

Chapter 5
ETIQUETTE

ETIQUETTE

The wisdom of Buddha is a continuous purification of mental, physical and spiritual dedication. Therefore, it is said that Buddha Martial Arts begins and ends with discipline, respect and courtesy.

BOWING PROCEDURE

The bow is the Asian way of showing respect. The student of TANG SOO DO bows whenever entering or leaving the training area, to the flags on the wall, to the instructor at the beginning and end of class and to a partner before and after training together.

HOW TO BOW

The student stands at attention with the back straight, feet together and arms at his sides. Bend forward from the waist, keeping the back straight, to about a 35° angle. Eyes should look downward, except when sparring when the eyes are kept on the opponent's chest area.

BEFORE CLASS:

1. Uniform (Do Bahk) is required.
2. Arrive fifteen minutes prior to the start of class; **BE ON TIME.**
3. All jewelry, watches, rings, etc. must be removed.
4. Bow whenever entering or leaving the class.
5. Always bow to the Black Belts and senior students.
6. Students should immediately begin loosening up or practicing upon entering the training area.
7. Talking will be kept to a minimum.
8. When the Chief Instructor enters the class, the senior student calls the class to attention and bows to the Chief Instructor.
9. It is the beginning students responsibility to keep the training area clean and swept of dirt.

WESTERN PACIFIC TANG SOO DO

STARTING CLASS:

1. Students line up by seniority, from right to left. This is done quickly and quietly.
2. The instructor takes a position in the front and center of the class.
3. The following commands will begin and end all classes.

| | |
|-------------------|-------------------------|
| ATTENTION | Cha Ryut |
| SALUTE/BOW | Kyung Yet |
| MEDITATION | Muk Yum |
| BOW TO INSTRUCTOR | Sa Bum Nim, E Kyung Yet |
| READY | Chun Bee |
| BEGIN | Shi Chak |
| TURN | To Ra |
| STOP/HALT | Chung Gee |

DURING CLASS:

1. When late, first meditate and then stand and wait for the instructor's permission to enter class.
2. Students shall not leave the class unless in an emergency or by prior permission by the instructor.
3. All commands issued by the instructor or senior students will be immediately obeyed and without complaint.
4. A student may raise their hand if a question arises during class.
5. If, during training, the uniform becomes loose or the belt untied, the student must bow, turn and kneel (on one knee) and then make any necessary adjustments. When finished, stand and turn back forward, bow and resume training.

ENDING CLASS:

1. Students line up, quickly and quietly.
2. The following commands will end all classes.

| | |
|-------------------|-------------------------|
| ATTENTION | Cha Ryut |
| SALUTE/BOW | Kyung Yet |
| MEDITATION | Muk Yum |
| BOW TO INSTRUCTOR | Sa Bum Nim, E Kyung Yet |
| THANK YOU SIR | Ko Map Sum Ni Da |

BENEDICTION

Let us meditate and pray that strength and courage abundant be given to all who work for a world of reasoning and understanding.

That the good that lies in every man's heart may day by day be magnified.

That men will come to see more clearly, not that which divides them, but that which unites them.

That each hour may bring us closer to a final victory, not of nation over nation, but of man over his own evils and weaknesses.

That the true spirit of this year, its joy, its beauty, its hope and above all, its abiding faith, may live among us.

That the blessing of peace be ours. The peace to build and grow, to live in harmony and sympathy with others and to plan for the future with confidence.

KOREAN TERMINOLOGY

| | |
|----------------------------|------------------------------|
| ARM | PAHL |
| ATTACK | KONG KYUK |
| ATTENTION | CHA RYUT |
| BALANCE | CHUNG SHIM |
| BASIC MOTIONS | KI CHO TONG CHAHK |
| BEGIN | SHI CHAK |
| BELT | DEE |
| BLOCK | MAH KI |
| BLOCKING W/FEET | BAHL RO MAH KI |
| BODY | MOEM |
| BOW/SALUTE | KYUNG YET |
| BY THE COUNT | KU RYUNG E MACHOO |
| CADENCE | KU RYUNG |
| CHANGE | KYO DE |
| CLASS (UNDER BLACK BELT) | GUP |
| COMPETITION | SHEE HAP |
| CONCENTRATION MIND/SPIRIT | JUNG SHIN TONG IL |
| DEFENSE | MAH KI |
| DEGREE (BLACK BELT) | DAN |
| DOWN | AH RE |
| ELBOW | PAL COOP |
| END | GU MAHN |
| ENEMY | CHUK |
| EYES | NOON |
| FINISHED | E SANG |
| FIRST | CHOO MUK |
| FIVE | OH |
| FOCUS | SHI SUN |
| FOOT | BAHL |
| FOREARM; INSIDE TO OUTSIDE | AH NESU PAHKOO RO CHOONG DAN |
| FOREARM; OUTSIDE TO INSIDE | PAKESU AHNOO RO CHOONG DAN |
| FORE FIST | JUNG KWAN |
| FORM | HYUNG |
| FORWARD STANCE | CHUN GUL CHA SE |
| FOUR | SA |
| FRONT | UP |
| FRONT BEND STRETCH | UP CHA NUT GI |
| FRONT KICK | UP CHA GI |
| FRONT STRETCH KICK | UP BUTO CHA GI |

WESTERN PACIFIC TANG SOO DO

| | |
|----------------------|---------------------|
| HALT | CHUNG GEE |
| HAND | SOHN |
| HORSE STANCE | KEE MA CHA SE |
| INSTRUCTOR | SA BUM |
| KATA | HYUNG |
| JUMP | DWI GI |
| JUMP FRONT KICK | E DAN UP CHA GI |
| JUMP PIVOT KICK | E DAN TWIT CHA GI |
| JUMP ROUNDHOUSE KICK | E DAN TOL YO CHA GI |
| JUMP SIDE KICK | E DAN YUP CHA GI |
| KICK | CHA GI |
| KICKING | BAHL CHA GI |
| KNEE | MOO RUP |
| KNIFE HAND | SOO DO |
| LEG | TAH RI |
| LOWER AREA | HA DAN |
| MEDITATION | MUK YUM |
| MEMBERS | HOI WON |
| MIDDLE AREA | CHOONG DAN |
| NATIONAL FLAG | KEUK KI |
| NECK | MOEK |
| ONE | IL |
| OPPONENT | SANG DE BANG |
| PIVOT KICK | TWIT CHA GI |
| POWER | HIM |
| READY | CHUN BEE |
| RETURN | BA RO |
| RIDGE HAND | YUK SOO |
| ROUNDHOUSE KICK | TOL YO CHA GI |
| SIDE STANCE | HU GUL CHA SE |
| SIDE STRETCH KICK | YUP BUTO CHA GI |
| SIT | AHN JO |
| SPEAR HAND | KWAN SOO |
| STANCE | CHA SE |
| STAND | E LA SUT |
| STOP/HALT | CHUNG GEE |
| STRETCH | BUTO |
| STUDENT | JE JA |

WESTERN PACIFIC TANG SOO DO

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|------------------|--------------|
| TECHNIQUE | KI SUL |
| THREE | SUM |
| TRAINING | SOO RYUN |
| TRAINING HALL | DO JANG |
| TRAINING UNIFORM | DO BALK |
| TURN | TO RA |
| TWISTING WAIST | HU RI TUL GI |
| TWO | EE |
| UNIFORM | DO BAHK |
| UP | DWI |
| UPPER AREA | SANG DAN |
| WAIST | HU RI |
| YELL | KI HAP |