Koreaanse termen

**Algemeen**

Suryon ...................................................Training  
  
Dojang ............................................Trainingszaal  
  
Dobok ........................................Taekwon-do pak  
  
Boo Sabum ..................................Assistent Leraar  
  
Sabum ......................................................Leraar  
  
Sahyun ...................................................Meester  
  
Sa Sung ..........................................Grootmeester  
  
Kibon ..........................................................Basis  
  
Charyot .................................In de houding staan  
  
Kyung-Ye ................................................Groeten  
  
Chumbi ............................................Starthouding  
  
Kuman ...........................Terug in de starthouding  
  
Hut ......................................................Uitvoeren  
  
Si-Jak ..........................................................Start  
  
Hye-Chyo ...............................................Stoppen  
  
Twiro Tera ..............................................Draaien

**Tellen**

Hana ........................................1  
  
Tul ...........................................2  
  
Set............................................3  
  
Net ..........................................4  
  
Tassot...................................... 5  
  
Yossot ......................................6  
  
Ilyop ........................................7  
  
Yudol .......................................8  
  
Ahop ........................................9

Yul .........................................10

Standen Niunja Sogi ..................................L-stand  
  
Gunnun Sogi ........................................Loop stand  
  
Annum Sogi ............................................Zit stand  
  
Kyocha Sogi ..............................................X-stand  
  
Waebal Sogi ..................................Eén been stand  
  
Dwitbal Sogi ...............................Achter voet stand  
  
Moo Sogi ........................................Gesloten stand  
  
Narani Sogi ......................................Parallel stand  
  
Guburyo Sogi ........................................Buig stand  
  
Chumbi Sogi .....................................Gereed stand

**Trappen**

Chagi ............................................................Trap  
  
Nopunde Chagi.......................................Hoge trap  
  
Kaunde Chagi..................................... Midden trap  
  
Najunde Chagi........................................Lage trap  
  
Ap Chagi .....................................Voorwaartse trap  
  
Yop Chagi ......................................Zijwaartse trap  
  
Dollyo Chagi ...............................Rondwaartse trap  
  
Dwit Chagi ...............................Achterwaartse trap  
  
Bandae Dollyo Goro Chagi ......................Haak trap  
  
Naeryo Chagi ..............................Neerwaartse trap  
  
Bituro Chagi ..........................................Twist trap  
  
Bandae Dollyo Chagi ................................Hiel trap

**Armtechnieken**

Jirugi ...................................................Hoge stoot  
  
Nopunde Jirugi ..................................Midden stoot  
  
Kaunde Jirugi .......................................Lage stoot  
  
Najunde Jirugi ..............................Zijwaartse stoot  
  
Yop Jirugi .......................................Verticale stoot  
  
Sewo Jirugi ...............................................Opstoot  
  
Dwijibo Jirugi ............................Neerwaartse stoot  
  
Naeryo Jirugi .....................................Gelijkgericht  
  
Baro Jirugi ........................................Tegengesteld  
  
Tulgi ...........................................................Steek  
  
Palkup .....................................................Elleboog  
  
Taerigi ..........................................................Slag  
  
Anaro Taerigi ..................................Inwaartse slag  
  
Bakaro Taerigi ..........................Buitenwaartse slag  
  
Naeryo Taerigi ............................Neerwaartse slag  
  
Maki ..........................................................Afweer  
  
Nopende Maki........................................Hoge Blok  
  
Kaunde Maki .................................Opwaartse blok  
  
Najunde Maki .........................................Lage blok  
  
Dachi Maki ..................................Verdedigingsblok  
  
Chookyo Maki ................................Opwaartse blok  
  
Anuru Maki .....................................Inwaartse blok  
  
Bakuro Maki .............................Buitenwaartse blok  
  
Palmok Maki .....................................Voorarm blok  
  
An Palmok Maki ...............Binnenkant voorarm blok

**Wedstrijdtermen**

Charyot............................................Gereed-Stand  
  
Kyung-Ye .................................................Groeten  
  
Chumbi .......................................Gevechtshouding  
  
Si-Jak........................................................... Start  
  
Khallyo .....................Stop (onderbreken wedstrijd)  
  
Hye-Chyo.............................Stop (einde wedstrijd)  
  
Kuman.........................................Einde (opstellen)  
  
Jang-Je ...................................................Tijd stop  
  
Chong..........................................................Blauw  
  
Hong ...........................................................Rood  
  
Chu-Ui-Hana ...................................Waarschuwing  
  
Kam-Jom-Hana ........................................Minpunt  
  
Chida ......................................................Verliezer  
  
Sung .......................................................Winnaar  
  
Mu-Sung ................................................Onbeslist