



10th KUP – White Belt

Numbers

One - Hanna (Han-a)

Two - Dool (Dual)

Three - Seth (Set)

Four - Neth (Net)

Five - Dasaul (Das-all)

Six - Yosaul (Yas-all)

Seven - Ilgop (Ill-gop)

Eight - Yodoll (Yo-doll)

Nine - Ahop (Ah-hop)

Ten - Yoll (Yoll)

Eleven - Yoll hanna

Twelve - yoll dool

Twenty – Soomul

General

Suit - Dobok (Do-bok)

Belt - Ti (Tie)

Training Hall - Dojang (Do-jan)

Commands

Attention - Charyot (Chari-ot)

Bow - Kyong Ye (Kun-yay)

Ready - Chumbi (Chum-bee)

Return to Ready- Barrol (Ba-role)

Stop - Goman (Go-man)

Start - Si –Jak (See Jack)

Dismiss - Haessan (Has-san)

Actions

Punch - Jirugi (J-ru-gee)

Kick - Chagi (Cha-gee)

4 Directional Punch - Sajo-Jirugi (Sa-j-o j-ru-gee)

Stance - Sogi (So-gee)

Block - Makgi (Ma-key)

Front kick - Ap chagi

Side kick - yop chagi

Turn Kick - Dollyo chagi

Knifehand - Sonkal

Junior Taekwondo Rules

1. No kicking and punching people, Sir!
2. Always listen to your parents, teachers and instructors, Sir!
3. Have fun, Sir!
4. Always bow to your instructors, Sir!
5. No talking to strangers, Sir!

Instructor (Sabum)

Mr Nic Reed – 4th Degree (Dan) BlackBelt