

## General Terminology:

Tang Soo Do	Name of the art we study
Moo Duk Kwan	Name of the style/organisation
Soo Bahk Do	Ancient name of the martial art in Korea
Kwan Jang Nim	Chief instructor
Sa Bom Nim	Qualified instructor from 4 <sup>th</sup> Dan upwards
Kyo Sa Nim	Assistant instructor as appointed
Ban Jang	Prefect
Nim	A term of respect similar to 'sir'
Sun Beh	Senior member
Hu Beh	Junior member
Dan	Degree, holder of midnight blue belt
Gup	Grade, holder of colour belt under midnight blue
Ko Dan Ja	Senior Dan holder
You Dan Ja	Dan holder
You Gup Ja	Gup holder
Kwan Won	Student member
Cho Bo Ja	Beginner
Kam Sa Hap Ni Da	Thank you
Do Jang	Training Hall
Do Balk	Training uniform
Dee	Belt
Kuk Gi	National flag
Kwan Gi	(Organisation) flag
Shim Kung	Spiritual Power or control in exercise
Neh Kung	Internal power or control in exercise
Weh Kung	External power or control in exercise
Kee Cho	Basic
Hyung	Form
Dae Ryun	Sparring
Ho Sin Sul	Self-defence
Kyok Pa	Breaking techniques
Soo Kee	Hand techniques
O Rin Jok	Right
Wen Jok	Left

## Basic Stances (Kee Cho Jase):

Joon Bee Jase	Ready stance
Chon Gool Jase	Front stance
Hu Gul Jase	Back stance
Chwe Ha Dan Jase	Low back stance
Kee Mahk Jase	Horse stance
Sa Goh Rip Jase	Side stance
Bal Bul Ri Go Mao Sogi Jase	Duck Foot Stance

## Commands In Training:

Cha Ryut	Attention
Kyung Yet	Bow
Joon Bee	Ready
Shi-Jak	Begin
Ku Ryung	Count
Ku Ryung Ae Mat Cho So	By the count
Ku Ryung Op Shi	Without count
Ba-ro	Return
Shio	Relax
Tora	Turn
Dwee Ro Tora	Turn to rear
Bal Cha Kee Joon Bee	Ready for kick

Ha-na	One
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Tul	Two
Set	Three
Net	Four
Ta-sot	Five
Yo-sot	Six
IL-gop	Seven
Yo-dol	Eight
A-hop	Nine
Yol	Ten

IL	First
Ee	Second
Sam	Third
Sa	Fourth
Oh	Fifth
Yuk	Sixth
Chil	Seventh
Pahl	Eighth
Ku	Ninth
Ship	Tenth

Jok Kee	Foot techniques
Mahk Kee	Block
Kong Kyuk	Attack
Ha Dan	Low section
Joong Dan	Middle section
Sang Dan	High section
Cha Kee	Kick
Ki-hap	Shout/yell
Shi Sun	Focus of eyes
Jung Shim	Balance
Kwon Do	Knife fist
Joong Kwon	Fore fist
Kap Kwon	Back fist
IL Ji Kwon	One finger fist
Yoo Kwon	Soft fist
Jip Kye Shon	Plier hand
Soo Do	Knife hand
Yuk Soo Do	Ridge hand
Kwan Soo	Spear hand
IL Ji Kwon Soo	One finger spear hand
Ee Ji Kwon Soo	Two finger spear hand
Jang Kwon	Heel of hand
Son Mok Deung	Upper wrist technique
Pal Koop	Elbow
Moo Roop	Knee

## Commands In Starting/Closing Class:

Cha Ryut	Attention
Kuk Gi Bay Ray	Bow to flag (if displayed)
Ba-Ro	Return
Chak Sut	Sit
Muk Nyum	Meditation
Sa Bom Nim Kay Kyung Yet	Bow to instructor
Kyo Sa Nim Kay Kyung Yet	Bow to assistant instructor
Sun Beh Nim Kay Kyung Yet	Bow to senior member
Ban Jang Nim Kay Kyung Yet	Bow to prefect

## Basic Hand Movements:

Blocks executed in front stance unless otherwise stated.

Ha Dan Mahk Kee	Low Block
Sang Dan Mahk Kee	High Block
Ahn Ye Seo Bahk Euro Mahk Kee	Inside to outside block
Bahk Ye Seo Ahn Euro Mahk Kee	Outside to inside block
Tro Ahn Ye Seo Bahk Euro Mahk Kee	Reverse inside to outside block
Tro Bahk Ye Seo Ahn Euro Mahk Kee	Reverse outside to inside block
Sang Soo Joong Dan Mahk Kee	Two fist middle block
Sang Soo Ha Dan Mahk Kee	Two fist(X) low block
Sang Soo Sang Dan Mahk Kee	Two fist(X) high block

The prefix 'Hu Gul' signifies that the above blocks are to be executed in back stance.

The following blocks are to be executed in Back Stance.

Soo Do Ha Dan Mahk Kee	Low section knife hand block
Soo Do Sang Dan Mahk Kee	High section knife hand block
Soo Do Joong Dan Mahk Kee	Middle section knife hand block

### Attacks:

Joong Dan Kong Kyuk	Middle punch front stance
Sang Dan Kong Kyuk	High punch front stance
Hoeng Jin Kong Kyuk	Side punch(side) horse stance
Yuk Jin Kong Kyuk	Reverse punch, back stance
Kwan Soo Kong Kyuk	Spear hand attack, front stance
Pal Koop Kong Kyuk	Elbow attack, front stance

### Basic Leg Movements:

Ap Cha Kee	Front kick
Ap Podo Cha Kee	Front snap kick
Ap Mee Ro Cha Kee	Front pushing kick
Yup Cha Kee	Side kick
Yup Podo Cha Kee	Side snap kick
Dull Ryo Cha Kee	Round-house kick
Dwee Cha Kee	Back kick
Dwee Dull Ryo Cha Kee	Spinning Back kick
Dwee Dull Ryo Chit-Go Cha Kee	Back Spinning Chop Kick
Ahn Ye Seo Bahk Euro Cha Kee	Circular inside to outside kick
Bahk Ye Seo Ahn Euro Cha Kee	Circular outside to inside kick
Bahk Ye Seo Ahn Euro Ma-Go Cha Kee	Circular outside to inside block kick
Yup Hu Ri Kee	Side hook kick
Chit Bal Kee	Stamping kick
Bahl Yup Chit Pal Kee	Side Stamping Kick
Moo Roop Cha Kee	Knee kick
Moo Roop Dull Ryo Cha Kee	Knee turning round house kick
Peet Cha Kee	Diagonal inside to outside snap kick
E Dan	Jumping (all jumping kicks start with this term)

### Forms (Hyungs):

Kee Cho Hyung IL Boo	Basic form 1
Kee Cho Hyung Ee Boo	Basic form 2
Kee Cho Hyung Sam Boo	Basic form 3
Pyung Ahn Cho Dan	Pyung Ahn form 1
Pyung Ahn Ee Dan	Pyung Ahn form 2
Pvuna Ahn Sam	Pvuna Ahn form 3

Dan	
Pyung Ahn Sa Dan	Pyung Ahn form 4
Pyung Ahn Oh Dan	Pyung Dan form 5
Chil Sung IL Ro	Chil Sung form 1
Chil Sung Ee Ro	Chil Sung form 2
Chil Sung Sam Ro	Chil Sung form 3
Chil Sung Sa Ro	Chil Sung form 4
Chil Sung Oh Ro	Chil Sung form 5
Chil Sung Yuk Ro	Chil Sung form 6
Ba Sa Hee	
Naihanji Cho Dan	Naihanji form 1
Naihanji Ee Dan	Naihanji form 2
Naihanji Sam Dan	Naihanji form 3
Ship Soo (Jin Thwe)	
Jin Do	
Ro Hai	
Kong San Goon	
Sei Shan Hyung	
Wang Shu Hyung	
Ji-On Hyung	
Oh Sip Sa Bu Hyung	
Ee Sip Sa Bu Hyung	
Woon Su Hyung	
Tham Twei Hyung	
Hwa Sun Hyung	

### Sparring (Deh Ryun):

Sam Soo Shik Dae Ryun	Three step sparring
IL Soo Shik Dae Ryun	One step sparring
Chwa Dae Ryun	Sitting sparring
Dae Ryun Joon Bee	Ready for sparring
Ja Yoo Dae Ryun	Free sparring
Da Soo Dae Ryun	Sparring against two or more

### Anatomy:

Pal	Arm
Bahl	Foot
Chu Mok	Fist
Mok	Neck
Eema	Forehead
Dan Jun	Abdomen
In Joong	Between mouth / nose
Bal Deung	Instep
Bal Yup Koom Chi	Side heel
Ban Jul Kwan Soo	Fore knuckle hand
Bal Ahp Buri Yup	Front outer side of foot
Bal Dwee Koom Chi Yup Ba Dak	Side of heel under the foot
Hur Ri	Waist
Ta Ri	Leg
Soo	Hand
Tuck	Chin
Ko Whan	Groin
Myung Chi	Solar plexus
Bal Ba Dak Mit	Palm foot
Bal Dwee Koom Chi	Heel
Pal Mok	Wrist
Pal Koop	Elbow