

GENERAL TERMINOLGY:	
Tang Soo Do	The Art we are studying – Traditional Korean Martial Arts
Kwan Chang Nim	Grandmaster
Sah Bum Nim	Instructor (teacher)
Dan	Black Belt
Gup	Color Belt
Dojang	Training hall (studio)
Do Bohk	Uniform
Dee	Belt
Sae Kye Tang Soo Do Hyup Hoi	World Tang Soo Do Association
Shim Sa Kwan Nim	Examiner
Shim Sa	Testing both Gup and Dan
Sun Bae	Senior Member
Hu Bae	Junior Member
Kukgi	National Flag
Hyup Hoi Ki	Association Flag
Choon Bee Woon Dong	Warm-up exercise
Ki Cho Woon Dong	Basic techniques exercise
Hyung	Form or pattern
Il Soo Sik Dae Ryun	One Step sparring
Ja Yu Dae Ryun	Free sparring
Ho Sin Sul	Self-defense
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 one's mind and energy)
Him	Power force
Shi Sun	Focus of eyes
Chung Shim	Balance
Jung Kwon	Fore fist
Kap Kwon	Back fist
Kup So	Vital point
Chung Shin	Spirit
Dan Ryun	Polishing mind and body
Ryun Ma	Refining self
Jang Kwon	Heel of palm
Soo Do	Knife hand
Yuk Soo Do	Ridge hand
Kwan Soo	Spear hand
Soo Ki	Hand technique
Jok Ki	Foot technique
Cha Ki	Kick

Ha Dan	Low part
Choon Dan	Middle part
Sang Dan	High part
Ahp	Front
Yup	Side
Dwi	Back
Hur Ri Twul Ki	Waist twisting
Shee Hap	Competition
Ki Kong	Breathing practice
Sun	Full session of meditation

COMMANDS IN CLASS:	
Cha Ryut	Attention
Kukgi Bae Rye	Salute flag
Ba Ro	Return
Ahn Jo	Sit
E Ru Sut	Stand up
Muk Yum	Meditation
Kwan Chang Nim E Kyung Yet	Bow to Grandmaster
Sah Bum Nim E Kyung Yet	Bow to Instructor
Choon Bee	Ready
Bahl Cha Ki Choon Bee	Ready for kick
Shio	Relax (rest)
Shi Jak	Begin
Ko Mahn	Finish
Kyo Dae	Change
Tora	Turn
Dwi Ro Tora	Turn to the rear
Ku Ryung	Command

TRAINING TENENTS:	
Thank you	Ko Map Sum Ni Da
Concentration	Chung Shin Tong Il
Endurance	In Neh
Humility	Kyum Son
Respect	Chon Kyung
Empty Mind	Moo Shim
Training	Soo Ryun

COUNTING			(comparison)
One	Hana	Il	Ichi
Two	Tul	E	Ni
Three	Set	Sam	San
Four	Net	Sah	Shi
Five	Tasot	Oh	Go
Six	Yosot	Yuk	Roku
Seven	Ilgop	Chil	Shichi
Eight	Yodol	Pal	Hachi
Nine	Ahop	Ku	Kyū / Kyuu
ten	Yol	Sip	Jū / Juu

BASIC STANCES:	
Choon Bee Ja Seh	Ready stance
Chun Kul Ja Seh	Front stance
Hu 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
Ki Cho Dong Jak	Basic motion
Ha Dan Mahk Ki	Low defense
Choong Dan Kong Kyuck	Middle section punch
Sang Dan Kong Kyuck	High punch
Sang Dan Mahk Ki	High defense
Ahneso Phaku Ro Mahk Ki	Inside/outside block
Phakeso Ahnu Ro Mahk Ki	Outside/inside block
Choong Dan Hang Jin	Side punch
Chun Kul Ssang Soo	Two hand block, front stance
Hu Kul Sang Dan Mahk Ki	High block, fighting stance
Ssang Soo Sang Dan Mahk Ki	High two hand Xblock
Ssang Soo Ha Dan Mahk Ki	Low two hand Xblock
Choong Dan Yup Mahk Ki	Side defense
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 defense and reverse punch, fighting stance
Yuk Soo	Knife hand defense 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	Straight back kick
Ahneso Phaku Ro Cha Ki	Crescent kick, inside/outside
Phakeso Ahnero Cha Ki	Crescent kick, 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	Front jump kick
E Dan Tollyo Cha Ki	Jumping round kick
E Dan Dwi Tollyo Cha Ki	Jump spinning back kick

HYUNGS:	
Sae Kye Hyung Il Bu	World Tang Soo Do form #1
Sae Kye Hyung E Bu	World Tang Soo Do form #2
Sae Kye Hyung Sam Bu	World Tang Soo Do form #3
Pyung Ahn Cho Dan	Pyung Ahn form #1
Pyung Ahn E Dan	Pyung Ahn form #2
Pyung Ahn Sam Dan	Pyung Ahn form #3
Pyung Ahn Sah Dan	Pyung Ahn form #4
Pyung Ahn Oh Dan	Pyung Ahn form #5
Bassai	Bassai form
Sip Soo	Sip Soo form
Bong Hyung Il Bu	Staff form #1
Bong Hyung E Bu	Staff form #2
Bong Hyung Sam Bu	Staff form #3
Naihanchi Cho Dan	Naihanchi form #1
Naihanchi E Dan	Naihanchi form #2
Naihanchi Sam Dan	Naihanchi form #3
Dan Gum Hyung	Knife form
Ro Hai	Ro Hai form
Jin Do	Jin Do form
Kong Sang Koon	Kong San Koon form
Jang Gum Hyung	Sword form
Wang Shu	Wang Shu form
Shi Shan	Shi Shan form
Jion	Jion form
Oh Sip Sa Bo	Oh Sip Sa Bo form
So Rim Jang Kwon	So Rim Jang Kwon form

ANATOMY:	
Pahl	Arm
Bahl	Foot
Chu Mok	Fist
Mok	Neck
Hur Ri	Waist
Da Ri	Leg
Soo or Sohn	Hand
Pahl Koop	Elbow
Moo Roope	Knee
Noon	Eye
Ko	Nose
I Ma	Forehead
Tuck	Chin
Myung Chi	Solar Plexus
In Choong	Philtrum
Dan Jun	Low abdomen
Ko Hwan	Groin