

Korean Terminology Used in TangSooDo

Master Dennis McHenry

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 – 4th degree black belt and above

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

Jo Kyo (Nim): Assistant Instructor – 1st 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
Ahneso 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.