



# TERMINOLOGY

## 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 / Grandmaster
Sa Bom Nim	Qualified instructor from 4 <sup>th</sup> Dan upwards
Kyo Sa Nim	Assistant instructor as appointed
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
Kahm Sa Ham Ni Da	Thank you
Do Jang	Training Hall
Do Bok	Training uniform
Dee	Belt
Kuk Gi	National flag



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Kwan Gi	(Organisation) flag
Shim Gung	Spiritual Power or control in exercise
Neh Gung	Internal power or control in exercise
Weh Gung	External power or control in exercise
Gi Cho	Basic
Hyung	Form
Dae Ryun	Sparring
Ho Sin Sul	Self-defence
Kyok Pa	Breaking techniques
Soo Gi	Hand techniques
O Rin Jok	Right
Wen Jok	Left

## Basic Stances (Gi Cho Jaseh)

Jhoon Bee Jaseh	Ready stance
Chun Gul Jaseh	Front stance
Hu Gul Jaseh	Back stance
Chwe Ha Dan Jaseh	Low back stance
Kee Ma Jaseh	Horse stance
Sa Ko Rip Jaseh	Side stance



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## Commands in Training

Cha Ryut	Attention
Kyung Ret	Bow
Jhoon Bee	Ready
Si-Jak	Begin
Ku Ryung	Count
Ku Ryung E Mat Cho So	By the count
Ku Ryung up Shi	Without count
Ba Ro	Return
Shio	Relax
Tora	Turn
Dwi Ro Tora	Turn to rear
Bal Cha Gi Jhoon Bee	Ready for kick

## Counting and numbers in Korean

Ha Na	One
Dool	Two
Set	Three
Net	Four
Da Sot	Five



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## Counting and numbers in Korean

Yuh Sot	Six
IL Gop	Seven
Yo Dull	Eight
Ah Hope	Nine
Yohl	Ten

ILL	First
E	Second
Sam	Third
Sa	Fourth
O	Fifth
Yuk	Sixth
Chil	Seventh
Pahl	Eighth
Gu	Ninth
Ship	Tenth



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## Techniques in Korean

Cha Gi	Foot techniques
Mahk Kee	Block
Kong Kyuk	Attack
Ha Dan	Low section
Choong Dan	Middle section
Sang Dan	High section
Cha Gi	Kick
Ki-hap	Shout/yell
Shi Sun	Focus of eyes
Choong Shim	Balance
Kwon Do	Fist
Chung Kwon	Fore fist
Cap Kwon	Back fist
IL Ji Kwon	One finger fist
Yoo Kwon	Soft fist
Jip Kye Son	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
Sohn Mok Deung	Upper wrist technique
Pal Koop	Elbow
Moo Roop	Knee



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## Commands In Starting/Closing Class

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

## Basic Hand Movements

Blocks executed in front stance unless otherwise stated.

Ha Dan Mahk Kee	Low Block
Sang Dan Mahk Kee	High Block
Ahn Eso Pahkuro Mahk Kee	Inside to outside block
Pahkeso Ahnuro Mahk Kee	Outside to inside block
Tuel Oh Ahn Eso Pahkuro Mahk Kee	Reverse inside to outside block
Tuel Oh Pahkeso Ahnuro Mahk Kee	Reverse outside to inside block
Ssang Soo Joong Dan Mahk Kee	Two fist middle block
Ssang Soo Ha Dan Mahk Kee	Two fist (X) low block
Ssang Soo Sang Dan Mahk Kee	Two fist (X) high block



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## Basic Hand Movements

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 Choong Dan Mahk Kee	Middle section knife hand block

## Attacks

Choong Dan Kong Kyuk	Middle punch front stance
Sang Dan Kong Kyuk	High punch front stance
Wheng 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



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## Basic Leg Movements

Ahp Cha Gi	Front kick
Ahp Cha Nuh Gi	Front snap kick
Ahp Podo Oll Ri Gi	Front stretch kick
Yup Cha Gi	Side kick
Yup Podo Cha Gi	Side snap kick
Dollyo Cha Gi	Round-house kick
Dwi Cha Gi	Back kick
Yup Hu Ri Gi	Side hook kick
Chit Bahl Gi	Stomping kick
Moo Roop Cha Gi	Knee kick
Peet Cha Gi	Diagonal inside to outside snap kick
E Dan	Jumping (all jumping kicks start with this term)
Ahneso Pahkuro Cha Gi	Inside - outside kick
Pahkeso Ahnuro Cha Gi	outside - Inside kick
Dwi Ahneso Pahkuro Cha Gi	Short back spinning kick
Dwi Huri Gi	Long back spinning kick
Ahp Mee Ro Cha Gi	Front Pushing kick
Du Bal Cha Gi	Double kick, in sequence



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## Sparring

Sam Soo Sik Dae Ryun	Three step sparring
IL Soo Sik Dae Ryun	One step sparring
Jua Dae Ryun	Sitting sparring
Dae Ryun Jhoon Bee	Ready for sparring
Ja Yu Dae Ryun	Free sparring
Da Soo In Dae Ryun	Sparring against two or more

## Anatomy

Pahi	Arm
Bahl (Korean) / Jok (Chinese)	Foot
Chu Mok	Fist
Mok	Neck
Eema	Forehead
Dan Jun	Abdomen
In Choong	Between mouth / nose
Bal Deung	Instep
Bal Yup Koom Chi	Outer edge of foot
Ban Jul Kwon Soo	Fore knuckle hand
Bal Ahp Buri Yup	Front outer side of foot
Bal Dwee Koom Chi Yup Ba Dak	Bottom edge of heel
Hu Ri	Waist
Da Ri	Leg



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## Anatomy

Soo (Chinese) or Sohn (Korean)	Hand
Tuck	Chin
Ko Wahn	Groin
Myung Chi	Solar plexus
Bal Ba Dak Mit	Palm foot
Bal Dwee Koom Gi	Heel
Pal Mok	Wrist
Pahl Koop	Elbow

## Forms (Hyungs)

Ki Cho Hyung IL Bu	Basic form 1
Ki Cho Hyung Ee Bu	Basic form 2
Ki Cho Hyung Sam Bu	Basic form 3
Pyung Ahn Cho Dan	Pyung Ahn form 1
Pyung Ahn E Dan	Pyung Ahn form 2
Pyung Ahn Sam Dan	Pyung Ahn form 3
Pyung Ahn Sa Dan	Pyung Ahn form 4
Pyung Ahn O Dan	Pyung Dan form 5
Chil Sung IL Ro	Chil Sung form 1
Chil Sung E Ro	Chil Sung form 2
Chil Sung Sam Ro	Chil Sung form 3



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## Forms (Hyungs)

Chil Sung Sa Ro	Chil Sung form 4
Chil Sung O Ro	Chil Sung form 5
Chil Sung Yuk Ro	Chil Sung form 6
Passai	
Naihanji Cho Dan	Naihanji form 1
Naihanji E Dan	Naihanji form 2
Naihanji Sam Dan	Naihanji form 3
Yuk Ro Cho Dan	
Yuk Ro E Dan	
Yuk Ro Sam Dan	
Yuk Ro O Dan	
Yuk Ro Yuk Dan	