

# The Martial Artist Foundation

## Terminology

### Commands

|                         |                          |
|-------------------------|--------------------------|
| Attention:              | Charyot                  |
| Bow:                    | Kyung-rae                |
| Meditation:             | Muknyum                  |
| Ready Stance:           | Joonbi (Naranhi Sohgi)   |
| Sparring Stance:        | Kyoroogi-jahsae (joonbi) |
| Begin:                  | Shijahk                  |
| Switch Sides/Feet:      | Pahl-bahko               |
| Break: (temp. stop)     | Kalyo                    |
| End:                    | Gomahn                   |
| Return to Ready Stance: | Bahro                    |
| Rest:                   | Sho                      |

### To Begin Class: (senior student)

|                              |                                 |
|------------------------------|---------------------------------|
| “Charyot!”                   | (Attention!)                    |
| “Sahbom-nim* kae, kyung-rae” | (to the master instructor, bow) |

### *If the class has student assistants add...*

|                         |  |
|-------------------------|--|
| “Sunbae-nim, kyung-rae” | (to the senior students/assistants, bow) |
|-------------------------|--|

### To End Class: (senior student)

### *Same as beginning, but also...*

### *Instructor Says:*

|                |                |
|----------------|----------------|
| “Sugetsumnida” | (good effort!) |
|----------------|----------------|

### *Students Respond:*

|                |             |
|----------------|-------------|
| “Kahmsahmnida” | (thank you) |
|----------------|-------------|

\* Appropriate terms can be substituted (i.e. Kwanjang-nim, Chokyo-nim, Kyosa-nim, etc.)

## **Basics**

|                  |            |
|------------------|------------|
| Basic:           | Kibon      |
| Movement:        | Dongjahk   |
| Technique:       | Kisool     |
| Training:        | Undong     |
| Stance:          | Sohgi      |
| Punching:        | Jireugi    |
| Kicking:         | Pahl-Chagi |
| Blocking         | Mahkki     |
| Sparring:        | Kyoroogi   |
| Patterns (forms) | Poomsae    |
| Self-Defense:    | Hoshinsool |
| Breaking:        | Kyukpa     |

## **Basic Kicks**

|                   |                   |
|-------------------|-------------------|
| Front Kick:       | Ahp Chahgi        |
| Roundhouse Kick:  | Dollyo Chahgi     |
| Side Kick:        | Yop Chahgi        |
| Axe Kick:         | Nehryo Chahgi     |
| Back Kick:        | Dwi Chahgi        |
| Push/Cut Kick:    | Mirruh Chahgi     |
| Whip (Hook) Kick: | Hooryo Chahgi     |
| Spin Whip Kick:   | Dwi Hooryo Chahgi |
| Knee Kick:        | Mooryup Chahgi    |
| Jumping Kick:     | Tuioh Chahgi      |

## **Basic Stances**

|                  |                       |
|------------------|-----------------------|
| Ready Stance:    | (Joonbi)Naranhi Sohgi |
| Sparring Stance: | Kyoroogi Jahsae       |
| Walking Stance:  | Ahp Sohgi             |
| Forward Stance:  | Ahp Koobi             |
| Back Stance:     | Dwi Koobi             |
| Horse Stance:    | Joochum Sohgi         |

## **Titles**

|                        |              |
|------------------------|--------------|
| Head of School/Program | Kwanjang-nim |
| Master Instructor      | Sahbom-nim   |
| Assistant Instructor   | Chogyo-nim   |
| Training Instructor    | Kyosa-nim    |

## **Counting**

|        |        |
|--------|--------|
| One:   | Hana   |
| Two:   | Dool   |
| Three: | Set    |
| Four:  | Net    |
| Five:  | Tahsut |
| Six:   | Yohsut |
| Seven: | Ilgōp  |
| Eight: | Yodol  |
| Nine:  | Ahōp   |
| Ten:   | Yol    |

## **Ordinal Counting**

|          |        |
|----------|--------|
| First:   | Il     |
| Second:  | I (ee) |
| Third:   | Sahm   |
| Fourth:  | Sah    |
| Fifth:   | Oh     |
| Sixth:   | Yook   |
| Seventh: | Chil   |
| Eighth:  | Pahl   |
| Ninth:   | Ku     |
| Tenth:   | Ship   |

## **Basic Movement (Steps)**

|                  |             |
|------------------|-------------|
| Switch Position: | Pahl-bahko  |
| Forward Slide:   | Junjin      |
| Backward Slide:  | Whojin      |
| Forward Step:    | Ilbo-Junjin |
| Backward Step:   | Ilbo-Whojin |

## **Miscellaneous**

|           |               |         |
|-----------|---------------|---------|
|           | Training Hall | Dojahng |
| Gymnasium | Chaeyukkwan   |         |
| Uniform   | Dohbok        |         |
| Belt      | Di            |         |