (P'algup Kwanjŏl)      Elbow Joint

팔굽 관절

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Palgup Naeryeo Chigi (P'algup Naeryŏ Ch'igi)      Elbow Downward Strike

팔굽 내려 치기

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Palgup Ollyeo Chigi (P'algup Ollyŏ Ch'igi)      Rising Elbow Strike (Pyungwon #5)

팔굽 올려 치기

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Palgup Pyojeok Chigi      Elbow Target Strike (Taegeuk 5 Jang #16)

(P'algup P'yojŏk Ch'igi)

팔굽 표적 치기

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Palgup Yeop Chigi (P'algup Yŏp Ch'igi)      Elbow Side Strike (Koryo #20-2)

팔굽 옆 치기

## Kukkiwon Taekwondo Dictionary

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Palkkumchi (P'alkkumch'i) 팔꿈치	Elbow (general)
Palmok (P'almok) 팔목	Forearm
Pan Dollyeo Chagi (P'an Tollyö Ch'agi) 판 돌려 차기	Arc Kick (Half Turning Kick, Pi Chagi )
Pawi Milgi (P'awi Milgi) 파위 밀기	Boulder Pushing (Shipjin #15)
Pi (P'i) 피	Blood
Pi Jang (P'i Jang) 피장	Spleen
Pigol (P'igol) 피골	Fibula
Pilseung (P'ilsüng) 필승	Certain Victory
Ppyeo (Ppyö) 뼈	Bone
Pumgye (P'umgye) 품계	Rank
Pumsae (P'umsae) Although not correct, the Kukkiwon has chosen to Romanize this as <u>Poomsae</u> 품새	Form (Pattern)
Pyeogi (P'yögi) 펴기	Stretching
Pyeon Jumeok Jireugi (P'yön Chumöck Chirügi) 편 주먹 지르기	Flat Fist Punch
Pyeon Sonkkeut (P'yön Sonkküt) 편 손끝	Finger Tip
Pyeonhi Seogi (P'yönhi Sögi) 편히 서기	At Ease Stance

## Kukkiwon Taekwondo Dictionary

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Pyeonson Gawi Makgi (P'yönson Kawi Makki) 편손 가위 막기	Open Hand Scissors Block (not knife hand because the hands are moving in different directions and using different striking surfaces)
Pyeonson Santeul Makgi (P'yönson Sant'ül Makki) 편손 산틀 막기	Open Hand Mountain Block (not knife hand because the hands are moving in different directions and using different striking surfaces)
Pyochul (P'yoch'ul) 표출	Show Score (Poomsae)
Pyojeok Chigi (P'yojök Ch'igi) 표적 치기	Target Strike
Pyojeok Makgi (P'yojök Makki) 표적 막기	Target Block
Pyojeok An Chagi (P'yojök An Ch'agi) 표적 안 차기	Target In Kick (Taegeuk 7 Jang #21-1)
Pyojeok Chagi (P'yojök Ch'agi) 표적 차기	Target Kick
Pyojeok Jireugi (P'yojök Chirügi) 표적 지르기	Target Punch (Koryo #17)
Pyojeok Naeryo Makgi (new term) (P'yojök Naeryö Makki) 표적 내려 막기 Pyojeok Arae Makgi (old term) (P'yojök Arae Makki) 표적아래 막기	Target Low Block (Hansu #12)

## S

Sa Dan 사 단	Fourth Dan
Sa Pum (Sa P'um) 사 품	Fourth Poom (Junior Black Belt)



## Kukkiwon Taekwondo Dictionary

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Sa-beom (Sa-bŏm) 사범	Instructor
Sa-beom-nim-kke gyeong-nye (Sa-bŏm-nim-kke gyŏng-nye) 사범님께 경례	Bow To The Instructor
Saek 색	Colors
Sam Baek Yuk Ship Do Dolgae Chagi 360 도 돌개 차기	360° Tornado Kick
Sam Dan 삼 단	Third Dan
Sam Pum (Sam P'um) 삼 품	Third Poom (Junior Black Belt)
Sangbakgol (Sangbakkol) 상박골	Humerous
Sangwan Singyeong (Sangwan Shin'gyŏng) 상완 신경	Brachial Plexus
Santeul Makgi (Sant'ül Makki) 산틀 막기	Mountain Block (Keumgang #11)
Seokkeo Chagi (Sökkö Ch'agi) 섞어 차기	Mixed Kicks
Seonbae (Sŏnbae) 선배	Senior
Seonsu (Sŏnsu) 선수	Contestant
Seulgaegol (Sülgaegol) 슬개골	Patella
Seun Jumeok Jireugi (Seun Chumök Chirügi) 세운 주먹 지르기	<b>Vertical Punch</b> (Standing Punch)
Seun Pyeon Sonkkeut Jjireugi (Seun P'yŏn Sonkküt Tchirügi) 세운 편 손끝 찌르기	Spear Finger (hand vertical Taegeuk 4 Jang #2 & #4)

## Kukkiwon Taekwondo Dictionary

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Seung (Süng) 승	Winner
Sigan (Shigan) 시간	Time out
Sihap (Shihap) 시합	Bout or match
Siheom (Shihö̃m) 시험	Test (Exam)
Sijak (Shijak) 시작	Begin (start, commence)
Silgyeok (Shilgyö̃k) 실격	Disqualification
Simjang (Shimjang) 심장	Heart
Simsawi (Shimsawi) 심사위	Test Judge
Simsawiwon (Shimsawiwö̃n) 심사위원	Test Judge Committee
Sin Gyeong (Shin'gyö̃ng) 신경	Nerve
Sinchuk (Shinch'uk) 신축	Flexibility
Sok-Do 속도	Speed
Son 손	Hand
Son Badak Bada Makgi (Son Padak Pada Makki) 손 바닥 받아 막기	Palm Absorbing Block
Son Badak Geodeureo Anpalmok Makgi (Sonbadak Ködünö Anp'almok Pakkat Makki) 손바닥 거든어 안팔목 바깥 막기	Palm Supporting Inside Wrist Outward Block (Shipjin #2 & 7)

## Kukkiwon Taekwondo Dictionary

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Son Bohodae (Son Pohodae) 손 보호대	Fist/Hand Guard (glove)
Son Deung Chigi (Son Tüng Ch'igi) 손 등 치기	Back Hand Strike
Son Madi 손 마디	Knuckle
Son Mok 손목	Wrist
Son Nal 손날	Hand Blade
Songarak (Son'garak) 손가락	Finger
Sonnal An Makgi (Sonnal An Makki) 손날 안 막기	Knife Hand Inward Block (Keumgang #5)
Sonnal Bakkat Chigi (Sonnal Pakkat Ch'igi) 손날 바깥 치기	Knife Hand Outer Strike (Koryo #2)
Sonnal Chigi (Sonnal Ch'igi) 손날 치기	Knife Hand Strike
Sonnal Deung Bakkat Makgi (Sonnal Tüng Pakkat Makki) 손날 등 바깥 막기	Reverse Knife Hand Outward Block
Sonnal Deung Biteureo Bakkat Makki (Sonnal Tüng Pit'ürö Pakkat Makki) 손날 등 비틀어 바깥 막기	Reverse Knife Hand Outward Twist Block
Sonnal Deung Chigi (Sonnal Tüng Ch'igi) 손날 등 치기	Reverse Hand Blade Strike (Ridge Hand Strike)
Sonnal Deung Geodeureo Makgi (Sonnal Tüng Ködürö Makki) 손날 등 거들어 막기	Reverse Hand Blade Guard Block (ridge hand guarding block)
Sonnal Deung Geodeureo Naeryeo Makgi	Reverse Knife Hand (ridge hand) Downward Block      Assisted

## Kukkiwon Taekwondo Dictionary

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(Sonnal Tüng Ködürö Naeryö  
Makki)

손날 등 거들어 내려 막기

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Sonnal Deung Hechyeo Makgi (Sonnal Tüng Hech'yö Makki)	Reverse Hand Blade Wedging Block (Shipjin #16)
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손날 등 헤쳐 막기

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Sonnal Deung Naeryeo Chigi (Sonnal Tüng Naeryö Ch'igi)	Reverse Knife Hand Downward Strike
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손날 등 내려 치기

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Sonnal Deung Naeryeo Makgi (New Term) (Sonnal Tüng Naeryö Makki)	Reverse Hand Blade Low Block (low section ridge hand block)
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손날 등 내려 막기

Sonnal Deung Arae Makgi (Old Term)  
(Sonnal Tüng Arae Makki)

손날 등 아래 막기

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Sonnal Eolgul Eotgeoreo Makgi (Sonnal Ölgul Ötkörö Makki)	Hand Blade Face Cross Block (high knife hand x-block)
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손날 얼굴 엇걸어 막기

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Sonnal Eolgul Eotgeoreo Makgi (Sonnal Ölgul Ötkörö Makki)	High Hand Blade X-Block
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손날 얼굴 엇걸어 막기

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Sonnal Geodeureo Makgi (Ködürö Sonnal Makki)	Knife Hand Guarding Block (Taegeuk 4 #1 & 3)
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손날 거들어막기

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Sonnal Geodeureo Naeryeo Makgi (New Term)	Low Knife Hand Guard Block (Taegeuk 7 Jang #5)
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(Sonnal Ködürö Naeryö Makki)

손날 거들어 내려 막기

Sonnal Geodeureo Arae Makgi (Old  
Term)

(Sonnal Ködürö Arae Makki)

손날 거들어 아래 막기

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Sonnal Geodeureo Naeryeo Makgi (New Term)	Low Knife Hand Guard Block (Taegeuk 7 Jang #5)
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(Sonnal Ködürö Naeryö Makki)

## Kukkiwon Taekwondo Dictionary

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손날거들어내려막기 Sonnal Geodeureo Arae Makgi (Old Term) (Sonnal Ködürö Arae Makki) 손날거들어아래막기	
Sonnal Geumgang Bakkat Makgi (Sonnal Kūmgang Pakkat Makki) 손날 금강 바깥막기	Diamond Knife Hand Outward Block
Sonnal Makgi (Sonnal Makki) 손날 막기	Knife Hand Outer Block (single blade hand block) (Taegeuk 3 Jang #7)
Sonnal Mok Chigi (Sonnal Mok Ch'igi) 손날 목 치기	Knife Hand Neck Strike (Taegeuk 3 Jang #5 & #6)
Sonnal Momtong Hechyeo Makgi (Sonnal Momt'ong Hech'yö Makki) 손날 몸통 해쳐막기	Hand Blade Wedging Body Block
Sonnal Naeryeo Chigi (Sonnal Naeryö Ch'igi) 손날 내려 치기	Knife Hand Downward Strike
Sonnal Naeryeo Makgi (New Term) (Sonnal Naeryö Makki) 손날 내려 막기 Sonnal Arae Makgi (Old Term) (Sonnal Arae Makki) 손날 아래 막기	Knife Hand Low Block (single blade hand low block) (Koryo #25-2)
Sonnal Ollyeo Makgi (Sonnal Ollyö Makki) 손날올려 막기	Knife Hand Upward Block (Jitae #6)
Soseum Jumeok Jireugi (Sosüm Chumök Chirügi) 숯음 주먹 지르기	Knuckle Protruding Punch (middle knuckle, Chonkwon #2-4)
Sumtong (Sum-T'ong) 숨통	Windpipe
Suryeon(Suryön) 수련	Training

## Kukkiwon Taekwondo Dictionary

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Suryeonsaeng (Suryönsaeng) 수련생	Student
Swaegol 쇄골	Clavicle
Swieo (Shwiö) 쉬어	At Ease (stand at ease)

### T

Tae Toegol (T'ae T'oegol) 태 퇴골	Femur
Taesang Milgi (T'aesan Milgi) 태산 밀기	Mountain Pushing (Chonkwon #25-4)
Teok (T'ök) 턱	Chin
Teok (T'ök) 턱	Jaw
Teokgwanjeol (T'ökkwanjöl) 턱관절	Mandibula
Teullim (T'üllim) 틀림	Incorrect
Toe Jang (T'oe Chang) 퇴 장 (WTF Romanizes this as: Tuae- jahng, which is not considered correct)	Exit (Poomsae)
Tong Milgi Junbi Seogi (T'ong Milgi Junbi Sögi) 통밀기준비 서기	Barrel Pushing Ready Stance (Koryo)
Tti-saek (Tti-saek) 띠색	Belt Colors
Ttwieo Ap Chagi (Ttwiö Ap Ch'agi) 뛰어 앞 차기	Jumping Front Kick
Ttwieo Chagi (Ttwiö Ch'agi) 뛰어 차기	Jump Kick (both feet leave the ground at the same time)

## Kukkiwon Taekwondo Dictionary

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Ttwieo Dollyeo Chagi (Ttwiö Tollyö Ch'agi) 뛰어 돌려 차기	Jumping Roundhouse Kick
Ttwieo Du Bal Ap Chagi (Ttwiö Tu Pal Ap Ch'agi) 뛰어 두 발 앞 차기	Jumping Two-Foot Front Kick
Ttwieo Yang Bal Ap Chagi (Ttwiö Yang Ap Pal Ch'agi) 뛰어 양발 앞 차기	Twin Front Kick
Ttwieo Yang Bal Chagi (Ttwiö Yang Pal Ch'agi) 뛰어 양 발 차기	Twin Kick (jumping and performing the same kick with both feet)
Ttwieo Yang Bal Chagi (Ttwiö Yang Bal Ch'agi) 뛰어 양 발 차기	Jump Both Feet Kick (Twin Kick)
Twieo Yang Bal Yeop Chagi (Ttwiö Yang Pal Yöp Ch'agi) 뛰어 양발 옆 차기	Twin Side Kick

## W

Wi-Ro Ppaegi Makgi (Wi-Ro Ppaegi Makki) 위로 빼기 막기	Upward Pull Out Block
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## Y

Yakan (Yak'an) 약한	Weak
Yejeol (Yejö)	Etiquette
Yeop Cha Olligi (Yöp Ch'a Olligi) 옆 차 올리기	Side Rising Kick (Side Stretch Kick)

## Kukkiwon Taekwondo Dictionary

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Yeop Chagi (Yöp Ch'agi) 옆 차기	Side Kick
Yeop Ditgi (Yöp Titki) 옆 딛기	Side Stepping
Yeop Jireugi (Yöp Chirūgi) 옆 지르기	Side Punch
Yeop Makgi (Yöp Makki) 옆 막기	Side Block
Yeon Mu Seon 연무선	Line of the pattern (poomsae diagram)
Yo Gol 요골	Radius (bone)
Yuk Dan 육 단	Sixth Dan



## Alphabetical Hangul

### ㄱ

가슴	Chest
가위 막기	Scissors Block (Taegeuk 7 Jang #12-13)
가위 손끝 찌르기	Fingertip Thrust (two fingers apart, also called scissor finger tip thrust)
가위 차기	<b>Scissors Kick</b> (Split Kick)
간장	Liver
갈려	Break
갈려	Break (separate fighters)
갈비	Ribs
감점	Deduction (minus point)
강한	Strong
개시	Timer
거들어 내려 막기	Assisted Low Block (Taegeuk 8 Jang #18)
거들어 아래 막기	
거들어 막기	Assisted Block
거울	Mirror
검은	Black
검은띠	Black Belt
겨드랑이	Armpit
겨루기 준비 서기	Sparring Ready Stance
겨룸세 서기	Fighting Stance
겹손준비 서기	Layered Hand Ready Stance (Pyungwon, Chonkwon, Hansu) (also overlapped hands)
경고	Warning
경례	Bow (Salute)

## Kukkiwon Taekwondo Dictionary

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결다리 서기	Assisted Stance (Hansu #11)
계속	Continue
계시	Injury time out
골반	Pelvis
곰 손 치기	Bear Hand Strike
공격	Attack
공격적인	Offensive
관장	Head Of The School
관절	Joint
광대	Cheek
교후	Adam's Apple
구 단	Ninth Dan
국기	Flag
국기에대하여 경례	Salute The National Flag
굴러 차기	Stamping Kick
굽힌 손 몸통 추켜 막기	Bow Wrist Lifting Body Block
굽힌 손목 막기	Bow Wrist Block
굽힌 손목 치기	Bow Wrist Strike
귀	Ear
규정	Rules
그려 올리기 막기	Drawing Up Block
그만	Stop
근육	Muscle
금	Sword
금강 막기	Diamond Block (Keumgang #8)
금강 바깥 막기	Diamond Outer Block
금강 안 팔목 몸통 막기	Diamond Inner Forearm Middle Block (Taebaek #9)

## Kukkiwon Taekwondo Dictionary

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금강 앞 지르기	Diamond Forward Punch (Jitae #11)
금강 옆 지르기	Diamond Side Punch (Chonkwon #21)
급 증	Grade Certificate (Color Belt)
기	Life Energy
기록	Recorder
기본 준비 서기	Basic Ready Stance (Taegeuk 1-8)
기합	Focus Power and Energy
꼬아 서기	Cross Stance (Taegeuk 5 Jang #20)
끌어 올리기	Inner Forearm Upward Block (Shipjin #19)
끝	End

### L

나란히 서기	Parallel Stance (Taegeuk 6 Jang #10)
낙아 차기	Hook Kick (front foot hooking kick)
날 등	Arch Of The Foot
날개 지르기	Wing Punch
날개 펴기	Wing Spreading (Chonkwon #1)
낫	Sickle
낭심	Groin
낭심 보호대	Groin Guard (cup)
낮추어 서기	Lowered Stance (Old Style Riding Stance)
내 돌아 던기	Forward Stepping (sliding forward without switching the feet/chunjin)
내려 막기	Low Block (Taegeuk 1 Jang #1)
아래 막기	

## Kukkiwon Taekwondo Dictionary

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내려 비틀어 막기	Low Twist Block
아래 비틀어 막기	
내려 지르기	Downward Punch
내려 차기	<b>Downward Kick</b> (Ax Kick)
내려 치기	Downward Strike
내려 헤쳐 막기	Low Wedging Block (Taegeuk 6 Jang #10)
아래 헤쳐 막기	
노란띠	Yellow Belt
노란띠에초록선	Yellow Belt With Green Stripe
노랑	Yellow
노리	Temple
눈	Eye

### ㄷ

‘ㄷ’ 자 지르기	Digeut Ja (ㄷ) Shaped Punch (old term was u-shaped punch)
다리	Leg
다리 보호대	Shin Guard
다방향 차기	Multi-Direction Kicks
다시	Again
단	Black Belt Dan Ranking
단 봉	Sticks
단 증	Dan Certificate (Black Belt)
당겨 등 주먹 치기	Pulling Backfist Strike (Pyungwon #9-1)
당겨 치기	Pulling Strike
당겨 턱 지르기	Pulling The Jaw Punch (Taegeuk 8 Jang #'S 6 & 8)
당겨 팔굽 치기	Pulling Elbow Strike

## Kukkiwon Taekwondo Dictionary

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도장	Training Hall
돌개 차기/돌개 돌려 차기	Spin Roundhouse Kick (Tornado Roundhouse Kick, Nado Bahn)
돌개 안 차기	Spin In Kick (Chonkwon #22-1,2,3)
돌려 지르기	Turning Punch (Twist Punch)
돌려 차기	<b>Turning Kick</b> (Roundhouse Kick)
돌아 딛기	Turning Step (Il Bo Chunjin/Il Bo Woojin)
동맥	Artery
동작	Technique
두 매 주먹 안 치기	Double Hammer Fist Inward Strike (Hansu #2)
두 발 내 딛기	Two Foot Forwards Step (both feet shift forwards at the same time)
두 발 당 성 차기	Double Kick (kicking low with the back foot first and then immediately kicking high with the front foot)
두 발 물러 돌아 딛기	Two Foot Backwards Step (both feet shift backwards at the same time)
두 손날 안 치기	Double Knifehand Inward Strike
두 주먹 젖힌 지르기	Twin Fist Palm Upward Punch (Taegeuk 7 Jang #15-3)
두개골	Skull
두발 당성 앞 차기	Double Front Kick (Taegeuk 8 Jang #3-1, First Double Kick)
두주먹 허리준비 서기	Two Fists On Hip Ready Stance (Ilyeo #18)
뒤 돌아 딛기	Back Turn Step
뒤 지르기	Back Punch (done over the shoulder)
뒤 차기	Back Kick
뒤 축 앞 차기	Front Kick With The Heel
뒤꿈치	Heel (back below achilles tendon)
뒤로 돌아	<b>Stationary Turn</b> (About Face)
뒤쪽 약점	Achilles Heel

## Kukkiwon Taekwondo Dictionary

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뒤쪽 힘줄	Achilles Tendon
뒤축	Heel (Back Sole)
뒤축 모아 서기	Back Attention Stance
뒷 굽이	<b>Back Stance</b> (L Stance)
뒷 발 받아 차기	Back Foot Counter Kick
뒷 발 내 딛기	Rear Foot Forwards Step (rear foot slides up to the front foot and then the front foot steps forward)
뒷 발 물러 돌아 딛기	Rear Foot Backwards Step (rear foot steps first and pulls the front foot back)
등	Back (of the torso)
등 주먹 내려 치기	Back Fist Downward Strike
등 주먹 바깥 치기	Back Fist Outer Strike (Taegeuk 7 Jang #20)
등 주먹 앞 치기	Back Fist Front Strike (Taegeuk 5 Jang #6-2)
등 주먹 치기	Back Fist Strike
뛰어 돌려 차기	Jumping Roundhouse Kick
뛰어 두 발 앞 차기	Jumping Two-Foot Front Kick
뛰어 앞 차기	Jumping Front Kick
뛰어 양 발 차기	Twin Kick (jumping and performing the same kick with both feet)
뛰어 양 발 차기	Jump Both Feet Kick (Twin Kick)
뛰어 양발 앞 차기	Twin Front Kick
뛰어 양발 옆 차기	Twin Side Kick
뛰어 차기	Jump Kick (both feet leave the ground at the same time)
띠색	Belt Colors

## Kukkiwon Taekwondo Dictionary

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### ㅁ

막기	Side Block
매 주먹 표적 치기	Hammer Fist Target Strike (Jitae #18)
매 주먹 내려 치기	Hammer Fist Downward Strike (Taegeuk 5 Jang #2 And #4)
매 주먹 내려 치기	Hammer Fist Downward Strike (Taegeuk 5 Jang #2 And #4)
매 주먹 옆 구리 치기	Hammer Fist Flank Strike
매 주먹 치기	Hammer Fist
머리	Head
머리 보호대	Head Guard (helmet)
머리 잡기	Head Grasp
명에 빼기 막기	Yoke Pull Out Block
명에 치기	Yoke Hit (Shipjin #6)
명치	Solar Plexus
모 돌아 딛기	Oblique Stepping
모 서기	Oblique Angle Stance
모 주춤 서기	Oblique Angle Crouching Stance
모듬 손끝 찌르기	Fingertip Thrust (All Fingers)
모아 서기	Closed Stance
모은 두 손끝 찌르기	Fingertip Thrust (Two Fingers Together)
모은 세 손끝 찌르기	Fingertip Thrust (Three Fingers)
목	Neck
목 동맥	Carotid Artery
목 잡기	Neck Grasp
목구멍	Throat
몸	Body

## Kukkiwon Taekwondo Dictionary

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몸통	Trunk Of The Body
몸통 받침	Push Ups
몸통 안 막기	Outside To Inside Block ( <b>Inner Block</b> ) (Taegeuk 1 #6 And #8)
몸통 안 쳐내 막기	Inward Foot Arch Body Block (Inward Crescent Kick)
무릎	Knee
무릎 치기	Knee Strike
무술	Martial Art
묵념	Meditate
물러 돌아 딛기	Backwards Stepping (sliding backwards without switching the feet/woojin)
미간	Bridge Of The Nose
미골	Coccyx
밀어 앞 차기	Pushing Front Kick
밀어 옆 차기	<b>Pushing Side Kick</b> (Cut Kick)
밀어 차기	Pushing Kick
밑 턱	Point Of The Chin
밑으로 빼기 막기	Underneath Pull Out Block

## ㅂ

바꿈	Change (as in switch feet or switch hands)
바깥 막기	Outer Block (inside to outside block) Taegeuk 4, #9 And #11)
바깥 차기	<b>Outer Kick</b> (outer crescent kick, inside to outside kick)
바깥 팔목 안 막기	Outer Forearm Inward Block (Taegeuk 1 #6)
바깥 팔목 얼굴 비틀어 막기	Outer Forearm Face Twist Block



## Kukkiwon Taekwondo Dictionary

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바깥 팔목 얼굴 안 막기	Outer Forearm Face Block
바깥 팔목 얼굴 옆 막기	Outer Forearm Face Side Block
바깥 팔목 거들어 바깥 막기	Outer Forearm Assisted Outer Block (Taegeuk 8 #1)
바로	Return (to a position, usually ready stance)
바로 지르기	Straight Punch (in ap seogi/ap gubi this is done with the same hand as the rear leg) (Taegeuk 1 Jang #7)
바탕 손 눌러 막기	Palm Pressing Block (Koryo #20-1)
바탕 손 막기	Palm Block (Taeguk 7 Jang #1)
바탕 손 안 막기	Palm Heel Inward Block (Taegeuk 7 #1)
바탕 손 추켜 막기	Palm Body Lifting Block
바탕 손 치기	Palm Strike (Keumgang #2)
반대 지르기	Reverse Punch (in ap seogi/ap gubi this is done with the same hand as the front leg) (Taegeuk 1 Jang #2)
받아 막기	Absorbing Block
받아 차기	Counter Kick
발	Foot
발 날	Foot Blade
발 등 돌려 차기	Instep Roundhouse Kick
발 등 앞 차기	Instep Front Kick
발 바닥	Sole Of The Foot
발 바닥 받아 막기	Foot Sole Absorbing Block
발 보호대	Foot Guard (instep protector/e-sock)
발 붙여 돌려 차기	Skipping Roundhouse Kick (Fast Kick)
발 붙여 옆 차기	Skipping Side Kick
발 붙여 차기	Skipping Kicks (rear foot moves forward and front foot kicks)
발 붙여 후려 차기	Skipping Spin Hook Kick
발가락	Toe

## Kukkiwon Taekwondo Dictionary

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발날 등 안 막기	Reverse Foot Blade Inward Block (Inward Crescent Kick)
발등	Instep
발목	Ankle
발목 관절	Ankle Joint
발목 잡기	Ankle Grasp
방어적인	Defensive
방향 바꾸기	Change Direction
범 서기	<b>Tiger Stance</b> (Cat Stance)
보조먹준비 서기	Covered Fist Ready Stance (#11 In Taegeuk 7, Ready Position In Ilyeo)
복부	Abdomen
부 채이	Fan
부 사범	Assistant Instructor
부상	Injury
부심	Judge
비틀어 내려 막기	Downward (low) Twist Block
비틀어 막기	Twist Block (Taegeuk 6 Jang #5)
비틀어 차기	Twist Kick
뼈	Bone

## 人

사 단	Fourth Dan
사 품	Fourth Poom (Junior Black Belt)
사범	Instructor
사범님께 경례	Bow To The Instructor

## Kukkiwon Taekwondo Dictionary

산틀 막기	Mountain Block (Keumgang #11)
삼 단	Third Dan
삼 품	Third Poom (Junior Black Belt)
상박골	Humerous
상완 신경	Brachial Plexus
색	Colors
섞어 차기	Mixed Kicks
선배	Senior
선수	Contestant
세운 주먹 지르기	<b>Vertical Punch</b> (Standing Punch)
세운 편 손끝 찌르기	Spear Finger (hand vertical Taegeuk 4 Jang #2 & #4)
속도	Speed
손	Hand
손 보호대	Fist/Hand Guard (glove)
손 등 치기	Back Hand Strike
손 마디	Knuckle
손 바닥 거들어 바깥 막기	Palm Assisting Side Block (Shipjin #2)
손 바닥 받아 막기	Palm Absorbing Block
손가락	Finger
손날	Hand Blade
손날 거들어 막기	Hand Blade Block (knife hand guard block, twin knife hand block) (Taegeuk 4 Jang #1)
손날 금강 바깥막기	Diamond Knife Hand Outward Block
손날 내려 막기	Knife Hand Low Block (single blade hand low block) (Koryo #25-2)
손날 아래 막기	
손날 내려 치기	Knife Hand Downward Strike
손날 등 거들어 내려 막기	Reverse Knife Hand (ridge hand) Assisted Downward Block
손날 등 내려 막기	Reverse Hand Blade Low Block

## Kukkiwon Taekwondo Dictionary

손날 등 아래 막기	(low section ridge hand block)
손날 등 내려 치기	Reverse Knife Hand Downward Strike
손날 등 비틀어 바깥 막기	Reverse Knife Hand Outward Twist Block
손날 등 치기	Reverse Hand Blade Strike (Ridge Hand Strike)
손날 등 헤쳐 막기	Reverse Hand Blade Wedging Block (Shipjin #16)
손날 등 거들어 막기	Reverse Hand Blade Guard Block (ridge hand guarding block)
손날 막기	Knife Hand Outer Block (single blade hand block) (Taegeuk 3 Jang #7)
손날 목 치기	Knife Hand Neck Strike (Taegeuk 3 Jang #5 & #6)
손날 몸통 헤쳐 막기	Hand Blade Wedging Body Block
손날 바깥 치기	Knife Hand Outer Strike (Koryo #2)
손날 안 막기	Knife Hand Inward Block (Keumgang #5)
손날 얼굴 엇걸어 막기	Hand Blade Face Cross Block (high knife hand x-block)
손날 얼굴 엇걸어 막기	High Hand Blade X-Block
손날 치기	Knife Hand Strike
손날 거들어 내려 막기	Low Knife Hand Guard Block (Taegeuk 7 Jang #5)
손날 거들어 내려 막기	Low Knife Hand Guard Block (Taegeuk 7 Jang #5)
손날 올려 막기	Knife Hand Upward Block (Jitae #6)
손목	Wrist
손바닥 거든어 안팔목 바깥 막기	Palm Supporting Inside Wrist Outward Block (Shipjin #2 & 7)
숯음 주먹 지르기	Knuckle Protruding Punch (middle knuckle, Chonkwon #2-4)
쇄골	Clavicle
수련	Training
수련생	Student

## Kukkiwon Taekwondo Dictionary

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순날 등 바깥 막기	Reverse Knife Hand Outward Block
숨통	Windpipe
쉬어	At Ease (stand at ease)
슬개골	Patella
승	Winner
시간	Time out
시작	Begin (start, commence)
시합	Bout or match
시험	Test (Exam)
신경	Nerve
신축	Flexibility
실격	Disqualification
심사위	Test Judge
심사위원	Test Judge Committee
심장	Heart

### ○

아귀 손 칼재비	Arc Hand Strike (Koryo) ( there are 2 different terms for this technique)
아금 손 치기	
아금 손 막기	Arc Hand Block
아금 손 팔목 잡기	Arc Hand Wrist Grasp
아래 바다 막기	Foot Blade Low Block (leg checking)
안 막기	Inward Block (front block, outside to inside block)
안 차기	In Kick (inner crescent kick, outside to inside kick)
안 치기	Inward Strike

## Kukkiwon Taekwondo Dictionary

안 팔목 거들어막기	Inner Forearm Assisted Block
안 팔목 막기	Inner Forearm Block
안 팔목 비틀어 막기	Inner Forearm Twist Block
안 팔목 얼굴 바깥 막기	Inner Forearm Face Outer Block
안 팔목 헤쳐 막기	Inner Forearm Wedging Block (Keumgang #1)
안구	Eyeball
안부	Eyes (general area)
안으로 걷어 내기 막기	Reverse Foot Blade (Arch) Lifting Block
안쪽 서기	Inward Stance
안쪽 주춤 서기	Inward Crouching Stance
앉어	Sit
알팔목 올려 막기	Inner Forearm Upward Block (Shipjin #19)
앞 굽이	Forward Inflection (Bent Knee) Stance ( <b>Front Stance</b> ) (Taegeuk 2 Jang #2)
앞 꼬아 서기	Forward Cross Stance
앞 밀어 차기	Front Pushing Kick
앞 발 받아 차기	Front Foot Counter Kick
앞 발 내 딛기	Front Foot Forward Step (the front foot steps forward and the rear foot pull up)
앞 발 내려 차기	Front Foot Axe Kick
앞 발 물러 돌아 딛기	Front Foot Backwards Step (front foot pulls back to the rear foot and then the rear foot steps back)
앞 발 붙여 돌려 차기	Front Foot Skipping Roundhouse Kick (Fast Kick)
앞 발 앞 차기	Front Foot Front Kick
앞 서기	Walking Stance ( <b>Forward Stance</b> )
앞 주춤 서기	Forward Crouching Stance
앞 차 올리기	Front Rising Kick (Front Stretch Kick)
앞 차기	Front Kick

## Kukkiwon Taekwondo Dictionary

앞 축 돌려 차기	Roundhouse Kick With The Ball Of The Foot
앞 축 앞 차기	Front Kick With The Ball Of The Foot
앞꿈치	Ball Of The Foot (fore sole)
앞축 모아 서기	Reverse Attention Stance
약한	Weak
어깨	Shoulder
어깨 잡기	Shoulder Grasp
얼굴	Face
얼굴 바깥 쳐내 막기	Outward Kick Face Block (outward crescent kick)
얼굴 옆 차 올려 막기	Side Rising Kick Face Block
얼굴 헤쳐 막기	Face Wedging Block
엄지 손가락	Thumb
엇걸어 내려 막기	Cross Underneath Block
엇걸어 아래 막기	(Taegeuk 7 Jang #16 And #19)
엇걸어 내려 손날 막기	Low X-Block (Shipjin #25)
엇걸어 아래 손날 막기	
엇걸어 막기	Cross Block
엉덩이	Hip
옆어 편 손끝 찌르기	Spear Finger (palm down, Shipjin #3-2)
연무선	Line of the pattern (poomsae diagram)
옆 딛기	Side Stepping
옆 지르기	Side Punch
옆 차 올리기	Side Rising Kick (Side Stretch Kick)
옆 차기	Side Kick
예절	Etiquette
오 단	Fifth Dan
오금 서기	Reverse Crane Stance (Ilyeo #6)

## Kukkiwon Taekwondo Dictionary

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오른 돌아 딛기	Right Turning Step (right foot steps)
오른 서기	Right Stance (Taegeuk 5 Jang #4)
오자(丄자) 서기	Inverted "T" Stance
올려	Upward
올려 막기	<b>Upward/Rising Block</b> , Face Block (High Block)
올려 막기	Face Block (High Block)
얼굴 막기	
올리기	Rising
외 산틀 막기	Wide Open Block (Taegeuk 8 Jang #5)
왼 돌아 딛기	Left Turning Step (left foot steps)
왼 서기	Left Stance (Taegeuk 5 Jang #2)
요골	Radius (bone)
위로 빼기 막기	Upward Pull Out Block
육 단	Sixth Dan
이 단	Second Dan
이 단 돌려 차기	Flying Roundhouse Kick
이 단 앞 차기	Flying Front Kick
이 단 옆 차기	Flying Side Kick
이 단 차기	Flying Kick (second level kicks; rear foot leave the ground first then the front foot kicks)
이 품	Second Poom (Junior Black Belt)
이마	Forehead
인중	Philtrum
일 단	First Dan
일 품	First Poom (Junior Black Belt)
입	Mouth
입술	Lips



## Kukkiwon Taekwondo Dictionary

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입장	Enter (sparring competition, literally means to enter a courtroom)
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### ㅈ

자격 증	Certificate
작교 내려 차기	Holding Axe (Downward) Kick
작교 돌려 차기	Holding Roundhouse (Turning) Kick
작교 비틀어 차기	Holding Twisting Kick
작교 앞 차기	Holding Front Kick
작교 옆 차기	Holding Side Kick
작교 차기	Holding Kick (holding the opponent with the hand and kicking; see grasping techniques)
작은 돌 찌귀	Smaller Hinge (Keumgang #10-1)
잡기	Grasping
장	Spear
장 봉	Staff
정 강이 바다 막기	Shin Underneath Block
정강이	Shin
정강이 받아 막기	Shin Absorbing Block
젓힌 주먹 지르기	Palm Upward Punch (Upset Punch)
젓힌 편 손끝 찌르기	Spear Finger (Palm Up Koryo #18-3)
제비 품 목 치기	Swallow Technique Neck Strike (Taegeuk 4 Jang #4, Taebaek #4)
제비 품 턱 치기	Swallow Technique Jaw Strike
제자리 돌아 딛기	Stepping In Place (Bouncing)
주먹	Fist
주심	Referee
주위	Caution

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## Kukkiwon Taekwondo Dictionary

주춤 서기	<b>Crouching Stance</b> (Riding Stance) (Keumgang #9)
준 비	Ready
준비 서기	Ready Stance
줄로서	Line Up
중력 중심	Center Of Gravity
중심	Balance
지 팡	Cane
집게 솟음 주먹 지르기	Knuckle Protruding Punch (index finger)
집게 주먹 지르기	Pincer Punch
짓찐기	Stomping On The Instep (Taegeuk 5 Jang #20)

## 六

차렷	Attention
차렷 서기	Attention Stance
척골	Ulna
척추	Spine
척추 신경	Spinal Cord
청	Blue
청	Blue Belt
청 선수	Blue contestant
청 위치	Blue contestant mark
청띠에홍선	Blue Belt With Red Stripe
체급	Weight
챗다리 지르기	Fork Punch (Shipjin #'S 21-2, 22-2, 27, 28)
초록	Green

## Kukkiwon Taekwondo Dictionary

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초록띠	Green Belt
초록띠에청선	Green Belt With Blue Stripe
출 전	Enter, also means Advance or Participate (poomsae competition)
치 지르기	Upward Punch (Upper Cut)
칠 단	Seventh Dan

### ㅋ

칼	Knife
코	Nose
콩팥	Kidney
큰돌 찌귀	Big Hinge (Keumgang #9)

### ㅍ

태 퇴골	Femur
태산 밀기	Mountain Pushing (Chonkwon #25-4)
턱	Jaw
턱관절	Mandibula
통밀기준비 서기	Barrel Pushing Ready Stance (Koryo)
퇴 장	Exit (Poomsae)
틀림	Incorrect

### ㅊ

파위 밀기	Boulder Pushing (Shipjin #15)
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## Kukkiwon Taekwondo Dictionary

판 돌려 차기	Arc Kick (Half Turning Kick, Pi Chagi )
팔	Arm
팔 보호대	Forearm Guard
팔 단	Eighth Dan
팔굽	Elbow (towards forearm)
팔굽 관절	Elbow Joint
팔굽 내려 차기	Elbow Downward Strike
팔굽 돌려 차기	Turning Elbow Strike (Taegeuk 5 Jang #10)
팔굽 옆 차기	Elbow Side Strike (Koryo #20-2)
팔굽 올려 차기	Rising Elbow Strike (Pyungwon #5)
팔굽 차기	Elbow Strike
팔굽 표적 차기	Elbow Target Strike (Taegeuk 5 Jang #16)
팔꿈치	Elbow (general)
팔목	Forearm
펴기	Stretching
편 손끝	Finger Tip
편 주먹 지르기	Flat Fist Punch
편손 가위 막기	Open Hand Scissors Block (not knife hand because the hands are moving in different directions and using different striking surfaces)
편손 산틀 막기	Open Hand Mountain Block (not knife hand because the hands are moving in different directions and using different striking surfaces)
편히 서기	At Ease Stance
표적 내려 막기	Target Low Block (Hansu #12)
표적 막기	Target Block
표적 안 차기	Target In Kick (Taegeuk 7 Jang #21-1)
표적 지르기	Target Punch (Koryo #17)
표적 차기	Target Kick

## Kukkiwon Taekwondo Dictionary

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표적 치기	Target Strike
표출	Show Score (Poomsae)
품계	Rank
품새	Pattern (Form)
폼새	Form (Pattern)
피	Blood
피골	Fibula
피장	Spleen
필승	Certain Victory

## ㅎ

학다리 금강 막기	Crane Diamond Block (Keumgang #8)
학다리 서기	Crane Stance (Keumgang #8)
한 손끝 찌르기	Fingertip Thrust (One Finger)
해산	Dismissed
허리	Waist
헤쳐 막기	Wedging Block
헤쳐 산틀 막기	Wedging Mountain Block (Pyungwon #11)
현골	Sternum
호구	Protective equipment
호흡	Breathing
홍	Red
홍 선수	Red contestant
홍 위치	Red contestant mark
홍띠	Red Belt

## Kukkiwon Taekwondo Dictionary

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홍띠에 검은선	Red Belt With Black Stripe
황소 막기	Bull Block (Shipjin #1)
회전	Round
후두골	Occipital Bone
후배	Junior
흰	White
흰띠	White Belt
흰띠에 노란선	White Belt With Yellow Stripe
힘	Force

## Cardinal Numbers

Koreans use the modern Korean language (hangul) for counting individual items (for example counting the repetitions in an exercise). They use Sino-Korean for counting items in a set (for example ranking the belts).

#	Korean		Sino-Korean	
1	하나	Hana	일	il
2	둘	Dul	이	I
3	셋	Set	삼	Sam
4	넷	Net	사	Sa
5	다섯	Daseot	오	O
6	여섯	Yeoseot	육	Yuk
7	일곱	Ilgop	칠	Chil
8	여덟	Yeodeol	팔	Pal
9	아홉	Ahop	구	Ku
10	열	Yeol	십	Sip
11	열하나	Yeol Hana	십일	Sip il
12	열둘	Yeol Dul	십이	Sip I
13	열셋	Yeol Set	십삼	Sip Sam
14	열넷	Yeol Net	십사	Sip Sa
15	열다섯	Yeol Daseot	십오	Sip O
16	열여섯	Yeol Yeoseot	십육	Sip Yuk
17	열일곱	Yeol Ilgop	십칠	Sip Chil
18	열여덟	Yeol Yeodeol	십팔	Sip Pal
19	열아홉	Yeol Ahop	십구	Sip Ku
20	스물	Seumul	이십	I Sip
21	스물 하나	Seumul Hana	이십일	I Sip il
30	서른	Seoreun	삼십	San Sip
40	마흔	Maheun	사십	Sa Ship

## Kukkiwon Taekwondo Dictionary

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50	쉰	Swin	오십	O Sip
60	예순	Yesun	육십	Yuk Sip
70	일흔	Ilheun	칠십	Chil Sip
80	여든	Yeodeun	팔십	Pal Sip
90	아흔	Aheun	구십	Ku Sip
100	백	Baek	백	Baek

## Ordinal Numbers

#	Korean		Sino-Korean	
1 <sup>st</sup>	Cheot Jjae	첫 째	Ge il	계 일
2 <sup>nd</sup>	Dul Jjae	둘 째	Ge I	계 이
3 <sup>rd</sup>	Se Jjae	세 째	Ge Sam	계 삼
4 <sup>th</sup>	Ne Jjae	네 째	Ge Sa	계 사
5 <sup>th</sup>	Daseot Jjae	다섯 째	Ge O	계 오
6 <sup>th</sup>	Yeoseot Jjae	여섯 째	Ge Yuk	계 육
7 <sup>th</sup>	Ilgop Jjae	일곱 째	Ge Chil	계 칠
8 <sup>th</sup>	Yeodeol Jjae	여덟 째	Ge Pal	계 팔
9 <sup>th</sup>	Ahop Jjae	아홉 째	Ge Ku	계 구
10 <sup>th</sup>	Yeol Jjae	열 째	Ge Sip	계 십



# Kukkiwon Types of Sparring

## (Gyeorugi)

Gyeorugi means confrontation. In Taekwondo we use the most basic form of the word to mean sparring, but it can be applied to any activity in which there is a confrontational element. The old term for sparring was “daeryon” and is more closely translated as fight. Daeryon come from a Japanese derivative and was therefore not seen as being proper in modern Taekwondo. Within kyorugi, there is also self defense. The modern Korean terminology for self defense is broken down into 2 parts: mom pulgi and mom makgi. Mom (momtong) is body or torso, Pulgi means to free from restraints or to liberate and Makgi comes from the Korean "mak da" which means to keep away, forbid or prevent. So, mompulgi is to free the body from being restrained and mommakgi is to prevent the body from being attacked. The older term “hoshinsul” is a derivative of the Japanese word “goshinjutsu”.

Class	Type	Terms	Explanation
Gyeorugi 겨루기	Gyeorugi 겨루지	Gyeorugi 겨루기	Competition sparring
		Matchwo Gyeorugi 맞춰 겨루기	Pre-arranged sparring
		Se Bun Gyeorugi 세 분겨루기	3-step sparring
		Han Bun Gyeorugi 한 분겨루기	1-step sparring
		Han Bun Matchwo Gyeorugi 한 분 맞춰겨루기	One time free contact sparring
	Special (Teuksu) Gyeorugi 특수 겨루지	Anja Gyeorugi 안자 겨루지	Sparring from sitting down on floor
		Uija Gyeorugi 의자겨루기	Sparring from sitting in a chair
		Chaeksang Gyeorugi 책상 겨루지	Sparring from sitting at a table
		Nuwo Gyeorugi 누워겨루기	Sparring from lying down position
		Mom pulgi/Mom Makgi 몸 불기/몸 막기	Self defense skills

## Kukkiwon Taekwondo Dictionary

Gyeorugi Against Weapons 무기 에 대하여 겨루기	Jjareun Makdae Gyeorugi 짧은 막대겨루기 (Dan Bong Gyeorugi 단 봉겨루기)	Sparring against short stick
	Kin Makdae Gyeorugi 긴 막대겨루기 (Jang Bong Gyeorugi 장 봉겨루기)	Sparring against long stick
	Jjareun Kal Gyeorugi 짧은 칼겨루기	Sparring against short knife
	Kin Kal Gyeorugi 긴 칼겨루기 (Geum Gyeorugi 금겨루기)	Sparring against long knife (sword)
	Chang Gyeorugi 창겨루기	Sparring against spear
	Gwonchong Gyeorugi 권총겨루기	Sparring against pistol
	Chonggeom Gyeorugi 총검겨루기	Sparring against rifle bayonet

## Appendix I

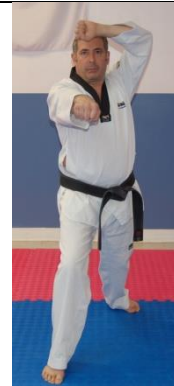
### Photos



Geumgang Makgi  
(Keumgang Makgi)  
금강 막기  
(Keumgang/Pyungwon)



Geumgang An Palmok Momtong  
Makgi  
(Keumgang An Palmok Momtong  
Makki)  
금강 안 팔목 몸통 막기 (Taebaek #9)



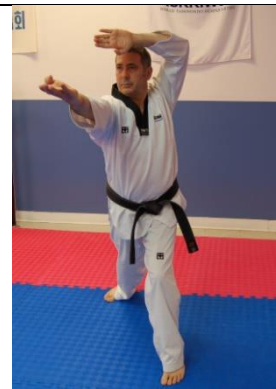
Geumgang Ap Jireugi  
(Keumgang Ap  
Jireugi)  
금강 앞 지르기 (Jitae)



Geumgang Bakkat Palmok Makgi  
(Keumgang Bakkat Palmok  
Makgi)금강 바깥 팔목막기




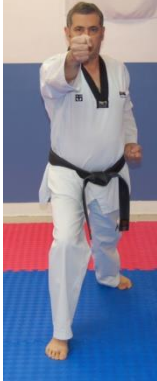






Geumgang Yeop Jireugi  
(Keumgang Yeop Jireugi )  
금강 옆 지르기 (Chonkwon)






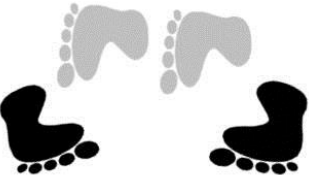

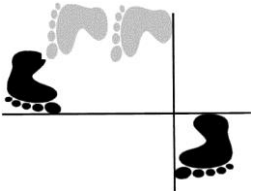






Jebi Pum Mok Chigi  
(Jebi Poom Mok Chigi)  
제비 품 목 치기  
(Taegeuk 4 Jang #5)

## Kukkiwon Taekwondo Dictionary

 <p>Jebi Pum Teok Chigi (Jebi Poom T'eok Chigi) 제비 품 턱 치기</p>	 <p>Gomson Chigi (Bear Hand Strike) 곰손 치기</p>	 <p>Pyeon Jumeok Jireugi (Flat Fist Punch) 편 주먹 지르기</p>
 <p>Seun Jumeok Jireugi 세운 주먹 지르기</p>	 <p>Digeut Ja (ㄷ) Jireugi 'ㄷ' 자 지르기</p>	 <p>Dujumeok Heori Junbi Seogi 두주먹 허리준비 서기 (Ilyeo #18)</p>
 <p>Ogeum Seogi 오금 서기 (Ilyeo #6)</p>	 <p>Closed Stance Moa Seogi (Moa Sögi) 모아 서기</p>	

# Kukkiwon Taekwondo Dictionary

  <p>Inward Stance Anjjong Seogi (Antchong Sögi) 안쫑 서기</p>	  <p>Oblique Stance Mo Seogi (Mo Sögi) 모 서기</p>
  <p>Inward Crouching Stance Anjjong Juchum Seogi (Antchong Chuch'um Sögi) 안쫑 주춤 서기</p>	  <p>Oblique Crouching Stance Mo Juchum Seogi (Mo Chuch'um Sögi) 모 주춤 서기</p>
  <p>Reverse Attention Stance Apchuk Moa Seogi (Apch'uk Moa Sögi) 앞축 모아 서기</p>	  <p>Inverted "T" Stance Oja Seogi (Oja Sögi) 오자(丄자) 서기</p>

# Kukkiwon Taekwondo Dictionary



Back Attention Stance  
Dwichuk Moa Seogi (Twich'uk Moa Sögi)  
뒤축 모아 서기



At Ease Stance  
Pyeonhi Seogi (P'yönhi Sögi)  
편히 서기



Knifehand Diamond Block (Hansu)  
Sonnal Geumgang Makgi (Sonnal Kūmgang Makki)  
손날 금강 막기



Knifehand Wide Open Block (Chonkwon)  
Oe Santeul Makgi (Oe Sant'ül Makki)  
외 산틀 막기

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