

TANG SOO DO

GENERAL TERMINOLOGY

Tang Soo Do	... <i>The Martial Art we study</i>
Tang Soo Do-Translation	... <i>Way of the China Hand</i>
Moo Duk Kwan	... <i>Our Martial Art Style</i>
Moo Duk Kwan - Translation	... <i>Institute Of Martial Virtue</i>
Soo Bahk Do	... <i>Ancient name of the Tang Soo Do</i>
Kwan Jang Nim	... <i>Grandmaster</i>
Bo Kwan Jang Nim	... <i>Assistant Grandmaster</i>
Sah Bum Nim	... <i>Master Instructor (4th Dan & Above)</i>
Bo Sah Bum Nim	... <i>Chief Instructor (3rd Dan)</i>
Kyo Sah Nim	... <i>Class Instructor (2nd Dan)</i>
Bo Kyo Sah Nim	... <i>Assistant Instructor (1st Dan)</i>
Shim Sa Kwan Nim	... <i>Examiner</i>
Shim Sa	... <i>Testing both Gup and Dan</i>
Nim	... <i>Sir or Honorable (term of respect)</i>
Dan	... <i>Black Belt (midnight blue) – Degree holder</i>
Gup	... <i>Color Belt – Grade holder</i>
Kwan Won	... <i>Student member</i>
Sun Bae	... <i>Senior member</i>
Hu Bae	... <i>Junior member</i>
Cho Bo Ja	... <i>Beginner</i>
Ko Dan Ja	... <i>Senior Dan holder</i>
Yu Dan Ja	... <i>Dan holder</i>
Yu Gup Ja	... <i>Gup holder</i>
Do Jang	... <i>Training Hall (Gym-Studio)</i>
Do Bohk	... <i>Uniform</i>
Dee	... <i>Belt</i>
Kukgi	... <i>National Flag</i>
Kee Cho	... <i>Basic</i>
Hyung	... <i>Forms</i>
Il Soo Sik Dae Ryun	... <i>One Step Sparring</i>
Ja Yu Dae Ryun	... <i>Free Sparring</i>
Ho Sin Sul	... <i>Self-Defense</i>
Kyuck Pa	... <i>Breaking</i>
Choon Bee Woon Dong	... <i>Warm-up exercise</i>
Chung Shim	... <i>Balance</i>
Kee Cho Woon Dong	... <i>Basic techniques exercise</i>
Mahk Kee	... <i>Block</i>
Kong Kyuk	... <i>Attack (punch)</i>
Soo Ki	... <i>Hand technique</i>
Jok Ki	... <i>Foot technique</i>
Cha Ki	... <i>Kick</i>

TANG SOO DO

GENERAL TERMINOLOGY

Ha Dan	... <i>Low – Part</i>
Choong Dan	... <i>Middle – Part</i>
Sang Dan	... <i>High – Part</i>
Ahp	... <i>Front</i>
Yup	... <i>Side</i>
Dwi	... <i>Back</i>
Jung Kwon	... <i>Fore Fist</i>
Kap Kwon	... <i>Back Fist</i>
Soo Do	... <i>Knife Hand</i>
Yuk Soo Do	... <i>Ridge Hand</i>
Kwan Soo	... <i>Spear Hand</i>
Jang Kwon	... <i>Heel Palm</i>
Shi Sun	... <i>Focus of Eyes</i>
Chung Shin	... <i>Spirit</i>
Nae Kong	... <i>Internal Power</i>
Weh Kong	... <i>External Power</i>
Shim Kong	... <i>Spiritual Power</i>
Chon Kyung	... <i>Respect</i>
Ki Hap	... <i>Yell (focus mind and energy)</i>
Cha Ryut	... <i>Attention</i>
Kyung Yet	... <i>Bow or Salute</i>
Joon Bee	... <i>Ready</i>
Shi Jock	... <i>Begin – Start</i>
Jung Ji	... <i>Stop</i>
Ba Ro	... <i>Return</i>
Shio	... <i>Relax – Rest</i>
Tora	... <i>Turn</i>
Kyo Dae	... <i>Change Position</i>
Kup So	... <i>Vital Point</i>
Ku Ryung Up Shi	... <i>Without the Count</i>
Ku Ryung E Mat Cho So	... <i>With the Count</i>
Ko Map Sum Ni Da	... <i>Thank You</i>
Chun Man E O	... <i>You're Welcome</i>
Ko Mahn	... <i>Finish</i>
Hu Jin	... <i>Backward</i>
Dwi Ro Tora	... <i>Turn to the rear</i>
Ku Ryung	... <i>Command</i>

TANG SOO DO

GENERAL TERMINOLOGY

BASIC STANCES

JaSeh	... <i>Stance</i>
Choon Bee JaSeh	... <i>Ready Stance</i>
Chun Kul JaSeh	... <i>Front Stance</i>
Hu Kul JaSeh	... <i>Back Stance – Fighting Stance</i>
Kee Ma JaSeh	... <i>Horse Riding Stance</i>
Sa Ko Rip JaSeh	... <i>Side Stance Feet pointed outward</i>
Bassai Choon Bee JaSeh	... <i>Starting Stance for Bassai</i>
Naihachi Choon Bee JaSeh	... <i>Starting Stance for Naihchi Cho Dan</i>
Kyo Cha Rip JaSeh	... <i>Cross Leg Stance</i>
Han Bahl Seo Kee JaSeh	... <i>Crane Stance</i>
Choi Ha Dan JaSeh	... <i>Low Stance</i>

STARTING / CLOSING CLASS

Cha Ryut	... <i>Attention</i>
Kuk Gi E Tora	... <i>Turn to the flags</i>
Kyung Yet	... <i>Salute or Bow</i>
Ba Ro	... <i>Return</i>
Tora	... <i>Turn Back to the Instructor</i>
Sa Bum Nim E Kyung Yet	... <i>Bow to the Master Instructor</i>
Ahn Jo	... <i>Sit</i>
Muk Yum	... <i>Meditation</i>
E Ru Sut	... <i>Stand</i>

NUMBERS - BON

Ha Na – One	... <i>Il – First</i>
Dool – Two	... <i>E – Second</i>
Set – Three	... <i>Sam – Third</i>
Net - Four	... <i>Sa – Fourth</i>
Da Sot – Five	... <i>O – Fifth</i>
Yah Sot – Six	... <i>Yuk – Sixth</i>
Il Gop – Seven	... <i>Chil – Seventh</i>
Yo Dull – Eight	... <i>Pahl – Eighth</i>
Ah Hop – Nine	... <i>Gu – Ninth</i>
Yol – Ten	... <i>Sip – Tenth</i>
E Sip	... <i>Twenty</i>
Sam Sip	... <i>Thirty</i>
Sa Sip	... <i>Forty</i>
O Sip	... <i>Fifty</i>
Yuk Sip	... <i>Sixty</i>
Chil Sip	... <i>Seventy</i>
Pahl Sip	... <i>Eighty</i>
Baek	... <i>One Hundred</i>

TANG SOO DO

GENERAL TERMINOLOGY

BASIC HAND TECHNIQUES

Pahl Put Ki	... <i>Punch exercise (horse riding stance)</i>
Ha Dan Mahk Ki	... <i>Low Block</i>
Phakeso Ahnuro Mahk Ki	... <i>Outside/Inside Block</i>
Ahneso Pahkuro Mahk Ki	... <i>Inside/Outside Block</i>
Hu Kul Sang Dan Mahk Ki	... <i>High Block – Front Stance</i>
Ssang Soo Sang Dan Mahk Ki	... <i>High two hand X Block</i>
Ssang Soo Ha Dan Mahk Ki	... <i>Low two hand X Block</i>
Choong Dan Yup Mahk Ki	... <i>Middle Side Block</i>
Sang Dan Soo Do Mahk Ki	... <i>High Knife Hand Block</i>
Ha Dan Soo Do Mahk Ki	... <i>Low Knife Hand Block</i>
Yuk Jin	... <i>Knife Hand / Reverse Punch - Back Stance</i>
Choong Dan Kong Kyuck	... <i>Middle Punch</i>
Sang Dan Kong Kyuck	... <i>High Punch</i>
Kwan Soo Kong Kyuck	... <i>Spear Hand Punch</i>
Choong Dan Hang Jin	... <i>Side Punch</i>
Ban Jul Kwan Soo Kong Kyuck	... <i>Fore Knuckle Spear Hand Punch</i>
Il Ji Kwan Soo Kong Kyuck	... <i>One Finger Spear Hand Punch</i>
E Ji Kwan Soo Kong Kyuck	... <i>Two Finger Spear Hand Punch</i>
Pahl Koop Kong Kyuck	... <i>Elbow Strike</i>

BASIC KICKING TECHNIQUES

Ahp Cha Ki	... <i>Front Snap Kick</i>
Yup Cha Ki	... <i>Side Snap Kick</i>
Ahp Yup Cha Ki	... <i>Front, Side Kick</i>
Ahp Podo Oly Ki	... <i>Front Stretch Kick</i>
Yup Podo Oly Ki	... <i>Side Stretch Kick</i>
Tollyo Cha Ki	... <i>Round-House Kick</i>
Dwi Cha Ki	... <i>Back Snap Kick</i>
Dwi Dull Ryo Cha Ki	... <i>Back Spinning Kick</i>
Ahneso Pahkuro Cha Ki	... <i>Inside / Outside Kick</i>
Phakeso Ahnuro Cha Ki	... <i>Outside / Inside Kick</i>
Nak See Cha Ki	... <i>Side Hook Kick</i>
Ahp Mee Ryo Cha Ki	... <i>Front Pushing Kick</i>
Moo Roop Cha Ki	... <i>Knee Kick</i>
Cchik Ki	... <i>Axe Kick</i>
Bit Cha Ki	... <i>Diagonal Kick (inside to outside)</i>
Yi Dan	... <i>Jumping</i>
Yi Dan Ahp Cha Ki	... <i>Jump Front Kick</i>
Yi Dan Yup Cha Ki	... <i>Jump Side Kick</i>
Yi Dan Dull Ryo Cha Ki	... <i>Jump Round-House Kick</i>
Yi Dan Dwi Cha Ki	... <i>Jump Back Kick</i>
Yi Dan Dwi Dull Ryo Cha Ki	... <i>Jump Back Spinning Kick</i>
Yi Dan Nak See Cha Ki	... <i>Jump Side Hook Kick</i>

TANG SOO DO

GENERAL TERMINOLOGY

SPARRING (DAE RYUN)

Sam Soo Sik Dae Ryun	... <i>Three Step Sparring</i>
Il Soo Sik Dae Ryun	... <i>One Step Sparring</i>
Cha Yu Dae Ryun	... <i>Free Fighting</i>
Da Soo Dae Ryun	... <i>Sparring against Two or More</i>

ANATOMY

Pahl	... <i>Arm</i>
Bahl	... <i>Foot</i>
Dari	... <i>Leg</i>
Pal Koop	... <i>Elbow</i>
Moo Roop	... <i>Knee</i>
Ko Whan	... <i>Groin</i>
Myung Chi	... <i>Solar Plexus</i>
Dan Jun	... <i>Abdomen</i>

KEY CONCEPTS

Yong Ki	... <i>Courage</i>
Chung Shin Tong Il	... <i>Concentration</i>
In Nah	... <i>Endurance</i>
Chung Jik	... <i>Honesty</i>
Kyum Son	... <i>Humility</i>
Chon Kyung	... <i>Respect</i>

COMMANDS IN CLASS

Cha Ryut	... <i>Attention</i>
Kyung Yet	... <i>Bow or Salute</i>
Choon Bee	... <i>Ready</i>
Shi Jock	... <i>Begin</i>
Ba Ro	... <i>Return</i>
Shio	... <i>Rest</i>
Tora	... <i>Turn</i>
Jung Ji	... <i>Stop</i>
Ku Ryung E Mat Cho So	... <i>With the Count</i>
Ku Ryung Up Shi	... <i>Without the Count</i>
Ko Map Sum Ni Da	... <i>Thank You</i>
Chun Man E O	... <i>You're Welcome</i>

TANG SOO DO

GENERAL TERMINOLOGY

FORMS (HYUNG)

Kee Cho Hyung Il Bu	... <i>Basic Form No. 1</i>
Kee Cho Hyung E Bu	... <i>Basic Form No. 2</i>
Kee Cho Hyung Sam Bu	... <i>Basic Form No. 3</i>
Sae Kye Hyung Il Bu	... <i>World Form No.1</i>
Sae Kye Hyung E Bu	... <i>World Form No.2</i>
Sae Kye Hyung Sam Bu	... <i>World Form No.3</i>
Moo Do Cho Dan	... <i>Moo Do No. 1</i>
Moo Do E Dan	... <i>Moo Do No. 2</i>
Moo Do San Dan	... <i>Moo Do No. 3</i>
Moo Do Sa Dan	... <i>Moo Do No. 4</i>
Pyung Ahn Cho Dan	... <i>Pyung Ahn Form No. 1</i>
Pyung Ahn E Dan	... <i>Pyung Ahn Form No. 2</i>
Pyung Ahn Sam Dan	... <i>Pyung Ahn Form No. 3</i>
Pyung Ahn Sa Dan	... <i>Pyung Ahn Form No. 4</i>
Pyung Ahn Oh Dan	... <i>Pyung Ahn Form No. 5</i>
Bassai	... <i>Bassai Form</i>
Bong Hyung Il Bu	... <i>Staff Form No. 1</i>
Bong Hyung E Bu	... <i>Staff Form No. 2</i>
Bong Hyung Sam Bu	... <i>Staff Form No.3</i>
Chil Sung Il Ro	... <i>Star Form No. 1 (Seven Stars)</i>
Chil Sung Ee Ro	... <i>Star Form No. 2 (Seven Stars)</i>
Chil Sung Sam Ro	... <i>Star Form No. 3 (Seven Stars)</i>
Naihachi Cho Dan	... <i>Naihachi Form No.1</i>
Naihachi E Dan	... <i>Naihachi Form No.2</i>
Naihachi Sam Dan	... <i>Naihachi Form No.3</i>
Sip Soo Hyung	... <i>Sip Soo Form</i>
Dan Gum Hyung	... <i>Short Dagger Form</i>
Chin Toe Hyung	... <i>Chin Toe Form</i>
Kung Sang Koon Hyung	... <i>Kung Sang Koon Form</i>
Wang Syu Hyung	... <i>Wang Syu Form</i>
Tche On Hyung	... <i>Tche On Form</i>
Ro Hai Hyung	... <i>Ro Hai Form</i>
Ss A Shian	... <i>Ss A Shian Form</i>
Sa Ship O Bo	... <i>Sa Ship O Bo Form</i>
Oh Ship Sa Bo	... <i>Oh Ship Sa Bo Form</i>
So Lim Jang Gun	... <i>So Lim Jang Gun Form</i>