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