

Premier Martial Arts

TAEKWONDO & HAPKIDO CENTER

Art of Kicking and Punching
 Instructor/Master
 Assistant Instructor
 Senior Student
 Tae Kwon Do Gym
 Uniform
 Belt
 Bow to
 Flag
 Turn and face
 Thank you
 Yell
 Switch stance
 Attention
 Ready
 Stance
 Walking Stance
 Front Stance
 Horse Stance
 Begin
 Stop
 Break/Pause
 Continue
 Line up
 Block
 Punch
 Hammer Fist
 Kick
 Front Kick
 Roundhouse Kick
 Side Kick
 Back Kick
 Axe Kick

Tae Kwon Do
 Sa Bomnim
 Ba Sa Bomnim
 Sun Bea nim
 DoJang
 Do Bok
 Tee
 Kyung Yea
 Kukki
 Aye
 Kam Sahmnida
 Kihap
 BaKwa
 Charyut
 Joonbi
 Soggi
 Ahp Soggi "forward stance"
 Ahp Koo Bi "deep forward stance"
 Joochoom Soggi
 Si Jak
 Keuman
 Kalyeo
 Kyasook
 Jung Yoal
 Makki
 Jiroogi
 Me Joomuk
 Chagi
 Ahp Chagi
 Doalyo Chagi
 Yup chagi
 Dwi Chagi
 Naelyeo Chagi

Beginner Terminology

Tenets of Taekwondo
Courtesy
Integrity
Perseverance
Self-control
Indomitable Spirit

Taekwondo Student Oath
I shall observe the Tenets of Taekwondo
I shall respect all instructors and seniors
I shall never miss use Taekwondo
I shall be a champion of freedom and justice
I shall strive to build a more peaceful world

Counting

1 Hanna
 2 Dool
 3 Set
 4 Net
 5 Dosat
 6 Yosat
 7 Ill Gop
 8 Yo Dool
 9 Ah Hope
 10 Yoal
 11 Yoal Hana
 12 Yoal Dool
 20 Sa Mool

Form/Pattern

Tae Geuk Zero
 Tae Geuk Il Jang
 Tae Geuk Ee Jang
 Tae Geuk Sahm Jang
 Tae Geuk Sah Jang
 Tae Geuk Oh Jang
 Tae Geuk Youk Jang
 Tae Geuk Chil Jang
 Tae Geuk Pal Jang

Poomse

The Beginning
 Heaven/Light
 Joyfulness
 Fire/Sun
 Thunder
 Wind
 Water
 Mountain
 Earth

Trigram

Keon
 Tae
 Ri
 Gin
 Seon
 Gahm
 Gan
 Gohn