

Taekwondo Korean Translation Theory

Punch (Jirugi)

Double punch - Doo jirugi
High section punch - Nopunde jirugi
Turning punch - Dollyo jirugi
Crescent punch - Bandal jirugi
Open fist high punch - Pyon joomuk nopunde jirugi
Angle punch - Giokja jirugi
Upward punch - Ollyo jirugi
L stance obverse punch - Niunja so baro jirugi

Strike (Taerigi)

Front strike - Ap taerigi
Side strike - Yop taerigi
Outward strike - Bakuro taerigi
Inward strike - Anuro taerigi
Downward strike - Naeryo taerigi
Knife-hand strike - Sonkal taerigi
Knife-hand side strike - Sonkal yop taerigi
Sitting stance knife-hand side strike - Annun so sonkal yop taerigi
Knife-hand inward strike - Sonkal anuro taerigi
Knife-hand inward high strike - Sonkal anuro nopunde taerigi
Knife-hand high front strike - Sonkal nopunde ap taerigi
Reverse knife-hand high front strike - Sonkal dung nopunde ap taerigi
Reverse knife-hand high reverse strike - Sonkal dung nopunde bandae taerigi
Knife-hand downward strike - Sonkal naeryo taerigi
Vertical stance knife-hand downward strike - Soo jik so sonkal naeryo taerigi
Backfist downward strike - Dung joomuk naeryo taerigi
Arc hand high strike - Bandal son nopunde taerigi
Side fist side strike - Yop joomuk yop taerigi
Side back strike - Yop dwi taerigi
Upper elbow strike - Wi palkup taerigi

Thrust (Tulgi)

Straight fingertip thrust - Sun sonkut tulgi
Upset fingertip thrust - Dwijibun sonkut tulgi
Twin elbow side thrust - Sang palkup yop tulgi

Kick (Chagi)

Front kick - Ap chagi
Front snap kick - Ap cha busigi
Front rising kick - Ap cha olligi
Front checking kick - Ap cha momchugi
Side kick - Yop chagi
Reverse side kick - Bandae yop chagi
Side rising kick - Yop cha olligi
Side thrusting kick - Yop cha tulgi
Side pushing kick - Yop cha milgi
Side piercing kick - Yop cha jirugi
Reverse side piercing kick - Bandae yop cha jirugi
Side checking kick - Yop cha momchugi

Other Types of Kicks

Turning kick - Dollyo chagi
Reverse turning kick - Bandae dollyo chagi
Hooking kick - Golcho chagi
Reverse hooking kick - Bandae golcho chagi
Knee kick - Moorup chagi
Knee upward kick - Moorup ollyo chagi
Twisting kick - Bituro chagi
Side front snap kick - Yopap cha busigi
Stamping kick - Cha bapgi
Flying kick - Twimyo chagi
Pressing kick - Noollo chagi
Downward kick - Naeryo chagi
Vertical kick - Sewo chagi
Crescent kick - Bandal chagi
Back kick - Dwit chagi
Sweeping kick - Suroh chagi
Waving kick - Doroh chagi
Spot kick - Gujari chagi

Types of Kicking Motion

Consecutive kicking - Yonsok chagi
Combination kicking - Honap chagi

Block (Makgi)

Outer forearm middle block - Bakat palmok kaunde makgi
Outer forearm middle front block - Bakat palmok kaunde ap makgi
Outer forearm inward block - Batak palmok anuro makgi
Outer forearm high block - Bakat palmok nopunde makgi
Outer forearm wedging block - Bakat palmok hechyo makgi
Outer forearm high wedging block - Bakat palmok nopunde hechyo makgi
Inner forearm middle block - An palmok kaunde makgi
Inner forearm circular block - An palmok dollimyo makgi
Inner forearm inward waist block - An palmok anuro hori makgi
Inner forearm side front block - An palmok yopap makgi

Other Types of Blocks

Rising block - Chookyo makgi
X-fist rising block - Kyocha joomuk chookyo makgi
X-fist pressing block - Kyocha joomuk noollo makgi
Palm pressing block - Sonbadak noollo makgi
Palm inward block - Sonbadak anuro makgi
Palm high hooking block - Sonbadak nopunde golcho makgi
Palm upward block - Sonbadak ollyo makgi
Palm pushing block - Sonbadak miro makgi
Double forearm pushing block - Doo palmok miro makgi
Waist block - Hori makgi
Palm waist block - Sonbadak hori makgi
Forearm guarding block - Palmok daebi makgi
Knife-hand guarding block - Sonkal daebi makgi
Knife-hand block - Sonkal makgi
Reverse knife-hand block - Sonkal dung makgi
X knife-hand middle checking block - Kyocha sonkal kaunde momchau makgi
Twin knife-hand block - Sang sonkal makgi
Twin forearm block - Sang palmok makgi
Twin straight forearm checking block - Sang sun palmok momchau makgi
Double forearm high block - Doo palmok nopunde makgi
Nine-shape block - Gutja makgi
U-shape block - Digutja makgi
W-shape block - San makgi

Stance (Sogi) - There are 14 TAGB Stances

Attention stance - Charyot sogi

Sitting stance - Annun sogi

Walking stance - Gunnun sogi

L stance - Niunja sogi

Parallel ready stance - Narani junbi sogi

Closed ready stance - Moa junbi sogi

Bending ready stance - Goburyo junbi sogi

Vertical stance - Soo jik sogi

Fixed stance - Gojung sogi

Rear foot stance - Dwitbal sogi

Low stance - Nachuo sogi

X stance - Kyocha sogi

One leg stance - Waebal sogi

Diagonal stance - Sasun sogi

Also, but not part of TAGB are: Open stance - Palja sogi, and Crouched stance - Oguryo sogi

Words for Motion Types

Checking (for kicks) - Momchugi

Checking (for blocks) - Momchau

Turning (for techniques) - Dollyo

Turning (for spot or step turning) - Dolgi

Rising (for kicks) - Olligi

Rising (for blocks) - Chookyo

Pushing (for kicks) - Milgi

Pushing (for blocks) - Miro

Piercing - Jirugi (also Punch)

Pressing - Noollo

Hooking - Golcho

Luring - Yuin

Scooping - Duro

Twisting - Bituro

Thrusting - Tulgi

Wedging - Hechyo

Guarding - Daebi

Grasping - Butjaba

Stamping - Bapgi

Flying - Dwimyo

Sweeping - Suroh

Waving - Doroh

Sliding - Mikulgi

Words for Actions or Direction

High - Nopunde

Middle - Kaunde

Low - Najunde

Nine Shape - Gutja

U-shape - Digutja

W-shape - San

Inward - Anuro

Outward - Bakuro

Upward - Ollyo

Downward - Naeryo

Vertical - Sewo

Upper - Wi

Obverse - Baro

Reverse - Bandae

Parallel - Narani

Side-front - Yopap

Straight - Sun

Left - Wen

Right - Orun

Under - Mit

Upset - Dwijibun

Angle - Giokja

Twin - Sang

Double - Doo

Horizontal - Soopyong

Circular - Dollimyo

Crescent - Bandal

Consecutive - Yonsok

Combination - Honap

Snap - Busigi

Spot - Gujari

Back (for direction) - Dwit

Back (for action) - Dung

Start - Soo - jik

Stop - Gomman

Return - Barrol

Dismissed - Haessan

Release from a grab - Jappyosul Tae

Words for Body Parts

Arc-hand - Bandal Son
Knife-hand - Sonkal
Back-hand - Sondung
Fingertip - Sonkut
Angle fingertip - Homi sonkut
Waist - Hori
Knee - Moorup
Palm - Sonbadak
Elbow - Palkup
Shoulders - Euhke
Forearm - Palmok
Forefist - Ap joomuk
Backfist - Dung joomuk
Sidefist - Yop joomuk
Underfist - Mit joomuk
Long fist - Ghin joomuk
Open fist - Pyon joomuk
X-fist - Kyocha joomuk
Ball of the foot - Ap kumchi
Instep (top of the foot) - Baldung
Back sole - Dwit kumchi
Side sole - Yop bal badak
Footsword - Balkal
Reverse footsword - Balkal dung
Heel - Dwitchook
Toes - Balkut
Finger belly - Songarak badak
Foot parts - Habansin
Hand parts - Sang basin
Press finger - Jiap
Thumb - Umji
Forefinger - Han songarak
Double finger - Doo songarak
Bow wrist - Sonmok dung
Thumb ridge - Umji joomuk
Thumb knuckle fist - Umji batang,
Forefinger knuckle fist - Inji joomuk
Middle finger knuckle fist - Joongji joomuk
Outer ankle joint - Bakat balmok gwanjol
Inner ankle joint - An balmok gwanjol
Tibia - Kyong gol

Inner tibia - An Kyong gol,
Outer tibia - Bakat Kyong gol
Back tibia - Dwit Kyong gol
Toe edge - Balgark Nal
Shin - Jong Kwaeng-I

Other Important Words

Pattern - Tul
Student - Jeja
Training Hall - Dojang
Uniform - Dobok
Belt - Ti
Forward - Apro kagi
Backward - Dwitro kagi
Turn around - Dwitro torro
Step turning - Omgyo didimyo dolgi
Spot turning - Gujari dolgi
Pivot turning - Pibeos dolgi
Foot shifting - Jajun bal
Double step - Ibo omgyo didigi
Single step - Ilbo omgyo didigi
3 Step - Sambo matsoki
2 Step - Ibo matsoki
1 Step - Ilbo matsoki
Semi-free sparring - Ban jayoo matsoki

Counting In Korean

| | |
|---------------|---------------|
| One - Hana | Two - Dool |
| Three - Set | Four - Net |
| Five - Daset | Six - Yasot |
| Seven - Ilgop | Eight - Yodol |
| Nine - Ahop | Ten - Yol |

Twenty - Sumul
Thirty - Surhun
Forty - Mahun
Fifty - Swin
Sixty - Yesun
Seventy - Irhun
Eighty - Yudun
Ninety - Ahun
Hundred - Baek