

# SOUTH BANK TAEKWONDO



## TENENTS:

Etiquette – Modesty – Perseverance - Self-Control - Indomitable Spirit.

## POOMSAE:

Taeguk:	Name:	Meaning:	No. of movements:
Il Jang	Keon	Heaven & Light	18
Yee Jang	Tae	Joyfulness	18
Sam Jang	Ri	Fire & Sunlight	20
Sa Jang	Jin	Thunder	20
Oh Jang	Seon	Wind	20
Yuk Jang	Gam	Water	23
Chil Jang	Gan	Mountain	25
Pal Jang	Gon	Earth	24

## TERMINOLOGY:

English	Korean	English	Korean
Grandmaster	Kwan Jang Nim	Energy shout	Kihap
Master Instructor	Sabom Nim	Form	Poomsae
Instructor	Kyo Sa Nim	Inner/outer	An/bakkat
Attention	Charyeot	Thank you	Kamsahamnida
Bow	Kyeong neh	Left	Wen
Stance	Seogi	Right	Oren
Ready	Joombi	Low	Arae
Start	Sijak	Middle	Momtung
Stop	Geuman	High	Eolgool
End/return	Baro	Block	Makki
Rest	Shio	Punch	Jirigi
Turn around	Dwiro dora	Kick	Chagi
Break	Kalyeo	Front kick	Ap chagi
Continue	Kaysook	Back kick	Dwit chagi
Sparring	Gyorugi	Side kick	Yeop chagi
1-step sparring	Hanbon kyorugi	Half-turning kick	Bandal chagi
Taekwondo gym	Dojang	Full-turning kick	Dollryo chagi
Uniform	Dobok	Strike	Chigi

## COUNTING:

English	Korean	Korean pronunciation of Chinese
One -	Hana	Il
Two -	Dool	Yee
Three -	Set	Sam
Four -	Net	Sa
Five -	Dasot	Oh
Six -	Yasot	Yuk
Seven -	Eelgop	Chil
Eight -	Yudol	Pal
Nine -	Ahob	Koo
Ten -	Yull	Ship