

한국말 (발음) (Original Term and Pronunciation in English)		영 어 (Definition in English)
■ 경기진행 · 심판신호		
1. 차렷	(Charyot)	Attention
2. 경례	(Kyongrye)	Bow
3. 좌우 향우	(Jwawhyang Woo)	Turn to the right and left respectively
4. 준비	(Junbi)	Ready
5. 일회전	(Ilhoejon)	1st round
6. 이회전	(Yihoejon)	2nd round
7. 삼회전	(Samhoejon)	3rd round
8. 시작	(Sijak)	Start
9. 그만	(Kuman)	Halt
10. 갈려	(Kalyo)	Separate
11. 주의	(Chui)	Prewarning
12. 경고	(Kyonggo)	Warning
13. 감점	(Kamjom)	Deduction of point
14. 감점하나	(Kamjom hana)	Deduction of one point
15. 계속	(Kyesok)	Continue
16. 승	(Sung)	Win
17. 청	(Cheong)	Blue
18. 홍	(Hong)	Red
19. 시간	(Sigan)	Time
■ 기초용어		
1. 관장님	(Kwanjangnim)	Director of the Training Hall
2. 사범님	(Sabeamnim)	Instructor
3. 유단자	(Yudanja)	Black-belter
무단자	(Mudanja)	Nonblack-belter
4. 도복	(Dobok)	Uniform
5. 기본	(Kibon)	Basics
6. 기술	(Kisool)	Technique
7. 동작	(Dongjak)	Movement
8. 특수동작	(Teuksoodongjak)	Special Movement

9. 돌아	(Dora)	Turn
10. 태극	(Taegeuk)	Name of Formation (poomse)
11. 고려	(Gorea)	Name of Formation
12. 격파	(Kyokpa)	Breaking
13. 끝남	(Keutnam)	End
■ 신체부위 용어		
1. 자세	(Jase)	Posture
2. 얼굴	(Eolgool)	Face
3. 턱	(Teok)	Chin
4. 팔목	(Palmok)	Wrist
5. 팔굽	(Palgoop)	Elbow
6. 머리	(Meori)	Head
7. 몸통	(Momtong)	Body
● 손		
1. 손날	(Sonnal)	Knife-hand
2. 손가락	(Sonkarak)	Finger
3. 손날등	(Sonnaldung)	Inner Knife-hand
4. 한손끝	(Hansonkeut)	One Finger Spear-hand
5. 장칼	(Jangkal)	Palm Heel Hand
6. 집게손	(Jipkeson)	Pliers-hand
7. 갈퀴손	(Calquison)	Rake Hand
8. 가위손끝	(Gawisonkeut)	Scissors Spear-hand
9. 두손끝	(Doosonkeut)	Two Finger Spear-hand
10. 편손끝	(Pyonsonkeut)	Spear-hand
● 주먹		
1. 주먹	(Joomeok)	Fore-fist
2. 등주먹	(Deung Joomeok)	Back-fist
3. 메주먹	(Me Joomeok)	Hammer-fist
4. 편주먹	(Pyon Joomeok)	Open Knuckle fist
5. 밤주먹	(Bam Joomeok)	Middle Finger one knuckle fist
6. 옆주먹	(Yeop Joomeok)	Side-hammer fist

● 발		
1. 발바닥	(Balbadak)	Ball of foot
2. 발날	(Balnal)	Foot edge
3. 발등	(Baldung)	Instop
4. 발목	(Balmok)	Ankle
5. 발꿈치	(Balkoomchi)	Heel
6. 무릎	(Mooreup)	Knee
■ 기술적 용어 (Technical Terms)		
● 서기 (stance)		
1. 편히서기	(Pyeonhi Seogi)	At-ease Stance
2. 모아서기	(Moaseogi)	Feet Together or Closed Toes Stance
3. 주춤서기	(Joochoom Seogi)	Horseback Stance
4. 앞주춤서기	(Apjoochoom Seogi)	Front Horseback Stance
5. 앞굽이	(Apkoobi)	Front Stance
6. 앞서기	(Apseogi)	Walking Stance
7. 뒷굽이	(Dwitkoobi)	Back Stance
8. 범서기	(Beom Seogi)	Tiger Stance
9. 꼬아서기	(Koaseogi)	Cross Stance
10. 한다리서기	(Handari Seogi)	Crane Stance
11. 준비서기	(Junbi Seogi)	Ready Stance
12. 차렷서기	(Charyot Seogi)	Attention Stance
13. 학다리서기	(Haktari Seogi)	Crane Stance
14. 학다리오금서기	(Haktari Ogeum Seogi)	Crane Back Stance
15. 날개펴기	(Nalgae Pyogi)	Open Wing Stance
● 치기와 지르기 (Strike and Punch)		
1. 손날치기	(Sonnal Chigi)	Knife Hand Strike
2. 옆지르기	(Yeop Jireugi)	Body Side Punch
3. 아래지르기	(Arae Jireugi)	Low Punch
4. 반대지르기	(Bandaе Jireugi)	Opposite Punch
5. 몸통지르기	(Momtong Jireugi)	Body Punch or Middle Punch
6. 내려치기	(Naeryo Chigi)	Downward Strike
7. 얼굴지르기	(Eolgool Jireugi)	Face Punch

8. 메주먹치기	(MeJoomeok Chigi)	Hammer-fist Strike
9. 손날바깥치기	(Sonnal Bakat Chigi)	Knife Hand Outside Strike
10. 제쳐지르기	(Jechyo Jireugi)	Upper cut Punch
11. 턱치기	(Teok Chigi)	Upper cut Strike
12. 새우지르기	(Saeu Jireugi)	Vertical Punch
13. 목치기	(Mok Chigi)	Neck Strike
14. 소슴치기	(Soseum Chigi)	Upward Strike
15. 바위밀기	(Bawi Milgi)	Rock Push
16. 편손끝 찌르기	(Pyon Sonkeut Tzireugi)	Spear Hand Strike
17. 왼큰돌쩌귀	(Owen Keun Doltzeogi)	Left Hinge Block
18. 칼재비	(Kal jaebi)	Tiger Mouth Hand
19. 메주먹때리기	(MeJoomeok Taerigi)	Hammer-fist Blow

● 차기 (Kick)		
1. 앞차기	(Apchagi)	Front Kick
2. 옆차기	(Yeopchagi)	Side Kick
3. 뒷차기	(Dwitchagi)	Back Kick
4. 무릎차기	(Mooreup Chagi)	Knee Kick
5. 돌려차기	(Dollyo Chagi)	Swing Kick
6. 반달차기	(Bandal Chagi)	Crescent Kick
7. 비틀어차기	(Bitreo Chagi)	Twist Kick
8. 잡고차기	(Japko Chagi)	Grab Kick
9. 몸돌려차기	(Mondollyeo Chagi)	Body Turn Kick
10. 높이차기	(Nopi Chagi)	High Kick
11. 표적차기	(Pyojeok Chagi)	Target Kick
12. 이단뛰어뒷차기	(Yidan Twieo Dwitchagi)	Jump Back Kick
13. 두발당상	(Doobal Dansang)	Jump Front Kick
14. 뛰어모듬발차기	(Twieo Modeumbal Chagi)	Jump Point Kick

● 막기 (Block)		
1. 얼굴막기	(Eolgool Makki)	Face Block
2. 몸통막기	(Momtong Makki)	Body Block
3. 아래막기	(Arae Makki)	Low Block
4. 옆막기	(Yeop Makki)	Side Block
5. 헤쳐막기	(Hechyo Makki)	Both Side Block
6. 엇걸어막기	(Eotkeoreo Makki)	Cross Low Block
7. 손날막기	(Sonnal Makki)	Knife Hand Block