

FREE REFERENCE

Korean Terminology Glossary

Every Korean term you need, grouped by the grade it is introduced. Gradings are cumulative — a term stays on the list for every grade above it.

FOR
All colour belts

HOW TO USE
Cumulative — you keep every grade below

White · 10th Kup

KOREAN	ENGLISH
Gunnun Sogi	Walking Stance
Annun Sogi	Sitting Stance
Niunja Sogi	L Stance
Narani Junbi Sogi	Parallel Ready Stance
Charyot Sogi	Attention Stance
Makgi	Block
Chookyo Makgi	Rising Block
Ap Joomuk	Forefist
Dung Joomuk	Backfist
Saju Jirugi	4 Directional Punch
Foot, Hand, Way of Life & Art	Tae Kwon Do means
General Choi Hong Hi 9th Dan	The Founder of Tae Kwon Do
Courtesy Integrity Perseverance Self Control Indomitable Spirit	Five Tenets
Dojang	Training Hall
Ti	Belt
Dobok	Uniform
Sonkal	Knife Hand
Apkumchi	Ball of the Foot
Balkal	Footsword
Dwitchook	Heel

KOREAN	ENGLISH
An Palmok	Inner Forearm
Bakat Palmok	Outer Forearm
Palmok	Forearm
Nopunde	High
Kaunde	Middle
Najunde	Low

Yellow Tag · 9th Kup · Chon-Ji

KOREAN	ENGLISH
Najunde Bakat Palmok Makgi	Low Section Outer Forearm Block
Kaunde An Palmok Makgi	Middle Section Inner Forearm Block
Doo Jirugi	Double Punch
Ap Chagi	Front Kick
Kaunde Ap Joomuk Jirugi	Middle Section Forefist Punch

Yellow · 8th Kup · Dan-Gun

KOREAN	ENGLISH
Sonkal Daebi Makgi	Knife Hand Guarding Block
Sang Bakat Palmok Makgi	Twin Outer Forearm Block
Nopunde Chookyo Makgi	High Rising Block
Nopunde Ap Joomuk Jirugi	High Section Forefist Punch
Kaunde Sonkal Taerigi	Middle Section Knife Hand Strike
Yop Chagi	Side Kick
Dollyo Chagi	Turning Kick
Dung Joomuk Taerigi	Back Fist Strike
Bandae Jirugi	Reverse Punch
Sambo Matsoki	3 Step Sparring

Green Tag · 7th Kup · Do-San

KOREAN	ENGLISH
Nopunde Bakat Palmok Makgi	High Outer Forearm Block
Kaunde Sonkal Daebi Makgi	Middle Knife Hand Guarding Block
Hechyo Makgi	Wedging Block
Kaunde Bandae Jirugi	Middle Reverse Punch
Kaunde Sun Sonkut Tulgi	Middle Straight Finger Tip Thrust
Nopunde Dung Joomuk Taerigi	High Backfist Strike
Kaunde Apha Busigi	Middle Front Snap Kick
Kaunde Baro Jirugi	Middle Obverse Punch
Jap Yasol Tae	Release Move

Green · 6th Kup · Won-Hyo

KOREAN	ENGLISH
Moa Junbi Sogi A	Closed Ready Stance A
Gojung Sogi	Fixed Stance
Gubryo Junbi Sogi	Bending Ready Stance
Soojik Sogi	Vertical Stance
Dollimyo Makgi	Circular Block
Kaunde Palmok Daebi Makgi	Middle Forearm Guarding Block
Golcho Makgi	Hooking Block
Sonbadak Miro Makgi	Palm Pushing Block
Hori Makgi	Waist Block
Nopunde Anuro Sonkal Taerigi	High Inward Knife Hand Strike
Kaunde Yop Jirugi	Middle Side Punch
Kaunde Yopcha Jirugi	Middle Side Piercing Kick
Najunde Apha Busigi	Low Front Snap Kick
Bandae Dollyo Chagi	Reverse Turning Kick
Sewo Jirugi	Vertical Punch
Ibo Matsoki	2 Step Sparring
Jayoo Matsoki	Free Sparring

Blue Tag · 5th Kup · Yul-Gok

KOREAN	ENGLISH
Kyocha Sogi	X Stance
Nopunde An Palmok Makgi	High Inner Forearm Block
Palmok Daebi Makgi	Forearm Guarding Block
Sang Sonkal Makgi	Twin Knifehand Block
Nopunde Doo Palmok Makgi	High Double Forearm Block
Kaunde Ap Joomuk Jirugi	Middle Forefist Punch
Ap Palkup Taerigi	Front Elbow Strike
Nopunde Yop Dung Joomuk Taerigi	High Side Backfist Strike

Blue · 4th Kup · Joong-Gun

KOREAN	ENGLISH
Moa Junbi Sogi B	Close Ready Stance B
Dwitbal Sogi	Rear Foot Stance
Nachuo Sogi	Low Stance
Kaunde Sonkal Dung Makgi	Middle Reverse Knifehand Block
Ollyo Sonbadak Makgi	Upward Palmheel Block
Kyocha Joomuk Chookyo Makgi	X-Fist Rising Block
Sonbadak Noollo Makgi	Pressing Palm Block
Digutja Makgi	U-Shape Block
Wi Palkup Taerigi	Upper Elbow Strike
Sang Sewo Jirugi	Twin Vertical Punch
Sang Dwijibo Jirugi	Twin Upset Punch
Nopunde Ap Joomuk Jirugi	High Forefist Punch
Yop Joomuk Jirugi	Side Punch
Dollyo Jirugi	Turning Punch

Red Tag · 3rd Kup · Toi-Gye

KOREAN	ENGLISH
Moa Sogi	Close Stance
Kaunde Yop An Palmok Makgi	Middle Side Inner Forearm Block
Kyocha Joomuk Noollo Makgi	X Fist Pressing Block
San Makgi	W Shaped Block
Najunde Doo Palmok Miro Makgi	Low Double Forearm Pushing Block
Najunde Sonkal Daebi Makgi	Low Knifehand Guarding Block
Najunde Dwijibun Sonkut Tulgi	Low Upset Fingertip Thrust
Nopunde Dwit Dung Joomuk Taerigi	High Back Backfist Strike
Nopunde Sang Sewo Jirugi	High Twin Vertical Punch
Moorup Chagi	Knee Kick
Nopunde Opun Sonkut Tulgi	High Flat Fingertip Thrust
Doo Ap Joomuk Jirugi	Double Forefist Punch

Red · 2nd Kup · Hwa-Rang

KOREAN	ENGLISH
Moa Junbi Sogi C	Closed Ready Stance C
Sonbadak Miro Makgi	Palm Heel Pushing Block
Sang Palmok Makgi	Twin Forearm Block
Najunde Makgi	Low Block
Ollyo Jirugi	Upward Punch
Naeryo Sonkal Taerigi	Downward Knifehand Strike
Ap Jirugi	Front Punch
Sonkal Taerigi	Knife Hand Strike
Sun Sonkut Tulgi	Straight Fingertip Thrust
Nopunde Dollyo Chagi	High Turning Kick
Yop Palkup Taerigi	Side Elbow Strike

Black Tag · 1st Kup · Choong-Moo

KOREAN	ENGLISH
Kaunde Ap Anuro Bakat Palmok Makgi	Middle Front Inward Outer Forearm Block
Kyocha Sonkal Yop Makgi	X-Knifehand Side Block
Ollyo Doo Sonbadak Makgi	Upward Double Palmheel Block
Nopunde Ap Sonkal Taerigi	High Front Knifehand Strike
Twimyo Yopcha Jirugi	Flying Side Piercing Kick
Ollyo Moorup Chagi	Upward Knee Kick
Nopunde Ap Sonkal Dung Taerigi	High Front Reverse Knifehand Strike
Dwitcha Jirugi	Back Piercing Kick
Kaunde Ap Joomuk Bandae Jirugi	Middle Reverse Forefist Punch



Make it stick

Every grading has a flashcard deck covering its pattern, theory and terminology. £7.99 each at tkd-toolkit.com/shop