

Counting:

- 1 : Hanah
- 2 : Dool
- 3 : Set
- 4 : Net
- 5 : Dasot
- 6 : Yasot
- 7 : ilgop
- 8 : Yadol
- 9 : Ahop
- 10 : Yool

Blocks: 'Mahki'

- Bahkat Palmahk Mahki : Outer forearm block
- Ahn Palmahk Mahki : Inner forearm block
- Sahng Palmahk Mahki : Twin forearm block
- Ahnuro Mahki : Inward block
- Bahkuro Mahki / Montoh Mahki : Outward block
- Ahrae Mahki : Low block
- Cho Kyo (*Ohgio) Mahki : Rising (*High) block

Kicks: 'Chagi'

- Ahp Chagi : Front Kick
- Yup Chagi : Side Kick
- Dolrya Chagi : High Turning (Roundhouse) Kick
- Dwi Chagi : Back Kick
- Bahndall Chagi : Crescent kick
- Nehryuh Jeek Gi : Chop (axe) kick
- Dolmyo Chagi : Spin kick
- Mila Chagi : Push kick

Styles:

- Taegeuk : Form or Formation
- Kyorugi : Sparring
- Poomsae : Pattern

Punch: 'Chirugi'

Bahro Chirugi	:	Straight (return) punch
Bahndae Chirugi	:	Reverse punch
Gullgi Chirugi	:	Hook punch
Yung Seuk Chirugi	:	Combination (consecutive) punch
Doo Bun Chirugi	:	Double punch

Stances: 'Sohgi' / 'Khubi'

Nerahni Sohgi	:	Standing (relaxed at ease) stance
Moa Sohgi	:	Attention stance
Ahp Soghi	:	Walking stance
Ahp Khubi	:	Long stance
Dwi Khubi	:	Back stance
Mot Sohgi	:	Fighting stance
Choon Bi	:	Ready stance
Juchoom Sohgi	:	Horse riding stance
Beom Sohgi	:	Cat stance
Hakdari Soghi	:	Crane stance

Additional Stances:

(Dwi) Kkoa Soghi	:	Back - Cross stance
Wen Soghi	:	Side stance (left)
Oreun Soghi	:	Side stance (right)

General Commands / Phrases:

Cha ryuht	:	Attention
Kyung nae	:	Bow
Seijak	:	Begin / Start
Bah ro	:	Relax / Sit / Return
Dorah	:	Turn
Jonglee	:	Line up (Qualification order)
Choon bi	:	Ready / Prepare
Kalyeo	:	Stop / Break away
Gohman	:	Pause (stop in preparation stance)
Koo ryung op see:		In your own time
Kamsahamnida	:	Thank you

Instructors:

Kyosan - Nim	-	Instructor (1 st Dan to 2 nd dan)
Sabom - Nim	-	Instructor (3 rd Dan and above)
Kwanjang - Nim	-	Master Instructor (5 th Dan above)
Sao Sung	-	Grand Master (8 th Dan above)
Chong Shee	-	Head of Taekwondo - Chief Master

For Sparring (Kyorugi) Purpose:

Kyung-go	-	Warning
Gam-jung	-	Penalty
Hong	-	Red
Chong	-	Blue