

CLASS COMMANDS

CHARRIOT	ATTENTION
KYUNG YAE	BOW
CHUN BI	READY
SEJAK	BEGIN
PARO (OF CHUN BI)	BACK TO READY
GOMAN	STOP
SHI UH	AT EASE

GENERAL TERMS

PIL SUNG	SCHOOL MOTTO: CERTAIN VICTORY
DOJANG	THE SCHOOL: HOUSE OF DISCIPLINE
Do Bok	UNIFORM
DOJUNIM	"FOUNDER", GRANDMASTER CHOI
SABUMNIM	"TEACHER", ALL INSTRUCTORS
CHOI KWANG DO	THE ART OF GRANDMASTER KWANG CHOI

KOREAN COUNTING

HANA	ONE
DOOL	TWO
SET	THREE
NET	FOUR
TASUT	FIVE
YASUT	SIX
ILGOP	SEVEN
YODOL	EIGHT
AHOP	NINE
YOL	TEN

KICKS (CHAGI)

OP CHAGI	FRONT KICK
YUP CHAGI	SIDE KICK
HULLYA CHAGI	SWING KICK
BANDAE HULLYA CHAGI	REVERSE SWING KICK
DWI KUM CHI OP CHAGI	HEEL FRONT KICK
NAERYO CHAGI	DOWNWARD KICK
BANDAI CHAGI	CRESCENT KICK
BITURO CHAGI	TWISTING KICK
DOLMYA YUP CHAGI	SPINNING SIDE KICK
DOLMYA BANDAE HULLYA CHAGI	SPINNING REVERSE SWING KICK
MIKULMYU CHAGI	SLIDING KICK
TWIMYA CHAGI	JUMPING KICK

PUNCHES, THRUSTS, AND STRIKES

JIRUGI	PUNCH
OP JOOMUK JIRUGI	FRONT (FIST) PUNCH
DWI JOOMUK JIRUGI	REAR (FIST) PUNCH
DOLYA JIRUGI	ROUND PUNCH
SEWO DOLYA JIRUGI	VERTICAL ROUND PUNCH
OLLIYO JIRUGI	UPWARD PUNCH
CHIGI	STRIKE
YUP JOOMUK CHIGI	SIDEFIST STRIKE
DUNG JOOMUK CHIGI	BACKFIST STRIKE
SONKAI CHIGI	KNIFEHAND STRIKE
SONKAI DUNG CHIGI	REVERSE KNIFEHAND STRIKE
PALKUP CHIGI	ELBOW STRIKE
MORI CHIGI	HEAD STRIKE
MORUP CHIGI	KNEE STRIKE
SONBADAK CHIGI	PALM HEEL STRIKE