

## Tae Kwon-Do Dictionary

English	Korean
Angle Punch	Giokja Jirugi
Arc-Hand	Bandal Son
Assistant Instructor	Boo Sabum
At Ease	Swiyo
Attention	Charyot
Attention Stance	Charyot Sogi
Back Heel	Dwitchhook
Back Piercing Kick	Dwit Cha Jirugi
Back Sole	Dwitkumchi
Backfist	Dung Joomuk
Ball of the Foot	Apkumchi
Belt	Ti
Bending Ready Stance	Guburyo Junbi Sogi
Block	Makgi
Bow	Kyong Ye
Breath Control	Hohup Jojul
Checking Block	Momchau Makgi
Checking Kick	Cha Momchugi
Circular Block	Dollymyo Makgi
Close Stance	Moa Sogi
Courtesy	Yu Ui
Crescent	Bandal
Cross-Cut	Ghutgi
Dismiss	Hae San
Dodging	Pihagi Doo
Double Forearm	Doo Palmok
Downward	Naeryo
Eight	Yodul
Elbow	Palkup
Fingertip	Sonkut
Five	Dasot
Fixed Stance	Gojung Sogi
Flat Fingertip	Opun Sonkut
Flying	Twimyo
Foot Shifting	Iajun Bal
Footsword	Balkal
Forearm	Palmok
Forefist	Ap Joomuk
Forwards	Nagagi
Four	Net
Four Direction Block	Saju Makgi

English	Korean
Four Direction Punch	Saju Jirugi
Free Sparring	Jayu Matsogi
Front	Ap
Front Downward Strike	Ap Naeryo Taerigi
Front Elbow	Ap Palkup
Front Elbow Strike	Ap Palkup Taerigi
Fundamental Exercise	Gibon Yonsup
Grand Master	Sahyun
Guarding Block	Daebi Makgi
High	Nopunde
High Elbow	Nopun Palkup
High Section	Nopun Bubun
Hooking Block	Golcho Makgi
Hooking Kick	Golcho Chagi
Indomitable Spirit	Baekjul Boolgool
Inner Forearm	An Palmok
Inside Block	An Makgi
Instep	Baldung
Instructor	Sabum
Integrity	Yom Chi
Inward	Anuro
Jumping	Twiggi
Kick	Chagi
Knee	Moorup
Knifehand	Sonkal
L-stance	Niunja Sogi
Left	Wen
Low	Najunde
Low Section	Najun Bubun
Low Stance	Nachuo Sogi
Master	Sahyun
Mid-Air Kick	Twio Dolmyo Chagi
Mid-Air Strike	Twio Dolmyo Taerigi
Middle	Kaunde
Middle Section	Kaunde Bubun
Nine	Ahop
Obverse	Baro
One	Hana
One Step Sparring	Ilbo Matsogi
Outer Forearm	Bakat Palmok
Outside Block	Bakat Makgi
Outward	Bakuro
Palm	Sonbadak

English	Korean
Parallel Stance	Narani Sogi
Pattern	Tul
Perseverance	In Nae
Pick Shape kick	Gokaeng-i Chagi
Practice Suit	Do Bok
Pressing Block	Noollo Makgi
Pressing kick	Noollo Chagi
Punch	Jirugi
Pushing Block	Miro Makgi
Ready	Junbi
Ready Stance	Junbi Sogi
Rear Foot Stance	Dwit Bal Sogi
Relax	Swiyo
Return to Ready Stance	Pharo
Reverse	Bandae
Reverse Footsword	Balkal Dung
Reverse Hooking Kick	Bandae Goro Chagi
Reverse Knifehand	Sonkal Dung
Reverse Turning Kick	Bandae Dollyo Chagi
Right	Orun
Rising Block	Chookyo Makgi
Rising Kick	Cha Olligi
Scooping Block	Duro Makgi
Self Control	Guk Gi
Self Defence Techniques	Hosin Sul
Semi Free Sparring	Ban Jayu Matsogi
Seven	Ilgope
Side	Yop
Side Back	Yopdwi
Side Downward Strike	Yop Naeryo Taerigi
Side Fist	Yop Joomuk
Side Front	Yobap
Side Instep	Yop Baldung
Side Piercing Kick	Yop Cha Jirugi
Side Pushing Kick	Yop Cha Milgi
Side Sole	Yop Bal Badak
Side Thrusting Kick	Yop Cha Tulgi
Sine Wave	Hwaldung Pahdo
Single	Wae
Sitting Stance	Annun Sogi
Six	Yosot
Sliding	Mikulgi
Sparring	Matsogi

English	Korean
Special Technique	Tukgi
Spot Turning	Gujari Dolgi
Stamping Kick	Cha Bapgi
Stance	Sogi
Start	Sijak
Step Turning	Omgyo Didimyo Dolgi
Stepping	Omgyo Didigi
Stop	Guman
Straight Elbow	Sun Palkup
Straight Fingertip	Sun Sunkut
Strike	Taerigi
Ten	Yol
Tenents of Tae kwon-Do	Tae kwon Do Jungshin
Three	Set
Three Step Sparring	Sambo Matsogi
Thrust	Tulgi
To the Left	Jaro
To the Right	Uro
Toes	Balkut
Turn Around	Dwiro Dora
Turning	Dolgi
Turning Kick	Dolgyo Chagi
Twin	Sang
Twin Forearm Block	Sang Palmok Makgi
Twisting Kick	Bituro Chagi
Two	Dool
Two Step Sparring	Ibo Matsogi
U-Shape Block	Digutja Makgi
Upper Elbow	Wi Palkup
Upset Fingertip	Dwijibun Sonkut
Upset Punch	Dwijibun Jirugi
Upward	Ollyo
Vertical Kick	Sewo Chagi
Vertical Punch	Sewo Jirugi
Vertical Stance	Soojik Sogi
Vital Spots	Kupso
W-Shape Block	San Makgi
Waist Block	Hori Makgi
Walking Stance	Gunnun Sogi
Wedging Block	Hechyo Makgi
X-Fist	Kyocha Joomuk
X-Knifehand	Kyocha Sonkal
X-Stance	Kyocha Sogi

