



TAEKWONDO KOREAN

**A-Z**

FOR

THEORY GRADING QUESTIONS

COLOUR BELT AND PATTERN  
INTERPRETATIONS



CUT OUT FLASH CARDS

BY MASTER A. Slater 6th DAN

# Introduction

I Have been training in TAEKWONDO for the past 30 years and have been lucky enough to have trained with some of The top instructors in the country and former founders of British TAEKWONDO.

During my 22 years as a qualified instructor People always tell me they struggle with the theory side of the art.

The need for theory is for us to draw inspiration from the People mentioned in the history of the art, Also by learning A universal language of techniques it allows us to train anywhere in the world.

I have developed this A-Z for words used within ITF Taekwondo. and also for a students to have at hand as a reference guide.

# INDEX

1. A-Z 14 Pages

2. Colour of Belt Meanings

3. Interpretations of patterns  
(White-Black Belt)

4. Flash card download request  
(290 Cards)

CHAPTER

1

A-Z

# A

## A

Ahop – Nine

An Palmok – Inner Forearm

An Palmok Makgi – Inner Forearm Block

Anaero – Inward

Anaero Bandal Chagi – Inward Crescent Kick

Annun Sogi – Sitting Stance

Ap Cha Milgi – Front Pushing Kick

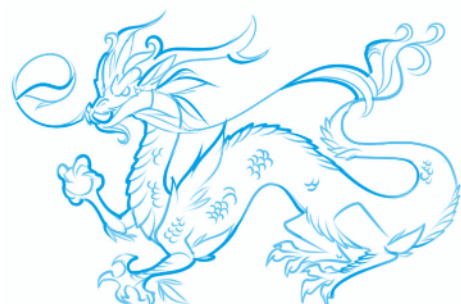
Ap Chabusigi – Front Snap Kick

Ap Chaolligi – Front Rising Kick

Ap Joomuk – Forefist

Ap Kumchi – Ball of foot

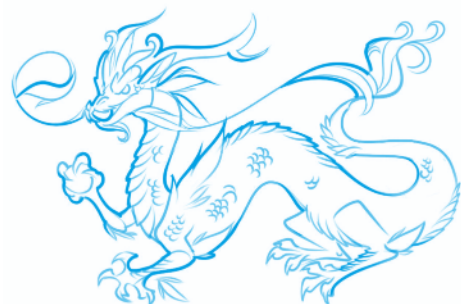
Apro Kaggi – Forward



# B

## B

Baekjool Boolgool – Indomitable Spirt  
Bakaero – Outward  
Bakaero Bandal Chagi – Outward Crescent Kick  
Bakat Palmok – Outer Forearms  
Bakat Palmok Makgi – Outer Forearm Block  
Baldal Dung – Reverse Footsword  
Baldung – Instep  
Balkal – Footsword  
Ban Jayoo Matsoki – Semi Free sparring  
Bandae Dollyo Chagi – Reverse Turning Kick  
Bandae Dollyo Golcho Chagi – Reverse Hooking Kick (Spinning Hooking Kick)  
Bandae Jirugi – Reverse Punch  
Bandal Chagi – Crescent Kick  
Bandal Jirugi – Crescent Punch  
Bandal San – Arc Hand  
Baro Jirugi – Obverse Punch  
Barrol – Return to ready stance  
Biture Chagi – Twisting Kick  
Bubun – Section  
Bungai – Application



## C

Cha Bapgi – Stamping

KickChagi – Kick (NOTE: the cha and gi may often be split e.g., CHAolliGI)

Chapki – Grappling Techniques

Charyot – Attention

Charyot Sogi – Attention Stance

Chil – Seventh

Chil Sik Sul – Choking Techniques

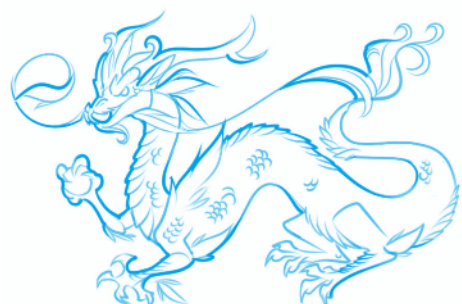
Chon-ji Tul – Pattern

Chon-Ji 19 Moves Lit: Heaven and Earth. The Pattern consists of two similar parts, one for heaven and one for Earth.

Chookyo Makgi – Rising Block

Choong-Moo Tul – Pattern Chung-Moo 30 Moves Lit: The given name of the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson) which was the precursor of the present day submarine in 1592AD. The reason why this pattern ends up with a left hand attack is to symbolise his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the King.

Chunbi – Ready





# D

## D

Dagger – Tando

Dan – Rank for black belt holders

Dan Gun Tul – Pattern Dan Gun 21 Moves Lit: Is named after the Holy Dan Gun, legendary founder of Korea in the Year 2333BC.

Dari – Leg

Dasaul – Five

Digutja Makgi – U Shaped Block

Do San Tul – Pattern Do San 24 Moves Lit: The pseudonym of the patriot Ahn Chang-Ho (1876 – 1938). The 24 moves represent his life, which he dedicated to furthering the education of Korea and its independence movement.

Dobok – Training Suit

Dojang – Training Hall

Dollymio Makgi – Circular Block

Dollyo Chagi – Turning Kick

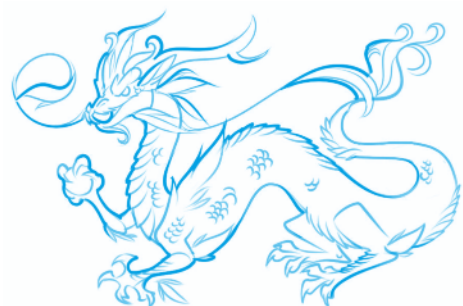
Dollyo Jirugi – Turning Punch

Dollyon Joo – Forging Post

Doo Bandalson Makgi – Double Archand block

Doo Palmok Makgi – Double Forearm block

Doro Chagi – Waving Kick





# D

D-Cont;

Dul – Two

Dung Joomuk – Back Fist

Dung Joomuk Taerigi – Backfist Strike

Dunjigi wa torojigi – Throwing Techniques

Duro Gamyo Chagi – Skip Kick

Duro Makgi – Scooping Block

Dwijibin Sonkut – Upset Fingertip

Dwijibo Jirugi – Upset punch

Dwit – Back

Dwit Bal Sogi – Rear Foot Stance

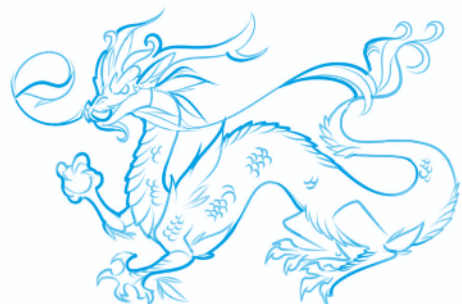
Dwit Chagi – Back Kick

Dwit Chook – Back Heel

Dwit Kumchi – Back Sole

Dwiyro Kaggi – Backwards

Dwiyro Torro – About Turn



## E

E – Second

El – First

Eolgul – Face

## G

Ghin Joomuk – Long Fist

Gojong Sogi – Fixed stance

Golcho Chagi – Hooking Kick

Golcho Makgi – Hooking Block

Goman – Stop

Gomson – Bear Hand

Gong-kyok – Offence

Goorugi – Rolling/tumbling

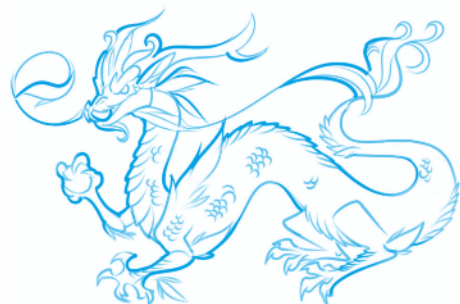
Goro Chagi – Sweeping Kick

Guburyo Sogi – Bending Stance

Guk Gee – Self-control

Gunnun Sogi – Walking Stance

Gup/Kup – Rank for coloured belt holders



## H

Habansin – Foot Parts

Haessan – Dismiss

Hanna – One

Hechyo Makgi – Wedging Block

Ho Shin Sul – Self-Defense Techniques

Homi Sonkut – Angle Fingertip

Honap Chagi – Combination Kicks

Hoo Sin Sool – Self-defence

Hori Makgi – Waist Block

Hullyo Makgi – Sweeping Blocks

Huri – Waist

Hwa Rang Tul – Pattern Hwa Rang 29 Moves Lit: Flowering Youth. Named after the Hwa Rang Youth Group which originated in the Silla Dynasty about 600 AD. This group eventually became the actual driving force for the unification of the three Kingdoms of Korea. The 29 movements refer to the 29th Infantry Division where Tae Kwon Do developed into maturity.

Hyel Do Sul – Vital Point Techniques

Hyung – Pattern

## I

Ibo Matsoki – Two Step sparring

Ilbo Matsoki – One Step sparring

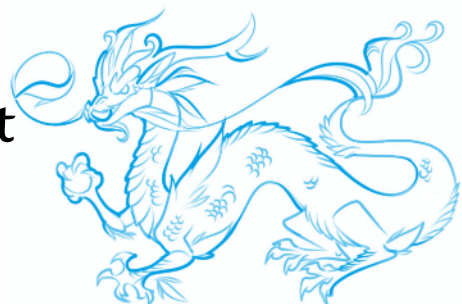
Ilgop – Seven

In Nae – Perseverance

Inji Chigwon – Foreknuckle Fist

Integrity – Yom Chi

Ip – Mouth



## J

Jappyosul Tae – Release from Grab

Jayoo Matsoki – Free sparring

Jeja –Student

Jipge son – Finger Pincers

Jirugi – Punch

Joong Gun Tul – Pattern

Joong Gun 30 Moves Lit: Named after the patriot An Joong Gun who assassinated Hiro Bumi Ito, the Japanese governor general of Korea, known as the man who played the leading part of the Korea-Japan merger. There are 32 movements in this pattern to represent Mr. An's age when he was executed in the Lui-Shung prison in 1910.

Jupgi – Grasp/Grasping

## K

Kaunde – Chagi – Middle Kick

Kaunde – Medium

Kihop/Kihap – Yell (to collect and focus internal energy)

Koo – ninth

Kwan – School (a place where TKD is taught)

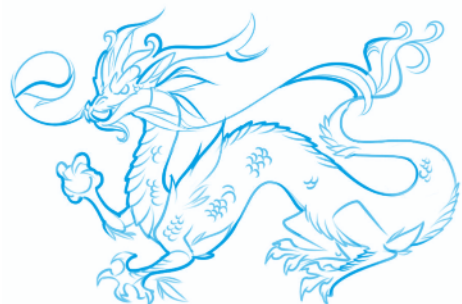
Kwan Jyel Sul – Joint Manipulation Technique

Ki Bon Sul – Basic Techniques

Kyocha Makgi – X-block

Kyocha Sogi – X-stance

Kyong-ye – Bow



## M

Ma-ai – Distance

Ma Hyel – Pressure Point Which Induces Paralysis

Miro Makgi – Pushing Block

Moa Sogi – Closed Stance

Modoo – Gathering

Mok – Neck

Mo-li – Head

Mom Chagi – Checking Kick

Momchau Makgi – Checking Block

Momtung Bachia – Press Ups

Momtung – Body

## N

Nachuo Sogi – Low Stance

Naeryo Chagi – Downward Kick

Naeryo Makgi – Downward Block

Najunde – Low

Najunde Chagi – Low Kick

Nak Sul – Falling Techniques

Narani Sogi – Parallel Stance Net – Four

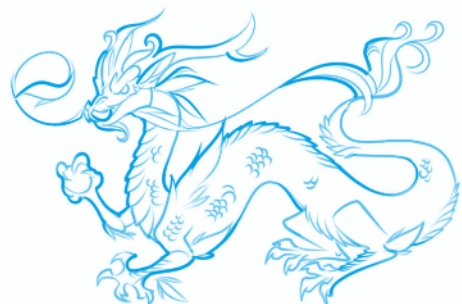
Niunja Sogij – 'L' Stance

Noollo Chagi – Pressing Kick

Noollo Makgi – Pressing Block

Nopunde – High

Nopunde Chagi – High Kick



## O

O – Fifth

Ollyo Jirugi – Upward punch

Opun Sonkut Tulgi – Flat Fingertip Thrust

Orun – Right

## P

Palkup – Elbow

Palmok – Forearm

Palmok Daebi Makgi – Forearm Guarding Block

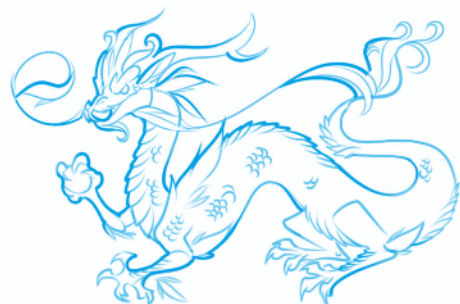
Pang'on – Defence Techniques

Pang Wi (also Pang Wee) – Defense Against

Pi Hagi – Dodging

Pul – Eighth

Pyung Joomuk – Open Fist





## S

Sa – Fourth

Sabum – Instructor

Sajo Jirugi – 4 Directional Punch (Beginner's punch block exercise)

Sam – Third

Sambo Matsoki – 3 Step sparring

San Makgi – W Shape Block

Sang Bal Chagi – Twin Foot Kick

Sang Dwijibo Jirugi – Twin Upset Punch

Sang li – Jacket

Sang Joomuk – Twin Fist

Sang Palkup – Twin Elbow

Sang Palmok Makgi – Twin Forearm Block

Sang Sonkal – Twin knife hand

Sangbasin – Hand Parts

Set – Three

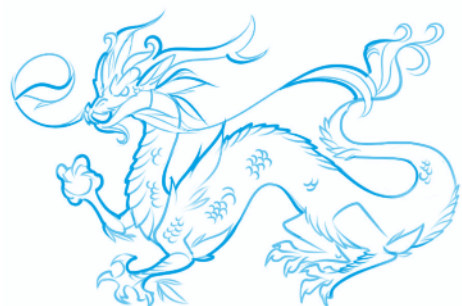
Sewo Chagi – Vertical Kick

Sewo Jirugi – Vertical Punch

Shim Gong

Sul – Mind Training Techniques

Sib – Tenth



# S

## S Cont:

Si-jak – Start

Sin-Chong (also “Sin-Ch’ong) – Application

Sul Sin-Chong – Technique Application

Sa Hyel – Lethal Pressure Points

Son – Straight

Son badak – Palm Strike

Son Garrak – Two Finger

Son Sonkut Tulgi – Straight Spear Finger thrust

Sonbadak – Palm

Sonkal – Knifehand

Sonkal Daebi Makgi – Knifehand Guarding Block

Sonkal Dung – Ridge Hand

Sonkal Taerigi – Knifehand Strike

Sonkut – Fingertips

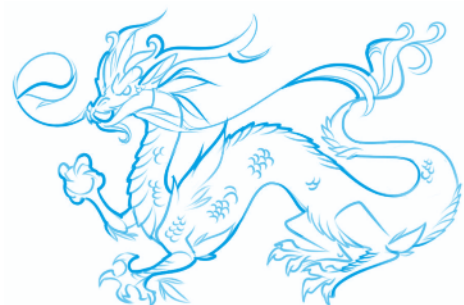
Sonmock – Wrist

Sonmuk Dong – Bent/Bow wrist

Soojik Sogi – Vertical Stance

Soopyong – Horizontal

Sun Sonkut – Spear finger



## T

Tae – Hand

Ti -Belt

Toi Gye Tul – Pattern

Toi Gye 37 Moves Lit:The penname of the noted scholar Yi Hwang (16 C AD) an authority on the neo-confucianism. The 37 movements of the pattern refer to his birthplace on the 37 ° latitude, the diagram represents the scholar.

Too Sul – Throwing Techniques

Tong Hyel – Pressure Point Which Induces Pain

Tul – Patterns

Tulgi – Thrust

Twigi – Jumping

Twigi Ap Chagi – Jumping Front Kick

Twigi Yop Chagi – Jumping Side Kick

Twimyo – Flying

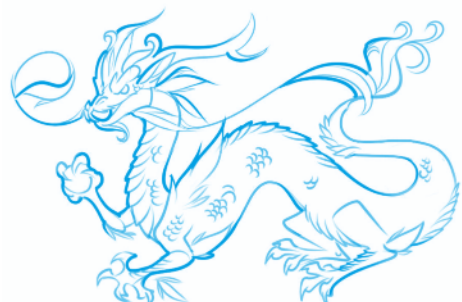
Twimyo Bandal Chagi – Flying Crescent Kick

Twimyo Chagi – Flying Kick

Twimyo Nopi Chagi – Flying High Kick

Twimyo Yop Chagi – Flying Side Kick

Twio Nomo Chagi – Overhead Kick



# U-W-Y

## U

Umji Changwon – Thumb Knuckle Fist

## W

Wae Bal Sogi – One leg stance

Wen – Left

Wi Palkup Taerigi – Upward Elbow Strike

Won Hyo Tul – Pattern Won Hyo 28 Moves Lit: The noted monk who introduced Buddhism in the Silla dynasty in the year 686 AD.

## Y

Yasaul – Six

Ye wi – Courtesy

Yodoll – Eight Yoll – Ten

Yonsok Chagi – Consecutive Kick

Yop Bal Badak – Side Sole

Yop Cha Tulgi – Side Thrust Kick

Yop Chajirugi – Side Piercing Kick Lit: Side Punch Kick

Yop Chaolligi – Side Rising Kick

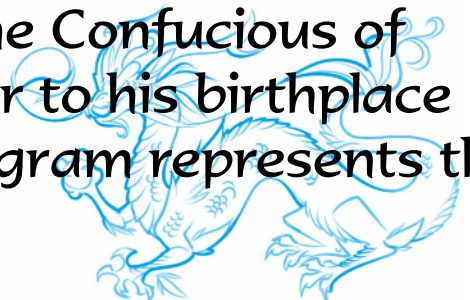
Yop Jirugi – Side punch

Yop Joomuk – Side Fist

Yugwon – Hammerfist

Yuk – Sixth

Yul Gok Tul – Pattern Yul Gok 38 Moves Lit: The pseudonym of a great philosopher and scholar Yi (1536 – 1584 AD) nicknamed the Confucious of Korea. The 38 movements refer to his birthplace on the 38° latitude and the diagram represents the scholar



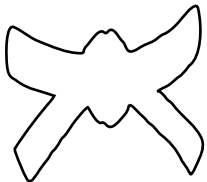
CHAPTER

2

# COLOUR BELT MEANING

## SIGNIFICANCE OF BELT COLOURS

There are six belts: white, yellow, green, blue, red and black.  
White is given to beginners and black is given to students who have progressed through the grades and have a solid foundation for learning the techniques of Tae kwon-Do.



### White Belt

Signifies innocence, as that of the beginning student who has no previous knowledge of Taekwon-Do.



### Yellow Belt

Signifies the earth from which a plant sprouts and takes root as the foundation of Taekwon-Do is being laid.



### Green Belt

Signifies the plant's growth as Taekwon-Do skills begin to develop



### Blue Belt

Signifies the Heaven towards which the plant matures into a towering tree as training in Taekwon-Do progresses.



### Red Belt

Signifies Danger, cautioning the the student to exercise control and warning the opponent to stay away.



### Black Belt

Opposite of white, therefore signifying the maturity and proficiency in Taekwon-Do, also indicates the wearer's imperviousness to darkness and fear.

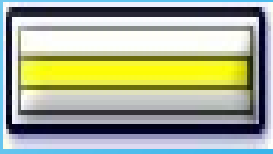


CHAPTER

3

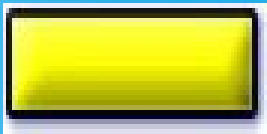
PATTERN  
INTERPRETATIONS

# Meanings of Patterns



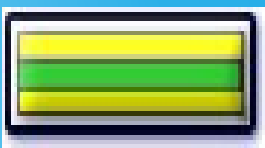
CHON-JI

literally means “the Heaven and the Earth”. It is in the Orient, interpreted as the creation of the World or the beginning of Human History. It is therefore the initial pattern played by the beginner. The pattern consists of two similar parts – one to represent Heaven and the other the Earth.



DAN GUN

is named after the Holy Dan Gun, the legendary founder of Korea in the Year 2333 BC.



Do San

is the pseudonym of the patriot Ahn Chang Ho (1876-1938), who devoted his entire life to furthering the education of Korea and its independent movement.

# Meanings of Patterns



## WON HYO

was the noted Monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D..



## YUL GOK

is the pseudonym of the great philosopher and scholar Yi I (1536 1584AD)

nicknamed the "Confucious of Korea". The 38 movement s of this pattern refer to his birthplace on the 38<sup>th</sup> degree latitude and the diagram represents "scholar".



## JOONG GUN

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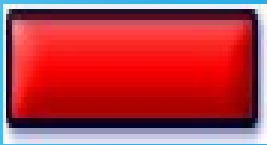
Mr. An's age when he was executed in Lui Shung prison in 1910.

# Meanings of Patterns



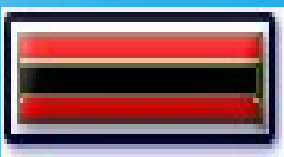
## TOI GYE

is the pen name of the noted scholar Yi Hwang (16th century A.D.), an authority on neo-Confucianism. The 37 movements of this pattern refer to his birthplace on the 37<sup>th</sup> parallel and the diagram represents "scholar".



## HAW RANG

means "flowering youth", and is named after the Hwa Rang youth group which originated in the Silla Dynasty about 1350 years ago. This group eventually became the driving force for the unification of the three kingdoms of Korea. The 29 movements refer to the 29th Infantry Division, where Tae Kwon-Do developed into maturity.



## CHOONG MOO

was the given name to the great Admiral Yi Sun Sin of the Yi Dynasty. He was reputed to have invented the first armoured battleship (Kobukson), the precursor to the modern day submarine, in 1592 A.D. The reason why this pattern ends with a left hand attack is to symbolise his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the King.

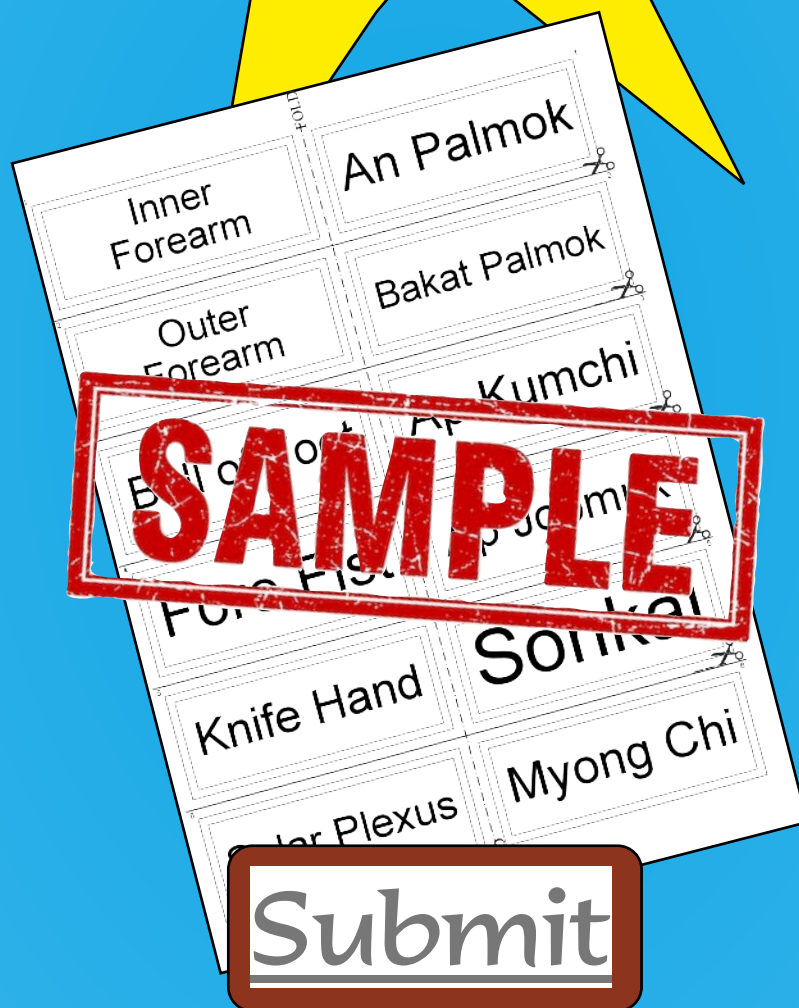
CHAPTER

4

FLASH CARD  
DOWNLOADS



# Bonus Cut Out Flash Cards Download



290 Flash Cards  
4 Sets