

## Basic Terminology

### COUNTING

1. HA NA
2. DOOL
3. SET
4. NET
5. DA SOT
6. YO SOT
7. ILL GOP
8. YO DOLL
9. AH HOP
10. YOL

### BASIC COMMANDS

ATTENTION - CHA-REE-OT  
BOW - KEY-ONG-GAY  
READY - JUNE BEE  
START - SEE JUK  
STOP - GER MUN  
TURN AROUND - TO-WEE-RO DOR-RA  
RELAX - SHE O (O as in got)  
SHOUT - KEY AP (as in apple)

### STANCES

RIDING STANCE - KEY-MA SO-GEE  
BACK STANCE - DWEE SO-GEE  
FRONT STANCE - CHONG-GAL SO-GEE  
GUARDING BLOCK - DAY-BE MA-GEE  
KNIFE HAND G/BLOCK - SOO-DO DAY-BE MA-GEE  
LOW BLOCK - HAR-DAN MA-GEE  
RAISING BLOCK - CHOOK-KEY-O MA-GEE  
OUTER FORARM BLOCK - UN MA-GEE  
INNER FORARM BLOCK - UN PAL-MOK MA-GEE

### HAND TECHNIQUE

MIDDLE PUNCH - CHOONG-DUN CHEER-REE-GEE  
HIGH PUNCH - SUNG-DUN CHEER-REE-GEE  
KNIFE HAND STRIKE - SOO-DO TAY-REE-GEE

### KICKS

FRONT KICK - UP CHAR-GEE  
SIDE KICK - YOP CHAR-GEE  
TURNING KICK - DOLL-LEO CHAR-GEE  
BACK KICK - DWEE CHAR-GEE  
SPINNING KICK - PAN-DAY DOLL-LEO CHAR-GEE

### SPARRING

3 STEP SPARRING - SUM-BO DAR-LEE-ON  
2 STEP SPARRING - E-BO DAR-LEE-ON  
1 STEP SPARRING - ILL-BO DAR-LEE-ON  
FREE SPARRING - JAR-YO DAR-LEE-ON

### PATTERNS

PATTERN - HE UNG  
10TH GUP - SAR JO CHEER REE GEE  
10TH GUP / 1 STRIP - SAR JO MA-GEE  
10TH GUP / 2 STRIP - CHON JEE  
10TH GUP / 3 STRIP - CHON JEE 2  
8TH GUP - DUN GOON  
7TH GUP - DOE SAN  
6TH GUP - WON HE-YO

5TH GUP - YOOL GOK  
4TH GUP - JOONG GOON  
3RD GUP - TO-WAY GET  
2ND GUP - HWA RUNG  
1ST GUP - CHOONG MOO  
1ST DAN - KWANG GAY, PO URN, GE BAKE  
2ND DAN - WE-UM, CHOONG-JANG, CO-DANG  
3RD DAN - SAM-ILL, YOU-SIN, CHAY-YONG  
4TH DAN - YONG-GAY, OOL-GEE, MOON-MOO  
5TH DAN - SO-SAN, SEE-JONG, TONG-ILL