

# Korean Terminology Used in TangSooDo

Master Dennis McHenry

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## GENERAL TERMS

Tang Soo Do: Name of the art we study (Way of the Tang {Dynasty} Hand – KaraTe Do in Japanese)

Moo Duk Kwan: Style or lineage of our art (School/Institute of Martial Virtue)

Sungshil Kwan: Master McHenry's school (School of Integrity, or Honorable School)

Name of the founder of Moo Duk Kwan: Hwang Kee Kwan Jang Nim

Name of Master McHenry's Instructor: Kim Jae-joon Kwan Jang Nim

Kwan Jang (Nim): Headmaster/Grandmaster

Sa Bom (Nim): Master Instructor – 4<sup>th</sup> degree black belt and above

Kyo Sa (Nim): Instructor – 2<sup>nd</sup> & 3<sup>rd</sup> degree black belts

Jo Kyo (Nim): Assistant Instructor – 1<sup>st</sup> degree black belt

Nim: A term of respect similar to "sir" or "honorable"

Sun Beh (Nim): Senior member

Hu Beh: Junior member

Dan: Degree, holder of Black/Midnight Blue Belt

Gup: Grade, holder of colored belt

Ko Dan Ja: Master level Dan holder

Yu Dan Ja: Dan holder

Yu Gup Ja: Gup holder

Kwan Won: Student member

Cho Ba Ja: Beginner student

Do Jang: Training hall (studio)

Do Bok: Training uniform

Dee: Belt

Kuk Gi: National Flag

## COMMANDS IN STARTING AND CLOSING CLASS

Cha Ryut: Attention

Kuk Gi Tora: Turn to the Flag

Kyung Ret: Salute

Ba Ro: Return

Sabom nim Tora: Turn to face the Master

Sa Bom Nim Kay Kyung Ret: Bow to the Master

Kyo Sa Nim (or Sun Beh nim) Tora: (Said by the sr. yugupja) turn to the instructors/senior

Kyung Ret: Bow (Said by the sr. yugupja)

Ba Ro: Return back to face the front

Ahn Jo: Kneel for meditation

Muk Nyum: Meditate

Clapped hands: Open your eyes and end meditation

E La Soot: Stand up

## BASIC TERMS

Ki Cho: Basic

Hyung: Form

Deh Ryun: Sparring

Il Soo Sik Deh Ryun: One-Step-Sparring

Cha Yu Deh Ryun: Free sparring

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Ho Shin Sool: Self-defense  
Soo Gi: Hand techniques  
Jok Gi: Foot techniques  
O Rin Jok: Right  
Wen Jok: Left  
Neh Gung: Internal power  
Weh Gung: External power  
Shim Gung: Spiritual power  
Mahk Ki: Block  
Kong Kyuk: Attack  
Cha Gi: Kick Ha Dan: Low section  
Choong Dan: Middle section  
Sang Dan: High section  
Ahp: Front  
Yup: Side  
Dwi: Back  
Ahnso Phaku Ro: Inside to outside  
Phakeso Ahnu Ro: Outside to inside  
Ssang Soo: Two handed  
Ki Hap: Yell  
Choong Shim: Balance  
Chung Kwon: Forefist  
Cap Kwon: Backfist  
Soo Do : Knife hand  
Yuk Soo Do: Ridge Hand  
Kwan Soo: Spear hand  
Jang Kwon: Heel of palm

## **BASIC STANCE (Ki Cho Jaseh)**

Jhoon Bi Jaseh: Ready stance  
Chun Gul Jaseh: Front stance  
Hu Gul Jaseh: Back stance  
Ki Ma Jaseh: Side (Horse) stance, feet straight ahead  
Sa Ko Rip Jaseh: Side stance, feet @ 45 degrees (also deep back stance)

## **COMMANDS IN TRAINING**

Cha Ryut: Attention  
Kyung Ret: Bow  
Jhoon Bee: Ready  
Shi-Jock: Begin  
Ba-Ro: Return  
Go Mahn: End  
Shi Oh: Relax (rest)  
Tora: Turn  
Dwee Ro Tora: Turn to rear  
Bal Cha Ki Jhoon Bee: Ready for kick

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## **COUNTING (Native Korean)**

Ha Na: One  
Dool: Two  
Set: Three  
Net: Four  
Ta Sot: Five  
Yuh Sot: Six  
ill Gop: Seven  
Yo Dull: Eight  
Ah-Hop: Nine  
Yohl: Ten

## **COUNTING (Sino-Korean)**

ill: One  
Ee: Two  
Sam: Three  
Sah: Four  
Oh: Five  
Yook: Six  
Chil: Seven  
Pahl: Eight  
Ku: Nine  
Ship: Ten

## **BASIC MOVEMENTS (hand)**

Ha Dan Mahk Kee: Low block  
Choong Dan Kong Kyuk: middle attack/punch  
Sang Dan Kong Kyuk: High attack/punch  
Sang Dan Mahk Kee: High block  
Ahneso Phaku Ro Mahk Kee: Inside/outside block  
Phakeso Ahnu Ro Mahk Kee: Outside/inside block  
Wheng Jin Kong kyuk: Side punch, side (horse) stance  
Chun Gul Choong Dan Ssang Soo Mahk Kee: Two handed middle block, front stance  
Hu Gul Choong Dan Ssang Soo Mahk Kee: Two handed middle block, back stance  
Ssang Soo Ha Dan Mahk Kee: Two fist low block (low x-block)  
Ssang Soo Sang Dan Mahk Kee: Two fist high block (high x-block, open handed)  
Hu Gul Ha Dan Mahk Kee: Low block, back stance  
Hu Gul Sang Dan Mahk Kee: High block, back stance  
Ha Dan Soo Do Mahk Kee: Low knife-hand block, (usually in back stance)  
Choong Dan Soo Do Mahk Kee: Middle knife-hand block, (usually in back stance)  
Sang Dan Soo Do Mahk Kee: High knife-hand block, (usually in back stance)  
Choong Dan Yup Mahk Kee: Middle Side (I/O) block done in side stance  
Kwan Soo Kong Kyuk: Spear hand attack  
Yuk Jin Kong Kyuk: Reverse punch back stance  
Tul Oh Choong Dan Kong Kyuk: Reverse middle attack from front stance

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## **BASIC MOVEMENTS (Kicking)**

Ahp Cha Oll Ri Gi: Front stretch kick  
Ahp Cha Gi: Front snap kick  
Yup Cha Gi: Side kick  
Yup Cha Oll Ri Gi: Side stretch kick  
Dull Ryo Cha Gi: Round-house (turning) kick  
Dwi Cha Gi: Back kick  
Dwi Dull Ryo Cha Gi: Back spinning kick  
Ahneso Phaku Ro Cha Gi: Circular inside/outside crescent kick  
Nak Sae Cha Gi: Hook kick  
Moo Roop Cha Gi: Knee kick  
Peet Cha Gi: Diagonal inside/outside snap kick (reverse roundhouse)  
E-Dan: Jumping  
E-Dan Ahp Cha Gi: Jump front kick  
E-Dan Yup Cha Gi: Jump side kick  
E-Dan Dollyo Cha Gi: jump round-house kick  
E-Dan Dwi Cha Gi: Jump back kick

## **ANATOMY**

Bahl or Jok: Foot  
Soo: Hand  
Kwon: Fist  
Pahl Coop: Elbow  
Moo Roop: Knee  
Dan Jun: Abdomen  
Myung Chi: Solar Plexus

## **KEY CONCEPTS**

Yong Gi: Courage  
Chung Shin Tong Il: Concentration  
In Neh: Endurance  
Chung Jik: Honesty  
Kyum Son: Humility  
Him Cho Chung: Control of power  
Shin Chook: Tension and relaxation  
Wan Gup: Speed control

*For questions or updates, contact Master Dennis McHenry.*