

EASTERN REGION

TAE KWON DO



ASSOCIATION

When using this translation sheet please keep in mind the fact that there is no direct translation from Korean to English, and the spellings in Korean are phonetic, therefore may differ from other spellings you may have seen, i.e. d and t can be used in place of each other as in Tollio Chaggi or Dollio Chaggi for Roundhouse Kick.

Chirugi

Tebbi Chirugi
Ap Chirugi
Pandae Chirugi
Bandal Chirugi
Chi Chirugi
Yop Block
Chiggi
Chang Kwon
Chomuk Padack
Yukto
Choomuk Chun
Kwon Su
Sudo
Songdung
Palmok
Ageum Son
Song Koot JoKi
Umji Chomuk
Han Songarak
Doo Sankarak
Gawison Keut
Digutja

Makki

Hadan Makki
Chundan Makki
Sangdan Makki
Chundan Sudo Tebbi Makki
Hadan Sudo Tebbi Makki
Deca Pommel
Chundan Tebbi Makki
Hadan Tebbi Makki
Hadan Makki Kima Seh
Chokyo
Gawi Makki
Hecho Makki
Bakkat Palmok Makki
Keumgang Makki
Kyopcha
Sondung Mok
Ap Cha Olligi
Cha Mum Chaggi
Sudo Makki
Miro Makki

Punch

Double Punch
Front Punch
Reverse Punch
Hook Punch
Upper Cut Punch
Side Punch
Strike
Palm Heel
Hammer Fist
Ridge Hand
Back Fist
Spear Hand
Knife Hand
Back Hand
Elbow
Tiger Mouth
Ox Jaw
Thumb Knuckle
One Finger
Two Finger Attack To Eyes
2 Finger Spear Hand
Sideways Travelling Punch

Block

Low Block
Midsection Block
Head Block
Double Knife hand Middle Block
Low Knife hand Chest Block
Outside Wrist
Double Midsection Block
Double Low Block
Low Block Horse Ride Stance
Outside Arm Block
Scissors Block
Spreading Block
Outside Forearm Block
Diamond Block
'X' Block
Back of Wrist
Block Using Foot
Kicking Technique used as block
Knife Hand Block
Pressing Palm Block

Chongul Seh

Fugul Seh
Kima Seh
Hanbal Seh
Koa Seh
Niuna Seh
Beom Seh
Dwit Dal Seh
Moa Seh

Il

Yi
Sam
Sa
Oh
Yuk
Chil
Pal
Koo
Shib

Han-Na

Dool
Set
Net
Tah Sot
Yo Sot
Il Gohp
Yoh Dul
A Hop
Yohl
Sumul
Soron
Mahun
Shwin
Yesun
Irun
Yodun
Ahun
Paek
Ch On

Front stance

Back Stance
Horse Ride Stance
Crane Stance
'x' Stance
'L' Stance
Cat Stance
Tiger Stance
Feet Together Stance

1st

2nd
3rd
4th
5th
6th
7th
8th
9th
10th

One

Two
Three
Four
Five
Six
Seven
Eight
Nine
Ten
20
30
40
50
60
70
80
90
100
1,000

Chaggi	Kick	Charyo	Attention
Ap Chaggi	Front Kick	Kyungye	Bow
Tollio Chaggi	Roundhouse Kick	Chumbi	Ready Position
Yop Chaggi	Side Kick	Shejak	Begin
Dwi Cha Chaggi	Back Kick	Geuman	Finish
Kolchyo Chaggi	Hook Kick	Sheer	At Ease
Bandal Chaggi	Crescent Kick	Duress	Turn
Chico Chaggi	Axe Kick	Handan	Low Section
Murup Chaggi	Knee Kick	Chungdan	Mid Section
Pandae Cheggi	Turn Kick	Sangdan	High Section
Pandae Dwi Cha Chaggi	Turn Back Kick	Sah Bom	Instructor
Pandae Kolchyo Chaggi	Turn Hook kick	Jeja	Student
Pandae Bandal Chaggi	Turn crescent kick	Dojang	Training Hall
Twimmyo Chaggi	Jump Kick	Dobok	Training Uniform
Twimmyo Ap Chaggi	Jump Front Kick		
Twimmyo Tollio Chaggi	Jump Round Kick	Chodan	1st Dan Black Belt
Twimmyo Yop Chaggi	Jump Side Kick	Yidan	2nd Dan Black Belt
Twimmyo Kolchyo Chaggi	Jump Hook Kick	Kyokpa	Breaking
Twimmyo Dwi Cha Chaggi	Jump Back Kick	Hohoop	Breathing
Twimmyo Pandae Chaggi	Jump Turn Kick's	DanJun Ki	Breathing Exercise
Twimmyo Pandae Dwi Cha Chaggi	Jump Turn Back Kick	Pyugi	Stretching
Twimmyo Pandae Bandal Chaggi	Jump Turn Crescent Kick	Chojum	Focus Energy
Twimmyo Pandae Kolchyo Chaggi	Jump Turn Hook Kick	Jip Joong	Concentration
Cha Badgi	Stamp on Instep	Bankyuk	Counter Move
Bituro Chaggi	Front Twisting Kick	Sokdo	Speed
Ap Olligi	Leg Swing	Sokim	Feint
Goro Chaggi	Sweeping Kick	Nachugi	Duck to Evade
Deemyun Chaggi	Flying Kick	Kihap	Shout
Omyo Mikulgi Chaggi	Slip Kick	Gong Gyuk	Attack
Ongyo Didigi Chaggi	Step Kick	Gong Gyuk Gi	Attacking technique
Deemyun Ijung Chaggi	Double Kick to different section	Run	Right
Doobaldangsand Chaggi	Double flying kick to same area	Wen	Left
Tebbi Chaggi	Double Kick	Shibum	Exercise
Tebbi Murup Chaggi	Double knee kick	Poomse/Hyung	Patterns
Bal Gurum	Footwork Movements		
Baekjul Boolgool	Confidence when fighting		
Himm	Force or power		
Hohup Chojul	Breath control to harness power		
Undong	Exercise		
Simsa	Grading		
Hosin Sul	Self defence techniques		
Dbee	Belt		
Ha'I	Training Trousers		
Kakup	Rank		
Dallyon Joo	Striking post for conditioning		
Chong Bong	6' staff		
Nawryo	Downwards		
Bal Dul Gi	Lift front foot to avoid sweep		
Inji Chomuck	For knuckle		
Kupso	Body Vital points		
Myung Chi	Solar plexus		
Bokdoo	Stomach area		
Dari	Leg		
Eolgool	Face		
Hauri	Hip		
Balkut	Toes		
Apchook	Ball of foot		
Bal Twikumchi	Heel of Foot		
Balkal	Knife edge of foot		
Baldeung	Instep of foot		
Baldabak	Inside edge of foot		