



# WHITE TIGER KOREAN MARTIAL ARTS

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## TAEKWONDO KOREAN TERMINOLOGY

### Terms

*Poomsae* – Form work (patterns)

*Kyeorugi* – Sparring

*Gup* – Coloured belt grade

*Dan* – Black belt grade

*GIHAP* - To yell with concentrated effort

### Stances

*Jun-bi seogi* – Ready stance

*Pyoni seogi* – Natural stance

*Jeochum seogi* – Horse stance

*Ap gubi* – Front stance

*Dit Gubi* – Back stance

*Bom seogi* – Cat stance

### Kicks

*Ap chagi* – Front kick

*Yop chagi* – Side kick

*Dolyo chagi* – Roundhouse kick

*Mom dolyo chagi* – Reverse turning kick

*Dit chagi* – Back kick

*A chagi* – Axe kick

*Miro chagi* – Pushing kick

### Commands

*Cha- lyot* – Attention

*Gyong-neh* – Bow

*Jun-bi* – Ready *Shi-jak* – Start

*Guman* – Finish

*Shyeo* – Rest

### Techniques

*jirugi* – punch

*Sonnal chigi* – Knife hand strike

*Arae makgi* – Lower block

*Mon tong makgi* – Body block

*Bakgat makgi* – Outside block

*Olgul makgi* – Face block

*Sonnal makgi* – Knife hand block