

Black Belt Terminology

1st Degree to 2nd Degree

1st Recertification	2nd Recertification	3rd Recertification
Outside to inside block - (phakeso ahnu ro mahk kee) Side kick rear leg - (dull ryo yup cha gi) Ready stance - (choon bee jaseh) Front stance - (chun gul jaseh) Horse stance - (kee mah jaseh) Attention stance - (char ryut) Back stance - (hu gul jaseh) Certified Instructor - (kyo sa nim)	High block - (sang dan mahk kee) Roundhouse kick - (dull ryo cha gi) Front snap kick - (ahp cha gi) Low block - (ha dan mahk kee) Master Instructor - (sab bom nim) Thank You - (ko map sum ni da) Side block - (yup mahk kee) Inside to outside block - (ahneso phaku ro mahk kee) Front stretch kick - (ahp podo oll ri gi)	1 – hana 20 – (sumul) 2 – tull 30 – (sorhun) 3 – set 40 – (Ma hun) 4 – net 50 – (Swin) 5 – tasot 6 – yosot 7 – ilgop 8 – yogul 9 – ahop 10 – yol

2nd to 3rd Degree

1st Recertification	2nd Recertification	3rd Recertification
Knee strike - (mu rup cha gi) Backfist - (kap kwon) Middle knife hand block - (choon dan soo do mahk kee) Low knife hand block - (hadan soo do mahk kee) Two fist high block - (ssang soo sang dan mahk kee) Spear hand – (kwan soo) Reverse punch – (toro choong dan kong kyock)	Jump front kick - (e-dan ahp cha gi) Jump side kick - (e-dah yup cha gi) Jump roundhouse kick - (e-dan dull ryo cha gi) Jump back kick - (e-dan dwi cha gi) Jump spinning back kick - (e-dan dwi dull ryo cha gi) Head butt – (pak chi gi) Palm hand block – (jang kwon mahk kee)	Defense/punch – (yuk soo) Ridge hand – (yok soo do) Back kick – (dwi cha gi) Spin back kick – (dwi dull ryo cha gi) Elbow strike – (pal koop kong kyuck) Palm heel strike – (jang kwon kong kyuck) Two fist middle block in front stance – (choong gul ssang soo mahk kee) Two fist side block back stance – (hu gul ssang soo mahk kee)

4th Recertification	5th Recertification
Hammerfist – (kwan do) Front of fist – (chung kwon) Knifehand – (soo do) Solar plexus – (myung chi) Upper lip – (in joong) Groin – (ko whan) Low – (ha dan) Middle (choong dan) High (sand dan) Attack – (kong kyuck)	courage – (yong gi) honesty – (chung jik) humility – (kyum son) wisdom – (kyong) peaceful confidence – (pyong ahn) tension/relaxation – (shin choock) breaking – (kyock pa) forms – (hyung) front - (ahp) side – (yup) back – (dwi)

3rd to 4th Degree

1st Recertification	2nd Recertification
Black belt – (dan) 1st degree black belt – (cho-dan) 2nd degree black belt – (e-dan) 3rd degree black belt – (sam-dan) Salute the flags – (kuk gi bay ray) Return/end salute – (bar ro) Sit down – (ahn jo) Begin meditation – (muk nyum) End meditation – (ba ro) Bow to master instructor - (sa bom nim kay kyung yet) Bow to certified instructor - (kyo sa nim kay kyung ret) Bow to class senior – (sun beh nim kay kyung ret) Begin – (shi-jock)	Effort & sincerity – (kin) Side hook kick – (yup hu ri gi) Bow to you partner – (sahng ho kwan e kyung ret) Hand – (soo) Neck – (mok) Foot – (bahl) Forehead – (eema) Senior dan member – (ko dan ja) Control of power – (him cho chung) Speed control – (wan gup)
3rd Recertification	4th Recertification
Balance – (choong shim) Courage and confidence – (kun) From the heart – (yu jang) Endurance – (in neh) Self-defense – (ho sin sul) Yell – (ki hap) Belt – (dee) Turn – (tora) Junior member – (hu beh) Training hall – (do jang) Training uniform – (do bok)	Basic – (gi-cho) Hand technique – (soo gi) Foot technique – (jok gi) Ear – (kwi) Collar bone – (swe gol) Hair – (mori) Heart – (shim jung) Wrist – (son mok)