

# KOREAN TERMINOLOGY & KNOWLEDGE

	Counting	Techniques	People / Ranks
1	Hah-nah (하나)	<b>Kick</b> Chah-ghee (차기)	<b>Instructor</b> Sah-buhm-neem (사범님)
2	Dool (둘)	<b>Block</b> Mahk-ghee (막기)	<b>High Belt</b> Suhn-baen-neem (선배님)
3	Saet (셋)	<b>Punch</b> Jee-ruh-ghee (지르기)	<b>Grandmaster</b> Gwahn-jahng-neem (관장님)
4	Naet (넷)	<b>Strike</b> Jjee-ruh-ghee (찌르기) or chee-ghee (치기)	<b>Color Belt Level</b> Geup (급)
5	Dah-suht (다섯)	<b>Stance</b> Goo-bee (굽이) or Suh-ghee (서기)	<b>Black Belt Degree</b> Dahn (단)
6	Yuh-suht (여섯)		<b>Attack Areas</b>
7	Eel-gohp (일곱)		<b>Body</b> Mohm-tohng (몸통)
8	Yuh-duhl (여덟)		<b>Face</b> Uh-gool (얼굴)
9	Ah-hohp (아홉)	<b>Activities</b>	
10	Yuhl (열)	<b>Sparring</b> Kyu-hoo-ghee (겨루기)	
20	Seu-mool (스물)	<b>Board Breaking</b> Kyu-hk-pah (격파)	<b>Taekwondo Equipment</b>
30	Suh-reun (서른)	<b>Forms</b> Poom-sae (품새)	<b>Workout Area</b> Doh-jahng (도장)
40	Ma-heun (마흔)		<b>Uniform</b> Doh-bohk (도복)
50	Swin (쉰)	<b>General Knowledge</b>	<b>Belt</b> Ddee (띠)
60	Yae-soon (예순)	<b>What martial art do we practice?</b> Taekwondo	<b>Chest Protector</b> Hogu (호구)
70	Eel-heun (일흔)	<b>What does taekwondo mean?</b> Feet, hands, mind	
80	Yuh-deun (여든)	<b>Why do we do taekwondo?</b> Strong body, strong mind, self-defense	
90	Ah-heun (아흔)		
100	Baek (백)		

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## Conversational Phrases

**Thank You**  
Gahm-sah Hahm-nee-dah  
(감사 합니다)

**Hello**  
Ahn-nyuhng Hah-sae-yoh  
(안녕 하세요)

**Goodbye (to someone leaving)**  
Ahn-nyuhng Hee Gah-sae-yoh  
(안녕히 가세요)

**Goodbye (to someone remaining)**  
Ahn-nyuhng Hee Gae-sae-yoh  
(안녕히 계세요)

## Commands

**Attention** Cha-ryuht (차렷)

**Bow** Kyuhng-lyeh (경례)

**Ready** Joon-bee (준비)

**Yell** Gi-hahp (기합)

**Begin** Shee-jahk (시작)

**Stop** Geu-mahn (그만)

**Come Back** Bah-roh (바로)

**Rest** Swee-uh (쉬어)

## Directions

**Front / Forward** Ahp (앞)

**Back** Dwi (뒤)

**Side** Yuhp (옆)

**Down** Ah-rae (아래)

**Inside** Ahn (안)

**Outside** Bah-kaht (바깥)

**Left** Wen (왼)

**Right** Oh-reun (오른)

## Poomsae Names

### White Belts

Ghee-bohn (기분)

### Color Belts

Tae-geuk (태극)

### Red Belts

Go-ryuh (고려)

**1st** Eel (일)

**2nd** Ee (이)

**3rd** Sahm (삼)

**4th** Sah (사)

**5th** Oh (오)

**6th** Yook (육)

**7th** Cheel (칠)

**8th** Pahl (팔)

**9th** Goo (구)

**10th** Sheep (십)

**Section** Jahng (장)

