

## Korean terminology

### Basics

Basics	기본	gi-bon
Circle steps	전환법	jeon-hwan-beop
Flow steps	역류법	yeong-nyu-beop
Harmony steps	심화법	sim-hwa-beop
Stepping method	보법	bo-beop
4 direction	사방	sa-bang
8 direction	팔방	pal-bang

### Falling

Falling	낙법	nak-beop
Back fall	후방낙법	hu-bang-nak-beop
Front fall	전방낙법	jeon-bang-nak-beop
Side fall	측방낙법	cheuk-bang-nak-beop
Tumbler	오뚜기낙법	o-ttu-gi-nak-beop
Soft front fall	복근낙법	bok-geun-nak-beop
Roll	무성낙법	mu-sang-nak-beop
Flip fall	공중회전낙법	gong-jung-hoe-jeon-nak-beop

### Strikes

Striking method	권법	gwon-beop
Strikes	치기	chi-gi
Punch	주먹치기	ju-meok-chi-gi
Elbow strike	팔꿈치 치기	pal-kkum-chi chi-gi
Palm heel strike	손바닥 치기	son-ba-dak chi-gi
Knife hand strike	손날 치기	son-nal chi-gi
Back fist	등주먹 치기	deung-ju-meok chi-gi
Circle step strikes	전환권법	jeon-hwan-gwon-beop

### Visualizations techniques

Visualizations techniques	환상도법	hwan-sang-do-beop
Jigibeop	지기법	ji-gi-beop
Cheongibeop	천기법	cheon-gi-beop

### Self-defense techniques

Joint locks	관절기	gwan-jeol-gi
Throws	던지기	deon-ji-gi
Chokes	조르기	o-reu-gi

### Hankido techniques

Gwanjeolgibeop	관절기법	gwan-jeol-gi-beop
Chigibeop	치기법	chi-gi-beop
Sipjagibeop	십자기법	sip-ja-gi-beop
Naeogibeop	내외기법	nae-oe-gi-beop
Gyeorangi-beop	겨랑기법	gyeo-rang-gi-beop
Mokgamabeop	목감아법	mok-gam-a-beop
Mokkkeokgibeop	목꺾기법	mok-kkeokk-gi-beop
Eokkaetubeop	어깨투법	eo-kkae-tu-beop
Jungpaltubeop	중팔투법	jung-pal-tu-beop
Hoejeontubeop	회전투법	hoe-jeon-tu-beop
Palmokgibeop	팔목기법	pal-mok-gi-beop
Palbaegibeop	팔배기법	pal-bae-gi-beop

### Kicks

Kicks	발차기	bal-cha-gi
Basic kicks	단식 발차기	dan-sik bal-cha-gi
Combination	복식 발차기	bok-sik bal-cha-gi
Special kicks	특수 발차기	teuk-su bal-cha-gi
Heel high kick	뒤꿈치 차올리기	dwi-kkum-chi cha-ol-li-gi
Heel high kick (down)	뒤꿈치 차내리기	dwi-kkum-chi cha-nae-ri-gi
Knife edge foot kick	족도 차올리기	jok-do cha-ol-li-gi
Inside kick	안다리 차기	an-da-ri cha-gi
Outside kick	바깥다리 차기	ba-kkat-da-ri cha-gi
Heel push kick	뒤꿈치로 앞차지르기	dwi-kkum-chi-ro ap-cha-ji-reu-gi
Front kick	앞차기	ap-cha-gi
Instep or toe kick	족기지르기	jok-gi-ji-reu-gi
Sweep kick	성문차기	seong-mun-cha-gi
Side kick	옆차기	yeop-cha-gi
Roundhouse kick	발끝돌려찍기	bal-kkeut-dol-lyeo-jjik-gi
Heel outside kick	뒤꿈치 돌려차기	dwi-kkum-chi dol-lyeo-cha-gi
Spinning heel kick	돌려차기	dol-lyeo-cha-gi
360 wheel kick	외발턴	oe-bal-teon
Double kick	두발 모아차기	du-bal Mo-a-cha-gi
Split kick	두발 벌려차기	du-bal beol-lyeo-cha-gi
X-kick	가위차기	ga-wi-cha-gi

**Used in class**

Uniform	도복	do-bok
Belt	띠	tti
Practice place	도장	do-jang
Gym	체육관	che-yuk-gwan
Get ready	준비	jun-bi
Start	시작	si-jak
Exercise	운동	un-dong
Physical exercise	체력단련	che-ryeok-dan-ryeon
Warming up	준비운동	jun-bi-un-dong
Sparring	대련 / 겨루기	dae-ryeon / gyeo-ru-gi
One-step sparring	약속 대련 / 겨루기	yak-sok dae-ryeon / gyeo-ru-gi
Rest	쉬어	swi-eo
Sit down	앉아	an-ja
Attention	차렷	cha-ryeot
Bow	경례	gyeong-nye
Return	바로	ba-ro
Salute to flag	국기에 대하여 경례	guk-gi-e dae-ha-yeo gyeong-nye
Bow to instructor	사범/관장님께 경례	sa-beom-nim/gwan-jang-nim-kke gyeong-nye
Turn around	뒤로 돌아	dwi-ro dor-a
Straighten dobok	도복정리	do-bok-jeong-ni
Face each other	마주 봐/보고	ma-ju bwa/bo-go
Turn forward	앞으로	ap-eu-ro
Well done!	수고하셨습니다	su-go-ha-syeot-seum-ni-da
Thank you!	감사합니다	gam-sa-ham-ni-da
<b>Titles</b>		
Student	제자/학생	je-ja/hak-saeng
Assistant	조교	jo-gyo
Trainer	부사범(님)	bu-sa-beom-(nim)
Instructor	사범(님)	sa-beom-(nim)
School owner	관장(님)	gwan-jang-(nim)
Kwan head	총관장(님)	chong-gwan-jang-(nim)
National	국내	guk-nae
International	국제	guk-je

**Directions and movement**

Left	좌	jwa
Right	우	u
Front	앞/전	ap/jeon
Back	뒤/후	dwi/hu
Inside	내	nae
Outside	외	oe
Low	하단	ha-dan
Middle	중단	jung-dan
High	상단	sang-dan
Standing	서서	seo-seo
Sitting	앉아	an-ja
Walking	걸어	geo-reo
Jumping	뛰어	tteo-seo

**Counting***Korean*

One	하나	ha-na
Two	둘	dul
Three	셋	set
Four	넷	net
Five	다섯	da-seot
Six	여섯	yeo-seot
Seven	일곱	il-gop
Eight	여덟	yeo-dol
Nine	아홉	a-hop
Ten	열	yeol

*Sino-Korean*

One	일	il
Two	이	i
Three	삼	sam
Four	사	sa
Five	오	o
Six	육	yuk
Seven	칠	chil
Eight	팔	pal
Nine	구	gu
Ten	십	sip