

Terminology

Tang Soo Do History

Tang Soo Do	The art we are studying
Sam Bum Nim	Instructor, Teacher
Dan	Black Belt
Gup	Colour Belt
Do Jang	Training hall or studio
Do Bohk	Uniform
Dee	Belt
Sun Bae	Senior Member
Shim Sa Kwan Nim	Examiner
Shim Sa	Testing both Gup and Dan
Hu Bae	Junior member
Kukgi	National Flag
Choon Bee Woon Dong	Warm up exercise
Ki Cho Woon Dong	Basic techniques exercise
Hyung	Form or pattern
Ill Soo Silk Dae Ryn	One step sparring
Ja Yu Dae Ryn	Free sparring
Ho Sin Sul	Self defence
Kyuck Pa	Breaking
Ko Dan Ja	Senior Dan holder
Yu Dan Ja	Dan holder
Yu Gup Ja	Gup holder
Cho Bo Ja	Beginner
Nae Kong	Internal power exercise
Weh Kong	External power exercise
Shim Kong	Spiritual power exercise
Mahk Ki	Block
Kong Kyuck	Attack
Ki Hap	Yell (focus mind and energy)
Shi Sun	Focus of eyes
Chung Shim	Balance
Jung Kwon	Fore fist
Kap Kwong	Back fist
Jang Kwon	Heel of palm
Soo Do	Knife hand
Yuk Soo Do	Ridge hand
Kwan Soo	Spear hand
Soo Ki	Hand techniques
Jok Ki	Foot techniques
Cha Ki	Kick
Ha Dan	Low part
Choong Dan	Middle part

Sang Dan	High part
Ahp	Front
Yup	Side
Dwi	Back

Commands in Class

Cha Ryut	Attention
Kukgi Bae Rye	Salute to flag
Ba Ro	Return
Ahn Jo	Sit Down
Muk Yum	Meditation
Sah Bum Nim E Kyung Yet	Bow to instructor
Choon Bee	Ready
Bahl Cha Ki Choon Bee	Ready to kick
Shio	Relax or rest
Shi Jak	Begin
Tora	Turn
Dwi Ro Tora	Turn to rear
Ku Ryung	Command
Ku Ryung E Mat Cho So	By the count
Ku Ryung Up Shi	Without count

Basic Stances

Choon Bee Ja Seh	Ready stance
Chun Kul Ja Seh	Front stance
Hul Kul Ja Seh	Fighting stance
Kee Ma Ja Seh	Horse riding stance
Sa Ko Rip Ja Seh	Side stance

Basic Hand Techniques

Pahl Put Ki	Punch exercise horse riding stance
Ha Dan Mahi Ki	Low defence
Choong Dan Kong Kyuck	Middle section punch
Sang Dan Kong Kyuck	High punch
Sang Dan Mahk ki	High defence
Ahneso Phaku Ro Mahk Ki	Inside/outside block
Phakeso Ahnu Ro Mahk Ki	Outside/Inside block
Choong Dan Hang Jun	Side punch
Chun Kul Ssang Soo	Two hand block, front stance
Hu Kul Ssang soo	Two hand block, fighting stance
Hul Kul Sang Dan Mahk Ki	High block, fighting stance
Ssang Soo Sang Dan Mahk Ki	High two hand X block
Ssang Soo Ha Dan Hahk ki	Low to hand X block
Choong Dan Yup Mahk Ki	Side defence
Sang Dan Soo Do Mahk Ki	High knife hand block
Ha Dan Soo Do Mahk Ki	Low knife hand block

Kwan Soo Kong Kyuck	Spear hand punch
Yuk Jin	Knife hand defence and reverse punch, fighting stance
Yuk Soo	Knife hand defence and reverse punch, front stance.

Basic Kick Techniques

Bahl Poto Oly Ki	Front stretch kick
Ahp Cha Ki	Front kick
Yup Cha Ki	Side kick
Yup Poto Oly Ki	Side stretch kick
Tollyo cha ki	Round house kick
Dwi Tollyo Cha Ki	Spinning back kick
Dwi Cha Ki	Back kick
Ahneso Pahku Ro Cha Ki	Inside/outside
Phakeso Ahnu Ro Cha Ki	Outside/inside
Dwi Hu Ryo Cha Ki	Wheel kick
Yup Hu Ryo Cha Ki	Hook kick
Cchik Ki	Axe Kick
Bit Cha Ki	Diagonal kick
E Dan Ahp Cha Ki	Jump front kick
E Dan Yup Cha Ki	Jump side kick
E Dan Tollyo Cha Ki	Jump round kick
E Dan Dwi Tollyo Cha Ki	Jump spinning back kick

Tenets

Ko Map Sum Ni Dan	Thank you
Chung Shin Tong il	Concentration
In Neh	Endurance
Kyum Son	Humility
Chon Kyung	Respect

Anatomy

Pahl	Arm
Bahl	Foot
Chu Mok	Fist
Mokl	Neck
Hur Ri	Waist
Da Ri	Leg
Soo or Sohn	Hand
Pahl Koop	Elbow
Moo Roope	Knee
I Ma	Forehead
Tuck	Chin
Myung Cho	Solar plexus
In Choong	Philtrum
Dan Jun	Low abdomen
Ko Hwan	Groin

Numbers

iL	1	Hana
E	2	Tul
Sam	3	Set
Sah	4	Net
Oh	5	Tasot
Yuk	6	Yosot
Chil	7	Ilgop
Pal	8	Yodol
Ku	9	Ahop
Sip	10	Yol