

IBBCV Taekwon-do Terminology

Counting

- 1 – hana
- 2 – dul
- 3 – set
- 4 – net
- 5 – daseot
- 6 – yeoseot
- 7 – ilgop
- 8 – yeodeolp
- 9 – ahop
- 10 – yeol

Daily

kam sa hamnida
ahnyong hasayo

thank you
Hello!

General

Hyong	Form
Hosinsul	Self defense
Kyek pa	Board break
Ilbo Taeryon	One step sparing
Ibo Taeryon	Two step sparing
Sambo Taeryon	Three step sparing
Chayu Taeryon	Free fight / free Kick
Sabum nim	Grand Master (5 th Dan and higher)
Kyosa nim	Master
Dobok	Uniform
Kihap	Scream

Strikes

Sudu	Sword hand
Yok sudu	inner sword hand
Kwon	Fist
Ri kwon	Back fist
Yu Kwon	Hammer fist
Chang kwon	palm fist
Gwansu	fingertips
Palmok	forearm
An palmok	inner side forearm

Foot techniques

Ap chagi	snap kick
Yop chagi	side kick
Tollyo chagi	roundhouse kick
Pandea tollyo chagi	turn kick
Mureup chagi	Knee kick
Pituro chagi	Twist kick
Dwit kick	Back kick
Naeryo Chagi	Ax kick
Golchyo chagi	Foot from inside too outside
Pandal Chagi	Foot block from outside too inside
Doro chagi	waving kick

Stances

Moa Sogi	close feet
Junbi sogi	basic stance
Chongul sogi	front stance (50% back leg, 50% front leg)
Nachuo sogi	front stance (long, 30% back leg, 70% front leg)
Hugul sogi	L-stance (70% back leg, 30 % front leg)
Kjong sogi	low L-stance (50% back leg, 50% front leg)
Kima Sogi	Horse stance, 1.5 foot wide
Dwit bal sogi	ball of foot stance
Sason Sogi	shifted horse stance (example: 17 Hyong)
Mereup chongul sogi	deep knee front stance
Sujik sogi	very short L-stance (7 th technic Hyong 8)

Block's

Hadan Maki	down block
Chungdan Maki	middle block
Sangdan Maki	high block
Sudu teabi Maki	double sword hand block
Tu pamlok Maki	double forearm block (last technique Hyong 5.)

Execution forms

(Cha') Olligi	Foot Swing
Cha'tulki	breakthrough (example: yop cha'tulki)
Gora	hooking (example: Gora pandae chagi)
Miro (chagi)	pushing (kick)
Maki	Blocking
Tearigi	strike technic
Tulki	stabbing
Teabi	defensive posture
Duro	shove
Gawi	scissor (block, kick or strike to two sides...)

Directions and postures

Anuro	inwards
Pakkuro	outwards
Ollyo	upwards
Naeryo	downwards
Ap	forwards
Dwit	backwards
Tora	180 degree turn/ change side
Ha dan	lower level (low)
Chung dan	middle level (middle)
Sang dan	higher level (high)
To	double