

Five Tenets

Courtesy
Integrity
Perseverance
Self Control
Indomitable Spirit



Terminology

Cha ryuht - Attention
Kyung nae - Bow
Choon bi - Ready
Bah ro - Return to starting position
Seijak - Start
Gomahn - Stop
Shiuh - Relax

Khip - Yell
Kalyeo - Stop
Kae sok - Continue
Dojang - The place where you train
Dobok - Uniform
Dhee - Belt
Hogoo - Chest protector

Counting in Korean

Counting	Form	Order	Taeguk ____ Jang
1	Hana	1 st	Taeguk <u>I</u> Jang
2	Dool	2 nd	Taeguk <u>Ee</u> Jang
3	Set	3 rd	Taeguk <u>Sam</u> Jang
4	Net	4 th	Taeguk <u>Sa</u> Jang
5	Dasot	5 th	Taeguk <u>Oh</u> Jang
6	Yasot	6 th	Taeguk <u>Yook</u> Jang
7	Ilgop	7 th	Taeguk <u>Chil</u> Jang
8	Yeodul	8 th	Taeguk <u>Pal</u> Jang
9	Ahop	9 th	
10	Yoel	10 th	
11-19	Yoel + #	Example: 11 = Yoel Hana	
20	Soolmool		