



# Basic Terminology



**Dojang** - Place of training

**Dee** - Belt

**Dobok** - Uniform

**Gwanjangnim** - Head instructor

**Sabomnim** - Instructor

**Charyot** - Attention

**Kunnee** - Bow

**Choombi** - Ready

**Shijak** - Start

**Gumon** - Finish

**Sho** - Rest

**Gihap** - Concentrated effort (shout)

**Jirugi** - Punch

**Chigi** - Strike

**Kal jaebi** - Swallow strike

**Batangson Chigi** - Heel of palm strike

**Palgub Chigi** - Elbow strike

**Murop Chigi** - Knee strike

## Counting

**1 - Hana    2 - Dul    3 - Set    4 - Net    5 - Dasot**  
**6 - Yosot    7 - Ilgolp    8 - Yodolp    9 - Arhop    10 - Yol**

## Sogi (Stance)

**Charyot Sogi** - Attention (heels together & toes apart 45 degrees)

**Narrani Sogi** - At ease stance (feet parallel 1 foot length apart)

**Ap Sogi** - Short front stance / short stance or walking stance

**Ap Gubi** - Long front stance / forward stance or Front stance

**Juchum Sogi** - Horseriding stance

**Dit Gubi** - Back stance

## Makgi (Blocking)

**Arae makgi** - Low block

**Backgat makgi** - Outside block

**Ol gul Makgi** - Face block

**Han sonnal makgi** - Single knife hand block

**Momtong makgi** - Body block

**Sonnal momtong makgi** - Double Knife hand body block

**An makgi** - Inward block

## Chagi (Kicking)

**Dolyo Chagi** - Turning kick

**Yop Chagi** - Side kick

**Ap Chagi** - Front kick

**Nakgo Chagi** - Hook kick

**An Huryo Chagi** - Inside swinging kick

**Dit Chagi** - Reverse back kick

**Bakgat Huryo Chagi** - Outside swinging kick

**Mom Dolyo Chagi** - Roundhouse kick