

BASIC TERMS

예의	Yea Eue	Etiquette	국기	Kuk Ki	National Flag
차렷	Chah-Ryuht	Attention	원기	Won Ki	Association Flag
경례	Kyoung Ryeh	Bow, Salute	도장	Do Jahng	Academy, school
바로	Bah-roh	At ease	도복	Do Bohk	Uniform
정좌	Juhng Jawh	Proper Sitting (Kneeling)	의복	Eue Bohk	Clothing
수련	Soo Ryuhn	Practice, class	띠	Tti	Belt
시작	Si-Jahk	Begin	기	Ki	Internal Energy
끝	Keut	Finish, complete	기합	Ki Hahp	Martial Art yell
준비	Joon Bi	Ready	기초짜기	Ki Cho Jja Ki	Breathing exercises that Wring out Ki
그만	Geu-Mahn	Stop	숨쉬기	Soom-shi-ki	Breathing
쉬어	Shi-uh	Rest	몸풀기	Mohm-pool-ki	Body conditioning exercises

PARTS OF THE BODY

손	Sohn	Hand	발	Bahl	Foot
손목	Sohn Mohk	Wrist	발목	Bahl Mohk	Ankle
안손목	Ahn Sohn Mohk	Inside wrist	발등	Bahl Deung	Top of the Foot
팔꿈치	Pahl Koom Chi	Elbow	발꿈치	Bahl Koom Chi	Heel
어깨	Uh Kae	Shoulder	무릎	Moo Reup	Knee
맥, 혈	Maek, Hyuhl	Pressure Point	다리	Dah Ri	Leg

STANCES

공격자세	Kohng Kyuhk Jah Seh	Offense Stance	기마자세	Ki Mah Jah Seh	Horse-riding Stance
방어자세	Bahng Uh Jah Seh	Defense Stance	전굴자세	Juhn Gool Jah Seh	Long Stance with front knee bent
굴곡자세	Gool Gohk Jah Seh	Crouching Stance			

HAND TECHNIQUES

정권	Juhng Kwon	Straight Punch	수도	Soo Doh	Knife Hand
역권	Yuhk Kwon	Inverted Fist	역수도	Yuhk Soo Doh	Inverted Knife Hand
각권	Gahk Kwon	Back-fist	쌍수도	Ssang Soo Doh	Double Knife Hand
호권	Hoh Kwon	Tiger Claw strike	회전수도	Hwoe-juhn Soo Doh	Circle Knife Hand
호구권	Hoh-Goo Kwon	Tiger's Mouth Grip strike	평수	Pyung Soo	Palm Strike
중지권	Joong Ji Kwon	Middle-knuckle Fist	역평수	Yuhk Pyung Soo	Reversed Palm Strike
일지권	Il Ji Kwon	1-Finger Fist	쌍평수	Ssang Pyung Soo	Double Palm Strike
이지권	Ee Ji Kwon	2-Finger Fist	회전평수	Hwoe-juhn Pyung Soo	Circle Palm Strike
사지권	Sah Ji Kwon	4-Finger Fist	관수	Kwahn Soo	Spear Hand
사마귀권	Sah-mah-gwi Kwon	Praying Mantis Fist	역관수	Yuhk Kwahn Soo	Reversed Spear Hand
사마귀막기	Sah-mah-gwi Mahk-ki	Praying Mantis Block	직관수	Jihk Kwahn Soo	Vertical Spear Hand
십자막기	Sip-jah Mahk-ki	4-Direction Block	쌍관수	Ssang Kwahn Soo	Double Spear Hand
앞뒤수기	Ahp-Di Soo-ki	Front & Rear Punching Drill	팔꿈치치기	Pahl Koom Chi Chi Ki	Elbow Strike

KICKING TECHNIQUES

앞차기	Ahp Cha Ki	Front Kick	후려차기	Hoo-Ryuh Cha Ki	Inverted Sweeping Kick
무릎차기	Moo Reup Cha Ki	Knee Kick	찍어차기	Jjik Uh Cha Ki	Axe Kick
뒤차기	Di Cha Ki	Back Kick	월장차기	Wohl Jahng Cha Ki	Off-the-Wall Kick
안다리차기	Ahn Dah Ri Cha Ki	Inside Kick	장애물차기	Jahng Ae Mool Cha Ki	Over-the-Obstacle Kick
바깥차기	Bah-got Cha Ki	Outside Kick	상단, 중단, 하단	Sahng, Joong, Hah (Dahn)	High, Middle, Low level
앞차올리기	Ahp Cha Ohl-li-ki	Straight Leg Kick	뛰어...	Tti Uh...	Jump ...
발등차기	Bahl Deung Cha Ki	Round-house Kick	이단, 삼단...	Ee Dahn, Sahn Dahn...	Double, Triple ...
옆차기	Yuhp Cha Ki	Side Kick	쌍발차기	Ssang Bahl Cha Ki	Jump Double Kicks
발꿈치차기	Bahl Koom Chi Cha Ki	Heel Kick	양발차기	Yahng Bahl Cha Ki	Jump Split Kicks
돌아차기	Dohl-Ah Cha Ki	Spin Kick	연속차기	Yuhn Sohk Cha Ki	Continuous Combo Kicks
뒤돌아옆차기	Di Dohl-Ah Yuhp Cha Ki	Turn Back Side Kick			

GREETINGS AND SIMPLE PHRASES

안녕하십니까?	Ahn Nyuhng Hah Sip Ni Kka?	Hello / How are you?
안녕히 계십시오.	Ahn Nyuhng Hee Gae Sip Si Yo.	Good-bye (Stay Well)
안녕히 가십시오.	Ahn Nyuhng Hee Gah Sip Si Yo.	Good-bye (Go Safely)
수고하셨습니다.	Soo Goh Hah Shut Seup Ni Dah.	You worked hard. (Good Job!)
감사합니다.	Gahm Sah Hahm Ni Dah.	Thank You.
천만에요.	Chuhn Mahn Eh Yoh.	You're welcome.
수련 시작 (끝)	Soo Ryuhn Si Jahk (Kkeut).	Practice Begins (Finished).

COUNTING

일	Il	1	하나	Hah-Nah		이십	Ee-Sip	20	스물	Seu-Mool
이	Ee	2	둘	Dool		삼십	Sahm-Sip	30	서른	Suh-Reun
삼	Sahm	3	셋	Set		사십	Sah-Sip	40	마흔	Mah-Heun
사	Sah	4	넷	Net		오십	Oh-Sip	50	쉰	Shuin
오	Oh	5	다섯	Dah-Suht		육십	Yook-Sip	60	예순	Yea-Soon
육	Yook	6	여섯	Yuh-Suht		칠십	Chil-Sip	70	일흔	Il-Heun
칠	Chil	7	일곱	Il-Gohp		팔십	Pahl-Sip	80	여든	Yuh-Deun
팔	Pahl	8	여덟	Yuh-Duhl		구십	Goo-Sip	90	아흔	Ah-Heun
구	Goo	9	아홉	Ah-Hohp		백	Baek	100		
십	Sip	10	열	Yuhl		천	Chuhn	1000		

NAMES AND TITLES

국사님	Kuk Sa Nim	Grandmaster / Founder
총관장님	Chohng Kwahn Jahng Nim	Chief Master
수석관장님	Su-Suhk Kwahn Jahng Nim	9 th Degree, Senior Executive Master
선임관장님	Suhn-Im Kwahn Jahng Nim	8 th Degree, Executive Master
지도관장님	Ji-Doh Kwahn Jahng Nim	7 th Degree, Senior Master
주임관장님	Joo-Im Kwahn Jahng Nim	6 th Degree, Head Master
평관장님	Pyuhng Kwahn Jahng Nim	5 th Degree, Master
사범님	Sa Buhm Nim	4 th Degree Black Belt
부사범님	Pu Sa Buhm Nim	3 rd Degree Black Belt
교사님	Kyoh Sah Nim	2 nd Degree Black Belt
조교님	Joh Kyoh Nim	1 st Degree Black Belt
단보님	Dahn Boh Nim	Black Belt Candidate
자띠	Jah Tti	Brown Belt
홍띠	Hohng Tti	Red Belt
청띠	Chuhng Tti	Blue Belt
노란띠	Noh-Rahn Tti	Yellow Belt
흰띠	Huin Tti	White Belt