# White Belt Vocabulary

<table>
<thead>
<tr>
<th>English</th>
<th>Korean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attention</td>
<td>Cha-Ryot</td>
</tr>
<tr>
<td>Bow</td>
<td>Kyong Ye</td>
</tr>
<tr>
<td>Bow to the Master</td>
<td>Sabum-Nim Kae Kyong Ye</td>
</tr>
<tr>
<td>Bow to the Instructor</td>
<td>Suhn-Bae Nim Kae Kyong Ye</td>
</tr>
<tr>
<td>Salute to the Flags</td>
<td>Kukiae Dae Hiyo Kyung Ye</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>1</th>
<th>Hana</th>
<th>6</th>
<th>Yuhsot</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Dul</td>
<td>7</td>
<td>Ilgop</td>
</tr>
<tr>
<td>3</td>
<td>Set</td>
<td>8</td>
<td>Yodol</td>
</tr>
<tr>
<td>4</td>
<td>Net</td>
<td>9</td>
<td>AHope</td>
</tr>
<tr>
<td>5</td>
<td>Dasot</td>
<td>10</td>
<td>Yul</td>
</tr>
</tbody>
</table>

- Front Snap Kick: Ap Chagi
- Roundhouse Kick: Dol Yeo Chagi
- Side Kick: Yop Chagi
- Front Snap Kick: Ap Chagi
- Roundhouse Kick: Dol Yeo Chagi
- Side Kick: Yop Chagi

- Focus: Jip Joong
- Thank You: Kam Saham Needa
- You’re Welcome: Chun Mahn Aeyo

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# Yellow Belt Vocabulary

<table>
<thead>
<tr>
<th>English</th>
<th>Korean</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ready</td>
<td>Joonbi</td>
</tr>
<tr>
<td>Start</td>
<td>Sheejock</td>
</tr>
<tr>
<td>Return</td>
<td>Baro</td>
</tr>
<tr>
<td>At Ease</td>
<td>Sheo</td>
</tr>
<tr>
<td>Finish</td>
<td>Kumahn</td>
</tr>
<tr>
<td>Form</td>
<td>Poomsae</td>
</tr>
<tr>
<td>Sparring</td>
<td>Gyoroogi</td>
</tr>
<tr>
<td>Forward Stance</td>
<td>Ap Goobi</td>
</tr>
<tr>
<td>Walking Stance</td>
<td>Ap Seogi</td>
</tr>
<tr>
<td>Horse Riding Stance</td>
<td>Choo Choom Seogi</td>
</tr>
</tbody>
</table>

- Self Control: Guk Ki
- Hello: Anyong Ha Shim Neeka

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**High Yellow Vocabulary**

- Turn Around: *Dweero Dora*
- One Step Sparring: *Ilsushik*
- Board Breaking: *Kyukpa*
- Down Block: *Arrae Maki*
- Body Block: *Momtong Maki*
- Face Block: *Olgool Maki*

**Courtesy**
- Yeh Wee

**Excuse Me**
- Shil Ray Ham Needa

**Green Belt Vocabulary**

- Switch Feet: *Bal Kyo Dae*
- Warmup Exercise: *Joonbi Woon Dong*
- Confidence: *Cha Shin Kahm*
- Back Kick: *Dwee Chagi*
- Knife Hand Block: *Sonnal Maki*
- Knife Hand Strike: *Sonnal Chigi*

**Goodbye***
*Spoken to someone who is leaving; most likely teacher to student, since the student is leaving the school.

**Goodbye****
**Spoken to someone who is staying; most likely student to teacher, since the teacher is staying at the school.

**Yul Jung**

**High Green Vocabulary**

- Back Stance: *Dwee Goobi*
- Separate: *Kalyo*
- Continue: *Kyesok*
- Punch: *Jjireugi*
- Face Punch: *Olgool Jjireugi*
- Middle Punch: *Momtong Jjireugi*

**Enthusiasm**
- Yul Jung

**Energy Yell**
- Kihap
Blue Belt Vocabulary

- Sparring Warning: Kyung Go
- Sparring Penalty -1: Kahm Jum
- Blue: Chung
- Red: Hong

High Blue Vocabulary

- Self Defense: Ho Shin Sool
- Falling Techniques: Nak Bup
- Elbow Strike: Palkup Chigi
- I’m Sorry: Me Ahn Hamnida
- Good to See You: Bangap Seumnida
- Perseverance: In Nae

Advanced Blue Vocabulary

- Foot/Kick/Step: Tae
- Hand/Fist: Kwon
- Way/Art: Do
- Demonstration: She Bum
- Testing: Shim Sa
- Cooperation: Hyup Dong

Red Belt Vocabulary

- Tiger Stance: Beom-seogi
- Scissor Block: Kawhee Maki
- Covered Fist: Bo Joomuk
- Double Knife Down Block: Yang Sonnal Arae Maki
- Integrity: Yom Chi
High Red Vocabulary

One Hundred  Baek
To Break  Jul
Unbending - Unyielding  Bool-Gool

The Five Tenets of Taekwondo

  Courtesy  Yeh Wee
  Integrity  Yom Chi
  Perseverance  In Nae
  Self Control  Guk Ki
  Indomitable Spirit  Baek Jul Bool-Gool

“A hundred times broken, still your spirit does not bend.”
- Korean Adage