

Words and Phrases Commonly Used in Taekwondo Classes

Attention – Chah-ryut
Ready Position – Joon-bee
Begin – Si-jak
Yell – Kihup (kyup)
Bow – Kyung Nae
Uniform – Dobok
Gym for practice – DoJang
Hello – Anyeong Haseyo (sounds like An-young Ha-say-yo)
Instructor (Master) – Sabomnim (sounds like Sah-bum-nim)
Assistant Instructor – Kyo Sa Nim
Grandmaster – Kwan Sa Nim
Forms – Poomse or Poomsae (sounds like Poom-say)
Sparring – Kyorugi
Stop – Kalyeo
Continue – Kaesok
Return (i.e. turn & face instructor at the end of a form) – Baro (sounds like Baa-row)
Thank you – Kamsa Hamnae Da (sounds like Kamsa-ham-ni-da)

Counting in Korean

Hana – one
Dul – two
Set – three
Net – four
Dasot – five
Yasot – six
Elgub – seven
Yodol – eight
Ahob – nine
Yol – ten

For 11 through 19, add the Korean word for 10 in front of the last number. For example, eleven is Yeol Hana (“Yull Ha-na”) – the Korean words for 10 and 1.

Yeol Hana (“Yull Ha-na”) – 11
Yeol Dul (“Yull Dhool”) – 12
Yeol Set (“Yull Set”) – 13
Yeol Net (“Yull Net”) – 14
Yeol Dasot (“Yull Da-sut”) – 15
Yeol Yasot (“Yull Yo-Sut”) – 16
Yeol Ilgup (“Yull Eel-gope”) – 17
Yeol Yodol (“Yull Yo-dull”) – 18
Yeol Ahop (“Yull Ah-hope”) – 19
Seu-Mool (“Sew-mool”) – 20

Body Movements

mahki	:	block
chagi	:	kick
chirugi	:	thrust (or punch)
chigi	:	strike (with the hand)
jeek gi	:	strike (with the foot)
dora	:	to turn
jireugi	:	punch

Front – Ap (i.e. Ap Chagi = Front Kick)

Side or Sideways – Yeop (i.e. Yeop Chagi = Side Kick)

Back or Backwards – Dwi (i.e. Dwi Chagi = Back Kick)

Breaking – Gyeok-pa, Kyeok-pa, Kyuk-pa, etc.

Neck – Mok (or Mog)

Stance – Sogi or Seogi (sounds like Say-oh-gee)

Taekwondo Kicks – English to Korean

Axe Kick – Naeryeo-Chagi

Back Kick – Dwi-Chagi

Crescent Kick – Bandal-Chagi

Front Kick – Ap-Chagi

Hook Kick – Huryeo-Chagi

Push Kick – Meereo-Chagi

Roundhouse Kick – Dollyo-Chagi

Scissor Kick – Kawi-Chagi

Side Kick – Yeop-Chagi

Spinning Hook Kick – Dwi-Huryeo-Chagi

Tornado Kick – Dolgae-Chagi