

GREEN & HIGH GREEN BELT VOCABULARY

Basic Terms

With count	Goo-ryung-eh mat-choo-u-su
Without	Goo-ryung up-shee
Change stance	Bal-ba-gwu-su
Sparring	Kyu-roo-gee
One-step sparring	Han-bun kyu-roo-gee

Kicking Terms

Spinning heel kick

Cha-gee

Dwee-dol-yu-cha-gee

Offense/Punching Terms

High punch
Middle punch
Low punch
Reverse middle punch
Side middle punch
Spearhand jab

Jee-ru-gee

Sang-dan jee-ru-gee
Joong-dan jee-ru-gee
Ha-dan jee-ru-gee
Mom-tong pa-ro jee-ru-gee
Mom-tong yup jee-ru-gee
Pyun-son-gut

Counting Terms

31	Su-run-ha-na	36	Su-run-yu-sut
32	Su-run-dool	37	Su-run-eel-gop
33	Su-run-set	38	Su-run-yu-dul
34	Su-run-net	39	Su-run-a-hop
35	Su-run-da-sut	40	Ma-hun