



# Lee's Martial Arts Academy

**Discover the Power of Positive Thinking!**

3270 California Ave SW, West Seattle, WA

(206) 938-3375



White		
1	Attention	Cha ryut
2	Bow	Kyung Nae
3	Ready	Joon Bi
4	Begin	Shi Jak
5	Yell	Ki hap
6	Master	Kwan Jang Nim
7	Instructor	Sabum Nim
8	Uniform	Do bok
9	Your TKD school	Do jang
10	Basic form	Kibon
Orange		
1	Turn Around	Diro Dora
2	Front Stance	Ap koo bee
3	Back Stance	Dwee koo bee
4	Horseback Stance	Joo chum su gee
5	Walking Stance	Ap su gee
6	Tiger Stance	Boom su gee
7	Thank you	Kam sa ham neda
8	Bow to the Flags	Kukki ae kyung nae
Green (Low)		
1	Hi, how are you?	Anyoung ha shim neeka
2	Kick	Chagi
3	Block	Makki
4	Thrusting/stabbing	Chireugi
5	Striking	Chigi
6	Punching	Jee ru gee
7	Twenty (20)	Su mul
8	Thirty (30)	So reun
9	Fourty (40)	Ma heun
10	Fifty (50)	Shi heun
11	Sixty (60)	Ye seun
12	Seventy (70)	Ill heun
13	Eighty (80)	Yuh deun
14	Ninety (90)	Ah heun
15	One Hundred (100)	Beck
Blue (Low)		
1	Front Kick	Ap Chagi
2	Round Kick	Dollyo chagi
3	Side Kick	Yeop chagi
4	Cressent Kick	Bandal chagi
5	Turning Kick	Dwi Dora chagi
6	Jump Kick	Twieo chagi
7	Turn back kick	Mon dol rio dwi chagi
8	Stop	Kumon
9	End	Parro
10	Rest	Shyu
Brown (Low)		
1	Arm	Pal
2	Elbow	Pal Kumchi
3	Hand	Son
4	Backfist	Dung Joo Muk
5	Hammer Fist	Me Joo Muk
6	Palm	Son Padak
7	Body	Mom
8	Instep	Bal deung
9	Knee	Mooreup
Red (Low)		
1	Right/Left Face	Jwa oo Yang oo
2	Chest Protector	Hoe goo
3	Blue	Chung
4	Red	Hong
5	Separate/Break	Kallyo
6	Continue	Kae sok
7	Stop	Kumon
8	Tie	Bi kim
9		
10		

Yellow		
1	Form	Poomse
2	Flag	Kukki
3	Bow to the Master	Kwan jang nim keh, kyung nae
4	Bow to the Instructor	Sabum nim keh, kyung Nae
5	One (1)	Hana
6	Two (2)	Dul
7	Three (3)	Set
8	Four (4)	Net
9	Five (5)	Dasot
10	Six (6)	Yasut
11	Seven (7)	Ilgop
12	Eight (8)	Yodul
13	Nine (9)	Ahop
14	Ten (10)	Yul
Green (High)		
1	Low block	Arae makki
2	Inside middle block	Mom tong an makki
3	High block	Ul gool makki
4	Outside middle block	Mom tong bakkat makki
5	Outside "fist" block	Han son nal makki
6	Knife hand block	Son nal makki
7	Scissors block	Kawi makki
8	Diamond block	Kumgong makki
9	Mountain block	San teul makki
10	Palm block	Pat tang son makki
Blue (High)		
1	High Punch	Ul Gool Jee ru gee
2	Middle Punch	Mom tong Jee ru gee
3	Low Punch	Arae Jee ru gee
4	Spear hand attack	Son kent Chireugi
5	Palm hand attack	Son padak chigi
6	Knife hand attack	Son nal chigi
7	Side middle punch	Moem tong yup jee ru gee
8	Reverse middle punch	Moem tong paro jee ru gee
9	Knife hand	Son nal
10		
Brown (High)		
1	Wrist	Son mok
2	Foot	Bal
3	Neck	Mok
4	Chin	Took
5	Face	Ul gool
6	Chest	Mom tong
7	Leg	Dari
8		
9		
Red (High)		
1	Pre-Warning	Joo wee
2	Warning	Kyong go
3	Minus Point	Kam jum
4	Time	Shee gan
5	Win	Sung
6	First Round	Il weh joon
7	Second Round	Ee weh joon
8	Third Round	Sam weh joon
9	Red winner	Hong sung
10	Blue winner	Chong sung