



White Belt- 10th Gup

Curriculum & Basic Terminology

Unyung-ha-Shimnee-ka- Hello (Formal)

Kamsa Ham Needa- Thank You

Poomsae-Form

Kibon Il (1st) Jang

Kyukpa- Breaking

Mejumeok Chigi- Hammer Fist Strike

Common TKD Terms

Tae- Foot

Chariut – Attention

Kyeong- yae –Bow

Guemon- Stop

Paro – Return

Kwon- Fist

Joonbi- Get Ready

Dobok – Uniform

Shi-ya – Relax

Sa-bum-nim – Instructor

Do- the Way

Dojang – TKD School/Gym

Shijak- Begin/Go

Gyorugi – Sparring

Blocks, Kicks, Strikes and Directions

Chagi- Kick

Jireugi-Punch

Sonnal-Knife Hand

Ap-Front (Kick, Stance)

Olyeo-Rising

Naeryo-Downward/Axe (Kick)

Makki- Block

Seogi- Stance

An- Inward

Yop- Side (Kick)

Momtong-Body

Dollyo- Roundhouse/Turning (Kick)

Chigi- Strike

Kubi- Bent Knee

Pakkat- Outward

Dwi-Back

Oelgul-Face/head

KUCHO / KIBON IL DO (1)



2/20 WEN AP KUBI SOGUI
WEN MOMTONG BANDE JIRUGUI



3/19 ORUN AP KUBI SOGUI
ORUN ARE MAKI



CHUNBI / GUMAN



1/17 WEN AP KUBI SOGUI
WEN ARE MAKI



2/18 ORUN AP KUBI SOGUI
ORUN MOMTONG BANDE JIRUGUI

5 WEN AP KUBI SOGUI
WEN ARE MAKI



16 ORUN AP KUBI SOGUI
ORUN MOMTONG BANDE JIRUGUI
KIHAP

6 ORUN AP KUBI SOGUI
ORUN MOMTONG BANDE JIRUGUI



15 WEN AP KUBI SOGUI
WEN MOMTONG BANDE JIRUGUI

7 WEN AP KUBI SOGUI
WEN MOMTONG BANDE JIRUGUI



14 ORUN AP KUBI SOGUI
ORUN MOMTONG BANDE JIRUGUI

8 ORUN AP KUBI SOGUI
ORUN MOMTONG BANDE JIRUGUI
KIHAP



13 WEN AP KUBI SOGUI
WEN ARE MAKI



9 ORUN AP KUBI SOGUI
ORUN MOMTONG BANDE JIRUGUI



11 ORUN AP KUBI SOGUI
ORUN ARE MAKI



12 WEN AP KUBI SOGUI
WEN MOMTONG BANDE JIRUGUI



13 WEN AP KUBI SOGUI
WEN MOMTONG BANDE JIRUGUI