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## Introduction:

The following pages are designed to assist students in remembering Korean terminology used throughout their training. Any changes to this document will be published on the UK Tang Soo (Soo Bahk) Do web site ([www.uktsdf.org.uk](http://www.uktsdf.org.uk)). It is not a definitive guide, and I recommend using it in conjunction with the book 'Tang Soo Do – The ultimate guide to the Korean martial art' by Grand Master Kang Uk Lee, details of the book are available on the we site. I hope you find this guide useful, I produced it during my years of training, to help me remember the answers to the questions I was asked during gradings, and I hope it will benefit others.

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## Five Basic Principles of Tang Soo Do:

1. Be loyal to your country.
2. Obedience to parents and elders.
3. Respect to instructors and seniors.
4. Self control.
5. Never misuse one's art.

## Five Main Aims:

1. To foster goodwill and friendship among affiliated members.
2. To supervise and maintain the rules and regulations of Tang Soo Do.
3. To organise and control National and International events or championships.
4. To organise proper guidance on training programmes.
5. To assist in the formation of Tang Soo Do clubs in the United Kingdom.

## General Terminology:

Tang Soo Do	Name of the art we study
Moo Duk Kwan	Name of the style/organisation
Soo Bahk Do	Ancient name of the martial art in Korea
Kwan Jang Nim	Chief instructor
Sa Bom Nim	Qualified instructor from 4 <sup>th</sup> Dan upwards
Kyo Sa Nim	Assistant instructor as appointed.
Ban Jang	Prefect
Nim	A term of respect similar to 'sir'
Sun Beh	Senior member
Hu Beh	Junior member
Dan	Degree, holder of midnight blue belt
Gup	Grade, holder of colour belt under midnight blue
Ko Dan Ja	Senior Dan holder
You Dan Ja	Dan holder
You Gup Ja	Gup holder
Kwan Won	Student member
Cho Ba Ja	Beginner
Kam Sa Hap Ni Da	Thank you
Do Jang	Training Hall
Do Balk	Training uniform
Dee	Belt
Kuk Gi	National flag
Kwan Gi	(Organisation) flag
Shim Kung	Spiritual Power or control in exercise
Neh Kung	Internal power or control in exercise
Weh Kung	External power or control in exercise
Kee Cho	Basic



Hyung	Form
Dae Ryun	Sparring
Ho Sin Sul	Self-defence
Kyok Pa	Breaking techniques
Soo Kee	Hand techniques
O Rin Jok	Right
Wen Jok	Left

### Basic Stances: (Kee Cho Jase):

Joon Bee Jase	Ready stance
Chon Gul Jase	Front stance
Hu Gul Jase	Back stance
Chwe Ha Dan Jase	Low back stance
Kee Mahk Jase	Horse stance
Sa Go Rip Jase	Side stance
Bal Bul Ri Go Mao Sogi Jase	Duck Foot Stance

### Commands in Training:

#### *During lessons:*

Cha Ryut	Attention
Kyung Yet	Bow
Joon Bee	Ready
Shi-jak	Begin
Ku Ryung	Count
Ku Ryung Ae Mat Cho So	By the count
Ku Ryung Op Shi	Without count
Ba-Ro	Return
Shio	Relax
Tora	Turn
Dwee Ro Tora	Turn to rear
Bal Cha Kee Joon Bee	Ready for kick

#### *Numbers:*

Ha-na	One
Tul	Two
Set	Three
Net	Four
Ta-sot	Five
Yo-sot	Six
Il-gop	Seven
Yo-dol	Eight
A-hop	Nine
Yol	Ten

Il	First
Ee	Second
Sam	Third
Sa	Fourth
Oh	Fifth
Yuk	Sixth
Chil	Seventh
Pahl	Eighth
Ku	Ninth
Ship	Tenth

Jok Kee	Foot techniques
Mahk Kee	Block
Kong Kyuk	Attack
Ha Dan	Low section



Joong Dan	Middle section
Sang Dan	High section
Cha Kee	Kick
Ki-hap	Shout/yell
Shi Sun	Focus of eyes
Jung Shim	Balance

### Hand techniques:

Kwon Do	Knife fist
Joong Kwon	Forefist
Kap Kwon	Backfist
Il Ji Kwon	One finger fist
Yoo Kwon	Soft fist
Jip Kye Shon	Plier hand
Soo Do	Knife hand
Yuk Soo Do	Ridge hand
Kwan Soo	Spear hand
Il Ji Kwan Soo	One finger spear hand
Ee Ji Kwan Soo	Two finger spear hand
Jang Kwon	Heel of hand
Son Mok Deung	Upper wrist technique
Pal Coop	Elbow
Moo Roop	Knee

### Commands in Starting and Closing Class:

Cha Ryut	Attention
Kuk Gi Bay Ray	Bow to flag (if displayed)
Ba-Ro	Return
Chak Sut	Sit
Muk Nyum	Meditation
Sa Bom Nim Kay Kyung Yet	Bow to instructor
Kyo Sa Nim Kay Kyung Yet	Bow to assistant instructor
Sun Beh Nim Kay Kyung Yet	Bow to senior member
Ban Jang Nim Kay Kyung Yet	Bow to prefect

### Basic Movements (Hand):

#### Blocks:

Blocks-Executed in front stance unless otherwise stated

Ha Dan Mahk Kee	Low Block
Sang Dan Mahk Kee	High Block
Ahn Ye Seo Bahk Euro Mahk Kee	Inside to outside block
Bahk Ye Seo Ahn Euro Mahk Kee	Outside to inside block
Tro Ahn Ye Seo Bahk Euro Mahk Kee	Reverse inside to outside block
Tro Bahk Ye Seo Ahn Euro Mahk Kee	Reverse outside to inside block
Sang Soo Joong Dan Mahk Kee	Two fist middle block
Sang Soo Ha Dan Mahk Kee	Two fist(X) low block
Sang Soo Sang Dan Mahk Kee	Two fist(X) high block

The prefix 'Hul Gul' signifies that the above blocks are to be executed in back stance.

The following blocks are to be executed in Back Stance.

Soo Do Ha Dan Mahk Kee	Low section knife hand block
Soo Do Sang Dan Mahk Kee	High section knife hand block



Soo Do Joong Dan Mahk Kee	Middle section knife hand block
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**Attacks:**

Joong Dan Kong Kyuk	Middle punch front stance
Sang Dan Kong Kyuk	High punch front stance
Hoeng Jin Kong Kyuk	Side punch(side) horse stance
Yuk Jin Kong Kyuk	Reverse punch, back stance
Kwan Soo Kong Kyuk	Spear hand attack, front stance
Pal Koop Kong Kyuk	Elbow attack, front stance

**Basic Movements (Leg):**

Ap Cha Kee	Front kick
Ap Podo Cha Kee	Front snap kick
Ap Mee Ro Cha Kee	Front pushing kick
Yup Cha Kee	Side kick
Yup Podo Cha Kee	Side snap kick
Dull Ryo Cha Kee	Round-house kick
Dwee Cha Kee	Back kick
Dwee Dull Ryo Cha Kee	Spinning Back kick
Dwee Dull Ryo Chit-Go Cha Kee	Back Spinning Chop Kick
Ahn Ye Seo Bahk Euro Cha Kee	Circular inside to outside kick
Bahk Ye Seo Ahn Euro Cha Kee	Circular outside to inside kick
Bahk Ye Seo Ahn Euro Ma-Go Cha Kee	Circular outside to inside block kick
Yup Hu Ri Kee	Side hook kick
Chit Bal Kee	Stamping kick
Bahl Yup Chit Pal Kee	Side Stamping Kick
Ahp Mee Ro Cha Kee	Front pushing kick
Moo Roop Cha Kee	Knee kick
Moo Roop Dull Ryo Cha Kee	Knee turning round house kick
Peet Cha Kee	Diagonal inside to outside snap kick
E-Dan	Jumping (all jumping kicks start with this term)

**Forms (Hyungs):**

Kee Cho Hyung IL Bu	Basic form 1
Kee Cho Hyung Ee Bu	Basic form 2
Kee Cho Hyung Sam Bu	Basic form 3
Pyung Ahn Cho Dan	Pyung Ahn form 1
Pyung Ahn Ee Dan	Pyung Ahn form 2
Pyung Ahn Sam Dan	Pyung Ahn form 3
Pyung Ahn Sa Dan	Pyung Ahn form 4
Pyung Ahn Oh Dan	Pyung Dan form 5
Chil Sung IL Ro	Chil Sung form 1
Chil Sung Ee Ro	Chil Sung form 2
Chil Sung Sam Ro	Chil Sung form 3
Chil Sung Sa Ro	Chil Sung form 4
Chil Sung Oh Ro	Chil Sung form 5
Chil Sung Yuk Ro	Chil Sung form 6
Ba Sa Hee	



Naihanji Cho Dan	Naihanji form 1
Naihanji Ee Dan	Naihanji form 2
Naihanji Sam Dan	Naihanji form 3

Ship Soo
Jin Do
Ro Hai
Kong San Goon
Sei Shan Hyun
Wang Shu Hyung
Ji-On Hyung
Oh Sip Sa Bu Hyung
Ee Sip Sa Bu Hyung
Woon Su Hyung
Tham Twei Hyung
Hwa Sun Hyung

## Sparring (Dae Ryun):

Sam Soo Shik Dae Ryun	Three step sparring
IL Soo Shik Dae Ryun	One step sparring
Chwa Dae Ryun	Sitting sparring
Dae Ryun Joon Bee	Ready for sparring
Ja Yoo Dae Ryun	Free sparring
Da Soo Dae Ryun	Sparring against two or more

## Anatomy:

Pal	Arm
Bahl	Foot
Chu Mok	Fist
Mok	Neck
Eema	Forehead
Dan Jun	Abdomen
In Joong	Between mouth / nose
Bal Deung	Instep
Bal Yup Koom Chi	Side heel
Ban Jul Kwan Soo	Fore knuckle hand
Bal Ahp Buri Yup	Front outer side of foot
Bal Dwee Koom Chi Yup Ba Dak	Side of heel under the foot
Hur Ri	Waist
Ta Ri	Leg
Soo	Hand
Tuck	Chin
Ko Whan	Groin
Myung Chi	Solar plexus
Bal Ba Dak Mit	Palm foot
Bal Dwee Koom Chi	Heel
Pal Mok	Wrist
Pal Koop	Elbow

## Salutation:

Much importance must be placed on salutation or bowing. It is an integral part of martial art practice. Salutation portrays humility and respect to instructors as well as senior members and opponents. The student must not lose



prudence, self-control, patience or composition. Before and after exercise and tests, the student should turn round, adjust his uniform and bow to the instructor or opponent.

## The Colours of the Belts:

### **White**

White is a symbol of purity, novice hidden potential and represents the student as a seed freshly planted in the ground. It represents winter.

### **Yellow/Orange**

Yellow and orange represent the initial growth of the seed. It represents winter/spring.

### **Green/Blue**

Green and blue are the colours of life and vigour. It is symbolic of the plant and represents the level of rapid development of a student. It represents spring.

### **Red**

Red is the colour of energy and vitality. It represents the flowering of a strong plant. It represents a student's improvement, active participation and advancement. It represents summer.

### **Midnight Blue**

Midnight blue is the colour of the evening sky. It symbolises infinity and perfection. It is the quest for perfection that epitomises Tang Soo Do. It represents maturity, passiveness and harvest. It represents autumn.

## Tang Soo (Soo Bahk) Do – Moo Duk Kwan

Tang Soo Do	The art we study. Sometimes translated as "Art of the Knife Hand."
Tang	From the Chinese Tang Dynasty.
Soo	From the ancient Korean martial art Soo Bahk Do (the word Soo means "hand").
Do	Way.
Moo	Martial Art (prevent conflict).
Duk	A feeling of affection tempered with respect (virtue).
Kwan	School

## The Korean Flag:

"Tae Kook" is the Korean flag. "Tae Kook" means "the origin of all things in the universe." The circle in the centre of the flag is divided into portions of red and blue by a horizontal "S". These red and blue portions symbolise the 'Um and Yang' theory of eternal duality which exists within nature (e.g., heaven and earth; light and darkness; hot and cold; being and not being). In science, this theory can be represented with the symbols "+" and "-". These duality's exist as a principle of the universe.

The four "Gye" (bar designs), in the corners of the flag, are based on the Um and Yang principle of light and darkness. The location of these Gye represent the four points of the compass. Ee-Gye in the lower left corner indicates dawn and early sunlight as the sun rises in the east. Kung-Gye, in the upper left, represents bright sunshine when the sun is in the south. Kam-Gye in the upper right corner symbolises twilight as the sun moves to the west. Kon-Gye in the lower right, indicates total darkness when the sun is in the north. Together these symbols express the mysteries of the universe.



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## The Moo Duk Kwan Emblem:

- Laurel leaves-The fourteen laurel leaves on each side, represents the fourteen states of Korea and the advancement of peace.
- The three seeds joined to the laurel leaves on each side of the emblem represent the "three thousand Li" (the distance running north to south) of the "Land of Morning Calm" and its success.
- The six seeds in total indicate the world and represent the continents.
- The fist represents Tang Soo Do and justice.
- The Korean character in the centre of the circle means Moo Duk Kwan.
- The character on the left of the circle means Tang and the character on the right of the circle means Soo.
- The deep blue colour of the emblem represents the three oceans and black belts.

As a whole, the emblem symbolises the spreading of Moo Duk Kwan throughout the fourteen states, i.e., all of Korea, and then across the oceans to the six continents of the world. Moo Duk Kwan, as an international institution, is to achieve the objectives of peace and human advancement as the emblem symbolises

