

# Premier Martial Arts

TAEKWONDO & HAPKIDO CENTER

Grade (Color Belt)  
Degree (Black Belt)  
Red  
Blue  
Form  
Sparring  
Breaking

Gup  
Dan  
Hong  
Chung  
Poomse  
Kyorooigi  
Kyokpa

## Advanced Terminology

Rest  
Return to Ready  
About Face  
Back Stance  
Closed Feet Stance  
Ready Motion  
Parallel Stance  
Left-hand Stance  
Right-hand Stance  
Tiger Stance

Si Ho  
Ba Rho  
Darho Dorha  
Dwitkoobi  
Moa Seogi  
Joonbe Seogi  
Naranhi Seogi  
Wen Seogi  
Oreun Seogi  
Beom Seogi

21....Sa Mool Hana  
30....Saroon  
31....Saroon Hana  
40....Mahoon  
41....Mahoon Hana  
50....Shioon  
60....Yesoon  
70....Ilheun  
80....Yudoon  
90....Aheun  
100...Bak

1st...Ill  
2nd...Ee  
3rd.....Sam  
4th.....Sah  
5th.....Oh  
6th.....Yook  
7th.....Chil  
8th.....Pahl  
9th.....Koo  
10th...Ship  
20th...Eeship  
30th.Samship  
40th...Saship  
50th...Ohship

One Step Sparring  
Two Step Sparring  
Three Step Sparring

Hahn Bon Kyorooigi  
Doal Bon Kyorooigi  
Sea Bon Kyproogi

Chest protector  
Guard / protector  
Head Gear  
Mouth guard  
Groin Protector  
Shin guard  
Forearm guard

Hogu  
Bohodaee  
Muh ree Bohodaee  
Eep Bohodaee  
Nang shim Bohodaee  
Jung kang yi Bohodaee  
Pahlmak Bohodaee

Low Block  
High Block  
Inward Block  
Middle Block  
Outward Block  
Knife Hand Block (single)  
Knife Hand Block (double)

Ahrea Makki  
Olguel Makki  
Ahn Makki  
Momtong Makki  
Bakkat Makki  
Han-Sonnal Makki  
Sonnal Makki

Hook Kick  
Whip Kick  
Swing Kick (outward)  
Swing Kick (inward)  
Kicking Simultaneously  
Fast Strike foot(quick kick)

Nakka Chagi  
Hoolyo Chagi  
Bakkat Chagi  
Ahn Chagi  
Doobal Dungsung  
Chiki

Front  
Back  
Side  
Left  
Right  
High  
Middle  
Low

Op  
Dwi  
Yup  
Wen  
Oh Ruen  
Olguel  
Momtong  
Ahrea

