



Yellow Stripe - 9th Gup

Curriculum & TKD Terminology

You're Welcome- cheonman-eyo

Kwan-jang-nim- Head of School

Poomsae

Kibon Yi (2nd) Jang

Kyukpa

Naeryo Chagi- Axe/Downward Kick

Hoshinsul

Self-Defense

Common TKD Terms

Oreun-Right

Chul-lo-so- Line up

Dura-Turn around

Mulleo- backward

Wen- Left

Pagu- Digging Motivation

Ditgi- Movement

Dora- Step

Paro- Straight/Return

Bandae-Reverse (side)

Nae- Forward

Jumeok-Fist

Kicks, Strikes and Directions

Du-bal – 2 feet (double)

Soseum Jumeok -Knuckle protruding

Jireugi- Punch

Hanssonal-Single Knife Hand

Tsireugi-Thrust

Ap-Front (Kick, Stance)

NaeryoMakki- Downward (Block)

Chi-Jireugi- Uppercut

Twio- Jump

Seogi- Stance

An- Inward

Momtong- Solar plexus

Yop- Side (Kick)

Dollyo- Roundhouse/Turning (Kick)

Ap-bal- Front Foot

EE-Dan-Flying

Dwit Kubi- Back Bent Knee

Pakkat- Outward

Makki- Block

Olyeo-Rising

Chagi-Kick