

Category (block, kick etc)	Hangul	English pronunciation	English translation	Required for	
품새에서 나오는 서기		Seogi	Stance	white	
	나란히 서기	Naranhi seogi	parallel (hip width) stance	yellow	
	앞서기	Ap seogi	Walking stance	white	
	앞굽이	Ap kubi	Forward/front stance	white	
	뒷굽이	Dwitkubi	Back stance	white	
	오른(왼) 서기	Oreun (Wen) seogi	right/left hand stance	red	
	꼬아서기	Kkoa seogi	diamond stance	blue	
	뒤꼬아서기	Dwikkoa seogi	backward diamond stance	blue	
	앞꼬아서기	Apkkoo seogi	forward diamond stance	blue	
	범서기	Beom seogi	tiger stance	red	
	모아서기	Moa seogi	close stance (feet together)	white	
	주춤서기	Juchum seogi	horse riding stance	yellow	
	학다리서기	Hakdari seogi	crane stance	red	
	결다리서기	Kyotdari seogi	assisting stance	black	
	오금서기	Ogeum seogi	reverse crane stance	black	
	막기		Makki	Blocking	yellow
아래막기		Arae Makki	Low blocking	yellow	
몸통막기		Momtong Makki	Body blocking	yellow	
얼굴막기		Olgul Makki	Face blocking	yellow	
몸통바깥막기		Momtong bakkat makki	Outer body blocking	green	
지르기		Sonnal makki	Knife hand block	yellow	
		Jireugi	Punching	yellow	
	바로지르기	Baro Jireugi	Regular Body Punch	green	
	반대지르기	Bandae Jireugi	Reverse Punch	blue	
	젓혀지르기	Jeocho-Jireugi	Backward Fist Punch	black	
	몸통지르기	Momtong-Jireugi	Body Punch	yellow	
	얼굴지르기 바로지르기	Olgul Jireugi Baro Jireugi	Face Punch Regular Body Punch	blue	
옆지르기	Yop Jireugi	Side Punch	red		
차기		Chagi	Kicking	yellow	
	앞차기	Ap Chagi	Front Kick	yellow	
	돌려차기	Dollyo Chagi	Turning kick	yellow	
	옆차기	Yop Chagi	Side Kick	yellow	
	뒤 후려 차기	Dui huiryo chagi	Spinning hook kick/reverse turning kick	yellow	
치기		Chigi	Hitting/Strike	green	
	앞치기	Ap Chigi	Back Fist Strike	green	
	얼굴바깥치기	Olgul bakkat Chigi	Outward Face Back Fist Strike	blue	
	팔굽돌려치기	Palkup dollyo Chigi	Turning Elbow Strike	blue	
	팔굽옆치기	Palkup yop Chigi	Side Elbow Strike	red	
찌르기		Tzireugi	Thrusting	red	
	편손끝 세워 찌르기	Pyonsonkkeut sewo tzireugi	Open hand fingertips thrust	blue	
	편손끝 엮어 찌르기	Pyonsonkkeut uepo tzireugi	Turned Over Open Hand Fingertips Thrust	black	
	편손끝 젓혀 찌르기	Pyonsonkkeut jeocho tzireugi	Upward Open Hand Fingertip Thrust	black	
General	도복	Dobok	Name given to taekwondo uniform. Literal: "Clothes of the Way"		
	도장	Dojang	Training hall. Literal translation "Place where you train the Way"		
Taekwondo history		Taekwondo Story time 1	<a href="https://youtu.be/CtEQcrVy3qc">https://youtu.be/CtEQcrVy3qc</a>		
		Taekwondo Story time 2	<a href="https://youtu.be/D0TRH43NXZM">https://youtu.be/D0TRH43NXZM</a>		