

# **USA Martial Arts and Fitness**

## **Taekwondo Terminology**

<b>Attention</b>	<b>Ch'a-ryot</b>
<b>Bow</b>	<b>Kyong-nae</b>
<b>Face the flag</b>	<b>Kuk-ki-kae-ha-yo</b>
<b>Master Instructor</b>	<b>Kwang Chang-nim</b>
<b>Instructor</b>	<b>Sabom-nim</b>
<b>Ready position</b>	<b>Joon-bi</b>
<b>Return to ready</b>	<b>Ba-ro</b>
<b>Thank you Sir</b>	<b>Kam-sa- Ham-ni-da</b>
<b>Yell</b>	<b>Ki-hap</b>
<b>Kicks</b>	<b>Chah-gi</b>
<b>Sparring</b>	<b>Gyroogi</b>
<b>Breaking</b>	<b>Kyukpa</b>
<b>Forms</b>	<b>Poomse</b>

## **Competition Terminology**

<b>Start</b>	<b>Shi-jak</b>
<b>Break</b>	<b>Kalyeo</b>
<b>Stop</b>	<b>Ku-man</b>
<b>Continue</b>	<b>Kae-sok</b>
<b>Time(injury)</b>	<b>Kaeshi</b>
<b>Time</b>	<b>Shikan</b>
<b>Blue</b>	<b>Chung</b>
<b>Red</b>	<b>Hong</b>
<b>Warning(1/2 pt. deduction)</b>	<b>Kyung-go</b>
<b>Deduction(1 point)</b>	<b>Gam-jeom</b>
<b>Point</b>	<b>Deuk-jum</b>
<b>Round</b>	<b>Hoe-jum</b>
<b>Winner</b>	<b>Seung</b>

## **Count**

<b>1.) Ha-na</b>	<b>6.) Yo-set</b>
<b>2.) Dul</b>	<b>7.) Il-kop</b>
<b>3.) Set</b>	<b>8.) Yo-dol</b>
<b>4.) Net</b>	<b>9.) A-hop</b>
<b>5.) Da-sot</b>	<b>10.) Yol</b>