

PHYE 232 – Martial Arts

Basic Korean Terminology

Hand Positions

Korean	English
sahnkal	knifehand
sahnkal jecho	knifehand with palm up
sahnkal deung	ridgehand (also " <i>oppun sahnkal</i> ")
sahn bahtong	palm heel (also " <i>bahtong sahn</i> ")
sahn deung	back hand (also " <i>deung sahn</i> ")
galkwi sahn	ripping (or raking) hand
jipke sahn	pincers hand
joomok	fist
deung joomuk	back fist
yup joomuk	side fist
me joomuk	hammer-fist
doo bam joomuk	two-knuckle fist
pyun joomuk	flat (or open) fist
kwan soo	spearhand (also " <i>pyun sahnkeut</i> ")

Hand Strikes - Punches

Korean	English
Pyungsul	Palm / ki strike
Montong Jirugi	Center punch
Ap Jirugi	Front punch
Bandaе Jirugi	Reverse punch
Sudo	Knife hand strike
Phalkkumchi	Elbow strike
Kwansul	Spear hand
Maedupjupoh Jirugi	Upper punch
Kagkwon	Back fist strike

Foot Strikes - Kicking

Korean	English
Ap Chaolligi	Front rising kick
Ap Chagi	Front kick
Bandal Chagi	Crescent kick
Dollyo Chagi	Turning kick
Bandae Dollyo Chagi	Reverse Turning kick
Yop Chagi	Side kick
Dwit Chagi	Back kick
Naeryo Chagi	Axe kick
Kagkwon	Back fist strike

Defense - Blocking

Korean	English
Arae Makgi	Low block
Olgool Makgi	High block
Pal Montong Makgi	Outward middle block
Anpal Montong Makgi	Inward middle block
Sangsu Makgi	X block
Nuluh Makgi	Downward palm block

Stances

Korean	English
Junbi	Ready stance
Masogi	Fighting / L stance
Kimasogi	Horse stance
Apsogi	Front stance
Dwitsogi	Back stance

Counting

Korean	English	Numbers
Hanah	One	1
Dool	Two	2
Set	Three	3
Net	Four	4
Dasot	Five	5
Yasot	Six	6
Ilgop	Seven	7
Yadol	Eight	8
Ahop	Nine	9
Yool	Ten	10

The stress in "*hanah*", "*dasot*", and "*yasot*" is on the first syllable, in "*ilgop*", "*yadol*", and "*ahop*" on the second. In counting cadence in TaeKwonDo, this is so emphasized that the other syllable frequently almost disappears (e.g., "*han*", "*das*", "*yos*", "*lgop*", "*hop*", etc.).