



Korean Taekwondo Essentials

Commands

Attention	Charyot
Bow	Kyung Nae
Relax	Baro
Turn	Deodrah
Start	Seijak
Stop	Goman
Ready	Jumbi

Kick - Chagi

Front Kick	Ap Chagi
Back Kick	Dwit Chagi
Turning Kick	Dollyo Chagi
Side Kick	Yeop Chagi
45 Kick	Bandal Chagi
Axe Kick	Naeyro Chagi
Hook Kick	Nakka Chagi

Punch - Jireugi

Middle Section Punch	Momtong Jireugi
High Section Punch	Olgol Jireugi
Reverse Punch	Bandae Jireugi
Obverse Punch	Baro Jireugi
Side Punch	Yeop Jireugi

Disciplines

Pal Jung Do System	
One Step Sparring	Han Bon Kyorugi
Sparring	Kyorugi
Self Defence	Ho Shin Sul



Stance - Seogi

Forward Stance	Ap Coobi Seogi
Back Stance	Dwit Seogi
Sitting Stance	Juchoom Seogi
Walking Stance	Ap Seogi
Cat Stance	Beum Seogi

Block - Makki

Low Block	Arae Makki
Rising Block	Olgol Makki
Inner Block	An Makki
Outer Block	Bakkat Makki
Knife Hand Low Block	Sonnal Arae Makki
Double Knife Hand Guarding Block	Sonnal Gudru Makki

Strike - Chigi

Elbow Strike	Palkup Chigi
Knife Hand Strike	Hansonnal Chigi
Spear Finger	Peyonson Kyut

