WOLF CUB TERMINOLOGY

- This information is for you to learn to the best of your ability, at home with the assistance of parents / guardians. Just say the words as they read. ٠
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Counting 1 - HANA		to White B	<mark>Belt Green Stripe</mark>	WHIT	$FE \rightarrow GREEN$	
	2 - DOO	L	3 - SET	4 - NET	5 - TASUT	
6 - YASUT	7 - ILGC	P	8 - YAUDUL	9 - AHOP	10 - YAUL	
Stances - 500	FI					
Atte	ntion Stance	-	CHEI	RIYOT SOGI		
Para	llel Ready Star	ice -	NARANI JUNBE	SOGI		
Sitti	ng Stance		- ANNU	IN SOGI		
Walk	king Stance		- GUNN	IUN SOGI		
General Termi	nology					
Block	< -	MAKGI				
Punc	h -	JIRUGI				
Stan	ce -	SOGI				
Kick	-	CHAGI				
Fore	(Front)Fist	-	AP JOOMUK			
Fron	t Kick	-	AP CHAGI			
General Inform	nation					
Q: What martie			A: ITF TAEKW			
			A: MASTER WO	LF'S TAEKW	ON-DO ACADEMIES	
Q: Who are you						
A	nd Assistant I	NSTRUCTORS				
Promotion from	: White Belt	Green Str	<mark>ipe</mark> to White Belt	Blue Stripe	GREEN → BLUE	
Revise previous			•	·		
C	nology					
General Termi						
	er forearm	-	BAKAT PALMOR	c		
Oute Turn	er forearm ing Kick	-	DOLLYO CHAGI			
Oute Turn	er forearm ing Kick					
Oute Turn	er forearm ing Kick		DOLLYO CHAGI			
Oute Turn Four Tae Kwon-Do	er forearm ing Kick Directional Pi	unching -	DOLLYO CHAGI			
Oute Turn Four	er forearm ing Kick Directional Pi	unching -	DOLLYO CHAGI			
Oute Turn Four Tae Kwon-Do Learn the spel	er forearm ing Kick Directional Pi	unching -	DOLLYO CHAGI			NAJUNDE (Below the belt)
Oute Turn Four Tae Kwon-Do Learn the spel Sections	r forearm ing Kick Directional Pi ling of 'Tae K	unching - won Do'!	DOLLYO CHAGI	-		NAJUNDE (Below the belt)
Oute Turn Four Tae Kwon-Do Learn the spel Sections Low Section Middle Section	r forearm ing Kick Directional Pi ling of 'Tae K	unching - won Do'! <i>KAUNDE</i>	DOLLYO CHAGI SAJU JIRUGI	- to shoulder)		NAJUNDE (Below the belt)
Oute Turn Four Tae Kwon-Do Learn the spel Sections Low Section Middle Section High Section	r forearm ing Kick Directional P ling of 'Tae K - -	unching - won Do'! KAUNDE NOPUNE	DOLLYO CHAGI SAJU JIRUGI	to shoulder) oulder)		NAJUNDE (Below the belt)
Oute Turn Four Tae Kwon-Do Learn the spel Sections Low Section Middle Section High Section	r forearm ing Kick Directional P ling of 'Tae K - - - : White Belt	unching - won Do'! KAUNDE NOPUNE	DOLLYO CHAGI SAJU JIRUGI	to shoulder) oulder)	BLUE → RED	NAJUNDE (Below the belt)
Oute Turn Four Tae Kwon-Do Learn the spel Sections Low Section Middle Section High Section Promotion from Revise previous	r forearm ing Kick Directional P ling of 'Tae K - - - : White Belt	unching - won Do'! KAUNDE NOPUNE	DOLLYO CHAGI SAJU JIRUGI	to shoulder) oulder)	BLUE → RED	<i>NAJUNDE</i> (Below the belt)
Oute Turn Four Tae Kwon-Do Learn the spel Sections Low Section Middle Section High Section Promotion from Revise previous	r forearm ing Kick Directional P ling of 'Tae K - - - : White Belt	unching - won Do'! <u>KAUNDE</u> <u>NOPUND</u> Blue Strip	DOLLYO CHAGI SAJU JIRUGI	- to shoulder) oulder) ed Stripe	BLUE → RED 16 - YAUL YUSUT	<i>NAJUNDE</i> (Below the belt)
Oute Turn Four Tae Kwon-Do Learn the spel Sections Low Section Middle Section High Section Promotion from Revise previous Counting	r forearm ing Kick Directional Pi ling of 'Tae K - - - : White Belt : terminology.	unching - won Do'! <u>KAUNDE</u> <u>NOPUND</u> Blue Strip	DOLLYO CHAGI SAJU JIRUGI (From the belt the E (Above the sho e to White Belt R	to shoulder) oulder) ed Stripe		<i>NAJUNDE</i> (Below the belt)
Oute Turn Four Tae Kwon-Do Learn the spel Sections Low Section Middle Section High Section Promotion from Revise previous Counting 1 - HANA	r forearm ing Kick Directional Pi ling of 'Tae K - - - : White Belt : terminology. 6 -YUSU	unching - won Do'! <u>KAUNDE</u> <u>NOPUNE</u> Blue Strip	DOLLYO CHAGI SAJU JIRUGI (From the belt the E (Above the sho the to White Belt R 11 - YAUL HANA	to shoulder) oulder) ed Stripe	16 - YAUL YUSUT	<i>NAJUNDE</i> (Below the belt)
Oute Turn Four Tae Kwon-Do Learn the spel Sections Low Section Middle Section High Section Promotion from Revise previous Counting 1 - HANA 2 - DOOL	r forearm ing Kick Directional P ling of 'Tae K - - : White Belt : terminology. 6 -YUSU 7 - ILGC	won Do'! KAUNDE NOPUNE Blue Strip	DOLLYO CHAGI SAJU JIRUGI (From the belt 1 <u>F (Above the sho</u> <u>e to White Belt R</u> 11 - YAUL HANA 12 - YAUL DOOL	to shoulder) oulder) ed Stripe	16 - YAUL YUSUT 17 - YAUL ILGOP	NAJUNDE (Below the belt)
Oute Turn Four Tae Kwon-Do Learn the spel Sections Low Section Middle Section High Section Promotion from Revise previous Counting 1 - HANA 2 - DOOL 3 - SET	r forearm ing Kick Directional Pi ling of 'Tae K - - : White Belt : terminology. 6 -YUSU 7 - ILGC 8 - YAU[won Do'! KAUNDE NOPUNE Blue Strip P	DOLLYO CHAGI SAJU JIRUGI (From the belt 1 <u>F</u> (Above the sho <u>e</u> to White Belt R 11 - YAUL HANA 12 - YAUL DOOL 13 - YAUL SET	to shoulder) oulder) ed Stripe	16 - YAUL YUSUT 17 - YAUL ILGOP 18 - YAUL YAUDUL	NAJUNDE (Below the belt)
Oute Turn Four Tae Kwon-Do Learn the spel Sections Low Section Middle Section High Section Promotion from Revise previous Counting 1 - HANA 2 - DOOL 3 - SET 4 - NET 5 - TASUT	r forearm ing Kick Directional Pr ling of 'Tae K - - : White Belt : terminology. 6 -YUSU 7 - ILGC 8 - YAUE 9 - AHO 10 - YAU	won Do'! KAUNDE NOPUNE Blue Strip P	DOLLYO CHAGI SAJU JIRUGI (From the belt the E (Above the short the to White Belt R 11 - YAUL HANA 12 - YAUL DOOL 13 - YAUL SET 14 - YAUL NET	to shoulder) oulder) ed Stripe	16 - YAUL YUSUT 17 - YAUL ILGOP 18 - YAUL YAUDUL 19 - YAUL AHOP	NAJUNDE (Below the belt)
Oute Turn Four Tae Kwon-Do Learn the spel Sections Low Section Middle Section High Section Promotion from Revise previous Counting 1 - HANA 2 - DOOL 3 - SET 4 - NET 5 - TASUT Kicks - CHAGI	r forearm ing Kick Directional Pr ling of 'Tae K - - : White Belt : terminology. 6 -YUSU 7 - ILGC 8 - YAUE 9 - AHO 10 - YAU	won Do'! KAUNDE NOPUNE Blue Strip P	DOLLYO CHAGI SAJU JIRUGI (From the belt the E (Above the short the to White Belt R 11 - YAUL HANA 12 - YAUL DOOL 13 - YAUL SET 14 - YAUL NET	to shoulder) oulder) ed Stripe	16 - YAUL YUSUT 17 - YAUL ILGOP 18 - YAUL YAUDUL 19 - YAUL AHOP	NAJUNDE (Below the belt)
Oute Turn Four Tae Kwon-Do Learn the spel Sections Low Section Middle Section High Section Promotion from Revise previous Counting 1 - HANA 2 - DOOL 3 - SET 4 - NET 5 - TASUT Kicks - CHAGI Side	r forearm ing Kick Directional Pr ling of 'Tae K - - : White Belt : terminology. 6 -YUSU 7 - ILGC 8 - YAUE 9 - AHO 10 - YAU Kick	won Do'! KAUNDE NOPUNE Blue Strip P	DOLLYO CHAGI SAJU JIRUGI (From the belt 1 E (Above the sho to White Belt R 11 - YAUL HANA 12 - YAUL DOOL 13 - YAUL SET 14 - YAUL NET 15 - YAUL TASU	to shoulder) oulder) ed Stripe	16 - YAUL YUSUT 17 - YAUL ILGOP 18 - YAUL YAUDUL 19 - YAUL AHOP	NAJUNDE (Below the belt)
Oute Turn Four Tae Kwon-Do Learn the spel Sections Low Section Middle Section High Section Promotion from Revise previous Counting 1 - HANA 2 - DOOL 3 - SET 4 - NET 5 - TASUT Kicks - CHAGI Side TAE KWON Do	r forearm ing Kick Directional Pr ling of 'Tae K - - : White Belt : terminology. 6 -YUSU 7 - ILGC 8 - YAUI 9 - AHOI 10 - YAU Kick O	unching - won Do'! <u>KAUNDE</u> <u>NOPUNE</u> Blue Strip Blue Strip DUL P JUL	DOLLYO CHAGI SAJU JIRUGI (From the belt 1 E (Above the sho to White Belt R 11 - YAUL HANA 12 - YAUL DOOL 13 - YAUL SET 14 - YAUL NET 15 - YAUL TASU YOP CHAGI	to shoulder) bulder) ed Stripe	16 - YAUL YUSUT 17 - YAUL ILGOP 18 - YAUL YAUDUL 19 - YAUL AHOP	NAJUNDE (Below the belt)
Oute Turn Four Tae Kwon-Do Learn the spel Sections Low Section Middle Section High Section Promotion from Revise previous Counting 1 - HANA 2 - DOOL 3 - SET 4 - NET 5 - TASUT Kicks - CHAGI Side TAE KWON Dr a) SPEL	r forearm ing Kick Directional Pr ling of 'Tae K - - : White Belt : terminology. 6 -YUSU 7 - ILGC 8 - YAUI 9 - AHOI 10 - YAU Kick 0 LING - Learn	unching - won Do'! <u>KAUNDE</u> <u>NOPUNE</u> Blue Strip Blue Strip DUL P JUL	DOLLYO CHAGI SAJU JIRUGI (From the belt 1 E (Above the sho to White Belt R 11 - YAUL HANA 12 - YAUL DOOL 13 - YAUL SET 14 - YAUL NET 15 - YAUL TASU	to shoulder) bulder) ed Stripe	16 - YAUL YUSUT 17 - YAUL ILGOP 18 - YAUL YAUDUL 19 - YAUL AHOP	NAJUNDE (Below the belt)
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Oute Turn Four Tae Kwon-Do Learn the spel Sections Low Section Middle Section High Section Promotion from Revise previous Counting 1 - HANA 2 - DOOL 3 - SET 4 - NET 5 - TASUT Kicks - CHAGI Side TAE KWON DO a) SPEL b) MEA TAE KWO	r forearm ing Kick Directional Pr ling of 'Tae K : White Belt : terminology. 6 -YUSU 7 - ILGC 8 - YAUE 9 - AHO 10 - YAU Kick 0 LING - Learn NING: = To break or DN = To break	unching - won Do'! <u>KAUNDE</u> <u>NOPUNE</u> Blue Strip DUL P DUL P UL - the spelling destroy wi or destroy	DOLLYO CHAGI SAJU JIRUGI (From the belt 1 <u>F</u> (Above the sho <u>e to White Belt R</u> 11 - YAUL HANA 12 - YAUL BET 13 - YAUL SET 14 - YAUL NET 15 - YAUL TASU YOP CHAGI g of 'Tae Kwon Do	to shoulder) bulder) ed Stripe	16 - YAUL YUSUT 17 - YAUL ILGOP 18 - YAUL YAUDUL 19 - YAUL AHOP	NAJUNDE (Below the belt)

Pron	notion from: White Belt Red Stripe to White Belt Black Stripe RED → BLACK						
1	SAJU JIRUGI – Four Directional Punching (This is NOT a pattern!)						
2	STANCES – Sogi						
	ATTENTION STANCE – CHERIYOT SOGI Heels together, toes apart Hands form fists by your sides, approximately 45 degrees away from your body Left leg moves to form stance						
	PARALLEL READY STANCE – NARANI JUNBE SOGI Feet shoulder width apart						
	Both feet parallel						
	Hands form fists in front of your belt						
	SITTING STANCE – ANNUN SOGI Width = Feet 1 & a half times shoulder width apart Weight distribution = 50:50						
	Feet parallel						
	WALKING STANCE – GUNNUN SOGI Width = Feet shoulder width apart						
	Length = Feet 1 & a half times shoulder width Weight distribution = $50:50$						
	Forward leg indicates whether it is a right or left stance						
3	SECTIONS						
5	LOW SECTION NAJUNDE (Below the belt)						
	MIDDLE SECTION KAUNDE (From the belt to shoulder)						
	HIGH SECTION NOPUNDE (Above the shoulder)						
4	COUNTING – See Above						
5	TAE KWON DO						
	 c) SPELLING – Learn the spelling of 'Tae Kwon Do'! d) MEANING: 						
	TAE = To break or destroy with the FOOT KWON = To break or destroy with the HAND						
	DO = The way of the ART						
6	Basically 'the art of hand and foot fighting' GENERAL TERMINOLOGY						
	FOREFIST AP JOOMUK INNER FOREARM AN PALMOK						
	OUTER FOREARM BAKAT PALMOK						
	BLOCK MAKGI						
	PUNCH JIRUGI STANCE SOGI						
	FRONT LEG RAISE AP CHA OLLYGE						
	EXTRA INFO						
	TRAING HALL DOJANG						
	TRAINING UNIFORM DOBOK						
7	MEANING OF THE COLOUR WHITE						
8	White signifies innocence as that of the beginner who has no previous knowledge of Taekwon-Do. THE TENENTS OF TAEKWON-DO						
	COURTESY YE UI						
	INTEGERITY YOM CHI						
	PERSIVERANCE IN NAE SELF-CONTROL GUK GI						
	INDOMITALE SPIRIT BAEKJUL BOOLGOOL						
9	GENERAL INFORMATION						
	• The founder of Taekwon-Do GENERAL CHOI HONG HI – 9 th Dan						
	The START date of Taekwon-Do is 11 th April 1955						
	Taekwon-Do STARTED in SOUTH KOREA						
	You may be asked:						
	 How you found out about Taekwon-Do / the club you train at 						
	Why you started training in Taekwon-Do						