

## Basic Korean Terminology

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### COMMANDS

CHARYOT .....	ATTENTION
GYONGRE .....	BOW
JUNBI .....	READY
SHIJAK .....	START
GUMAN .....	FINISH
SHYO .....	REST
DORA .....	TURN
BARO .....	RETURN TO STARTING POSITION
PUMSEI .....	FORMWORK/PATTERNS
GYORUGI .....	SPARRING

### COUNTING

(Pure Korean Numerals)

HANA, DUL, .....	1, 2,
SET, NET, .....	3, 4,
DASOT, YEOSOT, .....	5, 6,
ILGOP, YODOL, .....	7, 8,
AHOP, YEOL.....	9, 10.

(Chinese-Korean Numbers)

IL, I, .....	1,2,
SAM, SA, .....	3, 4,
O, YUK, .....	5, 6,
CHIL, PAL, .....	7, 8,
GU, SHIP .....	9, 10
eg: TAEGUK IL JANG .....	TAEGUK NUMBER ONE
PAL GUP .....	8TH GRADE (COLOURED BELT)
O DAN .....	5TH DEGREE (BLACK BELT)

### STANCES

MOA SOGI .....	ATTENTION STANCE
NARANHI SOGI .....	PARALLEL STANCE
JUNBI SOGI .....	READY STANCE
JUCHUM SOGI.....	HORSEBACK STANCE
AP GUBI .....	FRONT STANCE
DIT GUBI .....	BACK STANCE
AP SOGI .....	SHORT FRONT STANCE
BOM SOGI .....	CAT STANCE
HAKDARI SOGI.....	CRANE STANCE

### HAND STRIKES

BARO JIRUGI.....	REGULAR PUNCH
BANDAE JURUGI.....	IRREGULAR PUNCH
MOMTONG JIRUGI .....	BODY PUNCH
OLGUL JIRUGI .....	FACE PUNCH

JAECHYO JIRUGI.....	INVERTED PUNCH
ARAE JIRUGI.....	LOW PUNCH
NAERYO JIRUGI.....	DOWNWARD PUNCH
YOP JIRUGI.....	SIDE PUNCH
DU BON JIRUGI.....	DOUBLE PUNCH
SONNAL CHIGI .....	KNIFE HAND STRIKE
SONNAL MOK CHIGI.....	KNIFE HAND TO THE NECK
SONNAL BAGKAT CHIGI.....	OUTWARD KNIFE HAND STRIKE
SONNAL AN CHIGI .....	INWARD KNIFE HAND STRIKE
SONNAL DUNG CHIGI.....	REVERSE KNIFE HAND
BAKGAT CHIGI.....	OUTSIDE STRIKE
YOP CHIGI .....	SIDE STRIKE
PYOJOK CHIGI.....	TARGET STRIKE
DANGYO TOK CHIGI.....	PULLING CHIN STRIKE
DU JUMOK JAECHYO JIRUGI.....	2 HAND INVERTED WAIST PUNCH
DUNG JUMOK CHIGI .....	REVERSE FIST STRIKE
ME JUMOK CHIGI.....	HAMMER FIST STRIKE
BATANGSON CHIGI.....	PALM STRIKE
BATANGSON TOK CHIGI.....	PALM STRIKE TO THE CHIN
PALGUP CHIGI.....	ELBOW STRIKE
PALGUP MOMTONG CHIGI.....	ELBOW TO THE BODY
PALGUP TOK CHIGI.....	ELBOW TO THE CHIN
PALGUP PYOJOK CHIGI .....	ELBOW TARGET STRIKE
MARUP CHIGI .....	KNEE STRIKE
JEBI PUM MOK CHIGI .....	SWALLOW KNIFEHAND NECK
JEBI PUM BATANGSON TOK CHIGI.....	SWALLOW PALMSTRIKE TO CHIN
PYON SONGUT DJIRUGI .....	SPEAR HAND
PYON SONGUT SEWO DJIRUGI .....	MIDDLE SPEAR HAND
PYON SONGUT OPO DJIRUGI.....	HIGH SPEAR HAND

### BLOCKS

ARAE MAKGI .....	LOW BLOCK
MOM TONG MAKGI.....	BODY BLOCK
BAKGAT MAKGI .....	OUTSIDE BLOCK
AN PALMOK BAKGAT MAKGI.....	MINOR OUTSIDE BLOCK
OLGUL MAKGI .....	FACE BLOCK
SONNAL MAKGI .....	KNIFE HAND BLOCK
SONNAL MOM TONG MAKGI.....	KNIFE HAND BODY BLOCK
SONNAL ARAE MAKGI.....	KNIFE HAND LOWER BLOCK
SONNAL OLGUL MAKGI.....	KNIFE HAND UPPER BLOCK
HAN SONNAL MAKGI .....	SINGLE KNIFE HAND BLOCK
GAWI MAKGI.....	SCISSOR BLOCK
YOP MAKGI.....	SIDE BLOCK
AN MAKGI .....	INWARD BLOCK
NULLO MAKGI .....	PUSHING DOWN BLOCK
HECHYO MAKGI .....	CLEAVNG BLOCK
OTGORO MAKGI .....	CROSSED WRIST BLOCK
BATANGSON MAKGI .....	HEEL OF THE HAND BLOCK
BATANGSON MOMTOM MAKGI .....	HEEL OF THE HAND BODY BL.

GODUREO MAKGI .....	TWO HANDED BLOCK
GAWI MAKGI .....	SCISSORS BLOCK

### KICKS

AP CHAGI .....	FRONT KICK
YOP CHAGI .....	SIDE KICK
DOLLYO CHAGI .....	ROUNDHOUSE KICK
MOM DOLLYO CHAGI .....	TURNING KICK
MOM DOLLYO YOP CHAGI .....	TURNING SIDE KICK
DIT CHAGI .....	BACK KICK
DDIO MOM DOLYO CHAGI.....	JUMP TURNING ROUND HOUSE
DU BAL DANG SONG CHAGI.....	JUMPING DOUBLE KICK

### TERMS USED IN TOURNAMENTS

CHARYOT .....	ATTENTION
GYONGRE .....	BOW
JUNBI .....	READY
SHIJAK .....	START
GUMAN .....	FINISH
KALYEO .....	BREAK
KYESOK .....	CONTINUE
SHIGAN .....	TIME
GYONG-GO HANA .....	WARNING ONE
GAM JOM HANA .....	MINUS ONE
HONG .....	RED
CHONG .....	BLUE
SEUNG .....	WINNER

(eg CHONG SEUNG – “BLUE WINS”)

### MISCELLANEOUS TERMS

GWANGJAMNIM .....	HEAD INSTRUCTOR
SABOMNIM.....	INSTRUCTOR
DOJANG.....	TRAINING HALL
DOBOK .....	UNIFORM
KUKKIWON .....	TAEKWONDO HEADQUARTERS IN KOREA
KIHAP .....	YELL (VOCAL EXPRESSION OF CONCENTRATED EFFORT)
GIBON .....	BASIC
PUMSEI.....	FORMWORK
GYORUGI .....	SPARRING
HANBON GYORUGI .....	ONE STEP SPARRING
DUBON GYORUGI .....	TWO STEP SPARRING
SEBON GYORUGI .....	THREE STEP SPARRING
GYOKPA .....	BREAKING
HOSHINSUL .....	SELF-DEFENCE
PYOJOK .....	TARGET
GAWI .....	SCISSOR

# **Taekwondo Theory**

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## **THEORY OF PUMSEI**

Pumsei, or formwork, is a method of sol training where the individual practices and perfects various movements in systematic patterns, using techniques against imaginary opponents. In this way the taekwondo practitioner is able to apply their technical knowledge and develop speed and power, balance, grace and rhythm in the execution of these techniques in various combinations.

Because pumsei is practiced without a partner, the individual is able to be totally immersed, concentrating solely on their own performance, without the distraction of having to adjust for a partner. Thus, they develop not only the physical skills, but depth of concentration, dedication, and a strong, positive mental attitude, enabling them to call on the utmost of themselves physically, whilst also cultivating mental discipline and the single mindedness and strength of purpose which are a part of the martial arts spirit, and are further developed in other aspects of taekwondo training.

## **TAEGUK**

This set of forms is named after the ancient symbol of the universe which also represents and oriental philosophy of the inter-relationship between various natural phenomena. Literally, 'Taeguk' means 'The Great Absolute' and embodies the dual principal of 'Um' and 'Yang', known more commonly in English by the Chinese terms of 'Yin' and 'Yang'.

'Taeguk' is depicted by a circle divided evenly into two identical sequin-shaped halves, the upper one red (Yang), and the lower one blue (Um). These are interlocked in perfect balance, representing the central concept of the Taeguk philosophy, that within the sphere of the universe, the sphere of infinity, there is constant movement whilst maintaining balance and harmony of opposites. Yang represents all the active forces of nature, and Um all the positive ones. Together they express the dualism of the universe: male and female, positive and negative, light and dark, sun and moon, strength and weakness, construction and destruction, heat and cold, etc.

The chief characteristics of Pumsei Taeguk are the co-ordination of breathing and action, and the property adjustment of balance in the rapid execution of each movement.

## **GORYO**

Goryo is the name of an early dynasty on the Korean peninsula (918-1392AD). The English word "Korea" is derived from the name of this dynasty, which was famed for its cultural achievements especially the Goryo ceramics. The people of this period were renowned for the valiant spirit with which they overcame Mongolian aggression. The movements of this pattern show strength and power.