***Terminology rank breakdown***

***White belt - Advance White belt***

**Counting**

* **One - Hana**
* **Two - Dul**
* **Three - set**
* **Four - net**
* **Five - da sot**
* **Six - ya sot**
* **Seven - il gop**
* **Eight - yo dol**
* **Nine - ah hope**
* **Ten - yol**
* **First - il**
* **Second - Ee**

**Commands**

* **Attention - cha ryot**
* **Bow - kyung nae**
* **Ready - joon bee**
* **Start - sei jak**
* **Break/Stop - kail yo**
* **Continue - kae sok**
* **Stop - go mahn**
* **Return to beginning - bah roh**

**Common phrases**

* **Hello / How are you – An Nyung Ha Sae Yo**
* **Good bye (to the person staying) – An Nyung He Gae Sae Yo**
* **Thank you – Kam Sa Ham Me Da**

***Yellow belt - Advanced Yellow belt***

**(Everything above)**

**Counting**

* **Eleven to Nineteen - yol is added to the numbers 1-9 (yol hana, yol dul, etc.)**
* **Twenty - sumo**
* **Third - Sahm**
* **Forth - Sah**

**Commands**

* **Bow to Flags – Kuk Gee Eh Dae Haeyo Kyung Nae**
* **Bow to Master – Kwan Jang Nim kae Kyung Nae**
* **Turn around - dwi uro dora**

**General terms**

* **Color belt - kup**
* **Junior Student (under 18) - Hu bae nim**
* **Senior Student (over 18) - Sun bae nim**
* **Assistant Instructor - Kyo sah nim**
* **Master Instructor - Sah bum nim**
* **Grandmaster Instructor - Kwan jang nim**

**Common Phrases**

* **Goodbye (to the person leaving) - An Nyung He Gah Sae Yo**
* **Yes - Ne**
* **No - ahn ee yo**

***Green belt to Advance Green belt***

**(Everything Above)**

**Counting**

* **Twenty one to Twenty nine - Sumo is added to the numbers 1-9(Sumo hana, Sumo dul, etc.)**
* **Thirty - Soren**
* **Fifth - Oh**
* **Sixth - Yuk**

**Techniques**

* **Kick - Cha gi**
* **Block - Mah gi**
* **Punch - Chi gi**
* **Stance - Sogi**

**Anatomy**

* **Head - Mo li**
* **Body - Mom tong**
* **Leg - Dari**
* **Fist - Joo mock**
* **Foot - Baal**

**General terms**

* **Uniform – Dobok**
* **Gym for practice – DoJang**
* **Korean Flag – Tae Guk Gi**
* **American Flag – Mi Gook Gee**
* **Sparring – Gyorugi/Kyorugi**
* **A Round of Competition – Jeon**
* **A Point scored in Competition - Jeum**

***Blue belt to Advanced Blue belt***

**(Everything Above)**

**Counting**

* **Forty – Mahun**
* **Fifty – Swin**
* **Sixty – Yesun**
* **Seventy – Ihun**
* **Eighty – Yodun**
* **Ninety – Ahun**
* **One hundred – Baek**
* **Seventh - Chil**
* **Eighth - Pal**

**Kick Techniques**

* **Front Kick – Ap Chagi**
* **Roundhouse – Dollyo Chagi**
* **Side Kick – Yeop Chagi**
* **Back Kick – Dwi Chagi**
* **Axe Kick – Naeryeo Chagi**

**Block Techniques**

* **Middle Block – Momtong Maggi**
* **Low Block – Ahre Maggi**
* **High Block - Wee Maggi**
* **Knife-hand Block – Son Nal Maggi**
* **Double Knife Hand Block – Du Son Nal Kuh Dul A Maggi**

**Punch Techniques**

* **Hook Punch – Guligi Chi Gi**
* **Back-Fist Punch-Dung Joomock Chi Gi**
* **Knuckle fist Punch – Pyon Joomock Chi Gi**
* **Hammer fist Punch – Me Joomok Chi Gi**
* **Palm Strike – Ba Tang Son Tuck Chi Gi**

**Red belt to Advanced Red belt**

**(Everything Above)**

**Counting**

* **Ninth - Gu**
* **Tenth - Ship**

**Kicking Techniques**

* **Tornado Kick – Dol Gae Chagi**
* **Jumping Front Kick – Eedan Ap Chagi**
* **Jumping Kick – Twi O Chagi**
* **Spinning Hook Kick – Dwi Huryeo Chagi**
* **Hook kick– Guligi Chagi**

**Blocking Techniques**

* **Palm Block – Ba Tang Son Maggi**
* **Spreading Block – Hecho Maggi**
* **X Block – Yeot Pero Maggi**
* **Outside Middle Block – Backat Maggi**
* **Double Hand Block – Du Son Kuh Dul A Maggi**

**Punching Techniques**

* **Spear fingers Punch – Son Nal Dung Chi Gi**
* **Knife-hand Punch — Sob Nal Chi Gi**
* **Double Knife Hand Strike – Doo Son Nal Mok Chi Gi**
* **Elbow Punch- Palkoop Chi Gi**

**Stances**

* **Front Stance – Ahp Gubi Sogi**
* **Walking Stance – Ahp Sogi**
* **Back Stance – Dwi Gibi Sogi**
* **Horse Stance – Juchoom Sogi**
* **Fighting Stance –Mot Sohgi**

**Bodan**

**(Everything Above)**

**Review all terminology and prepair**