

Andrew Chesworth School of Taekwondo

Korean Terminology

Basic Information

Taekwondo was founded by General Choi Hong Hi 9th Dan on 11th April 1955.

It was introduced to the UK on 2nd July 1967 by Grandmaster Rhee Ki Ha 9th Dan.

The Great Britain Taekwondo Federation was formed in July 2012.

The grading examiners are Master Errol Morgan, Roger Lawrence, Andrew Chesworth

Airdrie Taekwondo was formed in June 2000.

Caldercruix Taekwondo was formed in 2009.

Tenets of Taekwondo

Courtesy

To be polite to your instructors, seniors and fellow students.

Integrity

To be honest with yourself. You must be able to define right from wrong.

Perseverance

To achieve a goal, whether it's a higher grade or any technique, you must not stop trying; you must persevere.

Self Control

To lose your temper when performing techniques against an opponent can be very dangerous and shows lack of control. To be able to live, work and train within your capability shows good self control.

Indomitable Spirit

To show courage when you and your principles are pitted against overwhelming odds.

Commands & Numbers

Attention - Charyot
Bow - Kyong-Ye
Ready - Junbi
Shout - Kihap
Start – Si-Jak
Stop – Goman
Return to ready – Barrol
Dismiss – Haessan
Forwards – Apro Kaggi
Backwards – Dwiyro Kaggi
About Turn – Dwiyro Torro
Left – Wen
Right – Orun
Inwards – Anaero
Outward – Bakaero
Break – Hechyo
Press Ups – Momtong Bachia
Training Hall – Dojang
Training Suit – Dobok
Belt – Ti
Pattern – Tul
Instructor – Sabum
Student – Jeja

One – Hana
Two – Dool
Three – Set
Four – Net
Five – Dasaul
Six – yosaul
Seven – IlGop
Eight – Yodoll
Nine – Ahop
Ten - Yoll

A pattern is set of fundamental movements, mainly defence and attack, set in a logical sequence against one or more imaginary opponents

White Belt (10th Kup)

Tae – Foot
Kwon – Hand
Do – Art

High Section – Nopunde
Middle Section – Kaunde
Low Section – Najunde

Stance – Sogi
Waking Stance – Gunnun Sogi
Walking Ready Stance – Gunnun Junbi Sogi
Sitting Stance – Annun Sogi

Inner Forearm – An Palmok
Outer Forearm – Bakat Palmok

Block – Makgi
Inner Forearm Middle Block – An Palmok Kaunde Makgi
Outer Forearm Low Block – Bakat Palmok Najunde Makgi

Obverse Punch – Baro Jirugi
Reverse Punch – Bandae Jirugi
4 Directional Punch – Saju Jirugi (15 Moves)
Rising kick – Ap Chaolligi

White belt signifies innocence as that of the beginning student having no previous knowledge of Taekwondo

Yellow Tag (9th Kup)

L Stance – Niunja Sogi
Parallel Ready Stance – Narani Junbi Sogi

Ball of Foot – Ap Kumchi
Knife Hand – Sonkal
Fore fist – Ap Joomuk

Forearm Guarding Block – Palmok Daebi Makgi
Forearm Rising Block – Oalmok Chookyo Makgi

Double Punch – Doo Jirugi
Front Kick – Ap Chagi
Knife Hand Strike – Sonkal Taerigi

Step turn – Omgyo Didimyo Dolgi

Chon Ji (19 Moves) means literally 'Heaven and Earth.' It is in the orient interpreted as the creation of the world, or the beginning of human history. Therefore, it is the initial pattern performed by the beginner. The pattern consists of two similar parts – one to represent the Heaven and the other Earth.

Yellow belt signifies the earth from which the plant sprouts and takes root as the foundations of Taekwondo are being laid.

Yellow Belt (8th Kup)

3 Step Sparring – Sambo Matsoki
(Focus, Distance and Timing)

Twin Outer Forearms Block – Sang Bakat Palmok Makgi
Knife Hand Guarding Block – Sonkal Daebi Makgi
Forearm Guarding Block - Palmok Daebi Makgi
Outer Forearm Inward Block – Bakat Palmok Anaero Makgi

Back Fist – Dung Joomuk
Back Fist Front Downward Strike – Dung Joomuk Ap Naeryo Taerigi

Front Snap Kick – Ap Cha Busigi
Turning Kick – Dollyo Chagi

Dan Gun (21 Moves) is named after the Holy Dan Gun, the legendary founder of Korea in 2333 BC.

Yellow belt signifies the earth from which the plant sprouts and takes root as the foundations of Taekwondo are being laid.

Green Tags (7th Kup)

Release Move – Jap Yasol Tae
Spot Turn – Gujari Dolgi

Fingertips – Sonkut
Footside – Balkal

Side Kick – Yop Chagi

Knife Hand Outward Block – Sonkal Bakuro Makgi
Outer Forearm Wedging Block – Bakat Palmok Hechyo Makgi
Outer Forearm High Block – Bakat Palmok Nopunde Makgi

Back fist high Side Strike – Dung Joomuk Nopunde Yop Taerigi
Straight Spear Fingertip Thrust – Son Sonkut Tulgi

Do San (24 Moves) is the Pseudonym of the patriot Ahn Ch'ang Ho (1876 – 1938) who devoted his life to furthering the education of Korea and its independence movement.

Green belt signifies the plants growth as Taekwondo skills begin to develop.

Green Belt (6th Kup)

Closed Ready Stance A – Moa Junbi Sogi A
Fixed Stance – Gojung Sogi
Bending Ready Stance – Guburyo Junbi Sogi
Vertical Stance – Soo Jik Sogi

Foot Shifting – Jajun Bal

Back Sole – Dwi kumchi
Palm – Sonbadak
Reverse Knife Hand – Sonkal Dung

Outer Forearm Waist block – Bakat Palmok Hori Makgi
Inner Forearm Circular Block – An Palmok Dollimyo Makgi
Palm Inward Block – Sonbadak Anaero Makgi

Knife Hand Inward Strike – Sonkal Anaero Taerigi
Reverse Knife Hand Inward Strike – Sonkal Dung Anaero Taerigi
Side Punch – Yop Jirugi

Side Piercing Kick – Yop Cha Jirugi
Back kick – Dwit Chagi

Won Hyo (28 Moves) is the name of the Silla Dynasty monk who reputedly introduced Zen Buddhism to Korea in 686 AD.

Blue Tag (5th Kup)

2 Step Sparring – Ibo Matsoki
Free Sparring – Jayoo Matsoki

Elbow – Palkup
Knee – Moorup
Back Heel – Dwit Chook
Head – Mori

Twin Knife hand Block – Sang Sonkal Makgi
Palm Hooking Block – Sonbadak Golcho Makgi
Grasping Block – Bujuba Makgi

Elbow Front Strike – Palkup Ap Taerigi
Twin Upset Punch – Sang Dwijibo Jirugi
Flat Fingertip Thrust – Opun Sonkut Tulgi
Side Elbow thrust – Yop Palkup Tulgi
Twin Vertical Punch – Sang Sewo jirugi

Knee Kick – Moorup Chagi
Reverse Turning Kick – Bandae Dollyo Chagi

Yul Gok (38 Moves) is the pseudonym of the great 16th century philosopher and scholar Yi I (1536 – 1584), nicknamed the Confucius of Korea. The 38 movements represent his birth place on the 38 degree latitude.

Blue belt signifies the heaven, towards which the plants matures into a towering tree as training in Taekwondo progresses.

Blue Belt (4th Kup)

X Stance – Kyocha Sogi
Closed Ready Stance B – Moa Junbi Sogi B
Rear Foot Stance – Dwit Bal Sogi
Low Stance – Nachua Sogi

Arc Hand – Bandal Son
Back Sole – Dwit Kumchi
Back of Forearm – Dung Palmok

Palm Upwards Block – Sonbadak Ollyo Makgi
Double Forearms Block – Doo Palmok Makgi
Palm Pressing Block – Sonbadak Noollo Makgi
Twin Straight Forearm Checking Block – Sang Sun Palmok Momchau Makgi
U Shape Block – Mongdungi Makgi
Palm Waist Block – Sonbadak Hori Makgi
X Fist Risong Block – Kyocha Joomuk Chookyo Makgi

Turning Punch – Dollyo Jirugi
Side Fist Strike – Yop Joomuk Taerigi
Palm Strike – Sonbadak Taerigi
Arc Hand Strike – Bandal Son Taerigi
Upper Elbow Strike – Wi Palkup Taerigi

Reverse Hooking Kick – Bandae Dollyo Goro Chagi

Joon Gun (32 Moves) is named after the patriot An Joong-Gun who assassinated the first Japanese Governor General of Korea, Hiro Bumi Ito. The 32 movements represent Mr An's age when he was executed in Lui Shung Prison in 1910.

Red Tag (3rd Kup)

1 Step Sparring – Ilbo Matsoki

Flying – Twimyo

Jumping – Twigi

Waist – Hori

X Fist Pressing Block – Kyocha Joomuk Noollo Makgi

Palm Pushing Block – Sonbadak Miro makgi

Knife Hand Low Guarding Block – Sonkal Najunde Daebi Makgi

Outer Forearms W Shape Block – Bakat Palmok San Makgi

Double Forearms Pushing Block – Doo Palmok Miro Makgi

Knife Hand Inward Strike – Sonkal Anaero Taerigi

Upset Fingertip Thrust – Dwijibun Sonkut Tulgi

Toi Gye (37 Moves) is the pen name of the 16th Century scholar Yi Wang who was regarded as an authority on neo-Confucianism. The 37 movements represent his birth place on 37 degree latitude. The diagram represents the calligraphy for scholar.

Red belt signifies Danger, cautioning the student to exercise control and warning the opponent to beware.

Red Belt (2nd Kup)

A strike is designed to smash or destroy the target area and can impact from any angle to either hard or soft targets.

A thrust is designed to penetrate the target area and only drives straight forward towards the soft areas of the body.

Do San, Joon Gun and Hwa Rang have release moves within them

Closed Ready Stance C – Moa Junbi Sogi C

Upwards Punch – Ollyo Jirugi

Knife Hand Downward Strike – Sonkal Naeryo Taerigi

Side Elbow thrust – Yop Palkup Tulgi

Flying Kick – Twimyo Chagi

Downward Kick – Naeryo Chagi

Crescent Kick – Bandal chagi

Hooking Kick – Golcho Chagi

Hwa rang (29 Moves) is the name given to an army of young warriors from the Silla Dynasty of Korea. They were first mentioned in 600 AD, and over the years they gradually became a significant force in the unification of Korea's three Kingdoms. Hwa Rang means Flowering Youth Group that originated in the Silla Dynasty around 600 AD. The 29 movements refer to the 29th Infantry division where Taekwondo was developed into maturity.

Black Tag (1st Kup)

Twin Palm Upwards Palm block – Sang Sonbadak Ollyo Makgi
X Knife Hand Checking Block – Kyocha Sonkal Momchau Makgi
Twin Knife Hand Block – Sang Sonkal Makgi

Knife Hand Inward Strike – Sonkal Anaero Taerigi
Reverse Knife Hand Inward Strike – Sonkal Dung Anaero Taerigi
Back Side Fist Strike – Dung Joomuk Yop Taerigi

Flying Side Piercing Kick – Twimyo Yop Cha Jirugi
Twisting Kick – Bituro Chagi
Downward Kick – Naeryo Chagi
Vertical Kick – Sewo Chagi

Choong Moo (30 Moves) was the name given to the Yi Dynasty admiral Yi Sun-Sin. In 1592 AD he was reputed to have invented the world's first armoured battleship (Kobukson), which is said to be the precursor of today's submarine. The reason why this pattern ends in a left hand attack is to symbolise his regrettable death, having no chance to show his unrestrained potentially checked by the forced reservation of his loyalty to the king.

Black is the opposite of white, signifying maturity and proficiency. Also indicates the wearers imperviousness to darkness and fear.