

## TERMINOLOGY GUIDE

WHITE TO YELLOW BELT	YELLOW TO ORANGE BELT	ORANGE TO ORANGE 2	TO PURPLE BELT
<p>choon bee jaseh (<u>ready stance</u>)                      ko map sum ni da (<u>thank you</u>)                      chun gul jaseh (<u>front stance</u>)                      kee mah jaseh (<u>horse stance</u>)                      char ryut (<u>attention stance</u>)                      hu gul jaseh (<u>back stance</u>)                      tang soo do (<u>the way of the chinese hand or striking/defending hand</u>)                      sa bom nim (<u>master instructor</u>)                      kyo sa nim (<u>certified instructor</u>)</p>	<p>sang dan mahk kee (<u>high block</u>)                      dull ryo cha gi (<u>round house kick</u>)                      ahp cha gi (<u>front snap kick</u>)                      ha dan mahk kee (<u>low block</u>)                      yup mahk kee (<u>side block</u>)                      phakeso ahnu ro mahk kee (<u>outside to inside block</u>)                      ahneso phaku ro mahk kee (<u>inside to outside block</u>)                      dull ryo yup cha gi (<u>side kick rear leg</u>)                      ahp podo oll ri gi (<u>front stretch kick</u>)</p>	<p style="text-align: center;"><b>10 articles of faith</b></p> <p>be loyal to your country                      be obedient to your parents                      be loving between husband and wife                      be cooperative between brothers                      be faithful between friends                      be respectful to your elders                      be faithful between teacher and student                      know the difference between good and evil                      never retreat in battle                      always finish what you start</p>	<p style="text-align: center;"><b>Korean counting</b></p> <p>hana - 1                      tul - 2                      set - 3                      net - 4                      tasot - 5                      yosot - 6                      ilgop - 7                      yodul - 8                      ahop - 9                      yol - 10</p>
<p style="text-align: center;"><b>TO PURPLE 2</b></p> <p>mu rup cha gi (<u>knee strike</u>)                      kap kwon (<u>backfist</u>)                      choon dan soo do mahk kee (<u>knife hand middle block</u>)                      ha dan soo do mahk kee (<u>knife hand low block</u>)                      ssang soo sang dan mahk kee (<u>two fist high block</u>)                      kwan soo (<u>spearhand</u>)                      toro choong dan kong kyuck (<u>reverse punch</u>)</p>	<p style="text-align: center;"><b>TO BLUE BELT</b></p> <p>e dan ahp cha gi (<u>jump front kick</u>)                      e dan yup chagi (<u>jump side kick</u>)                      e dan dull ryo cha gi (<u>jump roundhouse kick</u>)                      e dan dwi cha gi (<u>jump back kick</u>)                      e dan dwi dull ryo cha gi (<u>jump spinning back kick</u>)                      pak chi gi (<u>head butt</u>)                      jang kwon mahk kee (<u>palm block</u>)</p>	<p style="text-align: center;"><b>TO BLUE 2</b></p> <p><b>Sensei Jiguro Kana</b> – creator of the art of judo and individual responsible for introduction of color belt system and karate uniform used by most martial arts styles today (early 1900’s).</p> <p><b>Sensei Gichi Funakoshi</b> – creator of ‘Shotokan’ style of karate and individual responsible for spreading karate from Okinawa to mainland Japan and from there to Korea and the rest of the world.</p>	<p style="text-align: center;"><b>TO GREEN BELT</b></p> <p><b>Grandmaster Hwang Kee</b>                      founder of moo duk kwan branch of tang soo do in 9/11/45, one of the original five korean kwans to evolve after world war two and korea’s liberation from japanese occupation. he would later use the term ‘soo bahk do to describe his art, which is predominantly based on funakoshi’s okinawan style of karate with some chinese and korea influence.</p>
<p style="text-align: center;"><b>TO GREEN 2</b></p> <p>yuk soo (<u>defense/punch</u>)                      yok soo do (<u>ridgehand</u>)                      dwi cha gi (<u>back kick</u>)                      dwi dull ryo cha gi (<u>spin back kick</u>)                      pal koop kong kyuck (<u>elbow strike</u>)                      jang kwon (<u>palm heal</u>)                      choong gul ssang soo mahk kee (<u>two fist middle block front stance</u>)                      hu gul ssang soo mahk kee (<u>two fist side block back stance</u>)</p>	<p style="text-align: center;"><b>TO BROWN 1</b></p> <p>kwan do (<u>hammerfist</u>)                      chung kwon (<u>front of fist</u>)                      soo do (<u>knifehand</u>)                      myung chi (<u>solar plexus</u>)                      in joong (<u>just above upper lip</u>)                      ko whan (<u>groin</u>)                      ha dan (<u>low</u>)                      choong dan (<u>middle</u>)                      sang dan (<u>high</u>)</p>	<p style="text-align: center;"><b>TO BROWN 2</b></p> <p>yong gi (<u>courage</u>)                      chung jik (<u>honesty</u>)                      kyum son (<u>humility</u>)                      kyong (<u>wisom</u>)                      kin (<u>effort &amp; sincerity</u>)                      pyong ahn (<u>peaceful confidence</u>)                      shin chook (<u>tensation / relaxation</u>)</p>	<p style="text-align: center;"><b>TO BROWN 3</b></p> <p>choi ha dan sudo mahk kee (<u>low knife hand block crouching</u>)                      bal ja ba mahk kee (<u>low open hand two fist block – palms together</u>)                      sa go rip jaseh (<u>side stance/ 45 horse stance, feet out</u>)                      kyo cha rip jaseh (<u>cross leg stance</u>)                      han bal seo kee jaseh (<u>crane stance</u>)</p>
<p style="text-align: center;"><b>TO RED 1</b></p> <p>explanation of Korean flag                      explanation of U.S. flag</p> <p>shin chook – <u>tensation /relaxation</u>                      dan – <u>black belt</u>                      cho dan - <u>1<sup>st</sup> degree black belt</u>                      e dan – <u>2<sup>nd</sup> degree black belt</u>                      sam dan – <u>3<sup>rd</sup> degree black belt</u>                      yong gi – <u>courage</u>                      chung jik – <u>honesty</u>                      kyum son – <u>humility</u>                      kyong - <u>wisdom</u></p>	<p style="text-align: center;"><b>TO RED 2</b></p> <p style="text-align: center;"><b>class commands</b></p> <p>char ryut – <u>attention position</u>                      kuk gi bay ray – <u>salute flags</u>                      ba ro – <u>return/ end salute</u>                      ahn jo- <u>seated meditation</u>                      muk nyum – <u>begin meditation</u>                      ba ro – <u>end meditation</u>                      sa bom nim kay kyung yet <u>bow to master instructor</u>                      kyo sa nim kay kyung ret <u>bow to certified instructor</u>                      sun beh nim kay kyung ret <u>bow to class senior</u>                      shi jock – <u>begin</u>                      shio – relax Guman -stop</p>	<p style="text-align: center;"><b>TO RED 3</b></p> <p>kin – <u>effort &amp; sincerity</u>                      yup hu ri gi – <u>side hook kick</u>                      sahng ho kwan e kyung ret- <u>bow to your partner</u>                      kyok pa – <u>breaking (boards)</u>                      ki hap – <u>yell (‘spirit breath’)</u>                      il soo sik deh ryun <u>one step sparring</u>                      ja yu deh ryun – <u>free sparring</u>                      shi sun – <u>focus of eyes</u>                      dee- <u>belt</u></p>	<p style="text-align: center;"><b>CHO DAN BO BELT AND BLACK BELT TEST</b></p> <p>all previous terminology</p> <p><b>black belt essay</b> (2 pages due 10 days prior to test)</p> <p>“what becoming a black belt means to me and how tang soo do has changed my life.”</p>