



MONASH
taekwondo

2017 Syllabus and Grading Book

Name: _____

Year of Enrolment: _____

태권도




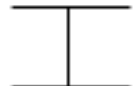
5 Tenets of Taekwondo

1. **여의** (Yeo-wei) **Courtesy** – to show respect & consideration for instructors & others
2. **염치** (Yeom-chi) **Integrity** – to be honest, truthful & trustworthy without compromise
3. **인내** (In-nae) **Perseverance** – to have patience to never give up in pursuit of one’s goals
4. **극기** (Kuk-ki) **Self Control** – to have control of your body & mind, in actions & reactions
5. **백절불굴** (Baek-jeol-bul-gul) **Indomitable Spirit** – to have courage in the face of adversity

Poomsae & Pattern Classification

Poomsae is the representation of each learning level and through practice provides training of all taekwondo techniques to enhance Kyorugi (sparring) skill. Poomsae directly or indirectly expresses the mental and physical refinements and the principles of offense and defense resulting from the cultivation of Taekwondo spirit and techniques.

– sourced from Kukkiwon

Name of Poomsae	Belt Colour	Gup & Dan	Number of Patterns	Number of Poom	Lines of Poomsae	Level of Training
TAEGEUK	White	None	Basic	8		Gup & Cho Dan Bo
	Yellow	9 th Gup	1 Jang	18		
	Yellow	8 th Gup	1 Jang	18		
	Yellow	7 th Gup	2 Jang	18		
	Blue	6 th Gup	3 Jang	20		
	Blue	5 th Gup	4 Jang	20		
	Blue	4 th Gup	5 Jang	20		
	Red	3 rd Gup	6 Jang	23		
	Red	2 nd Gup	7 Jang	25		
	Red	1 st Gup	8 Jang	24		
KORYO	Black	1 st Dan		30		1 st Dan
KEUMGANG	Black	2 nd Dan		27		2 nd Dan
TAEBAEK	Black	3 rd Dan		26		3 rd Dan

Monash University Taekwondo Club Etiquette

Instructors are to be addressed as:

- Sir/Madam/Master
- Sa-beom-nim (Senior Instructor - 4th Dan)
- Kwan-jang-nim (Head Instructor - above 5th Dan)

Instructions

- Listen carefully at ALL times
- Never speak or look away when the Instructor is explaining instructions
- Run when an instruction is given
- If unclear, put your hand up and ask for a demonstration
- Accept all punishments given by the Instructor
- Do not complain if you have done something wrong and are being punished for it

Formation (Lining Up)

- Line up according to belt colour starting with highest black belt (in uniform) in the front rank on the right side
- Run to line up
- When putting on the Hogu (chestguards) line up in ONE single file

Bowing

- Upon initial entrance to Dojang (training area)
- Upon leaving the Dojang after final dismissal
- To Instructors upon your arrival or his/her arrival
- If you are late, bow to Instructors to ask for permission to join the class
- To ask Instructors for permission before leaving for a drink break/leaving early
- Upon handing items over with both hands to other members of the club

Uniforms

- Full Dobok (Taekwondo uniform) is to be worn, cleaned & ironed
- Dobok pants with T-shirts are ONLY acceptable when full Dobok is unavailable
- Change rooms are to be used at the beginning AND the end of class
- Belts are to be tied correctly (Ask someone if you are unsure)
- When fixing the uniform, NEVER face the Instructors
- Do not wear jewellery or other accessories during training, in case of injury

Grading Etiquette

- Arrive early on grading day to warm up & prepare
- Present your grading book to the instructor before grading commences
- Wear FULL Dobok clean and ironed
- Ensure your belt is tied correctly
- When called up, respond with: Yes, Master/Sa-beom-nim/Kwan-jang-nim
- Practice beforehand and be thoroughly prepared

WHITE BELT TO YELLOW BELT 1 STRIPE (9th GUP)

GRADING REQUIREMENTS

NO	BASIC ACTIONS	BASIC KICKING
1	READY STANCE	READY FOR KICKING
2	HORSE BACK STANCE	FRONT KICK (BOTH LEGS)
3	LEFT & RIGHT HAND LOWER BLOCK	ROUNDHOUSE KICK (BOTH LEGS)
4	LEFT & RIGHT HAND BODY BLOCK	SIDE KICK (BOTH LEGS)
5	LEFT & RIGHT HAND FACE BLOCK	AXE KICK (BOTH LEGS)
6	LEFT & RIGHT HAND BODY PUNCH	ROUNDHOUSE KICK TO FACE (BOTH LEGS)
7	LEFT & RIGHT KNIFE HAND STRIKE TO NECK	BACK LEG DOUBLE ROUNDHOUSE KICK
8	LEFT & RIGHT PALM HAND BODY BLOCK	(BOTH SIDES)
9	LEFT & RIGHT BACK-FIST STRIKE	
10	LEFT & RIGHT KNIFE HAND BODY BLOCK	

* ONE STEP SPARRING

1. Attacker (Body punch): Counter – Double body punch and a face punch after palm hand block - Outside
2. Attacker (Body punch): Counter – Double body punch and a face punch after palm hand block – Inside

* SELF DEFENCE

1. Grab same side arm or wrist
2. Grab same side shoulder.

* KOREAN TERMINOLOGY

Basic Terminology		Numbers	
White belt pattern	Ki-bon poom-sae	One	Ha-na
Uniform	Do-bok	Two	Dul
Attention	Cha-ryeot	Three	Set
Bow to the Instructor	Sa-beom-nim-gae kyeong-ne	Four	Net
Bow to the Flags	*****	Five	Da-seot
Front kick	Ahp-cha-gi	Six	Yeo-seot
Roundhouse kick	Deol-yo cha-gi	Seven	Il-gop
Thank you	Go-map-seum-ni-da	Eight	Yeo-deol
You're welcome	Cheon-man-ae-yo	Nine	Ah-hop
		Ten	Yeol

This grading includes basic actions, basic kicks, one step sparring, and terminology.

WHITE BELT TO YELLOW BELT 1 STRIPE (9th GUP)

GRADING RESULTS

NAME _____

AGE _____

SEX M / F

DATE: ___/___/___

SUBJECTS	DETAILS	HD	D	C	P	NP
BASIC ACTIONS	NO.1 – 10					
BASIC KICKS	NO. 1 – 7					
ONE STEP SPARRING	NO. 1 – 2					
SELF DEFENCE	NO. 1 - 2					
BREAKINGS	_____					
TERMINOLOGY						

NOTES:

(YOU HAVE TO PASS ALL THE SECTIONS TO PASS THE GRADING)

FINAL RESULTS: PASSED FAILED

HEAD INSTRUCTOR OF MONASH UNIVERSITY TAEKWONDO CLUB

YELLOW BELT 1 STRIPE TO YELLOW BELT 2 STRIPES (8th GUP)

GRADING REQUIREMENTS

* PATTERN NO. 1

* ONE STEP SPARRING

3. Attacker (Body punch): Counter – Elbow strike and back fist strike after palm hand block
4. Attacker (Body punch): Counter – Elbow strike body and face after palm hand block

* SELF DEFENCE

3. Grab opposite side arm or wrist
4. Grab opposite side shoulder.

* BREAKINGS

– By hand or by feet (actions chosen by students)

* KOREAN TERMINOLOGY

Basic Terminology			
Pattern no. 1	Tae-geuk il jang	Short stance	Ahp So-gi
Patterns	Poom-sae	Long stance	Ahp Gu-bi
Ready stance	Jun-bi so-gi	Horse riding stance	Ju-choom so-gi
At ease	Shi-ah ****	Axe kick	Jji-geot cha-gi
Hello	An-nyeong-ha-shim-ni-kka		
Good to see you	Ban-gap-seum-ni-da		

This grading includes basic actions, basic kicks, one step sparring, board breaking, pattern No. 1 and terminology.

YELLOW BELT 1 STRIPE TO YELLOW BELT 2 STRIPES (8th GUP)

GRADING RESULTS

NAME _____

AGE _____

SEX M / F

DATE: ____/____/____

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN	NO. 1					
ONE STEP SPARRING	NO. 3 – 4					
SELF DEFENCE	NO. 3 – 4					
BREAKINGS	_____					
TERMINOLOGY						

NOTES:

(YOU HAVE TO PASS ALL THE SECTIONS TO PASS THE GRADING)

FINAL RESULTS: PASSED FAILED

HEAD INSTRUCTOR OF MONASH UNIVERSITY TAEKWONDO CLUB

YELLOW BELT 2 STRIPES TO YELLOW BELT 3 STRIPES (7th GUP)

GRADING REQUIREMENTS

* **PATTERN NO. 1, NO. 2**

* **ONE STEP SPARRING**

5. Attacker (Body punch): Counter – One knife hand outside strike to the neck and inside strike to the neck at the same time after palm hand body block

* **SELF DEFENCE**

5. Grab both arms or wrists
6. Grab both shoulders

* **BREAKINGS**

– By hand or by feet (actions chosen by students)

* **KOREAN TERMINOLOGY**

Basic Terminology			
Pattern no. 2	Tae-geuk ee jang	Body block	Mom-tong mak-ki
Start	Shi-jak	Lower block	Ar-rae mak-ki
Excuse me	Shil-lae-hum-ni-da	Face block	Eol-geul ma-ki
I am sorry	Mi-an-hum-ni-da	Side kick	Yeop cha-gi

This grading includes basic actions, basic kicks, one step sparring, board breaking, patterns No. 1 – 2 and terminology.

YELLOW BELT 2 STRIPES TO YELLOW BELT 3 STRIPES (7th GUP)

GRADING RESULTS

NAME _____

AGE _____

SEX M / F

DATE: ___/___/___

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN (INSTRUCTOR'S CHOICE)	NO. 1, NO. 2					
ONE STEP SPARRING	NO. 5					
SELF DEFENCE	NO. 5 – 6					
BREAKINGS	_____					
TERMINOLOGY						

NOTES:

(YOU HAVE TO PASS ALL THE SECTIONS TO PASS THE GRADING)

FINAL RESULTS: PASSED FAILED

HEAD INSTRUCTOR OF MONASH UNIVERSITY TAEKWONDO CLUB

YELLOW BELT 3 STRIPES TO BLUE BELT 1 STRIPE (6th GUP)

GRADING REQUIREMENTS

* **PATTERN NO. 1, NO. 2, NO. 3**

* **ONE STEP SPARRING**

6. Attacker (Body punch): Counter – Knee kick to the head after knife hand outside body block

* **SELF DEFENCE**

7. Front Hug

* **COMBINATION KICKING**

1. Roundhouse kick
2. Back foot double up
3. Roundhouse kick to the face
4. Axe kick
5. Spinning roundhouse kick
6. Back kick

* **BREAKINGS**

- One board break of choice by student

* **SPARRING**

- One round, One minute (contact sparring)

* **KOREAN TERMINOLOGY**

Basic Terminology			
Pattern no. 3	Tae-geuk sam jang	Goodbye	An-nyeong-hi ka-ship-shi-yo (Spoken to someone leaving) An-nyeong-hi gae-ship-shi-yo (Spoken to someone staying)
Self defence	Ho shin sool		
Warm up exercise	Jun-bi un-dong		
Sparring	Gyeo-ru-gi		
Sparring terms			
Break	Kal-yeo		
Continue	Gae-sok		

This grading includes one step sparring, self defence, combination kicks, board breaking, patterns no. 1 – 3, contact sparring and terminology.

YELLOW BELT 3 STRIPES TO BLUE BELT 1 STRIPE (6th GUP)

GRADING RESULTS

NAME _____

AGE _____

SEX M / F

DATE: ___/___/___

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN (INSTRUCTOR'S CHOICE)	NO. 1, NO. 2, NO. 3					
ONE STEP SPARRING	NO. 6					
SELF DEFENCE	NO. 7					
COMBINATION KICKING						
BREAKINGS	_____					
SPARRING						
TERMINOLOGY						

NOTES:

(YOU HAVE TO PASS ALL THE SECTIONS TO PASS THE GRADING)

FINAL RESULTS: PASSED FAILED

HEAD INSTRUCTOR OF MONASH UNIVERSITY TAEKWONDO CLUB

BLUE BELT 1 STRIPE TO BLUE BELT 2 STRIPES (5th GUP)

GRADING REQUIREMENTS

* **PATTERN NO. 1, NO. 2, NO. 3, NO. 4**

* **ONE STEP SPARRING**

7. Attacker (Body punch): Counter – Back kick after reject punch with inside hook

* **SELF DEFENCE**

8. Back hug

* **COMBINATION KICKING**

1. Roundhouse kick
2. Back foot double up
3. Roundhouse kick to the face
4. Axe kick
5. Spinning roundhouse kick
6. Back kick

* **BREAKINGS**

- One board break of choice by student

* **SPARRING**

– One round, One minute (contact sparring)

* **KOREAN TERMINOLOGY**

Basic Terminology		5 Tenets of Taekwondo	
Pattern no. 4	Tae-geuk sa jang	Courtesy	Yeh-wi
Demonstration	Shi-bum	Integrity	Yom-chi
Testing	Shim-sa	Perseverance	In-nae
Back kick	Dwi cha-gi	Self control	Kuk-ki
Knife hand strike	Son-nal chi-gi	Indomitable Spirit	Baek-jul-bul-gul

This grading includes one step sparring, self defence, combination kicks, board breaking, patterns no. 1 – 4, contact sparring, and terminology.

BLUE BELT 1 STRIPE TO BLUE BELT 2 STRIPES (5th GUP)

GRADING RESULTS

NAME _____

AGE _____

SEX M / F

DATE: ____/____/____

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN (INSTRUCTOR'S CHOICE)	NO. 1, NO. 2, NO. 3, NO. 4					
ONE STEP SPARRING	NO. 7					
SELF DEFENCE	NO. 8					
COMBINATION KICKING						
BREAKINGS	_____					
SPARRING						
TERMINOLOGY						

NOTES:

(YOU HAVE TO PASS ALL THE SECTIONS TO PASS THE GRADING)

FINAL RESULTS: PASSED FAILED

HEAD INSTRUCTOR OF MONASH UNIVERSITY TAEKWONDO CLUB

BLUE BELT 2 STRIPES TO BLUE BELT 3 STRIPES (4th GUP)

GRADING REQUIREMENTS

* **PATTERN NO. 1, NO. 2, NO. 3, NO. 4, NO. 5**

* **ONE STEP SPARRING**

8. Attacker (Body punch): Counter – Side kick after reject punch with hook kick (same leg)

* **SELF DEFENCE**

9. Attack with knife to the head

* **COMBINATION KICKING**

1. Roundhouse kick
2. Back foot double up
3. Roundhouse kick to the face
4. Axe kick
5. Spinning roundhouse kick
6. Back kick

* **BREAKINGS**

- One board break of choice by student

* **SPARRING**

- One round, One minute (contact sparring)

This grading includes one step sparring, self defence, combination kicks, board breaking, patterns no. 1 – 5, and contact sparring.

BLUE BELT 2 STRIPES TO BLUE BELT 3 STRIPES (4th GUP)

GRADING RESULTS

NAME _____

AGE _____

SEX M / F

DATE: ___/___/___

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN (INSTRUCTOR'S CHOICE)	NO. 1 – 5					
ONE STEP SPARRING	NO. 8					
SELF DEFENCE	NO. 9					
COMBINATION KICKING						
BREAKINGS	_____					
SPARRING						

NOTES:

(YOU HAVE TO PASS ALL THE SECTIONS TO PASS THE GRADING)

FINAL RESULTS: PASSED FAILED

HEAD INSTRUCTOR OF MONASH UNIVERSITY TAEKWONDO CLUB

BLUE BELT 3 STRIPES TO RED BELT 1 STRIPE (3th GUP)

GRADING REQUIREMENTS

* **PATTERN NO. 1, NO. 2, NO. 3, NO. 4, NO. 5, NO. 6**

* **ONE STEP SPARRING**

9. Attacker (Body punch): Counter – Front hook to the face and round house kick to the face, after reject punch with inside hook (same leg)

* **SELF DEFENCE**

10. Attack with knife to the body

* **COMBINATION KICKING**

7. Running kick
8. Back triple kick
9. Spinning roundhouse kick
10. Back kick
11. Spinning hook kick

* **BREAKINGS**

- One board break of choice by student

* **SPARRING**

- Two rounds, One minute (contact sparring)

This grading includes one step sparring, self defence, combination kicks, board breaking, patterns no. 1 – 6, and contact sparring.

BLUE BELT 3 STRIPES TO RED BELT 1 STRIPE (3rd GUP)
GRADING RESULTS

NAME _____

AGE _____

SEX M / F

DATE: ___/___/___

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN (INSTRUCTOR'S CHOICE)	NO. 1 – 6					
ONE STEP SPARRING	NO. 9					
SELF DEFENCE	NO. 10					
COMBINATION KICKING						
BREAKINGS	_____					
SPARRING						

NOTES:

(YOU HAVE TO PASS ALL THE SECTIONS TO PASS THE GRADING)

FINAL RESULTS: PASSED FAILED

HEAD INSTRUCTOR OF MONASH UNIVERSITY TAEKWONDO CLUB

RED BELT 1 STRIPE TO RED BELT 2 STRIPES (2nd GUP)

GRADING REQUIREMENTS

* **PATTERN NO. 1, NO. 2, NO. 3, NO. 4, NO. 5, NO. 6, NO. 7**

* **ONE STEP SPARRING**

10. Attacker (Body punch): Counter – Spinning round house kick to the face after reject punching with inside hook kick

* **SELF DEFENCE**

11. Attack with round house kick

* **COMBINATION KICKING**

1. Running kick
2. Back triple kick
3. Spinning roundhouse kick
4. Back kick
5. Spinning hook kick

* **BREAKINGS**

- One board break of choice by student

* **SPARRING**

– Two rounds, One minute (contact sparring)

This grading includes one step sparring, self defence, combination kicks, board breaking, patterns no. 1 – 7, and contact sparring.

RED BELT 1 STRIPE TO RED BELT 2 STRIPES (2nd GUP)

GRADING RESULTS

NAME _____

AGE _____

SEX M / F

DATE: ___/___/___

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN (INSTRUCTOR'S CHOICE)	NO. 1 – 7					
ONE STEP SPARRING	NO. 10					
SELF DEFENCE	NO. 11					
COMBINATION KICKING						
BREAKINGS	_____					
SPARRING						

NOTES:

(YOU HAVE TO PASS ALL THE SECTIONS TO PASS THE GRADING)

FINAL RESULTS: PASSED FAILED

HEAD INSTRUCTOR OF MONASH UNIVERSITY TAEKWONDO CLUB

RED BELT 2 STRIPES TO RED BELT 3 STRIPES (1st GUP)

GRADING REQUIREMENTS

* **PATTERN NO. 1, NO. 2, NO. 3, NO. 4, NO. 5, NO. 6, NO. 7, NO. 8**

* **ONE STEP SPARRING**

11. Attacker (Body punch): Counter – Spinning hook kick to the face after reject punch with inside hook kick

* **SELF DEFENCE**

12. Attack with front kick

* **COMBINATION KICKING**

1. Running kick
2. Back triple kick
3. Spinning roundhouse kick
4. Back kick
5. Spinning hook kick

* **BREAKINGS**

- One board break of choice by student

* **SPARRING**

– Two rounds, One minute (contact sparring)

This grading includes one step sparring, self defence, combination kicks, board breaking, patterns no. 1 – 8, and contact sparring.

RED BELT 2 STRIPES TO RED BELT 3 STRIPES (1st GUP)

GRADING RESULTS

NAME _____

AGE _____

SEX M / F

DATE: ___/___/___

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN (INSTRUCTOR'S CHOICE)	NO. 1 – 8					
ONE STEP SPARRING	NO. 11					
SELF DEFENCE	NO. 12					
COMBINATION KICKING						
BREAKINGS	_____					
SPARRING						

NOTES:

(YOU HAVE TO PASS ALL THE SECTIONS TO PASS THE GRADING)

FINAL RESULTS: PASSED FAILED

HEAD INSTRUCTOR OF MONASH UNIVERSITY TAEKWONDO CLUB

RED BELT 3 STRIPES TO CHODANBO
GRADING REQUIREMENTS

* **PATTERN NO. 1 – 8**

* **ONE STEP SPARRING**

- No. 1 – 11 (chosen by instructor)

* **SELF DEFENCE**

- No. 1 – 12 (chosen by instructor)

* **COMBINATION KICKING**

1. Back foot double up
2. Axe kick
3. Back triple kick
4. Spinning roundhouse kick
5. Spinning hook kick
6. Body punch

* **BREAKINGS**

- One board break of choice by student

* **SPARRING**

- Three rounds, One minute (contact sparring)

This grading includes one step sparring, self defence, combination kicks, board breaking, patterns no. 1 – 8, and contact sparring.

RED BELT 3 STRIPES TO CHODANBO

GRADING RESULTS

NAME _____

AGE _____

SEX M / F

DATE: ___/___/___

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN (INSTRUCTOR'S CHOICE)	NO. 1 – 8					
ONE STEP SPARRING (INSTRUCTOR'S CHOICE)	NO. 1 – 11					
SELF DEFENCE (INSTRUCTOR'S CHOICE)	NO. 1 – 12					
COMBINATION KICKING						
BREAKINGS	_____					
SPARRING						

NOTES:

(YOU HAVE TO PASS ALL THE SECTIONS TO PASS THE GRADING)

FINAL RESULTS: PASSED FAILED

HEAD INSTRUCTOR OF MONASH UNIVERSITY TAEKWONDO CLUB

BLACK BELT – 1ST DAN
GRADING
REQUIREMENTS

* **PATTERN NO. 1 – 8**

* **ONE STEP SPARRING**

- Create 2 one step sparring sequences

* **SELF DEFENCE**

- Create 2 self defences (with Taekwondo Techniques)

* **COMBINATION KICKING**

- Combination of kicks set by instructor on day of grading

* **BREAKINGS**

- One board break of choice by student
- One aerial board break of choice by student

* **SPARRING**

- Three rounds, One minute (contact sparring)

BLACK BELT – 1st DAN

GRADING RESULTS

NAME _____

AGE _____

SEX M / F

DATE: ___/___/___

SUBJECTS	DETAILS	HD	D	C	P	NP
PATTERN (INSTRUCTOR'S CHOICE)						
ONE STEP SPARRING						
SELF DEFENCE						
COMBINATION KICKING						
BREAKINGS	_____					
SPARRING						

NOTES:

(YOU HAVE TO PASS ALL THE SECTIONS TO PASS THE GRADING)

FINAL RESULTS: PASSED FAILED

HEAD INSTRUCTOR OF MONASH UNIVERSITY TAEKWONDO CLUB

OTHER KOREAN TERMINOLOGY

Counting above ten		General	
Eleven	Yeol-ha-na	Attention	Cha-ryeot
Twelve	Yeol-dul	Belt	Ddi
Thirteen	Yeol-set	Black belt (1 st -9 th degree)	Dan
Fourteen	Yeol-net	Black belt (under 15 years old)	Poom
Fifteen	Yeol-da-seot	Bow	Kyeong-ne
Sixteen	Yeol-ya-seot	Breaking	Kyong-pa
Seventeen	Yeol-il-gop	Competition round	Ho-jeon
Eighteen	Yeol-yeo-deol	Flag	Guk-gi
Nineteen	Yeol-ah-hop	Hello	Ahn-nyeong-ha-se-yo
Twenty	Seu-mul	I'm sorry (alt)	Che-song-ham-ni-da
Thirty	Seo-reun	Instructor (above 4 th Dan)	Sa-beom-nim
Forty	Ma-heun	Instructor (above 5 th Dan)	Kwan-jang-nim
Fifty	Shwin	Korea	Han-geuk
Sixty	Ye-sun	Levels below black belt (9 th -1 st)	Gup
Seventy	I-reun	Line up	Jul-su
Ninty	Ah-heun	No	An-i-yo
One hundred	Baek	Patterns/forms	Poom-sae
Body parts		Point (during competition)	Jeum
Foot	Baal	Referee	Joo-sim
Body	Mom-tong	School where Taekwondo is taught	Kwan
Face	Eol-geul	Self defence	Shin-sool
Fist	Ju-mok	Sparring	Kyo-ru-gi
Forearm	Pal-mok	Taekwondo uniform	Do-bok
Hand	Son	Thank you (alt)	Kam-sa-ham-ni-da
Head	Mo-ri	Training area	Do-jang
Knee	Moo-rup	Yell of power	Ki-hap
Leg	Da-ri	Yes	Ne
Neck	Mok		
Wrist	Son-mok		

Patterns 1 - 8			
Pattern no. 1	Tae-geuk il jang	Pattern no. 5	Tae-geuk oh jang
Pattern no. 2	Tae-geuk ee jang	Pattern no. 6	Tae-geuk yook jang
Pattern no.3	Tae-geuk sam jang	Pattern no. 7	Tae-geuk chi jang
Pattern no. 4	Tae-geuk sa jang	Pattern no. 8	Tae-geuk pal jang

Strikes and punches		Blocks	
Back fist strike	Dun-ju-mok chi-gi	Block	Mak-ki
Back fist strike	Dung ju-mok chi-gi	Body block	Mom-tong mak-ki
Body punch	Mom-tong ji-ru-gi	Double knife hand body block	Yang-son-nal mom-tong mak-ki
Double punch	Du-bon ji-ru-gi	Knife hand twist block	Son-nal bit-teu-ro eol-geul mak-ki
Elbow strike to target	Pal-kup pyo-jok chi-gi	Lower block	A-rae mak-ki
Face punch	Eol-geul ji-ru-gi	Lower cross block	Ot-kko-ro a-rae mak-ki
Hammer fist strike	Mae ju-mok chi-gi	Lower double knife hand block	Yang son-nal a-rae mak-ki
Knee strike	Mu-rup chi-gi	Lower spreading block	A-rae he-cho mak-ki
Pulling jaw strike	Dang-kyo-tok chi-gi	Outer body block	Mom-tong Ba-kkat mak-ki
Punch	Ji-ru-gi	Outer face block	Eol-geul bak-kat mak-ki
Round elbow strike	Pal-kup dol-lyo chi-gi	Palm hand body block	Ba-tang-son mom-tong mak-ki
Side punch	Yeop ji-ru-gi	Scissor block	Ka-wi mak-ki
Single knife hand neck strike	Han-son-nal mok-chi-gi	Single knife hand body block	Han-son-nal mom-tong mak-ki
Spear hand thrust	Pyon-son-kkeut ji-ru-gi	Supported body block	Ko-deu-ro mom-tong mak-ki
Strike	Chi-gi	Supported lower block	Ko-deu-ro a-rae mak-ki
Swallow form strike	Je-bi-poom mok chi-gi	Supported palm hand body block	Ba-tang-son ko-deu-ro mom-tong mak-ki
Triple punch	Se-bon ji-ru-gi	Upper spreading block	Upper block
Twisted fist double punch	Je-chyo ji-ru-gi	Wide open block	Eol-geul he-chyo mak-ki
Other		Wide open block	Wer-san-teul mak-ki
Covered fist	Bo ju-mok	Block	Mak-ki
		Body block	Mom-tong mak-ki
		Double knife hand body block	Yang-son-nal mom-tong mak-ki
		Knife hand twist block	Son-nal bit-teu-ro eol-geul mak-ki

Kicks		Stances	
Axe kick	Jjig-o cha-gi	Attention stance	Cha-ryeot
Back kick	Dwi cha-gi	Back stance	Dwi gu-bi
Double roundhouse	Na-rae cha-gi	Closed stance	Mo-a so-gi
Flying twin kick	Du-bal dang-song ahp cha-gi	Crossed/twisted stance	Kko-ah so-gi
Front hook	Ahp hul-lyo cha-gi	Horse riding stance	Ju-choom so-gi
Front kick	Ahp-cha-gi	Long stance	Ahp gu-bi
Jumping kick	Ddwi-o ahp cha-gi	Ready stance	Jun-bi so-gi
Kick	Cha-gi	Short stance	Ahp so-gi
Kick to target	Pyo-jok cha-gi	Stance	So-gi
Roundhouse kick	Dol-lyo cha-gi	Tiger/cat stance	Bom so-gi
Roundhouse kick to the face	Eol-geul dol-lyo cha-gi		
Side kick	Yeop cha-gi		
Spinning hook	Dwi hul-lyo cha-gi		
Spinning roundhouse	Dol-ge cha-gi		