

KOREAN_ROK

6개월의 한국어

The 6-Month Korean System

Learn Korean for Beginners Through 24 Real-Life Scenes

600 Words · 24 Patterns · Audio to Speak from Week 1 — one scene a week, from 안녕하세요 to a life lived in Korean.



말 (mal) — speech · words · language

— SURVIVE · EAT · MOVE · FEEL · CONNECT · BELONG —

록 · rok

1:1 Korean coach — calm, patient, no judgment

BEFORE EVERYTHING

First, write yourself in.

Books with names in them get finished. Pen, please — this takes one minute and lasts six months.

이 책의 주인 · THIS BOOK BELONGS TO

WHY I'M DOING THIS

ONE LINE TO THE ME OF MONTH 6

STARTED _____

MONTH 6 ARRIVES _____

You'll reply to this note on the last week of the book — it arrives faster than you think.

시작이 반이다 — "Starting is half."

A Korean proverb — as of this page, personally true.

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Welcome — 반가워요.

You've felt it — the freeze. You understand more Korean than you can say. You've rehearsed a sentence in your head, perfectly... and when the moment comes, nothing comes out. And you know the rest of it too: the fear of making a mistake in front of a real person, the quiet worry of being judged, the frustration of the gap between what you know and what you want to say. Every language learner lives in that gap. This book was built to close it.

I know that gap from the inside — I've studied languages myself, English and then Chinese. And I've traveled a fair bit of the world: Japan, Taiwan, Vietnam, the Philippines, Thailand, Mongolia, China, the US, Germany, Austria, Czechia, Hungary. Somewhere along the way I noticed something: I never got better by studying a language from A to Z. I got better when I picked one real situation — a cafe, a taxi, a market — and learned exactly what that moment needed. Scene by scene. It was faster, it stuck, and it worked in real life that same day.

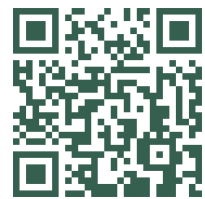
So that's what this book is. Not a textbook — 24 scenes from real Korean life, and each week: 25 words, one pattern, one dialogue... and then you SAY them, out loud, in a small weekly mission. Quietly, badly, bravely. Everything compounds — by the last page you won't have "studied Korean." You'll have lived twenty-four small scenes of a Korean life, in your own voice.

YOU'RE NOT DOING THIS ALONE

Every reader gets access to the Korean_rok community — share your weekly missions, ask me anything, and meet learners on the exact same week as you.

Shy speakers welcome. Especially shy speakers.

Instagram · @korean__rok



SCAN TO JOIN

자, 시작해요. Your first scene is two pages away.

— 록 (rok)

WHY THIS BOOK EXISTS

You won't be the first.

This book started as private material. My 1:1 students — the people you'll hear from below — loved our sessions, and then kept asking for the same thing: something to study between them. Not another textbook. Our scenes, on paper. So I wrote it for them.

And if you found this book without ever meeting me — you're not on the outside of this circle. It was written for people I know, in the hope it would reach people I don't. As of this page, that's you. Welcome in.

"Your patience, encouragement, and positive energy create a welcoming environment where making mistakes feels like part of the learning process instead of something to fear."

— a Spanish teacher · Panama

"I tried learning Korean through apps like Pimsleur and Duolingo — they couldn't provide the human connection, cultural insights, or personalized guidance."

— works in finance · El Salvador

"The progress I have made since working with you has been exponential — and my confidence has grown as well."

— a student in New Zealand

"I was so scared because I didn't feel ready for the trip without vocabulary and sentences — but now I feel confident. I think I can do it!"

— preparing for a trip to Korea

"You don't let me coast even when I want to. You pick up on my gaps quickly and make me catch up — that, for me, is the mark of a skilled instructor."

— a Write-to-Speak student

Students in Brazil · Denmark · El Salvador · France · Germany · Greece · India · Mexico · New Zealand · Panama · Romania · the US
An English teacher of 20+ years · a French teacher · a Spanish teacher · working professionals · executives — and counting.

AND A THANK-YOU OF MY OWN

To my past teachers, and to the friends around the world who sat with me through my own shaky English and my slower Chinese — I learned how to teach from how patient you were with me. This book carries that debt. 고마워요.

AND TO MY STUDENTS — THANK YOU FOR YOUR SUPPORT, YOUR FEEDBACK, AND FOR BEING PART OF THIS JOURNEY:

Suzeen · Lucie K. · Ludmilla B. · Tania · Aurelia · Michelle · Rute · Maria · Nicole · Esther · Iulia · Victoria · Frédérique

WHY THIS WORKS

The Science Behind the Scenes

Nothing in this book is shaped the way it is by accident. The structure follows how memory and language acquisition actually work. The short version:

1 • Scenes beat lists — encoding specificity.

Memory is context-addressed: words learned inside a situation come back when a similar situation cues them. Learn 주세요 at a cafe counter, and every counter becomes your reminder.

In this book → every week is one real scene, not a word list.

2 • Five small touches beat one big session — the spacing effect.

Since Ebbinghaus, we've known memory fades fast after a single exposure and hardens with spaced returns.

In this book → the same 25 words, five angles, seven days: MEET, HEAR, USE, SAY, CHECK.

3 • Recalling beats rereading — the testing effect.

Retrieving a word strengthens it far more than looking at it again — and producing Korean from English is deliberately the harder direction.

In this book → the Day 6-7 quizzes, especially Quiz B.

4 • Speaking beats reading — the production effect.

Words said out loud are remembered better than words read silently: your mouth adds a motor memory your eyes can't.

In this book → the out-loud rule, and one real speaking mission every week.

5 • Patterns beat rules — usage-based learning.

Brains extract grammar from repeated real examples — the way children acquire language. One working pattern generalizes further than a memorized table.

In this book → 24 patterns, each met inside real sentences first.

6 • Low fear beats high pressure — the affective filter.

Anxiety measurably blocks acquisition. Low-stakes reps — a mirror, a kitchen, a friendly barista — keep the channel open.

In this book → missions designed to be safely, deliberately small.

None of this is exotic — it's just rarely all built into one book. Follow the week as designed, and the science works for you.

BEFORE WEEK 1

How to Use This Book

(Two minutes. Then we start.)

This book is 6 months → 24 weeks → 24 real-life scenes. Each week gives you one scene, the 25 words it actually runs on, and 1 pattern — the sentence engine underneath it. No grammar tables. By the end: 600 words, 24 patterns, and a Korean life you can live in. Two notes: you'll need to read Hangul, even slowly (if not — it takes one weekend with any free guide, and the romanization carries you meanwhile). That romanization follows real SOUND, not spelling — trust it when it surprises you. It stays with you through Month 2, then steps back from the dialogues at Week 9: new words and the index keep theirs. Want it gone sooner? Cover the column.

THE SHAPE OF A WEEK

Day 1-2	MEET	meet the 25 words — out loud once
Day 3	HEAR	read the dialogue out loud
Day 4	USE	learn the pattern, write your own
Day 5	SAY	the mission: say it for real
Day 6-7	CHECK	quiz, checklist, tracker — done

Time cost: 15-20 minutes a day. Less than one drama episode. You can afford this.

THE THREE RULES

1 · Out loud counts — out loud is the whole game.

Every dialogue, mission, and quiz answer: say it. Alone in your kitchen at full volume IS the skill.

2 · Behind is not broken.

Missed a week? You paused. Re-read the last dialogue out loud and continue. Re-entry is built in.

3 · Write in the book.

Fill the blanks and trackers. A scribbled, coffee-stained copy with your name in 한글 on the last page? That's a certificate.

YOUR AUDIO — TWO TRACKS, TWO SPEEDS

The words and the scene — read twice: slow, then natural. In Rok's voice.

Scan the code beside The Words or The Scene — one tap away. Or type:
drive.google.com/drive/folders/14QyNEyRh7ScAmBtH7b07Jhf7TBhft1R

The answers are in the back. Your first scene starts now. 가요. — 록





MONTH 1 OF 6

1

MONTH ONE

Survive

도착하다 — arriving

Week 1 · 첫 인사와 자기소개 — First Hellos

Week 2 · 숫자·돈·시간 — Numbers, Money & Time

Week 3 · 카페에서 — Ordering at a Cafe

Week 4 · 편의점에서 — The Convenience Store

100 words · 4 patterns · by the end: a full day in Seoul, alone, in Korean.

첫 인사와 자기소개

First Hellos & Introducing Yourself

You've just met someone — a host, a classmate, a friend of a friend. The next thirty seconds decide whether this becomes a conversation or an awkward smile. This week, you own those thirty seconds.

THIS WEEK YOU WILL

- Learn the 25 words every first meeting runs on
- Master your first pattern: 저는 ~예요
- Perform your first Korean self-introduction
- Say it OUT LOUD — a mirror counts

Day 1-2

MEET

Day 3

HEAR

Day 4

USE

Day 5

SAY

Day 6-7

CHECK

FROM THIS WEEK'S SCENE

"안녕하세요, 저는 ____예요."

annyeonghaseyo, jeoneun ____ yeyo.

Your first sentence. By Friday, it opens every door.

The Words · 1 of 2

Say each one out loud once — that's the whole job today.



WEEK 1 · WORDS AUDIO

HANGUL	ROMANIZATION	ENGLISH
안녕하세요	annyeonghaseyo	hello (polite — your default)
안녕 friends & younger people only	annyeong	hi / bye (casual)
반가워요	bangawoyo	nice to meet you
네	ne	yes
아니요	aniyo	no
잘 부탁드립니다 the untranslatable intro-closer	jal butakdeurimnida	"please take care of me"
저	jeo	I / me (polite)
나	na	I / me (casual)
감사합니다 the word you'll say most — today and forever	gamsahamnida	thank you
씨 attach to first names: 지수 씨	ssi	Mr. / Ms.
사람	saram	person
친구	chingu	friend
이름 이름이 뭐예요? What's your name?	ireum	name
한국	hanguk	Korea

The Words · 2 of 2

The last eleven — then two moves to make them stick.

HANGUL	ROMANIZATION	ENGLISH
한국어	hangugeo	Korean (language)
영어	yeongeo	English
외국인 저는 외국인이에요 — say it with a smile	oegugin	foreigner
학생	haksaeng	student
일	il	work / job
취미	chwimi	hobby
여행	yeohaeng	travel
처음 한국어 처음이에요. Korean is new to me.	cheoeum	the first time
만나다 만나서 반가워요! So glad to meet you!	mannada	to meet
살다	salda	to live
좋아하다	joahada	to like

WRITE IT ONCE, OWN IT FOREVER — copy this week's two favorites:

Then the spot check: cover the ENGLISH column with your hand — how many of the 25 can you say out loud? Don't count, just notice. You'll count on Day 6.

The Scene

Nearly every word is already yours, and every line is translated below. Out loud, twice: slow, then with feeling.



WEEK 1 • SCENE AUDIO

민지 안녕하세요!
annyeonghaseyo!
Hello!

나 안녕하세요! 반가워요.
annyeonghaseyo! bangawoyo.
Hello! Nice to meet you.

민지 이름이 뭐예요?
ireumi mwoyeyo?
What's your name?

나 저는 사라예요.
jeoneun Sara-yeyo.
I'm Sarah. (use YOUR name here)

민지 사라 씨! 저는 민지예요.
Sara ssi! jeoneun Minji-yeyo.
Sarah! I'm Minji.

나 저는 외국인이에요. 한국어 공부하고 있어요!
jeoneun oegugin-ieyo. hangugeo gongbuhago isseoyo!
I'm a foreigner. I'm studying Korean!

민지 오~ 반가워요!
o~ bangawoyo!
Oh~ so glad to meet you!

나 잘 부탁드립니다!
jal butakdeurimnida!
Please take care of me! (Minji will beam.)

● **The magic rep — read this once a day all week.**

By Sunday you won't be reading it. You'll be saying it. That's the difference between knowing words and owning a scene.

Inside the Scene

The culture and the mechanics — read this once, and the dialogue changes underneath you.

Why the name question comes so fast

In Korea, names and roles aren't small talk — they're coordinates. They decide how politely everyone speaks for the rest of the conversation. 민지 isn't being nosy; she's finding the right gear. That's why 이름이 뭐예요? arrives in line three, not line thirty.

잘 부탁드립니다 — the sentence English doesn't have

Literally: "I ask you to treat me well." You say it when JOINING something — a class, a team, a first meeting. It's a small social contract: I'm in your care now, be patient with me. The perfect reply is the same words back: 저도 잘 부탁드립니다.

The bow is part of the sentence

A small head-nod with 반가워요 works like a full stop. Koreans hear the body too — which is why Day 5 will have you actually do it, not just say it.

TAKE IT APART · 분해하기

저는 사라예요.

저 (I, polite) + 는 (topic marker — "as for me") + 사라 (your name) + 예요 (am — after a vowel)

한국어 공부하고 있어요.

한국어 (the Korean language) + 공부 (study) + ~하고 있어요 (am doing — Korean's "-ing")

잘 부탁드립니다!

잘 (well) + 부탁 (a request) + 드립니다 (I give, humbly) → "I place myself in your care."

LISTEN FOR IT · on the Scene audio

Hear how 반가워요 rises at the end — Korean warmth lives in that rise. And in the slow version, catch the tiny pause before 잘 부탁드립니다: the breath before a small ceremony.

Now go back one page and read the scene out loud again. Feel how much more of it is yours.

저는 ~예요

jeoneun ~ yeyo / ieyo

"I am ~" — the self-introduction engine

Put who you are after 저는. Ends in 예요 after a vowel, 이에요 after a consonant. That's the whole rule — your ear will automate it within a week.

저는 마리아예요.

jeoneun Maria-yeyo.

I'm Maria.

저는 학생이에요.

jeoneun haksaeng-ieyo.

I'm a student.

저는 외국인이에요.

jeoneun oegugin-ieyo.

I'm a foreigner.

NOW YOU BUILD

1. I'm (your name). _____ 예요.
2. I'm a student. _____ 예요.
3. I'm (your nationality). _____ 예요.
4. This is my friend. _____ 예요.
5. YOUR two-line intro — name + one true thing: _____ 예요.

That last one is the whole point. Say it out loud three times. That's your line now.

The Workout

One rule to understand, four drills to make it automatic.

ONE GRAMMAR POINT · 문법 한 가지

는 / 은 — the topic marker

Korean marks WHAT you're talking about before saying anything about it. 저 is "I"; 저는 is "as for me...". It's the tiny flag that says: here comes the subject of my sentence.

저는 사라예요.

As for me, I'm Sarah.

이름은 민지예요.

As for the name — it's Minji.

After a vowel → 는 · after a consonant → 은 (저 → 저는, 이름 → 이름은)

DRILL 1 · SWAP — say it out loud FIRST, then write it

1. "I'm Rok."

2. "I'm a student."

3. "I'm [your nationality]."

4. Someone knocks — "Who is it?" Answer: "It's me!"

5. Point at a photo: "This is my friend."

(외국인 works too)

(the drama classic: 저예요!)

(gift word: 제 = my)

DRILL 2 · FLIP IT — circle the right one: 예요 or 이에요?

사라 (예요 / 이에요)

학생 (예요 / 이에요)

민지 (예요 / 이에요)

외국인 (예요 / 이에요)

DRILL 3 · THE LADDER — your lines, three ways, out loud

- 1) Slow, like teaching it.
- 2) Natural speed, like it's nothing.
- 3) Like you've said it a hundred times. (Nobody's watching. That's the point.)

DRILL 4 · YOUR CARD — write your best version once, beautifully:

This is the exact line tomorrow's Speaking Lab records. It's already written — you just have to say it.

Answers: 1 저는 록이에요 · 2 저는 학생이에요 · 3 저는 ____이에요/예요 · 4 저예요! · 5 제 친구예요

DAY 5 • SAY

★ THE SPEAKING LAB

Introduce yourself — out loud



WEEK 1 • SCENE AUDIO

20 minutes, four steps, no other human required — your phone, this page, and this week's Scene audio.

STEP 1 • SHADOW

Scan the code and play this week's Scene audio. 록 reads every line twice — slow first, then natural. Shadow the SLOW reading: say it back in the gap. Three full passes:

☐ pass 1 — reading the page ☐ pass 2 — glancing only ☐ pass 3 — eyes closed

STEP 2 • RECORD

Voice memo on. Say your Day 4 card out loud. One take, no restarts — shaky is correct. Recording it is the entire point.

☐ recorded

STEP 3 • COMPARE — this is where the learning happens

Play 록's version, then yours, back to back. Circle what was different:

speed

the ending (요)

intonation / rise

a specific sound

pausing

The ONE thing I'll fix: _____

STEP 4 • REDO

Record once more with only that fix. Listen once. That gap — take 1 to take 2 — is a week of progress you can actually hear. Then stop. You're done.

☐ take 2 recorded — the lab is complete

LAB LOG — proof it happened

Date _____ Take 2 better than take 1? (네 / 아니요) One word for how it felt _____

Keep every recording in one phone folder. In Month 6 you'll play Week 1 back — that's the graduation gift.

FROM ROK

Everyone's first self-introduction sounds careful and slow. Good. Careful and slow means you're doing it. The version of you at Month 6 — chatting, joking, ordering — starts with this exact shaky sentence. Say it.

DAY 6 • CHECK • PART 1

Prove It

Seven rounds, 33 points. Answers in the back — try the whole page before you look.

ROUND A • KOREAN → ENGLISH (8 points)

- | | | | |
|----------|-------|---------|-------|
| 1. 안녕하세요 | _____ | 2. 반가워요 | _____ |
| 3. 이름 | _____ | 4. 친구 | _____ |
| 5. 사람 | _____ | 6. 한국 | _____ |
| 7. 처음 | _____ | 8. 외국인 | _____ |

ROUND B • ENGLISH → KOREAN (8 points — the harder direction)

- | | | | |
|---------------------|-------|----------------------|-------|
| 9. hello (polite) | _____ | 10. yes / no | _____ |
| 11. thank you | _____ | 12. name | _____ |
| 13. friend | _____ | 14. Korea | _____ |
| 15. I / me (polite) | _____ | 16. nice to meet you | _____ |

ROUND C • FILL THE SCENE (4 points — no peeking at Day 3)

17. 안녕하세요! _____ . (nice to meet you)
18. 이름이 _____ ? (what's your name?)
19. 저는 외국인이에요. 한국어 _____ 하고 있어요.
20. 잘 _____ 드립니다!

ROUND D • 예요 or 이에요? (4 points — circle one)

- | | |
|---------------------|----------------------|
| 21. 사라 (예요 / 이에요) | 22. 학생 (예요 / 이에요) |
| 23. 민지 (예요 / 이에요) | 24. 외국인 (예요 / 이에요) |

Three More Rounds

Harder on purpose. These are the ones that tell you what Day 7 is for.

ROUND E • BUILD THE SENTENCE (3 points — put the pieces in order)

25. 예요 • 저는 • 사라

(I'm Sarah.)

26. 예요 • 뭐 • 이름이

(What's your name?)

27. 있어요 • 한국어 • 공부하고

(I'm studying Korean.)

ROUND F • LISTEN AND WRITE (3 points)



Same audio — but listen to the NATURAL reading (the second one). Write lines 1, 3 and 5.

WEEK 1 • SCENE AUDIO

28.

29.

30.

ROUND G • FIX THE MISTAKE (3 points — each line has exactly one error)

31. 저는 사라이에요.

(the name ends in a vowel...)

32. 이름이 뭐이에요?

(the question form)

33. 잘 부탁드립니다!

(the humbler verb 록 actually used)

TOTAL SCORE _____ / 33

27-33

You own this scene. Week 2 tomorrow.

20-26

Solid. Day 7 turns the misses into wins.

Under 20

Perfect use of Day 7 — nothing is broken, it's just not finished yet.

DAY 7 · THE COMEBACK

Yesterday's misses, today's wins

Day 7 isn't rest. It's the day wrong answers become permanent ones. Twenty minutes, three moves.

MOVE 1 · THE REWRITE — every word you missed yesterday, 3× each, out loud as you write

MOVE 2 · THE SPEED ROUND — all 25 words, English → Korean, out loud, against the clock

Cover the Korean column on the Day 1-2 pages. Go top to bottom. My time: _____
Under 2:00 = you own them. Under 1:30 = 대박. Over 2:00? Circle the slow ones for next Day 7.

MOVE 3 · THE ROLE SWAP — read the scene once more, but play the OTHER person

Welcome someone to Korean. Ask their name. Say 오~ 반가워요! like you mean it — because next week, in a cafe, someone will play 민지 for you.

ONE LINE TO KEEP — this week's Korean moment I don't want to forget:

TONIGHT'S SPY MISSION

Find ONE Korean word in the wild tonight — a snack label, a subtitle, a song title:

Then turn the page — the tracker is waiting, and now you've earned every box on it.

Your Week 1 Record

Day 1-2 · Met all 25 words

☐

Day 3 · Read the dialogue out loud

☐

Day 4 · Built my 5 sentences

☐

Day 5 · MISSION — introduced myself out loud

☐

Day 6-7 · Quiz done

☐

CAN-DO CHECKLIST · the week is over — tick only what's TRUE now

- ☐ I can say hello politely and casually
- ☐ I can say my name in a full sentence
- ☐ I can say what I am (student / foreigner)
- ☐ I said my intro OUT LOUD at least once
- ☐ I read the dialogue without the English

Words I keep forgetting: _____

My favorite word this week: _____ (잘 부탁드립니다 is a popular pick)

MONTH 1 PROGRESS



Week 1 ● Week 2 ○ Week 3 ○ Week 4 ○ 25 words down, 575 to go.

Next week: numbers, money, and time — the words on every price tag and subway sign,
plus the question of your Korean life: 얼마예요?

You've just finished Week 1 of 24.

24주 중 첫 주가 끝났어요.

Every week is built exactly like the one you just read: 25 words, one real scene, one pattern, one speaking lab, one quiz, one comeback day. Twenty-four times. The remaining 23 weeks — and the full answer key — are in the complete book.

IN THE FULL BOOK · 전체 구성

341 pages

24 weeks · 24 real-life scenes

600 words, indexed and answer-keyed

6 months: Survive → Belong

GET THE FULL BOOK · 전체 보기