

# Korean Terminology

| General Terms        |                         |
|----------------------|-------------------------|
| Sa Bom Nim           | Master, sir or maam     |
| Kyo Sa Nim           | Instructor, sir or maam |
| Sun Beh              | Senior Student          |
| Hu Beh               | Junior Student          |
| Dan                  | Black Belt holder       |
| Gup                  | Color Belt holder       |
| Do Jang              | Studio / Training Area  |
| Dee                  | Belt                    |
| Do Bok               | Uniform                 |
| Ko Mup Sam Ni Da     | Thank you very much     |
| Cha Ryut             | Attention               |
| Kuk Gi Bay Ray       | Salute the flag         |
| Ba Ro                | Return                  |
| Anjoh                | Sit                     |
| Kyung Ret            | Bow                     |
| Shi-jock             | Begin                   |
| Shio                 | Relax                   |
| Dwee Ro Tora         | Turn to rear            |
| Choon Bee            | Ready position          |
| Bal Cha Gi Choon Bee | Ready for kick stance   |
|                      |                         |
| Counting             |                         |
| Ha na (one)          | Il (first)              |
| Dool (two)           | Ee (second)             |
| Set (three)          | Sam (third)             |
| Net (four)           | Sa (fourth)             |
| Da Sot (five)        | O (fifth)               |
| Yuy Sot (six)        | Yuk (sixth)             |
| Il Gop (seven)       | Chil (seventh)          |
| Yo Dull (eight)      | Pal (eighth)            |
| Ah Hop (nine)        | Ku (nine)               |
| Yohl (ten)           | Sip (tenth)             |
|                      |                         |
| Areas of Training    |                         |
| Hyung                | Forms                   |
| Deh Ryun             | Sparring                |
| Ho Sin Sul           | Self Defense            |
| Il Soo Sik           | One Step Sparring       |
| Kyok Pa              | Breaking                |
| Soo Gi Bup           | Basic Hand Technique    |

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|                            |                      |
|----------------------------|----------------------|
| Cha Gi Bup                 | Basic Kick Technique |
| <b>Key Technique Terms</b> |                      |
| Mahk Kee                   | Block                |
| Kong Kyuck                 | Attack               |
| Cha Gi                     | Kick                 |
| Ha Dan                     | Low                  |
| Choong Dan                 | Middle               |
| Sang Dan                   | High                 |
| Ahp                        | Front                |
| Yup                        | Side                 |
| Dwi                        | Back                 |
| <b>Anatomy</b>             |                      |
| Dan Jun                    | Abdomen              |
| Pal                        | Arm                  |
| Pal Kup                    | Elbow                |
| Chu Mok                    | Fist                 |
| Bahl                       | Foot                 |
| Eema                       | Forehead             |
| Ko Whan                    | Groin                |
| Soo                        | Hand                 |
| Mu Rup                     | Knee                 |
| Dari                       | Leg                  |
| Muk                        | Neck                 |
| Myung Chi                  | Solar Plexis         |
| Hu Ri                      | Waist                |
| <b>Stances</b>             |                      |
| Chun Gul Ja Se             | Front Stance         |
| Kee Ma Ja Se               | Horse Stance         |
| Hu Gul Ja Se               | Back Stance          |
| Sa Ko Rip Ja Se            | Side Stance          |
| Kyo Sa Rip Ja Se           | Cross Leg Stance     |
| <b>Basic Strikes</b>       |                      |
| Kap Kwon                   | Back fist strike     |
| Soo Do                     | Knife hand strike    |
| Yuk Soo Do                 | Ridge hand strike    |
| Kwan Soo                   | Spear hand strike    |
| Jang Kwan                  | Palm strike          |

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|                              |                               |
|------------------------------|-------------------------------|
| Yuk Jin Kong Kyuck           | Short punch                   |
| Pal Koop Kong Kyuck          | Elbow strike                  |
| Wheng Jin Kong Kyuck         | Horse stance, side punch      |
| Kwan Do                      | Hammer strike                 |
| <b>Basic Kicks</b>           |                               |
| Ahp Cha Nut Gi               | Front kick                    |
| Yup Cha Gi                   | Side kick                     |
| Dull Ryo Cha Gi              | Roundhouse kick               |
| Dwi Cha Gi                   | Back kick                     |
| Dwi Dull Ryo Cha Gi          | Wheel kick                    |
| Ahneso Phakuro Cha Gi        | Inside/Outside kick           |
| Pakeso Ahnuro Cha Gi         | Outside/Inside kick           |
| Yup Hu Ri Gi                 | Side hook kick                |
| Ahp Hu Ri Gi                 | Front hook kick               |
| Yup Podo Cha Gi              | Side kick                     |
| Mu Rup Cha Gi                | Knee kick                     |
| <b>Basic Blocks</b>          |                               |
| Ha Dan Mahk Kee              | Low block                     |
| Sang Dan Mahk Kee            | High block                    |
| Ahneso Pahkuro Mahk Kee      | Inside/Outside block          |
| Pakeso Ahnuro Mahk Kee       | Outside/Inside block          |
| Ha Dan Soo Do Mahk Kee       | Low knife hand block          |
| Choong Dan Soo Do Mahk Kee   | Middle knife hand block       |
| Choong Dan Yup Mahk Kee      | Middle side block             |
| Ha Dan Sang Soo Mahk Kee     | Low cross block               |
| Choong Dan Sang Soo Mahk Kee | Middle cross block            |
| Sang Dan Sang Soo Mahk Kee   | High cross block              |
| Chun Gul Ssang Soo Mahk Kee  | Front stance reinforced block |
| <b>Directions</b>            |                               |
| Hu Jin                       | Retreating                    |
| Chun Jin                     | Advancing                     |
| Wheng Jok                    | Left side                     |
| Orin Jok                     | Right side                    |
| <b>Eight Key Concepts</b>    |                               |
| Yong Gi                      | Courage                       |
| In Neh                       | Endurance / patience          |
| Chung Jik                    | Honesty                       |

## Korean Terminology

|                                |                      |
|--------------------------------|----------------------|
| Kim Son                        | Humility             |
| Chung Shin Tong Il             | Concentration        |
| Him Cho Chung                  | Control of power     |
| Shin Chook                     | Tension & relaxation |
| Wan Gup                        | Control of speed     |
|                                |                      |
| <b>Areas of Training Focus</b> |                      |
| Neh Gung                       | Internal power       |
| Weh Gung                       | External power       |
| Shim Gun                       | Spiritual power      |
|                                |                      |