

## General Terms

### Korean

Kwan Jang Nim

Sa Bom Nim

Kyo Sa Nim

Jo Kyo Nim

Dojang

Dobak

Dee

Dan

Gup

Cho Dan Bo

Ko Dan Ja

Yu Dan Ja

Yu Gup Ja

Kyuck Pa

Ho Sin Sul

Ja Yu Dae Ryun

Il Soo Sik Dae Ryun

Hyung

Ki Hap

Mahk Ki

Kyuck

Chah Ki

Sang Dan

Chun Dan

Ha Dan

Ahp

Yup

Dwi

Ahneso Phaku Ro

Phakeso Ahnu Ro

Ssang Soo

Choong Shim

Chah Seh

Hem

Ko Map Sum Ni Da

Cho Man E Oh

### English

Grandmaster

Master Instructor

Certified Instructor

Assistant Instructor

Training Hall

Uniform

Belt

Black Belt

Color Belt

Apprentice Black Belt

Master level Dan holder

Dan Holder

Gup Holder

Breaking

Self Defense

Free Sparring

One Step Sparring

Form

Yell/Shout

Block

Attack/Strike

Kick

High

Middle

Low

Front

Side

Back/Rear

Inside To Outside

Outside To Inside

Two Handed

Balance

Stance

Full Power/Speed

Thank You For Letting Me Teach You

Thank You For Teaching Me

## Stances

### Korean

Choon Beh Chah Seh

Chun Gul Chah Seh

Hu Gul Chah Seh

Ki Ma Chah Seh

Sa Ko Rip Chah Seh

Hu Kul Chah Seh

Basai Chah Seh

Han Bahl Seo Kee Chah Seh

Chwe Ha Dan Chah Seh

### English

Ready Stance

Front Stance

Cat Stance/Back Stance

Horse Stance (Feet Parallel)

Horse Stance (Feet out at 45 degrees)

Horse Stance (Front foot straight back foot 90 degrees out)

Cross Legged Stance

Crane Stance

Low Back Stance

## Commands

### Korean

Chul Sa  
Choon Beh  
Chah Ryut  
Kyung Ret  
Ba Ro  
Balee Balee  
Bakwa  
Shio  
Tora  
Dwi Ro Tora  
Anjo  
Shi-Jock  
Go Mahn

### English

Dress  
Make Ready  
Come To Attention  
Bow  
Return (To Choon Beh)  
Hurry/Quickly  
Switch/Mirror Yourself  
Relax/At Ease  
Turn  
Turn To The Rear  
Sit  
Begin  
End

## Anatomy

### Korean

Bahl/Jok  
Soo  
Kwon  
Pahl Coop  
Mu Rup  
Dan Jun  
Myung Chi  
Tuk  
Mok  
Ko Whan  
Eema  
Dari  
Hu Ri  
Cap Kwon  
Soo Do  
Yuk Soo Do  
Kwan Soo  
Jang Kwon

### English

Foot  
Hand  
Fist  
Elbow  
Knee  
Abdomen  
Solar Plexus  
Chin  
Neck  
Groin  
Forehead  
Leg  
Waist  
Back Fist  
Knife Hand  
Ridge Hand  
Spear Hand  
Palm Heel

## Hand Techniques

### Korean

Kong Kyuck  
Jang Kwon Kyuck  
Kap Kwon Kyuck  
Soo Do Kyuck  
Yuk Soo Do Kyuck  
Kwan Soo Kyuck  
Pahl Coop Kyuck

### English

Punch  
Palm Heel Strike  
Back Fist Strike  
Knife Hand Strike  
Ridge Hand Strike  
Spear Hand Strike  
Elbow Strike

## Blocks

### Korean

Mahk Ki  
Soo Do Mahk Ki  
Ssang Soo Mahk Ki  
Ssang Soo Soo Do Mahk Ki  
Ahneso Phaku Ro Mahk Ki  
Phakeso Ahnu Ro Mahk Ki

### English

Block  
Knife Hand Block  
Two Hand Block  
Two Hand Knife Hand Block  
Inside To Outside Block  
Outside To Inside Block

## Kicks

### Korean

Ahp Chah Ki  
Yup Chah Ki  
Tollyo Ahp Chah Ki  
Dwi Chah Ki  
Bahl Poto Oly Ki  
Yup Poto Oly Ki  
Moo Roop Chah Ki  
Bit Chah Ki  
Ahneso Phaku Ro Chah Ki  
Phakeso Ahnu Ro Chah Ki  
Ccik Chah Ki  
Yup Hu Ryo Chah Ki

### English

Front Kick  
Side Kick  
Roundhouse Kick  
Back kick  
Front Stretch Kick  
Side Stretch Kick  
Knee Kick  
Inverted Roundhouse Kick  
Inside To Outside Kick  
Outside To Inside Kick  
Axe Kick  
Hook Kick

- Adding Sang Dan, Chun Dan or Ha Dan to a technique specifies the location of the technique, e.g. Chun Dan Kong Kyuck is a middle punch, Sang Dan Mahk Ki is a high block, Ha Dan Soo Do Mahk Ki is a low, knife hand block, etc.
- Adding Dwi to a kick makes it a spinning/turning kick, e.g. Dwi Yup Chah Ki.
- Adding Ea Dan to a kick makes it a jumping kick, e.g. Ea Dan Ahp Chah Ki.
- Adding Ea Dan & Dwi to a kick makes it a jumping, spinning/turning kick, e.g. Ea Dan Dwi Yup Hu Ryo Chah Ki.