

## **Commands**

Cha Ryut	Attention
Kukgi Bae Rye	Salute to Flag
Ba Ro	Return
Ahn Jo	Sit
Muk Yum	Meditation / Breathing
Kwan Chang Nim E Kyung Yet	Bow to Grandmaster
Sah Bum Nim E Kyung Yet	Bow to Instructor
Choon Bee	Ready
Shio	Relax or Rest
Shi Jak	Begin
Dwi Ro Tora	Turn to rear
Ku Ryung E Mat Cho So	By the count
Ku Ryung Up Shi	Without the count

## **Numbers**

Hana	One
Tul	Two
Set	Three
Net	Four
Tasot	Five
Yasot	Six
Ilgup	Seven
Yodol	Eight
Ahop	Nine
Yol	Ten

## **Stances**

Choon Bee Ja Seh	Ready Stance
Chun Kul Ja Seh	Front Stance
Hu Kul Ja Seh	Fighting Stance
Kee Ma Ja Seh	Horse Riding Stance
Sa Ko Rip Ja Seh	Side Stance

## **Basic Techniques**

Pahl Put Ki	Punch Exercise
Ha Dan Mahk Ki	Low Block / Defense
Choong Dan Kong Kyuck	Middle Section Punch
Sang Dan Mahk Ki	High Block / Defense
Sang Dan Kong Kyuck	High Punch
Bahl Poto Oly Ki	Front Stretch Kick
Ahp Cha Ki	Front Kick
Yup Cha Ki	Side Kick
Tollyo Cha Ki	Round House Kick
Dwi Tollyo Cha Ki	Spinning Back Kick