

# INTERMEDIATE TERMINOLOGY & KNOWLEDGE

1. Who is your KwanJangNihm? Hong Hi Choi Andrew Jefferson Nam Yell An
2. Who is your SahBumNihm? Any black belt in the school. Nam Yell An Andrew Jefferson
3. How do you say "Friend" in Korean? Chin-goo Umma Uppah
4. What does "Ah-ray", "Mom-tong" and "Ul-gul" mean?  
Low, middle and high. Leg, torso and head. Pants, belt and shirt.
5. What does "Up", "Dwi" and "Yop" mean?  
Red, blue and yellow. Front, back and side. Top, bottom and side.
6. What does "Wein chok" and "Oh-reun chok" mean?  
Front and back. Left and right. Up and down.
7. How do you say "Form" in Korean? Poomse Kata Palgwe
8. How do you say "Flag" in Korean? Tae Dobok Kukie
9. How do you say "Goodbye" (leaving) in Korean? Ah-nyung-he-KAY-say-oh TaeGeuk Ah-nyung
10. How do you say "Goodbye" (staying) in Korean? Ah-nyung Ah-nyung-he-KAH-say-oh Bi-bim-bop
11. How do you say "Thank you" in Korean? Gum-sa-hahp-ni-da Choom-in-ay-oh Kwan
12. How do you say "You're Welcome" in Korean? Choom-in-ay-oh Dollyo chagi Sun-bae-nihm
13. How do you say "Bow" in Korean? Joon-bee Kun-yay Chung
14. How do you say "Good Job/work" in Korean? Sue-go Kukie Kyuk-pah
15. When and where did TKD become an "Official" Olympic medal sport?  
2004 Athens, Greece 1996 Atlanta, USA 2000 in Sydney, Australia
16. What is Poomse? A sequence of movements including blocks, attacks, and stance work. Poom-say is used to improve our basics and further our understanding of martial arts.
17. What is Sparring? Practicing techniques against one or more people in an controlled environment.
18. Why do we do breaking? It builds self-confidence and demonstrates the effectiveness of your newly learned skills without possible injury to a partner.

19. What are your ranking breaking Techniques? \_\_\_\_\_

20. What is your current goal in TaeKwonDo? \_\_\_\_\_

Be sure to review your beginner terminology & knowledge.