



**Instructor:  
Master Delafield**

TERMINOLOGY

## Learn for White Belt Yellow Stripe (10th Gup):

- 1 ) Name of School ----- Miamitown Martial Arts Ministry  
 2 ) Name of Instructor ----- Master Delafield  
 3 ) President of the CTA ----- Senior Grandmaster Coblentz  
 4 ) Geuk-gi 국기 (GOOK-gee) ----- National Flag

5 ) Counting to 10 -----

For Test:	
1	Hona 하나
2	Dul 둘
3	Saht 셋
4	Naht 넷
5	Da-seot 다섯
6	Yeo-seot 여섯
7	IL-gop 일곱
8	Yeol-deol 여덟
9	Ahop 아홉
10	Yeol 열

For Future Reference:	
1st	IL 일
2nd	Ee 이
3rd	Som 삼
4th	Sa 사
5th	Oh 오
6th	Yuk 육
7th	Chil 칠
8th	Pal 팔
9th	Gu 구
10th	Sip 십

- 6 ) Junbi 준비 (JOON-bee) ----- Ready Position  
 7 ) Sijak 시작 (See-jack) ----- Begin  
 8 ) Baro 바로 (PA-doe) ----- Return to Ready Position  
 9 ) Ap Gubi 굽이 (Ahp-Goo-bee) ----- Front Stance  
 10 ) Ap-cha Olligi 앞차 올리기 (Ahp-cha-oh-LAY-gee) ----- Front Rising Kick

## Learn for Yellow Belt (9th Gup):

- 11 ) Charyeot 차렷 (Chahri-YEUT) ----- Attention  
 12 ) Kyung-Nyeh 경례 (KEYUN-yay) ----- Bow  
 13 ) Shult ----- At Ease / Relax  
 14 ) Tol-dah-sult ----- About Face / Turn Around  
 15 ) Poomsae 품세 (Poom-say) ----- Forms or Patterns  
 16 ) Olgul 얼굴 (Ohl-ghoul) ----- High or Upward  
 17 ) Arae 아래 (Ah-ray) ----- Low or Downward  
 18 ) Ap 앞 (Ahp) ----- Front  
 19 ) Dwi 뒤 (Dwee) ----- Back  
 20 ) Momtong 몸통 (Mom-tumn) ----- Middle  
 21 ) Yeop 옆 (Yohp) ----- Side  
 22 ) K'ihap 기합 (Key-hahp) ----- Shout of Enthusiasm  
 23 ) Ap Seogi 앞 서기 (Ahp-see-oh-gee) ----- Walking Stance

## Learn for Gold Belt Orange Tip (8th Gup):

24 )	Makki 막기 (MAH-key)	Block
25 )	Olgul Makki 얼굴 막기 (Ohl-ghoul-MAH-key)	High Block
26 )	Momtong Makki 막기 몸통 (Mom-tumn-MAH-key)	Middle Block
27 )	Arae Makki 아래 막기 (Ah-ray-MAH-key)	Low Block
28 )	Chagi 차기 (CHA-gee)	Kick
29 )	Ap-chagi 앞 차기 (Ahp-CHA-gee)	Front Kick
30 )	Dwi Chagi 뒤 차기 (Dwee-CHA-gee)	Back Kick (Reverse Side Kick)
31 )	Yeop Chagi 옆 차기 (Yohp-CHA-gee)	Side Kick
32 )	Chigi 치기 (CHEE-gee)	Strike
33 )	Son-nal Chigi 손날 치기 (Sawn-nel-CHEE-gee)	Knife Hand Strike
34 )	Yang-son-nal Makki 양 손날 막기 (Yang-sawn-nel-MAH-key)	Double Knife Hand Block
35 )	Yeop-son-nal Makki 옆 손날 막기 (Yohp-sawn-nel-MAH-key)	Single or Side Knife Hand Block
36 )	Dwi Gubi 뒤 굽이 (Dwee-Goo-bee)	Back Stance

## Learn for Orange Belt (7th Gup):

37 )	Do-Jang 도장 (TOE-chong)	Training Area
38 )	Do-Bok 도복 (TOE-balk)	Training Uniform
39 )	Jirugi 지르기 (Jer-RU-gee)	Punch
40 )	Ap Jirugi 앞 지르기 (Ahp-je-r-RU-gee)	Front Punch
41 )	Yeop Jirugi 옆 지르기 (Yohp-je-r-RU-gee)	Side Punch
42 )	Olgul Jirugi 얼굴 지르기 (Ohl-ghoul-je-r-RU-gee)	High or Upward Punch
43 )	Momtong Jirugi 몸통 지르기 (Mom-tumn-je-r-RU-gee)	Middle Punch
44 )	Nae-ryeo Jirugi 내려 지르기 (Nay-lee-yo-je-r-RU-gee)	Low or Downward Punch
45 )	Nae-ryeo Chagi 내려차기 (Nay-lee-yo--CHA-gee)	Ax Kick (Downward Kick)
46 )	Jirugi 지르기 (Jer-RU-gee)	Punch with same leg
47 )	Bandae Jirugi 반대 지르기 (Pon-day-je-r-RU-gee)	Punch with opposite leg
48 )	Pyeonsonkeut 편손끝 (Pea-yon-sawn-kaht)	Spearhand
49 )	Dueng Jumuck 등 주먹 (Dung-jew-moek)	Back fist

## Learn for Green Belt (6th Gup):

50 )	An 안 (Awn)	Inner
51 )	Bakkat 밖 (PAH-cot)	Outer
52 )	An Momtong Makki 안 몸통 막기 (Awn-Mom-tumn-MAH-key)	Inner Middle Block
53 )	Bakkat Momtong Makki 밖 몸통 막기 (PAH-cot-Mom-tumn-MAH-key)	Outer Middle Block
54 )	Palkeop Chigi 팔굽 치기 (Pal-gup-CHEE-gee)	Elbow Strike
55 )	Palkeop Dollyeo Chigi 팔굽 돌려치기 (Pal-gup-Tawl-yo-CHEE-gee)	Turning Elbow Strike
56 )	Me Jumuck Nae-ryeo Chigi 메주먹 내려치기 (May-jew-moek-Nay-lee-yo-CHEE-gee)	Downward Hammer Fist Strike
57 )	Yeop Seogi 옆 서기 (Yohp-see-oh-gee)	Side Stance
58 )	Kkoa Seogi 꼬아서기 (KO-ah-see-oh-gee)	Twisted Stance

## Learn for Purple Belt (5th Gup):

59 )		Hammer Fist Block?
60 )		Palm Block
61 )		Palm Strike
62 )		Swallow Form Block
63 )	Dollyeo Chagi 돌려 차기 (Tawl-yo-CHA-gee) -----	Turning Kick / Roundhouse Kick
64 )	Kwanh Jang Nim (Kwa-ja-nim) -----	School Owner / School President
65 )	Sonbaenim (Som-ba-nim) -----	Senior Student

## Learn for Blue Belt (4th Gup):

66 )		Tiger (Cat) Stance
67 )		Horse Riding Stance
68 )		Scissor Block
69 )		Side Punch
70 )		Inside Crescent Kick
71 )		Outside Crescent Kick
72 )	Mureup - 무릎 차기 (Muh-leup-CHEE-gee) -----	Knee Strike
73 )	Hecho Makki 헤쳐막기 (Hea-cheyo-MAH-key) -----	Double Block

## Learn for Red Belt (3rd Gup):

74 )		Single Mountain Block
75 )		Double Mountain Block
76 )		Main School
77 )		Branch School
78 )		Free Sparring
79 )		One Step Sparring
80 )		Self-Defense
81 )		Breaking

## Learn for Brown Belt (2nd Gup):

82 )		Courtesy
83 )		Perseverance
84 )		Integrity
85 )		Self-Control
86 )		Indomitable Spirit