

# **Cheshire Academy of TaeKwonDo (CAT)**

## **Terminology Sheet**

### **Definition of TaeKwonDo**

"**Tae**" means "foot" or "to strike with the feet". "**Kwon**" means "hand", or "to strike with the hand". "**Do**" means discipline, art, or way. Hence **TaeKwonDo** (foot-hand-way) means literally "the art of the feet and the hands" or "the art of kicking and punching".

### **Korea and its Flag**

The Korean name for Korea is "*Hangeuk*" and its people are called "*Hangeuksaram*". The ancient name for Korea is "*Choson*", which means literally "the land of morning calm" and comes from the "*Choson*" (or "*Yi*") dynasty of Korea's history (1392-1905). The name "*Korea*" comes from the "*Koryu*" dynasty of Korea's history (935-1392) during which westerners had their first contact with Korea.

The national anthem of Korea is "*Aeguk Ka*" ("Love of Country"). It was written during the Japanese occupation of Korea (circa 1905-1945) and was later set to music by Ahn Eak Tai.

The **Korean flag is called "Taeguk-ki"** and was adopted in August of 1882. The central theme of the flag is that although there is constant movement within the sphere of infinity, there is also balance and harmony. The flag consists of three parts: a white field (or background), a red and blue circle in the center of the flag (containing a "yin-yang" like symbol), and four black trigrams surrounding the circle in each of the four corners of the flag.

The circle in the centre is called "*Taeguk*" and means the origin of all things in the universe. The red and blue paisleys within the circle represent eternal duality (heaven-earth, fire-water, good-evil, male- female, dark-light, life-death). The blue portion of the circle is called "*um*" and represents the negative aspects of this duality; the red portion of the circle is called "*yang*" and represents the positive aspects. "*Um-yang*" is the Korean equivalent of "yin-yang".

The four black trigrams come from the Chinese book of "*I Ch'ing*". The trigrams also carry the idea of opposites and of balance. Each trigram (or "*gye*") consists of three parallel lines, some of which are broken (split), and some of which are unbroken (solid). Each gye has a specific name and represents one or more concepts: In the upper left hand corner is "*K'un*" which consists of all solid lines and represents heaven, east, and spring; In the lower right hand corner is "*K'on*" which consists of all broken lines and represents earth, west, and summer; In the upper right hand corner is "*Kam*" which consists of one solid line surrounded by two broken lines and represents water, north, and winter; In the lower left hand corner is "*Li*" which consists of one broken line surrounded by two solid lines and represents fire, south, and autumn.

## Korean Counting

There are two different numbering systems that are used by Koreans. The first numbering system is used when counting, or when only speaking of the numbers themselves. The first ten numbers in this system are as follows:

1	<i>hanah</i>
2	<i>dool</i>
3	<i>set</i>
4	<i>net</i>
5	<i>dasot</i>
6	<i>yasot</i>
7	<i>ilgop</i>
8	<i>yadol</i>
9	<i>ahop</i>
10	<i>yool</i>

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.).

The other numbering system (which is of Chinese origin) is used in most other cases and is often used where English would use ordinal numbers (such as "first", "second", etc ...). For example, this second numbering system is used when describing a person's rank: a first degree black belt would be an "*il dan*". The first ten numbers in this numbering system are as follows:

1	<i>il</i>
2	<i>ee</i>
3	<i>sahm</i>
4	<i>sah</i>
5	<i>oh</i>
6	<i>ryook</i>
7	<i>chil</i>
8	<i>pal</i>
9	<i>koo</i>
10	<i>ship</i>

The final `l' in "*chil*" and "*pal*" isn't rounded, like an English `l' .... It's a much shorter sound, sort of like the initial `l' in "let", but even shorter. It's not like the `l' in "ball".

When pronouncing the word "*ship*", you **must not** emphasize the "sh" sound. It's almost more like "*sip*" with a sort of a lisp. If you pronounce it like "sh" in "shell", then you are referring to sexual intercourse.

Even though this second numbering system may correspond to ordinal numbers in English in some cases, these are not ordinal numbers. Koreans use a separate set of words for ordinal numbers.

## Basic Body Parts

<i>mom</i>	<i>body</i>
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<i>kwanjeol</i>	joint
<b><i>ulgool</i></b>	<b>face &amp; head</b>
<i>muh ree</i>	head
<i>noon</i>	eye
<i>gui</i>	ear
<i>ko</i>	nose
<i>in joong</i>	philtrum
<i>eep</i>	mouth
<i>tuhk</i>	chin
<i>mokoomeong</i>	throat
<b><i>mok</i></b>	<b>neck</b>
<i>ouka</i>	shoulder
<b><i>myung chi</i></b>	<b>solar plexus</b>
<b><i>pahl</i></b>	<b>arm</b>
<b><i>pahlkup</i></b>	<b>elbow</b>
<b><i>pahlmahk</i></b>	<b>forearm</b>
<b><i>ahn pahlmahk</i></b>	<b>inner side of forearm</b>
<b><i>bahkat pahlmahk</i></b>	<b>outer side of forearm</b>
<i>meet pahlmahk</i>	palm side of forearm
<i>wi pahlmahk</i>	back side of forearm
<i>deung pahlmahk</i>	back of forearm
<b><i>sahnmahk</i></b>	<b>wrist</b>
<b><i>sahn</i></b>	<b>hand</b>
<b><i>sahnkal</i></b>	<b>outside edge of hand (knifehand)</b>
<b><i>sahnkal deung</i></b>	<b>inside edge of hand (ridgehand)</b>
<b><i>sahn deung</i></b>	<b>back hand</b>
<b><i>joomok</i></b>	<b>fist</b>
<i>sahnkahrak</i>	finger
<b><i>sahnkeut</i></b>	<b>fingertip</b>
<b><i>momtong</i></b>	<b>trunk (middle section)</b>
<i>huri</i>	waist
<b><i>ahrae</i></b>	<b>lower body (low section)</b>
<i>noolro</i>	groin
<b><i>dahree</i></b>	<b>leg</b>
<b><i>mooreup</i></b>	<b>knee</b>
<i>ahp jung kang yi</i>	shin

<b><i>bahl mahk</i></b>	<b>ankle</b>
<b><i>bahl</i></b>	<b>foot (or feet)</b>
<i>bahldung</i>	instep
<i>bahlbong oh ri</i>	arch of foot
<b><i>bahl nahl</i></b>	<b>outside edge of foot</b>
<i>an bahl nahl</i>	inside edge of foot
<b><i>bahl badak</i></b>	<b>sole of foot</b>
<b><i>ahp chook</i></b>	<b>ball of foot</b>
<b><i>dwi koomchi</i></b>	<b>heel</b>
<i>dwi chook</i>	bottom of heel
<b><i>bahlkeut</i></b>	<b>toes</b>

### Tenets of TaeKwonDo

<i>ye ui</i>	<b>courtesy</b>
<i>yom chi</i>	<b>integrity</b>
<i>in nae</i>	<b>perseverance</b>
<i>kuk gi</i>	<b>self-control (also "<i>jah jeh</i>")</b>
<i>baekjool</i>	<b>indomitable spirit (also "<i>boolgool eui jung shin</i>")</b>

### Body Movements

<i>mom omgigi</i>	movement of the body
<b><i>mahki</i></b>	<b>block</b>
<b><i>chagi</i></b>	<b>kick</b>
<b><i>chirugi</i></b>	<b>thrust (or punch)</b>
<b><i>chigi</i></b>	<b>strike (with the hand)</b>
<i>jeek gi</i>	strike (with the foot)
<i>bahk gi</i>	strike (with the head)
<i>sahn ki sool</i>	hand technique
<i>bahl ki sool</i>	foot technique
<b><i>kyorugi</i></b>	<b>sparring</b>
<i>bituro</i>	twisting
<i>gamyu</i>	stepping (also " <i>omkyuh didigi</i> ")
<b><i>kuht neun</i></b>	<b>walking</b>
<i>uro</i>	moving in a particular direction (e.g. " <i>ahp uro gamyu</i> " - stepping forward)
<i>bang hyang bakoogi</i>	changing direction

<i>bitkyuh surgj</i>	escaping
<i>tdwim yu</i>	jumping
<b>dora</b>	<b>to turn</b>
<i>dolmyo</i>	spinning
<i>mee keul myu</i>	sliding (also " <i>mee kul gi</i> ")
<i>jupgi</i>	holding/grabbing
<i>donzigi</i>	throwing
<i>goorugi</i>	rolling/tumbling
<i>pyihagi</i>	dodging
<i>hecho</i>	spreading
<i>moyo</i>	gathering
<i>bojoo</i>	covering

### Directions

<b>oo</b>	<b>right (also "<i>oh-ruen</i>")</b>
<b>joa</b>	<b>left (also "<i>wen</i>")</b>
<b>ahp</b>	<b>front</b>
<b>ahn</b>	<b>inner</b>
<b>bahkat</b>	<b>outer</b>
<b>bahndae</b>	<b>reverse</b>
<b>dwi</b>	<b>back</b>
<b>ahnuro</b>	<b>inward</b>
<b>bahkuro</b>	<b>outward</b>
<i>whee</i>	high (up)
<i>whee uro</i>	upward
<i>guande</i>	middle
<b>ulgool</b>	<b>high section (also "<i>sahngdahn</i>")</b>
<b>momtong</b>	<b>middle section (also "<i>chungdahn</i>")</b>
<b>ahrae</b>	<b>low section (also "<i>hahdahn</i>")</b>

### Rank

<i>kagup</i>	rank
<b>gup</b>	<b>grade</b>
<b>dan</b>	<b>degree</b>
<i>simsa</i>	grading (or promotional) test
<i>simsa kwan</i>	examiner

<i>dan gup jedo</i>	system of rank
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## Hand Positions

<b><i>sahnkal</i></b>	<b>knifehand</b>
<b><i>sahnkal jecho</i></b>	<b>knifehand with palm up</b>
<b><i>sahnkal deung</i></b>	<b>ridgehand (also "<i>oppun sahnkal</i>")</b>
<b><i>sahn bahtong</i></b>	<b>palm heel (also "<i>bahtong sahn</i>")</b>
<b><i>sahn deung</i></b>	<b>back hand (also "<i>deung sahn</i>")</b>
<b><i>ah keum sahn</i></b>	<b>arc hand</b>
<i>galkwi sahn</i>	ripping (or raking) hand
<i>jipke sahn</i>	pincers hand
<b><i>joomok</i></b>	<b>fist</b>
<b><i>deung joomuk</i></b>	<b>back fist</b>
<b><i>yup joomuk</i></b>	<b>side fist</b>
<b><i>me joomuk</i></b>	<b>hammer-fist</b>
<i>inju joomuk</i>	forefinger one-knuckle fist
<i>bamchu joomuk</i>	middle-finger one-knuckle fist
<i>doo bam joomuk</i>	two-knuckle fist
<i>pyun joomuk</i>	flat (or open) fist
<i>omji joomuk</i>	thumb-knuckle fist
<i>kwan soo</i>	spearhand (also " <i>pyun sahnkeut</i> ")
<b><i>sahnkeut</i></b>	<b>spearfinger</b>
<b><i>gawi sahnkeut</i></b>	<b>scissors-shaped spearfingers</b>

## Hand Attacks

<b><i>bahro chirugi</i></b>	<b>straight (return) punch</b>
<b><i>bahndae chirugi</i></b>	<b>reverse punch</b>
<b><i>gullgi chirugi</i></b>	<b>hook punch</b>
<i>yung seuk chirugi</i>	combination (consecutive) punch
<b><i>doo bun chirugi</i></b>	<b>double punch</b>
<b><i>sae bun chirugi</i></b>	<b>triple punch</b>
<b><i>sahnkeut chirugi</i></b>	<b>spearfinger thrust</b>
<i>sewo chirugi</i>	vertical punch
<i>gotjang chirugi</i>	vertical fist punch
<i>dolrya chirugi</i>	round punch
<b><i>dwijubo chirugi</i></b>	<b>upset punch</b>

<i>soteum chirugi</i>	spring punch
<i>nehryuh chirugi</i>	downward punch
<i>chi chirugi</i>	uppercut punch
<i>jae chuh chirugi</i>	upper punch (also " <i>jae chin chirugi</i> ")
<i>doo joomuk chirugi</i>	doublefist punch
<i>dikootja chirugi</i>	`U' (or `C') shaped punch (hi-lo)
<i>sosum chirugi</i>	double uppercut punch
<i>keumgang chirugi</i>	diamond-shaped punch
<i>nalgeh chirugi</i>	wing-shaped punch

## Blocks

<b><i>bahkat palmahk mahki</i></b>	<b>outer forearm block</b>
<b><i>ahn palmahk mahki</i></b>	<b>inner forearm block</b>
<i>sahng palmahk mahki</i>	twin forearm block
<i>ahnuro mahki</i>	inward block
<i>bahkuro mahki</i>	outward block
<b><i>ahrae mahki</i></b>	<b>low block</b>
<i>cho kyo mahki</i>	rising block
<b><i>daebi mahki</i></b>	<b>guarding block</b>
<i>bituro mahki</i>	twisting block
<i>gahwi mahki</i>	scissors block
<i>keumgang mahki</i>	diamond-shaped (Hercules) block
<i>gutjha mahki</i>	`9'-shaped block (cross block)
<b><i>yeot pero mahki</i></b>	<b>`X'-shaped block (also "<i>kyo cha mahki</i>")</b>
<i>santeul mahki</i>	mountain-shaped block (also " <i>osanteul mahki</i> ")
<i>weh santeul mahki</i>	part mountain-shaped block
<i>utgallruih mahki</i>	cross block (also " <i>utgiruh mahki</i> ")
<i>hechuh mahki</i>	scattered block (or wedge block)
<i>hwang so mahki</i>	ox (or "bull") block
<b><i>bahtangsahn nooluh mahki</i></b>	<b>pressing down block</b>
<i>deuluh oll ryu mahki</i>	upward scooping fist block

## Kicks

<i>cha olligi</i>	stretching kick
<i>jillo chagi</i>	thrusting kick

<b><i>ahp chagi</i></b>	<b>front kick</b>
<b><i>yup chagi</i></b>	<b>side kick</b>
<b><i>dolrya chagi</i></b>	<b>round (roundhouse) kick</b>
<b><i>dwi chagi</i></b>	<b>back kick</b>
<b><i>bahndae dolrya chagi</i></b>	<b>reverse round kick ("hook kick" for some styles)</b>
<b><i>dwi dolrya chagi</i></b>	<b>back round kick ("hook kick" for some styles)</b>
<b><i>gullgi chagi</i></b>	<b>hook kick (also "<i>golcho chagi</i>" or "<i>golro chagi</i>")</b>
<b><i>bahndall chagi</i></b>	<b>crescent kick (literally "half moon kick")</b>
<b><i>hooorio chagi</i></b>	<b>wheel kick</b>
<b><i>beet chagi</i></b>	<b>slant (or instep) kick</b>
<b><i>bahn dolrya chagi</i></b>	<b>half round kick (also "instep kick")</b>
<b><i>beakya chagi</i></b>	<b>slap kick</b>
<b><i>nehryuh jeek gi</i></b>	<b>ax kick; literally "downward foot strike"</b>
<b><i>hwe jun chagi</i></b>	<b>swing kick</b>
<b><i>mil a chagi</i></b>	<b>pushing kick (also "<i>mil gi chagi</i>")</b>
<b><i>gokwang i chagi</i></b>	<b>pickax kick</b>
<b><i>pyojuk chagi</i></b>	<b>target kick</b>
<b><i>dolmyo chagi</i></b>	<b>spinning kick</b>
<b><i>tdwim yah chagi</i></b>	<b>jumping kick</b>
<b><i>yung seuk chagi</i></b>	<b>combination (consecutive) kick</b>
<b><i>meekulmyu chagi</i></b>	<b>sliding kick (also "<i>mikulgi chagi</i>")</b>
<b><i>goollruh chagi</i></b>	<b>rolling kick</b>
<b><i>natgeh tdwim yu chagi</i></b>	<b>hopping kick</b>
<b><i>nalla chagi</i></b>	<b>flying kick (also "<i>goong jung chagi</i>")</b>
<b><i>gahwi chagi</i></b>	<b>scissors kick</b>
<b><i>illja chagi</i></b>	<b>linear kick</b>
<b><i>japgo chagi</i></b>	<b>holding (grasp) kick</b>
<b><i>ohpo chagi</i></b>	<b>falling kick (leg sweep)</b>
<b><i>nachu oh chagi</i></b>	<b>stooping kick</b>

## Stances

<b><i>sohgi</i></b>	<b>stance</b>
<b><i>jah seh</i></b>	<b>posture (or stance) [used instead of "<i>sohgi</i>" in some styles]</b>

<i>ahnjun sohgi</i>	sitting stance
<i>ahp sohgi</i>	front stance
<b><i>ahp koo bi sohgi</i></b>	<b>front bent knee stance (also just "<i>ahp koo bi</i>")</b>
<i>dwi sohgi</i>	back stance
<b><i>dwi koo bi sohgi</i></b>	<b>back bent knee stance (also just "<i>dwi koo bi</i>")</b>
<b><i>beom sohgi</i></b>	<b>cat (or tiger) stance (also "<i>goyang-i sohgi</i>")</b>
<b><i>kuht neun sohgi</i></b>	<b>walking stance</b>
<b><i>juchoom sohgi</i></b>	<b>horseback riding stance ("<i>kima sohgi</i>" in some styles)</b>
<i>mot sohgi</i>	fighting stance
<i>kyorugi sohgi</i>	sparring stance
<i>choon bi sohgi</i>	ready stance (also " <i>pyeonhi sohgi</i> ")
<i>gibon sohgi</i>	basic stance
<i>guande sohgi</i>	middle stance
<i>naranhee sohgi</i>	parallel stance
<b><i>niun ja sohgi</i></b>	<b>`L'-stance</b>
<i>gojang sohgi</i>	fixed (lower-back) stance
<i>sa sun sohgi</i>	diagonal stance
<i>gyuttari sohgi</i>	fixed balance (or bent knee) stance
<i>koh ah sohgi</i>	crossed foot stance
<b><i>kyo cha sohgi</i></b>	<b>`X'-stance</b>
<i>mo ah sohgi</i>	close stance
<i>joong-rib sohgi</i>	neutral stance
<i>dong yuk sohgi</i>	dynamic stance
<b><i>cha yun sohgi</i></b>	<b>natural stance</b>
<i>chagi sohgi</i>	kicking stance
<i>hahktari sohgi</i>	crane stance (also " <i>ue bal sohgi</i> ")

## Sparring

<b><i>kyorugi</i></b>	<b>(free) sparring</b>
<i>han bun kyorugi</i>	one step sparring
<i>doo bun kyorugi</i>	two step sparring
<i>sae bun kyorugi</i>	three step sparring
<i>bahn ja yu kyorugi</i>	semi free sparring
<i>machu oh kyorugi</i>	arranged free sparring

<i>jeon</i>	round (competition segment)
<i>shihap</i>	bout or match
<i>jeum</i>	point
<i>shi gan</i>	time out
<i>keum bahk</i>	out of bounds
<i>kyong go</i>	warning
<i>gam jeum</i>	deduction of point
<i>shil kyuk</i>	disqualification
<i>boo sang</i>	injury
<i>seung</i>	win
<i>bi kim</i>	tie
<i>chung</i>	blue
<i>hong</i>	red
<i>hin</i>	white
<i>jajun bahl</i>	use of footwork to dodge a technique
<i>nachugi</i>	body evasion by "ducking"

## Forms

<b><i>poomse</i></b>	<b>form (pronounced "poom-say"), also "hyung"</b>
<i>tul</i>	patterns
<i>jang</i>	similar to a page or a chapter
<i>yung seuk</i>	combination
<i>sa bang hyang</i>	four direction

## Uniform

<b><i>dhee</i></b>	<b>belt</b>
<b><i>dobok</i></b>	<b>uniform</b>
<i>ha'i</i>	training pants

## Equipment

<b><i>hogoo</i></b>	<b>chest protector (also "bohogoo")</b>
<i>sahn boho jang kap</i>	protective gloves
<i>pahlmahk bohodae</i>	forearm guard
<i>jung kang yi bohodae</i>	shin guard
<i>nang shim bohodae</i>	groin cup
<i>muh ree bohodae</i>	protective head gear

<i>eep bohodae</i>	mouth guard
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## Commands

<b><i>cha ryuht</i></b>	<b>attention</b>
<b><i>choon bi</i></b>	<b>ready</b>
<b><i>bah ro</i></b>	<b>return to starting position</b>
<b><i>dwi uro dorah</i></b>	<b>about face</b>
<b><i>dorah</i></b>	<b>turn</b>
<i>elosoh</i>	stand
<b><i>gomahn</i></b>	<b>stop (also "<i>mum cho</i>")</b>
<i>geuk gi hyang ha yoh</i>	face the flag
<i>jwa woo hyang woo</i>	face each other
<b><i>sah bum nim keh</i></b>	<b>face instructor/master</b>
<b><i>sun bae nim keh</i></b>	<b>face senior student</b>
<i>simsa kwan nim keh</i>	face examiner/tester
<i>dobok dahnjung</i>	fix your uniform
<i>dhee dahnjung</i>	fix your belt
<i>hai sahn</i>	class dismissed (also " <i>hae cho</i> ")
<i>jonglee</i>	line up (also " <i>ji hap</i> " and " <i>jung yul</i> ")
<b><i>kyung nae</i></b>	<b>bow</b>
<i>ahnjoe</i>	sit
<i>kool o angi</i>	kneel (kneeling)
<i>bah ro angi</i>	sit in lotus position (yoga posture)
<i>bahl bah kwah</i>	switch your stance (switch your feet)
<i>koo ryung op see</i>	in your own time
<b><i>seijak</i></b>	<b>begin</b>
<b><i>shiuh</i></b>	<b>relax</b>
<b><i>kalyeo</i></b>	<b>break (or stop)</b>
<i>kae sok</i>	continue

## Common Phrases

<i>ye</i>	yes (also " <i>ne</i> ")
<i>anio</i>	no
<b><i>kahm sa hamnida</i></b>	<b>thank you</b>
<i>komap sumnida</i>	less formal form of "thank you"
<i>cheon maeneyo</i>	you're welcome (literally "Don't mention it!")

<i>cheuk ka hamnida</i>	congratulations!
<i>ahnyong hasimnika</i>	How are you? (literally "Are you well?" or "Are you at peace?")
<i>ahnyong hasayo</i>	less formal form of "How are you?"
<i>yoboseyo</i>	hello (used on the phone or to get someone's attention; literally "Please look here!")
<i>ahnyonghee gasipsiyo</i>	good-bye (to the person who is leaving); literally "Go in peace!"
<i>ahnyonghee gyesipsiyo</i>	good-bye (to the person who is staying); literally "Stay in peace!"
<i>ahnyonghee gasayo</i>	less formal form of "good-bye" (to the person who is leaving)
<i>ahnyonghee gyesayo</i>	less formal form of "good-bye" (to the person who is staying)
<i>pangap seumnida</i>	Pleased to meet you!
<i>toh poepkeseoyo</i>	See you later!
<i>eoseo osayo</i>	Welcome!
<i>choesong hamnida</i>	I'm sorry
<i>mian hamnida</i>	less formal form of "I'm sorry!"
<i>shillye hamnida</i>	Excuse me! (asking forgiveness for an impolite act)
<i>kwaen chanayo</i>	That's all right
<i>ahlge seoyo</i>	I understand
<i>moreuge seoyo</i>	I don't understand
<i>chaemi isseoyo</i>	It is fun (or interesting)!

## **Titles**

<i>do joo nim</i>	founder (of the art)
<i>kwan jang nim</i>	grandmaster
<b><i>chung sah nim</i></b>	<b>chief instructor (or "chief master")</b>
<b><i>sah bum nim</i></b>	<b>instructor (or "master")</b>
<i>sah boo nim</i>	more intimate and respectful form of " <i>sah bum nim</i> "; literally "teaching father"
<b><i>kyo sah nim</i></b>	<b>teacher (also "<i>seon saeng nim</i>")</b>
<b><i>sun bae nim</i></b>	<b>senior student</b>
<i>hu bae nim</i>	junior student
<b><i>hak saeng</i></b>	<b>student</b>
<i>suryun saeng</i>	trainee

<i>jeja</i>	pupil
<i>joo sim</i>	referee
<i>bu sim</i>	judge
<i>bae sim</i>	juror
<i>kae sim</i>	time keeper
<i>ki rohk</i>	recorder

### Miscellaneous

<b><i>dojang</i></b>	<b>place where one trains (house of discipline)</b>
<i>gong-kyok</i>	offense
<i>hosinsool</i>	self-defense
<i>mukyum</i>	meditation
<b><i>kihap</i></b>	<b>yell</b>
<i>jung shin yuk</i>	mental strength, or martial art spirit (also "moodo jung shin")
<i>jung shin dong il</i>	concentration of the mind
<i>jung shin soo yang</i>	development (training) of the mind
<i>jung do</i>	the "right" way (correctness of action)
<i>sim shin dahn ryun</i>	mind and body discipline
<i>chung myung kwon</i>	development (training) of the body, mind, and spirit
<i>chi shik</i>	knowledge of mind and thoughts
<i>heng dong</i>	execution (action) of the body and its techniques
<i>pil seung</i>	certain victory
<i>il sok pil sai</i>	one strike must kill
<i>ho hyoop</i>	breathing
<i>shim ho hyoop</i>	breathing control (deep breathing)
<i>himm</i>	force or power
<b><i>ki</i></b>	<b>life-energy</b>
<i>dahnjun</i>	the center of your "ki"
<i>bokboo</i>	the stomach area where "ki" is generated.
<i>choong sim</i>	center of gravity
<i>chojum</i>	focus (focal point) of your energy
<i>jeung ga</i>	increase (to strengthen or augment)
<i>kyuk pa</i>	breaking (the art of breaking boards, bricks, and tiles)

<i>shibum</i>	demonstration (or exhibition)
<i>pyugi</i>	stretching
<i>ye jol</i>	etiquette
<i>jon gyung</i>	respect
<i>choong sung</i>	loyalty (also "eui ri")
<i>jung jhik</i>	honesty
<i>kahjok</i>	family