

# ORANGE COUNTY MARTIAL ARTS ACADEMY

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## AT THE BEGINNING OF CLASS:

1. Bow to the flags *Guk gi ye dae ha yo kyong ye*
2. Bow to the instructor and say Tae Kwon *Kyosa nim ge kyong ye*
3. Recite the student oath *Kwon won sun su*
4. Warm up exercises *Jun bi un dong*

## AT THE END OF CLASS:

1. Bow to the flags
2. Bow to the instructor and say Tae Kwon
3. Bow to the high belt for dismissal

## STUDENT OATH:

1. I shall observe the tenets of Tae Kwon Do
2. I shall respect the instructor and seniors
3. I shall never misuse Tae Kwon Do
4. I shall be a champion of freedom and justice
5. I shall build a more peaceful world

## TENETS:

1. Courtesy
2. Integrity
3. Perseverance
4. Self-Control
5. Indomitable Spirit

## COUNTING:

One – *hana*      Two – *dul*      Three – *set*      Four – *net*      Five – *da sut*      Six – *yo sut*  
Seven – *il gop*      Eight – *yo dul*      Nine – *a hop*      Ten - *yul*      Twenty – *soo mul*      Thirty – *su run*

## ENGLISH

Grand Master  
Master Instructor  
Instructor  
Flag  
Training hall  
Uniform  
Attention  
Bow  
Stop  
Ready  
Commence  
About face  
Yell  
Rest  
Dismiss  
Thank you  
Your welcome  
How are you  
Warm up exercise  
Stance  
Sitting stance  
Walking stance  
L-stance

## KOREAN

*Kwon chang nim*  
*Sabum nim*  
*Kyosa nim*  
*Guk gi*  
*Do jang*  
*Do bok*  
*Cha ryot*  
*Kyong ye*  
*Go man*  
*Jun bi*  
*Si jak*  
*Dwi ro dol a*  
*Ki hap*  
*Shyo*  
*Hae san*  
*Kam sa ham ni da*  
*Chomonayo*  
*On yong ha sayo*  
*Jun bi on dong*  
*Sogi*  
*An nun sogi*  
*Gun nun sogi*  
*Ni un ja sogi*

## ENGLISH

Punch  
High punch  
Middle punch  
Low punch  
Kick  
Turning kick  
Back kick  
Front rising kick  
Front snap kick  
Side rising kick  
Side piercing kick  
Crescent kick  
Jump front snap kick  
Jump side kick  
Block  
Side block  
Basic motion  
Pattern  
Step Sparring  
Free sparring  
By count  
In your own time  
Belt

## KOREAN

*Ji ru gi*  
*Sang dan ji ru gi*  
*Jung dan ji ru gi*  
*Ha dan ji ru gi*  
*Cha gi*  
*Dolyo cha gi*  
*Dwi cha gi*  
*Ap cha olligi*  
*Ap cha gi*  
*Yop cha olligi*  
*Yop cha gi*  
*Ban dal cha gi*  
*Twio yo ap cha gi*  
*Twio yo yop cha gi*  
*Mak gi*  
*Yop mak gi*  
*Ki bon dong jak*  
*Hyong*  
*Yak sok dae ryon*  
*Ja yu dae ryon*  
*Gu ryon mat chu uh*  
*Gu ryon up si*  
*Thie*