

Korean Terminology - Tang Soo Do Terms

<u>RANK</u>	<u>Romanized Korean</u>	<u>English</u>
	Kwan Jang Nim	Grand Master
	Shim Sa Kwan Nim	Examiner/Judge
	Sa Boh Nim	Master Instructor
	Kyo Sa Nim	Certified Instructor
	Cho Kyo Nim	Training Instructor
	Sun Bae Nim	Senior member
	Hu Bae Nim	Junior member
	Dan	Black Belt
	Gup	Color Belt other than Black belt
	Ko Dan Ja	Senior Dan Holder
	Yu Dan Ja	Dan Holder
	Yu Gup Ja	Gup Holder
	Cho Bo Ja	Beginner
	<u>GENERAL TERMS</u>	
	Do Jang	Training Hall or Gym
	Do Bohk	Uniform
	Dee	Belt
	Hyung	Form or Pattern
	Ahp	Front
	Yup	Side
	Dwi	Back
	Wen Jok	Left
	Oh Ryn Jok	Right
	Ahn Eso Phaku Ro	Inside / Outside
	Phakeso Ahn Uro	Outside / Inside
	Ha Dan	Low
	Choong Dan	Middle
	Sang Dan	High
	Ssang Soo	Double or Twin
	Ki Hap	Yell / focus of energy
	Chung Shim	Balance
	Shi Son	Focus of eyes
	Shim Kong	Spiritual power
	Weh Kong	External power
	Nae Kong	Internal power
	Kyuk Pa	Breaking
	Set Ban Kyuk Pa	3- Station Break
	Khup Soh	Pressure points
	Chung Shin Tong IL	Concentration
	In Neh	Endurance
	Kyum Son	Humility
	Chon Kyung	Respect
	Muk Yum	Meditation
	<u>BASIC HAND TECHNIQUES</u>	
	Sohn Ki Sul	Hand Techniques
	Kong Kyuk	Attack
	Ssang Soo	Double / Twin
	Chung Kwon	Fore Fist

Kap Kwon
Kwon Do
Jang Kwon
Soo Do
Yuk Soo Do
Kwan Soo
Ol Ya Chi Ki
Choong Dan Pahl Put Ki
Choong Dan Kong Kyuk
Yuk Jin Kong Kyuk
Sang Dan Kong Kyuk
Hwang Jin Kong Kyuk
Kwan Soo Kong Kyuk
Kap Kwon Kong Kyuk
E Mah Kong Kyuk

Back Fist
Hammer Fist
Heel of Palm
Knife-Hand
Ridge-Hand
Spear-Hand
Upper Cut
Center Punch - Horse stance
Center Punch
Reverse Punch
High Punch
Side Punch - Horse Stance
Spear-Hand Punch
Backfist - Horse Stance
Head Butt

BLOCKS

Mahk Kee
Ha Dan Mahk Kee
Sang Dan Mahk Kee
Aneso Pakero Mahk Kee
Pakeso Ahn Uro Mahk Kee
Ssang Soo Mahk Kee
Chun Kul Ssang Soo Mahk Kee
Hu Kul Sang Dan Mah Kee
Ssang Soo Sang Dan Mahk Kee
Sang Dan Soo Do Mahk Kee
Sang Dan Ssang Soo Do Mahk Kee
Soo Do Mahk Kee
Choon Dan Soo Do Mahk Kee
Ha Dan Soo Do Mahk Kee
Hu Gul Yup Mahk Kee
San Mahk Kee
Ssang Soo Kong Kyuk
Bahl Ba Dahk Ero Mahk Kee

Block
Low Block
High Block
Inside / Outside Block
Outside / Inside Block
2-Hand / Double Block
Double Block - Front Stance
High Block - Back Stance
High 2-Hand X-Cross Block
High Knife-Hand Block
High 2 Knife-Hand X-Block
Knife-Hand block
Center Knife-Hand Block
Low Knife-Hand Block
Side Block - Fighting Stance
W-Shape (Mountain) Block
U-Shape Double Attack
Sole of Foot Block

BASIC FOOT TECHNIQUES

Bahl Ki Sul
E-Dan Cha Ki
Bahl Puto Oly Kee
Yup Puto Oly Kee
Ahp Cha Ki
Ahp Mee Ro Cha Ki
Yup Cha Ki
Tollyo Cha Ki
Dwi Cha Ki
Dwi Tollyo Cha Ki
Aneso Phakero Cha Ki
Phakeso Ahn Uro Cha Ki
Yup Hu Ryo Cha Ki
Peet Cha Ki
Ahp Chik Ki
Dwi Hu Ryo Cha Ki
E-Dan Ka Whe Cha Ki
E-Dan Ahp Cha Ki
Young Bahl E-Dan Ahp Cha Ki
E-Dan Yup Cha Ki

Foot Techniques
Jump Kicking
Front High Stretch Kick
Side High Stretch Kick
Front Snap Kick
Front Push Kick
Side Snap Kick
Roundhouse Kick
Back Kick
Spinning Back Kick
Inside / Outside Kick
Outside / Inside Kick
Side Hook Kick
Diagonal Inside / Outside Kick
Front Hammer Kick
Back Hook Kick
Jump Scissor [split] Kick
Jump Front Kick
Double Jump Front Kick
Jump Side Kick

E-Dan Tollyo Cha Ki
E-Dan Dwi Cha Ki
E-Dan Dwi Hu Ro Cha Ki
Bahl Dwi Kup Cha Ki
Hullyo Cha Ki
Bahl Ba Dahk Ero Mahk Kee

Jump Roundhouse Kick
Jump Spinning Back Kick
Jump Spinning Back Hook
Stomping Kick
Sweeping Kick
Sole of Foot Block

HISTORICAL TERMS

Tang Soo Do
Moo Duk Kwan
Ho Sin Sul
Moogi Sul
Kuk Pa Sul
Jua Sun Bop
Song Cho Ki
Tae Kuk Ki

Historical Name of Our Art
Name of Our Style
Art of Self-defense
Art of Weapons
Art of Breaking
Art of Meditation
American Flag
Korean Flag

BASIC STANCES

Cha Seh
Choon Bee Cha Seh
Chun Kul Cha Seh
Hu Kul Cha Seh
Kee Ma Cha Seh
Sa Ko Rip Cha Seh
Kyo Cha Rip Cha Seh
Bahl Cha Ki Choon Bee

Stance
Ready Stance
Front Stance
Fighting Stance
Horse Stance
Side Stance
Crossed Leg Stance
Ready Kicking Stance

COMMANDS IN CLASS

Choon Bee
Choon Bee Uhn Dong
Bahl Cha Ki Choon Bee
IL Soo Sik Choon Bee
Sam Soo Sik Choon Bee
Ho Sin Sul Choon Bee
Bah Roh
Shio
Chung Gee
Shi Jak
Gu Man
Bahl Ba Ko
Dae Ryun
IL Su Sik Dae Ryun
Sam Su Sik Dae Ryun
Kyo Dae
Toh Rha
Dwi Rho Tora
Ku Ryung
Ku Ryung E Mat Cho So
Ku Ryung Up Shi
Ahn Jo
Cha Ryut
Muk Yum

Ready Position
Ready for Warmup Exercises
Ready for Kick
Ready for One Step Sparring
Ready for Three Step Sparring
Ready for Self-defense
Return
Rest / Relax
Stop
Begin
Temporary Stop
Change Sides
Sparring with Opponent
One Step Sparring
Three Step Sparring
Change / Rotate with partner
Turn
Turn to the Rear
Voice Command
By the Count
Without Count
Sit
Attention
Meditation

ANATOMY

Moh Ri
E Mah
Kwan Cha Nul Ee

Head
Forehead
Temple

Nuhn	Eyes
Kwee	Ear
Kho	Nose
In Choong	Philtrum
Eep	Mouth
Tuck	Chin
Mok	Neck
Pahl	Arm
Pahl Koop	Elbow
Son Mok	Wrist
Sohn	Hand
Chu Mok	Fist
Jung Kwon	Forefist
Kap Kwon	Backfist
Kwon Do	Hammer Fist
Soo Do	Knife Hand
Kwan Soo	Spear Hand
Yuk Soo Do	Ridge Hand
Jang Kwan	Heel of Palm
IL Chi Kwan Soo	One Finger Strike
Ee Chi Kwan Soo	Two Finger Strike
Chul Ban Kwan Soo	Open Hand Knuckles
Jip Kye Son	Open Plier Hand
Myung Chi	Solar Plexus
Hu Ri	Waist
Dan Juhn	Lower Abdomen
Ko Hwan	Groin
Tah Ri	Leg
Moo Roop	Knee
Bahl Mok	Ankle
Bahl	Foot
Dwi Kup	Heel of Foot
Chook Do	Edge of Foot
Ahp Kup	Ball of Foot
Bahl Ba Dahk	Sole of Foot
Bahl Dtung	Instep