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**GENERAL TERMINOLOGY**

Tang Soo Do  
Kwan Chang Nim  
Sah Bum Nim/Kyo Sah Nim  
Dan  
Gup  
DoJang  
Do Bohk  
Dee  
Shim Sa Kwan Nim  
Shim Sa  
Sun Bae  
Hu Bae  
Sae Kye Tang Soo Do Hyup Hoi  
Kukgi  
Hyup Hoi Ki  
Ko Dan Ja  
Yu Dan Ja  
Yu Gup Ja  
Cho Bo Ja  
Nae Kong  
Weh Kong  
Shim Kong  
Shi Sun  
Chung Ship  
Ki Hap

**MEANING IN ENGLISH**

[The art we are studying](#)  
[Grandmaster](#)  
[Instructor](#) (3rd Dan and higher)/Instructor (1st & 2nd Dan)  
Black Belt  
Color Belt  
Training Hall or Studio  
Uniform  
Belt  
Test Examiner  
Test Taker (Both Gup & Dan)  
Senior Member  
Junior Member  
[World Tang Soo Do Association](#)  
National Flag  
Association Flag  
Senior Dan Holder  
Dan Holder  
Gup Holder  
Beginner  
Internal Power Exercise  
External Power Exercise  
Spiritual Power Exercise  
Focus of the eyes  
Balance  
Yell (focus one's mind & energy)

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**GENERAL TERMINOLOGY**

Choon Bee Woon Dong  
Ki Cho Woon Dong  
Hyung  
Il Soo Sik Dae Ryun  
Jae Yu Dae Ryun  
Ho Sin Sul  
Kyuck Pa  
Mahk Ki  
Kong Kyuck  
Jung Kwon  
Kap Kwon  
Jang Kwon  
Soo Do  
Yuk Soo Do  
Kwan Soo

**MEANING IN ENGLISH**

Warm Up Exercise  
Basic Techniques Exercise  
Form or Patern  
One Step Sparring  
Free Sparring  
Self Defense  
Breaking  
Block  
Attack  
Fore Fist  
Back Fist  
Heel of Palm  
Knife Hand  
Ridge Hand  
Spear Hand

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Soo Ki	Hand Techniques
Jok Ki	Foot Techniques
Cha Ki	Kick
Ha Dan	Low Section
Choong Dan	Middle Section
Sang Dan	High Section
Ahp	Front
Yup	Side
Dwi	Back

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**COMMANDS IN CLASS:**

Cha Ryut  
Kukgi Bae Rye  
Ba Ro  
Ahn Jo  
Muk Yum  
Kwan Chang Nim E Kyung Yet  
Kyo Sah Nim E Kyung Yet  
Choon Bee  
Bahl Cha Ki Choon Bee  
Shio  
Shi Jak  
Tora  
Dwi Ro Tora  
Ku Ryung  
Ku Ryung E Mat Cho So  
Ku Ryung Up Shi

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**MEANING IN ENGLISH**

Attention  
Salute The Flags  
Return  
Sit  
Meditation  
Bow To Grandmaster  
Bow To Instructor  
Ready  
Ready for Kick  
Relax or Rest  
Begin  
Turn  
Turn To Rear  
Command  
By The Count  
Without The Count (Your Count)

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**BASIC STANCES**

Choon Bee Ja Seh  
Chun Kul Ja Seh  
Hu Kul Ja Seh  
Kee Ma Ja Seh  
Sa Ko Rip Ja Seh

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**MEANING IN ENGLISH**

Ready Stance  
Front Stance  
Fighting Stance  
Horse Riding Stance  
Side Stance

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**BASIC HAND TECHNIQUES**

Pahl Put Ki  
Ha Dan Mahk Ki  
Choong Dan Kong Kyuck  
Sang Dan Kong Kyuck  
Sang Dan Mahk Ki  
Ahneso Phaku Ro Mahk Ki  
Phakeso Ahnu Ro Mahk Ki  
Choong Dan Hang Jin  
Chun Kul Ssang Soo  
Hu Kul Ssang Soo  
Hu Kul Sang Dan Mahk Ki  
Ssang Soo Sang Dan Mahk Ki  
Ssang Soo Ha Dan Mahk Ki  
Choong Dan Yup Mahk Ki  
Sang Dan Soo Do Mahk Ki.  
Ha Dan Soo Do Mahk Ki  
Kwan Soo Kong Kyuck  
Yuk Jin  
Yuk Soo

**MEANING IN ENGLISH**

Punch Exercise Horse Riding Stance  
Low Defense  
Middle Section Punch  
High Punch  
High Defense  
Inside/Outside Block  
Outside/Inside Block  
Side Punch  
Two Hands Block  
Two Hands Block, Fighting Stance  
High Block, Fighting Stance  
High Two Hands X Block  
Low Two Hands X Block  
Side Defense  
High Knife Hand Block  
Low Knife Hand Block  
Spear Hand Punch  
Knife Hand Defense And Reverse Punch, Fighting Stance  
Knife Hand Defense And Reverse Punch, Front Stance

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**BASIC KICK TECHNIQUES**

Bahl Poto Oly Ki  
Ahp Cha Ki  
Yup Cha Ki  
Yup Poto Oly Ki  
Tollyo Cha Ki  
Dwi Tollyo Cha Ki  
Dwi Cha Ki  
Ahneso Phaku Ro Cha Ki  
Phakeso Ahnu Ro Cha Ki  
Dwi Hu Ryo Cha Ki  
Yup Hu Ryo Cha Ki  
Cchik KI  
Bit Cha Ki  
E Dan Ahp Cha Ki  
E Dan Yup Cha Ki  
E Dan Tollyo Cha Ki  
E Dan Dwi Tollyo Cha Ki

**MEANING IN ENGLISH**

Front Stretch Kick  
Front Kick  
Side Kick  
Side Stretch Kick  
Roundhouse Kick  
Spinning Back Kick  
Back Kick  
Inside/Outside Crescent Kick  
Outside/Inside Crescent Kick  
Wheel Kick  
Hook Kick  
Axe Kick  
Diagonal (or Twist) Kick  
Jump Front Kick  
Jump Side Kick  
Jump Roundhouse Kick  
Jump Spinning Back Kick

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**HYUNGS**

Sae Kye Hyung Il Bu  
Sae Kye Hyung E Bu

**FORMS**

World (Tang Soo Do) Form #1  
World (Tang Soo Do) Form #2

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Sae Kye Hyung Sam Bu	World (Tang Soo Do) Form #3
Pyung Ahn Cho Dan	Peace and Calm Form #1
Pyung Ahn E Dan	Peace and Calm Form #2
Pyung Ahn Sam Dan	Peace and Calm Form #3
Pyung Ahn Sah Dan	Peace and Calm Form #4
Pyung Ahn Oh Dan	Peace and Calm Form #5
Bassai	Fortress Form
Sip Soo	Ten Hands Form
Bong Hyung Il Bu	Long Staff Form #1
Bong Hyung E Bu	Long Staff Form #2
Bong Hyung Sam Bu	Long Staff Form #3
Naihanchi Cho Dan	Warrior on Horseback Form #1

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**TENETS**

Ko Map Sum Ni Da	Thank You
Chung Shin Tong Il	Concentration
In Neh	Endurance
Kyum Son	Humility
Chon Kyung	Respect

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**NUMBERS**

**OR (depending on context)**

**English**

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Hana	Il	One
Tul	E	Two
Set	Sam	Three
Net	Sah	Four
Tasot	Oh	Five
Yosot	Yuk	Six
Ilgop	Chil	Seven
Yodol	Pal	Eight
Ahop	Ku	Nine
Yol	Sip	Ten

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**ANATOMY**

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Pahl	Arm
Bahl	Foot
Chu Mok	Fist
Mok	Neck
Hur Ri	Waist
Da Ri	Leg
Soo OR Sohn	Hand

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Pahl Koop  
Moo Roope  
I Ma  
Tuck  
Myung Chi  
In Choong  
Dan Jun  
Ko Hwan

Elbow  
Knee  
Forehead  
Chin  
Solar Plexus  
Philtrum  
Low Abdomen  
Groin