



UNITED MARTIAL ARTS & FITNESS ACADEMY

KOREAN FOR BLACK BELT 1ST DAN

Topic	English	Korean (Pronunciation Only)
Counting	21	[seumul.hana]
	22	[seumul.dul]
	23	[seumul.set]
	24	[seumul.net]
	25	[seumul.daseot]
	26	[seumul.yeoseot]
	27	[seumul.ilgop]
	28	[seumul.yeodeol]
	29	[seumul.ahop]
	30	[seoreun]
Basic Stance	Tiger Stance	[beom.seogi]
	Horse Riding Stance	[juchum.seogi]
Names of Body	Knee	[mureup]
	Elbow	[palgumchi]
Basic Strikes and Punches	Face Punch	[eolgul.jireugi]
	Knife Hand Strike	[sonnal.chigi]
	Spear Strike	[pyeonson.kkeut.gireugi]
	Back Fist	[deung.jumeok]
Basic Kicks	Front Kick	[ap.chagi]
	Instep Kick	[dollyeo.chagi]
	Axe Kick	[nelyeo.chagi]
	Side Kick	[Yeop.chagi]
Blocks	Knife hand face block	[sonnal.eolgul.makki]
	Knife hand trunk block	[sonnal.momtong.makki]
	Knife hand low block	[sonnal.are.makki]
	Double knife hand block	[Yang.sonnal.makki]
Expressions & Words	Instructor	[sabeom.nim]
	Thank you	[gamsa.hamnida]
	Hello	[annyung.haseyo]