

Taegeuk Il Jang

Stances	서기, 굽이	sogi, kubi
naranhi sogi	나란히 서기	parallel stance
oen /orun ap sogi	왼 /오른앞서기	left/right front stance, walking stance
oen /orun ap kubi	왼 /오른앞굽이	left/right forward stance – The feet are wider apart than for the front stance.
chunbi sogi	준비서기	ready stance
charyot sogi	차렷서기	attention stance
Punches, Strikes, Thrusts	치기, 찌르기 지르기	chigi, chirugi
momtong pandae chirugi	몸통 반대 찌르기 지르기	Trunk reverse punch – The sides of the forward leg and the punching arm are the same.
momtong paro chirugi	몸통 바로 찌르기 지르기	Trunk straight punch – The side of the forward leg is opposite that of the punching arm.
Blocks	막기	makki
arae makki	아래 막기	low block
palmok momtong arae makki	팔목몸통아래 막기	forearm middle low block
an makki	안 막기	inside block (from inside to outside)
pakkat palmok momtong anmakki	바깥 팔목몸통 안 막기	outside forearm inside block
eul gool makki	얼굴막기	high block
palmok eulgool makki	팔목얼굴막기	forearm high block
Kick	차기	chagi
ap chagi	앞차기	front kick

Taegeul Ee Jang - No new techniques

Useful words		
dobok, dubok, tubok	도복	uniform
dojang, to jang	도장	martial arts school
kam sa ham ni da	감사합니다	thank you

keeyup, kiyap, ki hap	기합	loud shout
kyong nye	경례	bow
kup	급	color belt
parot	바로	return
poom, pom	범	black belt ranking
poomse, pumse, poom sae	폼세	form, pattern
sa bum nim, sabom nim	사범님	instructor, sir
ye, ne	네	yes
anio	아니요	no

Taegeuk Sam Jang – New Techniques

Punches, Strikes, Thrusts	치기, 찌르켜 지르기	chigi, chirugi
momtong tubon chirugi	몸통 두번 찌르켜 지르기	middle double punch
sonnal mok chigi	손날 목 치기	knife neck chop
Block	막기	Makki
hansonnal momtong pakkat makki	한손날몸통바깥 막기	single knife hand middle outside block (from outside to inside)
Stance	서기, 굽이	sogi, kubi
twit kubi	뒷 굽이	back stance, backward stance

Taegeuk Sah Jang – New Techniques

Punches, Strikes, Thrusts	치기, 찌르켜 지르기	chigi, chirugi
sonkkut sewo tchirugi	손끝세워 찌르켜지르기	knifehand vertical strike

chebi pum mok chigi	제비뿔 목치기	swallow shape neck strike
dung chumok eulgool ap chigi	등주먹 얼굴 앞치기	back fist high strike
Block	막기	Makki
sonnal momtong makki	손날 몸통 막기	double knife-hand middle block
momtong pakkat makki	몸통바깥 막기	outside block (from outside to inside)
momtong makki	몸통 막기	body block
Kick	차기	Chagi
yop chagi	옆차기	side kick

Taeguek Oh Jang

Punches, Strikes, Thrusts	치기, 찌르자 거르기	chigi, chirugi
me chumok naeryo chigi	메주먹 내려 치기	hammer fist downwards strike
dung chumok ap chigi, deung jumok ap chigi	등주먹 앞치기	back fist strike
pal gup momtong chigi	팔꿈몸통치기	elbow middle strike
palgup momtong pyojok chigi	팔꿈몸통표적치기	elbow middle target strike
Block	막기	Makki
hansonnal momtong yop makki	한손날몸통옆 막기	single knife hand side block
Stance	서기, 굽이	sogi, kubi
kkoa sogi	좌서기	Cross stance

Taeguk Yuk Jang

Blocks	막기	Makki
momtong pakkat makki	몸통 바깥막기	middle outside block

hansonnal eulgool pakkat makki	한손날얼굴바깥 막기	single knife hand high outside block
arae hech yo makki	아래헤쳐막기	low scattered block, low wedge block
patang son momtong makki	바탕손몸통 막기	palm hand middle block
Kick	차기	Chagi
dollyo chagi	돌려차기	roundhouse kick

Taegeuk Chil Jang

Punches, Strikes, Thrusts	치기, 찌르거나 저르기	chigi, chirugi
dung chumok ap chigi	등주먹 앞치기	back fist strike
pojumok	보주먹	covering fist
tu chumok momtong (c)hech yo chirugi	뒷주먹몸통 제쳐 찌르거나 저르기	back fist spreading strike
murup chigi	무릎 치기	knee strike
dung chumok eulgool pakkat chigi	등주먹얼굴바깥 치기	back fist high outside strike
pal gup pyojok chigi	팔꿈표적 치기	elbow target strike
yop chirugi	옆찌르기	side thrust
Blocks	막기	Makki
patang son momtong an makki	바탕손몸통안막기	palm hand inside block
momtong (c)hech yo makki	몸통제쳐막기	middle spreading or scattered block
pakkat palmok momtong (c)hech yo makki	바깥 팔목몸통제쳐막기	outside forearm middle spreading or scattered block
ot goro arae makki	엇걸어 아래 막기	low X-block
koduro patang son an makki	고두로바탕손안막기	palm hand inside block (from inside to outside)

tubon kawi makki (4 techniques)	두번 가위 막기	double scissors block 1. right low block to left body block 2. left low block to right body block
han sonnal momtong yop makki	한손날몸통옆 막기	single knife hand sideways block

Taegeuk Pal Jang

Blocks	막기	makki
momtong koduro makki	몸통고두로 막기	middle koduro block/body block
oesantul makki	외산들 막기	part mountain shape block
koduro arae makki	고두로아래 막기	koduro low block
Punches, Strikes, Thrusts	치기, 찌르켜 저르기	chigi, chirugi
chumok tang gyo tok chigi	주먹 탕교톡 치기	fisted jaw strike
palgup eulgool dollyo chigi	팔꿈얼굴돌려 치기	high elbow twisting strike
Kick	차기	Chagi
tubal dang song ap chagi	두발 당성앞차기	double front jump kick