



North Wales



A

abdomen
about turn
Achilles tendon
Adam's apple
against
air shield
alternate
and
angle fingertip
angle of the mandible
angle punch
ankle joint
arc-hand
armed opponent
armpit
Assistant Instructor
at ease
attack
attack technique
attacking tools
attention
attention stance

B

back [foot parts/attacks]
back [hand parts]
back elbow

bokboo
dero dara
dwichuk himjool
gyol hoo
dae
gongi bangpae
euhkallin
mit
homi sonkut
wit tok
giokja jirugi
balmok gwanjol
bandal son
moogi
gyodurang
Boosabum (nim)
swiyo
gong gyok
gong gyokgi
gong gyok boowi
charyot
charyot sogi

dwit
dung
dwit palkup

back hand
back heel
back sole
back view
back wrist artery
backward
ball of the foot
base of knife hand
bayonet
bear hand
belt
bending stance
black
block
blocking apparatus
blocking tools
blue
body dropping
bow
bow posture
bow wrist
breath control
bridge of the nose

sondung
dwitchook
dwitkumchi
dwitmosup
dung sonmok dongmaek
duruogi (dwiro)
apkumchi
sonkal batang
chong gum
gomson
ti
guburyo sogi
komun
makgi (magumyo-)
makgi dae
makgi boowi
paran/ch'ong
mom nachugi
kyong ye
kyong ye jase
sonmok dung
hohup jojul
migan



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C

calisthenics
cervix
charter of Taekwon-Do
check list
checking
checking block
checking kick
chest
circular block
classification
clavicle
close stance
club
coccyx
cold showers and baths
combination
commence
competition
composition of Taekwon-Do
concentration
consecutive
continue
counter kick
courtesy
covering
crescent

dosoo dallyon
gyong boo
Taekwon-Do hun jang
daejo pyo
momchugi
momchau makgi
cha momchugi
gasum
dollimyo makgi
jongyu
swe gol
moa sogi
gonbong
migol
naengsoo machal
honap
si jak
kyong gi
Taekwon-Do goosun
jip joong
yonsok
kesok
bada chagi
ye ui
karioogi
bandal

cross-cut
crouched stance
cycle of Taekwon-Do

D

dagger
defence technique
demerit
demonstration
diagonal stance
direction diagram
direction of kick
dismiss
disqualification
dodging
double [attack/defence eg turning kick]
double [technique eg stepping]
double [tool eg forearm]
downward
dumb-bells
dynamic stability

E

eight
elbow
elbow joint
Epigastrium
equilibrium
etiquette

ghutgi
oguryo sogi
soonhwan do

dando
bang eau gi
kamjom
sibum
sasun sogi
bang hyang pyo
chan bang hyang
hae san
silkyok
pihagi (pihamyo-)
i-jung
ibo
doo
naeryo
aryong
dongtchuk anjong

yodul
palkup
palgup gwanjol
sang bokboo
kyun hyung
ye jol



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extremities
eyeball

F

face [eg. instructor]
fast motion
female
finger belly
finger pincers
finger toughening box
fingertips
fist
five
fixed stance
fixed type
flat fingertip
floating ribs
flying [see jumping qv.]
focus shield
foot lifting
foot parts
foot shifting
foot sparring
foot tackling
foot techniques
foot-fist-way
footsword
forearm

pal gwa dari
angoo

kke
pparun sokdo
yoja
songarak badak
jipge son
dallyon tong
sonkut
joomuk
dasot
gojung sogi
gojongsik
opun sonkut
nuk gol

chotjum bangpae
bal dulgi
ha bansin
jajun bal
bal matsogi
bal golgi
bal gisool
tae-kwon-do
balkal
palmok

forefinger
forefist
forehead
fore-knuckle fist
forging bag
forging pendulum
forging post
forward
fossa
fouls
four
four direction [punch/block]
four direction kick
free sparring
front
front view
front-back kick
full facing
function
fundamental exercises
G
gain a victory in one blow
general assumptions
Grand Master
grasping block
grasping kick
green

han songarak
ap joomuk
ima
inji joomuk
dallyon bag
dallyon gune
dallyon joo
nagagi
ogum
banchik
net
saju
sabang chagi
jayu matsogi
ap
apmosup
apdwi chagi
ohnmom
kinung
gibon yonsup

olkyokpilsung
ilban kahjung
Saseong (nim)
butjaba makgi
butjapgo chagi
paran/nok



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groin
ground
guarding block
H
half
half facing
hand parts
hand technique
head
heart
heaven hand
heavy
high
high elbow
high kick
high section
history of Taekwon-Do
holding
hooking
horizontal
horizontal wave
how to make a clenched fist
how to use
humanity
hyper

sataguni
noowo
daebi makgi

ban
bahnmom
sang bansin
son gisool
mori
shim jang
hanulson
mukoun
nopunde
nopun palkup
nopi chagi
nopun bubun
Taekwon-Do yoksa
bachigi
golcho
soopyong
soopyong pahdo
jwinun bop
sayong bop
in
gajang khun

I
identification of title
indomitable spirit
injury
inner
inner thigh
inside block
instep
instep
Instructor
integrity
inward
J
jar
jaw
jump rope
jumping (flying)
K
kick
kidney
knee
knee bending
knee joint
knife-hand
knuckle fist

chingho pyosik
baekjul boolgool
busang
an
anjok hobok dari
anmakgi
baldung
baldung
Sabum (nim)
yom chi
anuro

danji
yop tok
twim jool
twigi (twimyo-)

chagi (cha-)
kongpat
moorup
moorup guburigi
murup gwanjol
sonkal
songarak joomuk



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L

left
leg crossing
leg stretching
light
lips
liver
long fist
low
low section
low stance
lower abdomen
L-stance
luring block

M

male
mandibula
mass
Master
mastrid
method of exercise
micro
mid-air
middle
middle knuckle fist
middle section
mirror

wen
dari kogi
dari pyogi
labyoun
ipsul
gan jang
ghin joomuk
najunde
najun bubun
nachuo sogi
ha bokboo
niunja sogi
yuin makgi

namja
tok gwanjol
zilyang
Sahyun (nim)
hoo-i-boo
yonsup bop
aju jagun
twio dolmyo
kaunde
joongji joomuk
kaunde bubun
ko ul

miscellaneous parts
model sparring
moral culture
mountain climbing
mounted type
moveable type

N

neck
neck artery
nine
nine (9) -shape block
normal speed
nose

O

occiput
occiput
one
one way
one-leg stance
one-step sparring
open fist
open stance
outer
outside block
outward
overhead
overlapped back hand

gita boowi
mobum matsogi
jungshin sooyang
dung san
ollyo nonnun shik
idong shik

mok
mok dongmaek
ahop
gutja makgi
potong sokdo
kotdung

hudoo
hudoo
hana
han chok
waebal sogi
ilbo matsogi
pyon joomuk
palja sogi
bakat
bakat makgi
bakuro
twio nomo
pogaen sondung



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P

palm
pants
parallel
parallel stance
patterns
perseverance
philosophy of Taekwon-Do
philtrum
pick-shape kick
piercing kick
pistol
point of the chin
points
pole
portable type
power holder
power indicator
practice suit
prearranged sparring
preface
preparatory exercise
press finger
pressing
procedure for leading a class
propriety
pubic region

sonbadak
baji
narani
narani sogi
tul
in nae
Taekwon-Do chul hak
injoong
gokaeng-i chagi
cha jirugi
gwon chong
mit tok
dukjom
mongdung-i
heudae shik
gyokpa dae
wiryok gi
do bok
yaksok matsogi
morimal
junbi undong
jiap
noollo
sooryon jido bop
ye
chiboo

public service
pullers
punch
punching ball
punching kick
pursue one goal whatsoever once it is determined
push ups
pushing block
pushing kick

R

radical artery
reaction force
ready
ready posture
ready stance
rear foot stance
red
reflex
reflex kick
release from a grab
repeat
return
reverse [hand and foot parts]
reverse [techniques]
reverse hooking kick
right

sahwe bongsa
dallyon jool
jirugi (jirumyo-)
dallyon gong
jirumyo chagi
ohdoilkwan
momtong bachim
miro makgi
cha milgi
maekbak sonmok
dongmaek
bandong ryok
junbi
junbi jase
junbi sogi
dwitbal sogi
ppaigan
banung
bansa chagi
jappyosul tae
tashi
baro
dung
bandae
bandae dollyo gorochagi
orun



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righteousness
rising block
rising kick
rules for competition

S

saw tooth wave
scissors-shape kick
scooping block
scoring
scrotum
section of the body
self-control
self-defence techniques
semi-free sparring
serve one master with unshakeable loyalty
seven
shifting
shin
shirt
shoulder
shoulder joint
shout
side
side back
side facing
side front

ui
chookyo makgi
cha olligi
kyong gi kyu jong

topnal pahdo
kawi chagi
duro makgi
chejom
nang shim
mom dungboon
guk gi
hosin sul
ban jayu matsogi
ilpyondanshim
ilgop
jajunbal
jong kwaeng-i
jeogori
euhke
eukke gwanjol
kihap
yop
yopdwi
yopmom
yobap

side instep
side sole
side view
side-twisting kick
sine wave
single [technique eg. stepping]
single [tools eg. back-hand]
sitting stance
six
skip kick
skull
sliding
slow motion
small of the back
smashing kick
snap kick
solar plexus
song of Taekwon-Do
sparring
special technique holder
speed
spiral kick
spleen
sponge pad
spot
square punching kick
stability

yop baldung
yop bal badak
yopmosup
yop bituro chagi
hwaldung pahdo
ilbo
wae
annun sogi
yosot
duro gamyo chagi
dae sin moon
mikulgi
nurin dongjak
gyong chu
cha busigi
cha busigi
myong chi
Taekwon-Do norae
matsogi
tukgi dae
sokdo
rasonsik chagi
bi jang
sponji byogae
gujari
sagak jirumyo chagi
anjong



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stamping kick
stance
stance mould
static stability
stepping
sternum
stop
straight [technique eg thrust]
straight kick
straw pad
strike
student and instructor relationship
students
sudden attack
sweeping kick
system of rank
system of sparring

T

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teacher
temple
ten
tenets of Taekwon-Do
test
thank you
thenar

cha baggi
sogi (so-)
sogi pan
jungtchuk anjong
omgyo didigi (didimyo-)
hyung gol
guman
sun
jigeau chagi
jip byogae
taerigi (taerimyo-)
sajeji do
jeja
boori gong gyok
suroh chagi
dan gup jedo
matsogi goosong

mokcha
Taekwon-Doin
kyo sa (nim)
gwanja nori
yaul
Taekwon-Do jungshin
simsa
ko mup sum neda
umjigoo

theory of power
three
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three-step sparring
throwing and falling techniques
thrust
thrusting kick
thumb
thumb knuckle fist
thumb ridge
tibia
tibia
time allowance
title
toe edge
toes
toward [eg. toward A]
training
training aids
training equipment
training hall
training schedule
trapezoid punching kick
travel
treble [technique eg. turning]
triple [eg. attack]
trust

him ui wollli
set
sambang chagi
sambo matsogi
dunjigi wa torojigi
tulgi (tulumyo-)
cha tulgi
umji
umji joomuk
umji batang
kyong gol
kyong gol
shigan baedang
chingho
balgarak nal
balkut
bang (eg A-bang)
sooryon
dallyon goo
sooryon jangbi
do jang
sooryon gehek pyo
jaegak jirumyo chagi
yo haeng
sambo
samjung
shin



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tumbling kick
turning [around]
turning [technique eg. kick]
twin
twin foot
twisting kick
two
two direction kick
two way
two-step sparring

U

umbilicus
umpire
under fist
under forearm
upper back
upper back elbow strike
upper elbow
upper neck
upset fingertip
upset punch
upward
u-shape
u-shape grasp

V

vertical
vertical stance

joma chagi
dolgi
dollyo
sang
sangbal
bituro chagi
dool
sangbang chagi
yang chok
ibo matsogi

baekkob
simpan
mit joomuk
mitpalmok
gyon gap
widwi palkup taerigi
wi palkup
witmok
dwijibun sonkut
dwijibo jirugi
ollyo
digutja
digutja jaggi

sewo
soojik sogi

vital spots

W

waist block
walking stance
warnings
warrior ready stance
waving kick
wedging
weight
white
windpipe
wisdom
wooden horse
wrist joint
w-shape block

X

x-
x-stance

Y

yellow
you're welcome

kupso

hori makgi
gunnun sogi
kyongko
moosa junbi sogi
doro chagi
hechyo
chegup
hayan
soom tong
ji
mok ma
sonmok gwanjol
san makgi

kyocha
kyocha sogi

noran
chang ma naeo