**Taekwondo Basic Commands**

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| --- | --- | --- |
| **Cha Ryut** – Attention   * Hands closed at the side * Feet together * Back straight | **Kyung Nae** – Bow   * Bend and keep back straight * Chest down and arms together * Look down | **Joon Bi** – Ready   * Move hands to chest with palms up * Move hands down with hands closed, palms facing body |
| **Ju Chum Seogi** – Riding Stance   * Bend legs and 2 steps apart * Position feet pointing forward * Push knees outwards to the side | **Bah Ro** – Return to Starting Position   * Same as Joon Bi | **Bal Cha Ki Joon Bi** – Ready to Kick   * Move right leg back * Front hand up to shoulder level * Back hand to chest level * Chest facing slightly sideways |
| **Bal Bah Ggwoh** – Change Feet   * Jump switch * Switch hand positions as well |  |  |

Arc Hand – Ageumson

Arm – Pal

Attention – Charyut (sounds like Chari-yut)

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

Basic – Kibon

Begin – Sijak

Belt – Ti

Block – Makgi (sounds like Mah-key)

Bow – Kyungnet

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

Continue – Kaesok

Dodge or Evade – Pihagi

Elbow – Palgup

Fist – Joomock

Foot – Baal

Foot (Ball of Foot) – Apchuk

Foot Blade – Balnal

Foot Instep – Baldeung

Forms – Poomse or Poomsae (sounds like Poom-say)

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

Grab – Japgi

Hand – Son

Head – Mori

Hello – Anyeong Haseyo (sounds like An-young Ha-say-yo)

Instructor (Master) – Sabomnim (sounds like Sah-bum-nim)

Jump – Ttwigi

Kick – Chagi (sounds like Cha-gee)

* Knee – Mureup
* Leg – Dari
* Neck – Mok (or Mog)
* Punch – Jireugi
* Push – Milgi
* Ready – Joon Bi
* Referee – Joo Sim
* Return (i.e. turn & face instructor at the end of a form) – Baro (sounds like Baa-row)
* School (Taekwondo) – Dojang
* Self-Defense – Hosinsool
* Shin – Jeonggangi
* Side or Sideways – Yeop (i.e. Yeop Chagi = Side Kick)
* Sparring – Kyorugi
* Stance – Sogi or Seogi (sounds like Say-oh-gee)
* Stop – Kalyeo
* Strike – Chigi (sounds like Chee-gee)
* Student – Hak Saeng or Jeja (depending on the Taekwondo system)
* Student (Senior) – Sonbaenim
* Thank you – Kamsa Hamnae Da (sounds like Kamsa-ham-ni-da)
* Thrust – Jjireugi
* Uniform – Dobok
* Warning (Sparring) – Kyunggo
* Yell – Kihap (sounds like Kee-yah-p) – word to use when you are kicking or punching for power

**Taekwondo Kicks – English to Korean**

* [Axe KickLinks to an external site.](https://www.blackbeltwiki.com/axe-kick) – Naeryeo-Chagi
* [Back KickLinks to an external site.](https://www.blackbeltwiki.com/back-kick) – Dwi-Chagi
* [Crescent KickLinks to an external site.](https://www.blackbeltwiki.com/crescent-kick) – Bandal-Chagi
* [Front KickLinks to an external site.](https://www.blackbeltwiki.com/front-kick) – Ap-Chagi
* [Hook KickLinks to an external site.](https://www.blackbeltwiki.com/hook-kick) – Huryeo-Chagi
* [Push KickLinks to an external site.](https://www.blackbeltwiki.com/push-kick) – Meereo-Chagi
* [Roundhouse KickLinks to an external site.](https://www.blackbeltwiki.com/roundhouse-kick) – Dollyo-Chagi
* [Scissor KickLinks to an external site.](https://www.blackbeltwiki.com/scissor-kick) – Kawi-Chagi
* [Side KickLinks to an external site.](https://www.blackbeltwiki.com/side-kick) – Yeop-Chagi
* [Spinning Hook KickLinks to an external site.](https://www.blackbeltwiki.com/spinning-hook-kick) – Dwi-Huryeo-Chagi
* [Tornado KickLinks to an external site.](https://blackbeltwiki.com/tornado-kick) – Dolgae-Chagi
* For the Korean names of other kicks, please visit Black Belt Wiki’s [Taekwondo Kicks](https://www.blackbeltwiki.com/taekwondo-kicks)

**Taekwondo Names for Body Parts – English to Korean**

* Abdomen (Belly) – Bae
* Ankle – Balmok
* Arm – Pal
* Back – Teung or Deung
* Bone – Ppyeo
* Chest – Kaseum
* Chin/Jaw – Tuk or Teok
* Ear – Gwi
* Elbow – Palgup or Palkkumchi
* Eye – Noon or Nun
* Face – Eolgul
* Finger – Songarak
* Fist – Joomock
* Foot – Bal
* Foot (Ball of Foot) – Apchuk
* Foot Blade – Balnal
* Foot Instep – Baldeung
* Groin – Nang Sim
* Hair – Morikarak
* Hand – Son
* Head – Mori or Meori
* Heart – Simjang
* Kidney – Kongpat
* Knee – Mureup
* Leg – Dari or Tari
* Mouth – Ip
* Neck – Mok or Mog
* Nose – Ko
* Shin – Jeonggangi
* Stomach – Bae
* Thigh – Heobeokji
* Throat – Mokgumeong
* Thumb – Eomji
* Wrist – Son Mok

**Taekwondo Numbers – English to Korean**

* One – Hana (“Ha-na”)
* Two – Dul (“Dhool”)
* Three – Set (“Set”)
* Four – Net (“Net”)
* Five – Dasot (“Da-sut”)
* Six – Yasot (“Yo-sut”)
* Seven – Ilgup (“Eel-gope”)
* Eight – Yodol (“Yo-dull”)
* Nine – Ahop (“Ah-hope”)
* Ten – Yeol (“Yull”)
* 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.
* Eleven – Yeol Hana (“Yull Ha-na”)
* Twelve – Yeol Dul (“Yull Dhool”)
* Thirteen – Yeol Set (“Yull Set”)
* Fourteen – Yeol Net (“Yull Net”)
* Fifteen – Yeol Dasot (“Yull Da-sut”)
* Sixteen – Yeol Yasot (“Yull Yo-Sut”)
* Seventeen – Yeol Ilgup (“Yull Eel-gope”)
* Eighteen – Yeol Yodol (“Yull Yo-dull”)
* Nineteen – Yeol Ahop (“Yull Ah-hope”)
* Twenty – Seu-Mool (“Sew-mool”)