

## Terminology 3rd Gup - Red Belt I

### General

|             |    |             |    |
|-------------|----|-------------|----|
| HANA.....   | 1, | DUL .....   | 2  |
| SET.....    | 3, | NET .....   | 4  |
| DASOT ..... | 5, | YOSOT ..... | 6  |
| ILGOP.....  | 7  | YODOL.....  | 8  |
| AHOP.....   | 9  | YOL .....   | 10 |

|                |            |
|----------------|------------|
| CHARYOT .....  | ATTENTION  |
| GYONGRYE ..... | BOW        |
| SABOMNIM ..... | INSTRUCTOR |

### Stances

|                 |              |
|-----------------|--------------|
| AP GUBI . ..... | FRONT STANCE |
|-----------------|--------------|

### Strikes

|                    |            |
|--------------------|------------|
| MOMTONG JIRUGI ... | BODY PUNCH |
| OLGUL JIRUGI ..... | FACE PUNCH |

### Blocks

|                   |             |
|-------------------|-------------|
| ARAE MAKGI .....  | LOWER BLOCK |
| MOMTONG MAKGI ... | BODY BLOCK  |

### Kicks

|                   |                 |
|-------------------|-----------------|
| AP CHAGI .....    | FRONT KICK      |
| YOP CHAGI .....   | SIDE KICK       |
| DOLYO CHAGI ..... | ROUNDHOUSE KICK |

### EXTRA - Seniors & Black Belts Only

|                    |                   |
|--------------------|-------------------|
| SHYO .....         | REST              |
| BOM SOGI .....     | CAT STANCE        |
| SONNAL CHIGI.....  | KNIFE HAND STRIKE |
| SONGUT DJIRUGI.... | SPEAR HAND STRIKE |

## Terminology 2nd Gup - Red Belt I I

### General

|                     |                 |
|---------------------|-----------------|
| GWAN JANG NIM ..... | HEAD INSTRUCTOR |
| DOJANG .....        | TRAINING HALL   |
| DOBOK.....          | UNIFORM         |
| JUNBI .....         | READY           |

### Stances

|                   |                     |
|-------------------|---------------------|
| JUCHUM SOGI ..... | HORSE RIDING STANCE |
|-------------------|---------------------|

### Strikes

|                     |              |
|---------------------|--------------|
| DU BON JIRUGI ..... | DOUBLE PUNCH |
| DUNG JUMOK .....    | BACK FIST    |

### Blocks

|                    |               |
|--------------------|---------------|
| BAKGAT MAKGI ..... | OUTSIDE BLOCK |
| OLGUL MAKGI .....  | FACE BLOCK    |

### Kicks

|                 |           |
|-----------------|-----------|
| DIT CHAGI ..... | BACK KICK |
|-----------------|-----------|

### EXTRA - Seniors & Black Belts Only

|                        |                     |
|------------------------|---------------------|
| SHIJAK .....           | START               |
| DORA .....             | TURN                |
| MOA SOGI .....         | FEET TOGETHER       |
| NARANHI SOGI .....     | PARALLEL STANCE     |
| DJIRUGI .....          | POKE                |
| YOP JIRUGI .....       | SIDE PUNCH          |
| ME JUMOK .....         | HAMMER FIST         |
| OTGORO MAKGI .....     | CROSSED WRIST BLOCK |
| HAN SONNAL MAKGI ..... | SINGLE KNIFE HAND   |
| AN CHAGI .....         | INSIDE KICK         |
| BAKGAT CHAGI .....     | OUTSIDE KICK        |

## Terminology - 1st Gup - Red Belt III

### General

|                |                 |
|----------------|-----------------|
| GUMAN .. .. .  | FINISH          |
| PUMSEI .. .. . | FORMWORK        |
| BARO.....      | RETURN TO START |

### Stances

|                  |                    |
|------------------|--------------------|
| DIT GUBI .. .. . | BACK STANCE        |
| AP SOGI .. .. .  | SHORT FRONT STANCE |

### Strikes

|                      |              |
|----------------------|--------------|
| BATANGSON CHIGI .    | PALM STRIKE  |
| PALGUB CHIGI .. .. . | ELBOW STRIKE |

### Blocks

|                           |                   |
|---------------------------|-------------------|
| SONNAL MOMTONG MAKKI .... | DOUBLE KNIFE HAND |
|---------------------------|-------------------|

### Kicks

|                       |           |
|-----------------------|-----------|
| DOL GAE CHAGI .. .. . | TURN KICK |
|-----------------------|-----------|

## EXTRA - Seniors & Black Belts Only

|                       |                  |
|-----------------------|------------------|
| MURUP CHIGI .. .. .   | KNEE STRIKE      |
| HOSHINSUL .. .. .     | SELF-DEFENCE     |
| GYORUGI.....          | SPARRING         |
| ORUN SOGI .. .. .     | RIGHT STANCE     |
| WEN SOGI .. .. .      | LEFT STANCE      |
| BARO JIRUGI .. .. .   | REGULAR PUNCH    |
| BANDAE JIRUGI .. .. . | IRREGULAR PUNCH  |
| HECHYO MAKGI .. .. .  | CLEAVING BLOCK   |
| NULLO MAKGI .. .. .   | PUSHING DOWN BLK |
| NULLO CHAGI .. .. .   | DOWNWARD KICK    |
| MIRO CHAGI .. .. .    | PUSHING KICK     |

## Terminology – Cho Dan Bo

### General

HANBON GYORUGI ..... ONE STEP SPARRING  
 GYOKPA ..... BREAKING

### Stances

GOA SOGI ..... CROSSING STANCE  
 PYONHI SOGI ..... EASY STANCE

### Strikes

PYON JU MOK ..... KNUCKLE STRIKE  
 SONNAL DUNG ..... RIDGE HAND  
 PALGUB PYOJOK CHIGI ..... ELBOW to TARGET  
 PYOJOK CHIGI ..... TARGET STRIKE  
 JEBI PUM MOK CHIGI ..... SWALLOW KNIFEHAND

### Blocks

GAWI MAKGI ..... SCISSORS BLOCK  
 GODURO MAKGI ..... TWO HANDED BLOCK

### Kicks

BANDAL CHAGI ..... HALF MOON (45°) KICK  
 HURYO CHAGI ..... SPINNING KICK  
 DDIO CHAGI ..... JUMPING KICK

### Questions

- What does Taekwondo mean.
- Where did Taekwondo originate from.
- Who was the founder of Tans Taekwondo.
- What KWAN does our club originate from.
- When and where was our club started.
- Difference between Sport and Martial Arts.
- Who won Olympic medals for Australia in Taekwondo.
- Explain the Australian Flag.

## Terminology – 1st Dan Black Belt

### General

|                    |                    |
|--------------------|--------------------|
| YUDANJA.....       | BLACK BELT         |
| KUKKIWON .....     | WORLD TAEKWONDO HQ |
| HWE JANG NIM ..... | PRESIDENT          |

### Strikes

|                         |                    |
|-------------------------|--------------------|
| KAL JAEBI .....         | “Y” HAND GRIP      |
| DANGYO TOK JIRUGI ..... | PULLING CHIN PUNCH |
| JAECHYO JIRUGI .....    | INVERTED PUNCH     |
| TONG MILGI .....        | PUSHING A LOG      |
| SEWEO JIREUGI .....     | UPRIGHT PUNCH      |

### Blocks

|                       |                  |
|-----------------------|------------------|
| BITUREO MAKKI .....   | TWIST BLOCK      |
| WESANTEUL MAKKI ..... | ½ MOUNTAIN BLOCK |

### Kicks

|                      |                 |
|----------------------|-----------------|
| BALDEUNG CHAGI ..... | INSTEP KICK     |
| APCHA OLRIGI .....   | LEG UP          |
| GULLO CHAGI .....    | RUNNING KICK    |
| GODUP CHAGI .....    | CONTINUOUS KICK |

### Questions

- What does Koryo mean.
- What is the difference between Poom and Dan
- What is the function of the Kukkiwon
- What is the function of the WTF
- How many weight classes are there at the Olympics
- What is the minimum time limit between dans.
- Explain the meaning behind the Korean Flag
- Name Tans instructors and which branch they teach at.