

## Appendix A; Translations

The below translations should be learnt as you move through the grades. This list is a guide only and you may be tested on any translation your instructor feels you should know. It is assumed that you will know all translations for your grade and all previous grades. These translations are the Korean terms used in Taekwondo. The actual written Korean language uses phonetic symbols. The Korean spellings below are interpreted phonetic spellings and may vary from club to club.

### For 9<sup>th</sup> Kup Yellow Tag

<u>Term</u>	<u>Translation</u>	<u>Additional Information</u>
Tae	Foot	
Kwon	Hand	
Do	Way	
Chung Yong	Blue Dragon	The <i>name of our club</i> .
One	Hana	
Two	Dool	
Three	Set	
Four	Net	
Five	Dasot	
Six	Yasot	
Seven	Ilkop	
Eight	Yodel	
Nine	Ahop	
Ten	Yol	
Block	Makki	
High Block	Olgul Makki	
Middle Block	Momtong Makki	
Low Block	Arae Makki	
Punch	Jireugi	
Single Punch (front)	Ap Jireugi	
Double Punch	Duebom Jireugi	
Front Leg Raising	Ap Cha Olligi	
Kick	Chagi	
Front Kick	Ap Chagi	
Half Turning Kick	Bhi Chagi	
Turning Kick	Dollyo Chagi	
Breaking	Kyokpa	
1 <sup>st</sup> Hand Technique	Kibom Sohn il	

**Vital Spots:** Temple, Philtrum, Solar Plexus, Kidneys.

**Taekwondo Knowledge:** Taekwondo originated in Korea.  
Our club, Chung Yong, was formed in 1982 by Master William Rose.

## For 8<sup>th</sup> Kup Yellow Belt

<u>Term</u>	<u>Translation</u>	<u>Additional Information</u>
Stance	Seogi	
Attention Stance	Charyot Seogi	
Ready Stance	Junbi Seogi	
Horse Back Stance	Juchum Seogi	
Walking Stance	Ap Seogi	
Back Stance	Dwit Kubi	
Long Stance	Ap Kubi	
Outer Block	Bakkat Makki	
Strike	Chigi	
Knife Hand	Sonnal	
Neck	Mok	
Single Knife Hand Strike	Han Sonnal Chigi	
Elbow Strike	Palkup Chigi	
Obverse Punch	Bandae Jireugi	<i>Same arm and leg forward.</i>
Reverse Punch	Baro Jireugi	<i>Opposite arm and leg forward.</i>
Kicking Exercise	Chagi Undong	
Side Kick	Yop Chagi	
Pushing Kick	Mireo Chagi	
Inner Crescent Kick	An Chagi	
Outer Crescent Kick	Bakkat Chagi	
Sparring	Kyorugi	
Free Sparring	Jayo Kyorugi	
Competition Sparring	Macho Kyorugi	
Uniform	Dobok	
Body Armour	Hoogo	
Red	Hong	
Blue	Chung	
Instructor	Sabomnim	
Bow	Kyongrye	
1 <sup>st</sup> Pattern	Tae Geuk il Jang	<i>18 Moves, Heaven and Light.</i>

**Vital Spots:** Mandible, Point of Chin, Sternum, Floating Ribs.

### Taekwondo Knowledge:

- There are two styles of Taekwondo: ITF (International Taekwondo Federation) and WTF (World Taekwondo Federation). The style of Taekwondo we practice is WTF. This is also the style of Taekwondo in the Olympics.
- Find out your instructors full name, grade and title.

## For 7<sup>th</sup> Kup Green Tag

<u>Term</u>	<u>Translation</u>	<u>Additional Information</u>
Cross Block	Otgoreo Makki	
Cross Block Low	Arae Otgoreo Makki	
Cross block High	Olgul Otgoreo Makki	
Twin Knife Hand Block (middle)	Sonnal Momtong Makki	
Twin Knife Hand block (low)	Sonnal Arae Makki	
Single Knife Hand Block	Han Sonnal Makki	
Spear Hand Strike	Pyon-Sonk-Keut Chigi	
Fist	Jumeok	
Back Fist	Deung Jumeok	
Back Fist (strike to front)	Deung Jumeok Ap Chigi	
Skipping Half Turning Kick	Cha Jun Bal Bhi Chagi	
Back Kick	Dwi Chagi	
Master	Jan Nim	
Grand Master	Quan Jan Nim	
Start	Shijak	
Stop	Keuman	
Continue	Kyesok	
2 <sup>nd</sup> Hand Technique	Kibom Sohn Ee	
2 <sup>nd</sup> Pattern	Tae Geuk Ee Jang	<i>18 moves, Joyfulness.</i>
Face	Olgool	
Neck	Mok	
Body	Momtong	
Knee	Mur	
Legs	Arae	
Hand	Sohn	
Forearm	Palmok	
Elbow	Palkup	
Fist	Jumeok	
Press ups	Mom Tong Bashin	

**Vital Spots:** Collarbone/Clavicle, Patella. Find out how many ribs you have on each side and what they are all connected to.

**Taekwondo Knowledge:** WTF Taekwondo is an Olympic sport. It was a demonstration game in the Seoul Korea games in 1988 and became a full medal event the Sydney games in 2000.

## For 6<sup>th</sup> Kup Green Belt

<u>Term</u>	<u>Translation</u>	<u>Additional Information</u>
Single Knife Hand Block	Han Sonnal Makki	
Palm Heel	Ba-Tang-Son	
Palm Heel Middle Block	Ba-Tang-Son Momtong Makki	
Palm Heel Strike	Ba-Tang-Son Chigi	
Back Fist Strike	Deung Jumeok	
Spinning	Momdollyo	
Scissor Turning Kick	Kawi Dollyo Chagi	
Reverse Hook Kick	Huryo Chagi	
1 <sup>st</sup> Leg Technique	Kibom Arae il	
3 <sup>rd</sup> Pattern	Tae Geuk Sam Jang	<i>20 moves, Fire.</i>

**Vital Spots:** The five sections of the spine are (from top to bottom): Cervical, Thoracic, Lumbar, Sacral and Coccyx.

**Taekwondo Knowledge:** The martial art of Taekwondo was given its name in 1955 by General Choi Hong Hi.

## For 5<sup>th</sup> Kup Blue Tag

<u>Term</u>	<u>Translation</u>	<u>Additional Information</u>
Crane Stance	Hakdari Seogi	
Tiger Stance	Beom Seogi	
Basic Ready Stance	Naranhi Seogi	
Wedge Block	Hecho Makki	
Inner Forearm Wedge Block	An Palmok Hecho Makki	
Outer Forearm Wedge Block	Bakat Palmok Hecho Makki	
Pushing Block	Nulla Makki	<i>Push down with palm of hand.</i>
Swallow Form	Jebipoom Mok Chigi	
Hammerfist	Me Jumeok	
360 <sup>o</sup> Turning Kick	Momdollyo Chagi	
Hook Kick	Nakka Chagi	
Axe Kick	Naeryo Chagi	
2 Step Sparring	Ee Bon Kyorugi	
2 <sup>nd</sup> Leg Technique	Kibom Aree Ee	
4 <sup>th</sup> Pattern	Tae Geuk Sah Jang	<i>20 moves, Thunder.</i>

**Vital Spots:** Muscles in the leg: Gluteus, Hamstring, Calf and Quadriceps. Bones in the leg: Femur, Patella, Tibia and Fibula.

**Taekwondo Knowledge:** The five tenets of Taekwondo are: Etiquette, Modesty, Perseverance, Self Control and Indomitable Spirit. (You may also hear of an alternative five: Courtesy, Integrity, Perseverance, Self Control and Indomitable Spirit.)

## For 4<sup>th</sup> Kup Blue Belt

<u>Term</u>	<u>Translation</u>	<u>Additional Information</u>
Cross Stance	Koa Seogi	
Left Stance	Wen Seogi	
Right Stance	Oreun Seogi	
Hammerfist Downwards Strike	Me Jumeok Naeryo Chigi	
Backfist Front Strike	Deung Jumeok Ap Chigi	
Elbow Strike	Palkup Chigi	
Target	Pyojeok	
360 <sup>o</sup> Inner Crescent Kick	Momdollyo An Chagi	
360 <sup>o</sup> Outer Crescent Kick	Momdollyo Bakkat Chagi	
Jumping Front Kick	Twimyo Ap Chagi	
Jumping Turning Kick	Twimyo Dollyo chagi	
3 <sup>rd</sup> Arm Technique	Kibom Sohn Sam	
5 <sup>th</sup> Pattern	Tae Geuk Oh Jang	<i>20 moves, Wind.</i>

**Vital Spots:** Muscles of the upper arm: Deltoid, Biceps and Triceps.

### **Taekwondo Knowledge:**

- Find out what and where is “The Kukkiwon”.
- Find out what the name of the WTF national governing body is in Great Britain for Taekwondo.

## For 3<sup>rd</sup> Kup Red Tag

<u>Term</u>	<u>Translation</u>	<u>Additional Information</u>
Scissor Block	Kawi Makki	<i>Area makki + Bakkat Makki.</i>
One Hand Blade Twist Blocking	Han Sonnal Olgul Bitureo Makki	
Low Section Wedge Block	Arae Hecho Makki	
Jumping Back Kick	Twimyo Dwi Chagi	
Self Defence	Ho Sin Sul	
3 <sup>rd</sup> Leg Technique	Kibom Arae Sam	
6 <sup>th</sup> Pattern	Tae Geuk Yook Jang	<i>23 moves, Water.</i>

**Vital Spots:** Front torso muscles: Pectorals, Intercostals and Abdominal

**Taekwondo Knowledge:** Have an understanding of the rules and scoring used in Olympic competition sparring.

## For 2<sup>nd</sup> Kup Red Belt

<u>Term</u>	<u>Translation</u>	<u>Additional Information</u>
Tiger Stance	Beom Seogi	
Close Stance	Moa Seogi	
Assisting Blocking	Koduero Makki	
Single Knife Hand Side Block	Han Sonnal Yop Makki	
Downwards Punch	Naeryo Jireugi	
Upset punch	Jecho Jreugi	
Side Punch	Yop Jireugi	
Backfist Outer Strike	Deung Jumeok Bakkat Chigi	
Head Grasp	Mori Jabki	
Shoulder Grasp	Akkae Jabki	
Covered Fist	Bo Jumeok	
Jumping Reverse Hook Kick	Twimyo Huryo Chagi	
Knee Strike	Mureup Chigi	
7 <sup>th</sup> Pattern	Tae Geuk Chil Jang	25 moves, Mountain

**Taekwondo Knowledge:** Have an understanding of the different types of fitness needed for taekwondo as well as the reasons we warm up and warm down in class. You should also have an understanding of the different styles of stretching used in Taekwondo.

## For 1st Kup Black Tag

<u>Term</u>	<u>Translation</u>	<u>Additional Information</u>
Left Part Mountain Block	Wesanteul Makki	
Right Part Mountain Block	Orstanteul Makki	
Assisting Blocking (low)	Arae Kodureo Makki	
Turning Elbow Strike	Palkup Dollyo Chigi	
Uppercut Jaw Punch	Dangkyo Teok Jireugi	
8 <sup>th</sup> Pattern	Tae Geuk Pal Jang	24 moves, Earth.

**Taekwondo Knowledge:** Have a good knowledge of the history of your club and its instructors. Understand the different styles and theory of meditation.