

Translations

Basics

When entering or leaving a training hall you should face into the hall and bow.

Taekwondo is a Korean Martial Art

The name of this club is CHUNG YONG

The senior instructor of Chung Yong is MASTER WILLIAM ROSE

When addressing your instructor you refer to him or her as SIR, MA'AM or MISS

The tenants which all practitioners of Taekwondo should try to live by are:
Etiquette, Modesty, Perseverance, Self Control, Indomitable Spirit

Translations (English to Korean)

Tae - Foot Kwon - Hand Do - Way Chung Yong - Blue Dragon	Stance - Sogi Walking Stance - Ap Sogi Front Long Stance - Ap Kobi Horse Back Stance - Joochum Sogi (or) Sitting Stance - Joochum Sogi Back Stance - Dwi Kobi Close Stance - Moa Sogi Left Stance - Wen Sogi Right Stance - Oreun Sogi Cross Stance - Koa Sogi Tiger Stance - Bom Sogi Attention Stance - Chariot Sogi Ready Stance - Choon Bi Sogi
Attention - Chariot Bow - Kyong Ne Ready - Choonbi Start - Shijak Stop - Kooman Separate - Kallyo Continue - Kyesok Press ups - Mom Tong Bashin	Kick - Chagi Front Kick - Ap Chagi Side Kick - Yop Chagi Turning Kick - Dolliyo Chagi Back Kick - Dwi Chagi Reverse Turning Kick - Horyo Chagi Hook Kick - Ap Horyo Chagi Axe Kick - Naeryo Chagi Inner Crescent Kick - An Chagi Outer Crescent Kick - Bakat Chagi Push Kick - Mirro Chagi Front Turning Kick - Ap Dolliyo Chagi Twisting Kick - Bituereo Chagi Skipping Kick - Cha Jun Bal Chagi Jumping Kick - Twimeo Chagi Kicking Exercise - Chagi Undong Front Leg Raising - Ap Cha Olligi
One - Hana Two - Dool Three - Set Four - Net Five - Dasot Six - Yasot Seven - Ilkop Eight - Yodol Nine - Ahop Ten - Yol	

Face – Olgool
Neck – Mok
Chin – Tuk
Body – Momtong
Forearm – Palmok
Elbow – Palkup
Hand – Sohn
Fist – Chumok
Knee – Mur
Legs – Aree

Punch – Jirugi
Front Punch – Ap Jirugi
Side Punch – Yop Jirugi
Double Punch – Duebom Jirugi
Reverse Punch – Baro Jirugi
Obverse Punch – Bandi Jirugi
Upper Cut Punch – Jecheo Jirugi
Back Fist – Doong Chumok
Hammer Fist – Me Chumok
Covering Fist – Bo Chumok

Strike – Chigi
Elbow Strike – Palkup Chigi
Spear Hand Strike – Pyong Sohn Keut Chigi
Palm Heel Strike – Ba Tang Sohn Chigi
Arc Hand Strike – An Jin Sohn Chigi
Knife Hand Strike – Sohn Nal Chigi
Knife Hand Neck – Strike Sohn Nal Mok Chigi
Ridge Hand Strike – Sohn Nal Doong
Forearm Strike – Palmok Chigi
Target Strike – Pyojeot Chigi
Knee Strike – Mur Chigi
Downwards Strike – Naeryo Chigi

Block – Maki
Low Block – Aree Maki
Middle Block – Momtong Maki
High Block – Olgool Maki
Forearm Block – Palmok Maki
Inner Forearm Block – An Palmok Maki
Outer Forearm Block – Bakat Palmok Maki
Knife Hand Block – Sohn Nal Maki
Inner Knife Hand Block – An Sohn Nal Maki
Outer Knife Hand Block - Bakat Sohn Nal Maki
Palm Heel Block – Ba Tang Sohn Maki
Wedge Block – Hechyo Maki
Cross Wrist Block – Eotgesreo Maki
Part Mountain Block – Owest Stanteel Maki
Mountain Block – Stanteel Maki

Sparring – Qurogee
Free Sparring – Jayo Qurogee
Competition Sparring – Macho Qurogee
Three Step Sparring – Sebon Qurogee
Two Step Sparring – Eebon Qurogee
One Step Sparring – Hanbon Qurogee

Self Defence – Ho Sin Sul
Patterns – Poomse
Patterns 1 to 8 are the “Teguks”
Technique – Kibom

Gym - Dojang
Uniform – Dobok
Body Armour – Hoogo
Blue – Chung
Red – Hong
Right – Oreun
Left – Wen

Teacher – Sabomnim
Master – Jan Nim
Grand Master – Qwan Jan Nim

Coloured belts are Kup Grades
Black belts are Dan Grades