



# Family Martial Arts Center, Inc.

TAEKWONDO



HAPKIDO



KUMDO

## COUNTING

HANA	ONE
DOOL	TWO
SET	THREE
NET	FOUR
DASUT	FIVE
YOSUT	SIX
ILGOP	SEVEN
YODUL	EIGHT
AHOPE	NINE

## DIRECTIONS

YEOL	TEN
OO	RIGHT
JOA	LEFT
AHP	FRONT
AHN	INNER
BAHKAT	OUTER
BAHNDAE	REVERSE
DWI	BACK
AHNURO	INWARD
BAHKURO	OUTWARD
WHEE	UP
WHEEURO	UPWARD
GA UANDE	MIDDLE
AHRAEO	DOWNWARD
AHRAE	DOWN

## TITLES AND NAMES

GUP	GRADE - ANY RANK BELOW BLACK BELT
YU GUP CHA	HOLDER OF A GUP RANK
DAN	BLACK BELT DEGREE
YU DAN CHA	HOLDER OF A BLACK BELT
SA BUM NIM	INSTRUCTOR
KWAN JUNG NIM	MASTER

## COMMANDS

CHA RYUT	ATTENTION
JUNE BEE	READY
BAH RO	RETURN TO STARTING POSITION
DEE URO DORAH	ABOUT FACE
DORAH	TURN
ELOSOH	STAND
GOMAHN	STOP
GEUK GI HYANG HA YOH	FACE THE FLAG
SAH BUM NIM KEH	FACE THE INSTRUCTOR/MASTER
DOBAK DAHNJUNG	FIX YOUR UNIFORM
DHEE DAHNJUNG	FIX YOUR BELT
HAI SAHN	CLASS DISMISSED
JONGLEE	LINE UP
KYUNG NAE	BOW
AHNJOE	SIT
KOOL O ANGI	KNEEL
SHIJAK	BEGIN
SHIU	RELAX
KAE SOK	CONTINUE

## BODY MOVEMENTS

MAHKI	BLOCK
CHAGI	KICK
CHIGI	HAND STRIKE
JEEK GI	FOOT STRIKE
BAHK GI	HEAD STRIKE
SOHN KI SOOL	HAND TECHNIQUE

## UNIFORM

DHEE	BELT
DOBOK	UNIFORM

## BLOCKS

BAHKAT PALMAHK MAHKI	OUTER FOREARM BLOCK
AHN PALMAHK MAHKI	INNER FOREARM BLOCK
AHNURO MAHKI	INWARD BLOCK
BAHKURO MAHKI	OUTWARD BLOCK
AHRAE MAHKI	LOW BLOCK

## COMMON WORDS/PHRASES

YE	YES
ANIO	NO
KAHM SA HAMNIDA	FORMAL THANK YOU

## FORMS

POOMSAE	FORM
TAE GUK	PATTERNS
JANG	CHAPTER

## KICKS

AHP CHAGI	FRONT KICK
YUP CHAGI	SIDE KICK
DOIRYA CHAGI	ROUNDHOUSE KICK
DWI CHAGI	BACK KICK
DWI DOIRYA CHAGI	BACK ROUND KICK
GULLGI CHAGI	HOOK KICK
BAHNDALL CHAGI	CRESCENT KICK