

# 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