**Blue Belt (Cho Dan Dan) Study Manual**

**General Knowledge**

What is the name of our Art? Tang Soo Do

What is the formal name of Tang Soo Do? Soo Bahk Ki / Soo Bahk Do

What is the name of our Organization? World Tang Soo Do Association

Who is the Founder and former Grandmaster? GrandMaster Jae Chul Shin

What was Shin’s rank? Ninth Degree Black Belt (Ku Dan)

What is Shin’s Black Belt Number? #698

Who is the GrandMaster & President? GrandMaster Robert E. Beaudoin

What is Beaudoin’s rank? Eighth Degree Black Belt (Pal Dan)

What is Beaudoin’s Black Belt Number? #5661

Who is the Assistant GrandMaster? GrandMaster William R. Strong

What is Strong’s rank? Eighth Degree Black Belt (Pal Dan)

What is Strong’s Black Belt Number? #19040

What is the name of your Studio? Pal Che Tang Soo Do

Who is your Instructor? Mr. Nicholas W. D’Amato

What is his rank? Third Degree Black Belt (Sam Dan)

What is his Black Belt Number #36548

Who were the 2 Founders of the Tang Soo Do

Institute in 1990? Master Dennis R. DiMarco & Master Ronald G. Raver

What is DiMarco’s rank? Sixth Degree Black Belts (Yuk Dan)

What is DiMarco’s Black Belt Number? #19980

Who was the Founder of Pal Che Tang Soo Do

in 1996? Master Ronald G. Raver

What is Raver’s rank? Fifth Degree Black Belts (Oh Dan)

What is Raver’s Black Belt Number? #20711

Who was the second Owner of Pal Che Tang

Soo Do? Master Joseph H. Centrone

What is Centrone’s rank? Fourth Degree Black Belts (Sah Dan)

What is Centrone’s Black Belt Number? #25080

What other Master taught at Pal Che Tang Soo Do? Master Vincent N. Melchiorre

What is Melchiorre’s rank? Fourth Degree Black Belts (Sah Dan)

What is Melchiorre’s Black Belt Number? #25050

In what Region are we located? Region 8

Who is the Director of Region 8? Master Francis D. Fattori

Where is the Korean Peninsula? In Eastern Asia, extending southward into the Pacific Ocean, bordering China and Russia, west of Japan, and surrounded by the Sea of Japan, the Yellow Sea, the Korea Strait, and the East China Sea

What is the capital of South Korea? Seoul

What is the capital of North Korea? Pyongyang

What is the ultimate goal of Tang Soo Do? To become one with Nature

Why do we practice Forms? Develop Spirit, Visualize Opponents

Why do we practice One Steps? Timing, Focus, Distance

Why do we practice Breaking? Precision, Power, Speed

**History**

How old is Tang Soo Do? **About 2000 years**

Name the three kingdoms of Ancient Korea, where they were located and when they were founded.

**Silla Dynasty Southeast Peninsula 57 BC**

**Koguryo Dynasty Northern Korea 37 BC**

**Paekche Dynasty Southwest Peninsula 18 BC**

What approximate year is the Dobohk be traced? **600 AD**

What was the name of the group of young, aristocrat warriors who were instrumental in unifying the Korean Peninsula as the new Silla Dynasty? **Hwa Rang Dan**

Who was the Monk that originated the Five Codes? **Won Kwang**

Who were the two Warriors who received the Five Codes?  **Kwi San & Chu Hwang**

What dynasty united the three Kingdoms and in what year? **Silla & 668AD**

What warlord overthrew the Silla Dynasty in 918 AD? **Wang Kun**

What was the name of the Kingdom that succeeded Silla and when did it begin? **Koryo & 918AD**

What year was the Chosun/Yi Dynasty founded and how long did it last? **1392 AD & 500 years**

What was the name of the first complete martial arts book written? **Mooyae Dobo Tongji**

In what year was the Moyae Dobo Tongji written? **1790AD**

When was GrandMaster Shin born? **December 20th, 1936**

How old was the GrandMaster when he started training? **12**

What is the name of the monk who inspired GrandMaster Shin? **Unknown**

Who was GrandMaster Shin’s instructor? **GrandMaster Hwang Kee**

What was the name of schools that were founded by GrandMaster Hwang Kee? **Moo Duk Kwan**

When did GrandMaster Hwang Kee organize the Korean Soo Bahk Do Association?

**November 9th, 1945**

What degree did Grandmaster Shin earn? **Master’s Degree in Political Science from Korea University**

What year was Grandmaster Shin recruited into the Korean Air Force? **1958**

What year did Grandmaster Shin come to the United States of America? **1968**

What organization did Grandmaster Shin represent when he came to the United States?

**Korean Soo Bahk Do Association**

What was the name of Grandmaster Shin’s first organization? **United States Tang Soo Do Federation**

Where was Grandmaster Shin’s first studio located? **Burlington, NJ, USA**

What book devoted a full chapter to Grandmaster Shin? **20th Century Warriors**

What famous actor was one of GrandMaster Shin’s early students? **Carlos “Chuck” Norris**

What was Grandmaster Shin’s favorite pastime? **Teaching Children**

What is the full date of the Charter Convention when the WTSDA was founded? **November 13th-14th, 1982**

How many Charter Countries were at the World Tang Soo Do Charter Convention in 1982? **12**

Where was the original World HeadQuarters Office? **Philadelphia, PA, USA**

How many Charter Members were at the World Tang Soo Do Charter Convention in 1982? **164**

When was the first WTSDA Delegation to Korea and China? **1984**

When was the first WTSDA World Championship? **1986**

When was the first WTSDA Master’s Clinic? **1990**

When did GrandMaster Hwang Kee die? **2002**

How many current Regions of the WTSDA currently exist? **22**

How many volumes of the Traditional Tang Soo Do Books did GrandMaster author? **6**

When did GrandMaster Beaudoin become the Assistant GrandMaster? **2010**

When did GrandMaster Shin die? **July 9th, 2012**

Where is the current World HeadQuarters Office? **Burlington, NC, USA**

When was the new World Tang Soo Do Association HeadQuarters Office opened? **July 22nd, 2012**

When did GrandMaster Beaudoin become the GrandMaster? **2012**

When did GrandMaster Strong become the Assistant GrandMaster? **2014**

**Basic Information**

What are the 3 Purposes of Tang Soo Do Training?

1. Health
2. Self Defense
3. Better Person

What are the 3 Mottos of the World Tang Soo Do Association?

1. Traditionalism
2. Professionalism
3. Brotherhood/Sisterhood

What are the 3 levels of Judging Certification in the World Tang Soo Do Association?

1. Corner Judge
2. Regional Judge
3. International Judge

What are the 4 Classes of Black Belt recognized by the World Tang Soo Do Association?

1. Regular Black Belt
2. Recommended Black Belt (Choo Chun Dan)
3. Honorary Black Belt
4. Special Black Belt

What are the 5 Reasons why we Kihap?

1. To Focus Power and Energy
2. To Scare Your Opponent
3. To Tighten Abdomen
4. To Ensure Proper Breathing
5. To Show Spirit

What are the 5 most important things when you practice Forms?

1. Speed
2. Power
3. Balance
4. Focus
5. Kihap

Name the Five Codes (Oh Pu) of Tang Soo Do:

1. Loyalty to Country
2. Obedience to Parents
3. Honor Friendship
4. No Retreat in Battle
5. In Fighting choose with Sense and Honor

What are the 5 Virtues of Tang Soo Do?

1. Humanity (In)
2. Righteousness (Ui)
3. Etiquette (Yie)
4. Wisdom (Ji)
5. Trust (Shin)

What were GrandMaster Shin’s 6 fields of expertise?

1. Forms
2. Weapons
3. Self Defense
4. Breaking
5. Health Care
6. Meditation

What are the 6 Parts of the foot used for striking?

1. Ball of Foot
2. Instep / Top of Foot
3. Arch
4. Outside Edge of Foot
5. Bottom of Heel
6. Back of Heel

Name the Seven Tenets (Chong Shin) of Tang Soo Do:

1. Integrity
2. Concentration
3. Perseverance
4. Respect and Obedience
5. Self Control
6. Humility
7. Indomitable Spirit

Name the 10 Attributes of the Black Belt (Dan):

1. Nature
2. Achievement
3. Professional
4. Loyalty
5. Contributions
6. Justice & Truth
7. Leadership & Respect
8. Brotherhood / Sisterhood
9. Heritage
10. Application

Name the Terms for the Instructor Certifications:

Blue Belt / Black Belt Candidate (Cho Dan Bo) – Instructor Trainee (Jo Kyo Sah Nim)

1st Degree Black Belt (Cho Dan) – Class Instructor (Boo Kyo Sah Nim)

2nd Degree Black Belt (E Dan) – Head Instructor (Kyo Sah Nim)

3rd Degree Black Belt (Sam Dan) – Chief Instructor (Boo Sah Bum Nim)

4th Degree Black Belt (Sah Dan) – Master Instructor (Sah Bum Nim)

5th Degree Black Belt (Oh Dan) – Senior Master Instructor (Sunim Boo Kyo Sah Nim)

6th Degree Black Belt (Yuk Dan) – International Master Instructor (Kookjae Boo Kyo Sah Nim)

7th Degree Black Belt (Chil Dan) – Senior International Instructor (Sunim Kookjae Sah Bum Nim)

8th Degree Black Belt (Pal Dan) – Assistant GrandMaster Instructor (Boo Kwan Chang Nim)

9th Degree Black Belt (Ku Dan) – GrandMaster Instructor (Kwan Chang Nim)

Names the 12 Charter Countries / Territories:

1. Argentina
2. Brazil
3. China
4. Germany
5. Great Britain
6. Greece
7. Italy
8. Korea
9. Mexico
10. Puerto Rico
11. United States
12. Venezuela

Name the 14 Attitude Requirements of Tang Soo Do:

1. Purpose of training should be the enhancement of mental and physical betterment.
2. Serious approach.
3. All out effort.
4. Maintain regular and constant practice.
5. Practice basic techniques all the time.
6. Regularly spaced practice sessions.
7. Always listen and follow the direction of instructors and seniors.
8. Do not be overly ambitious.
9. Frequently inspect your own achievements.
10. Always follow a routine training schedule.
11. Repeatedly practice all techniques already learned.
12. When you learn new techniques, learn thoroughly the theory and philosophy as well.
13. When you begin to feel idle, try to overcome this.
14. Cleanliness is required after training. Keep yourself and surroundings clean.

**Flags**

Explain the American Flag:

50 Stars Represent the 50 States

13 Stripes Represent the 13 Original Colonies

Red Represents the Blood, shed for our Freedom

White Represents the Purity, of Mind, Body & Spirit

Blue Represents the Loyalty, to the Union of the States

Explain the Korean Flag:

Name of the Korean Flag? Tae Keuk Ki

Name of the Symbol in the Center? Tae Keuk

3 Solid Bars Represents Heaven

3 Broken Bars Represents Earth

2 Broken Bars & 1 Solid Bar Represents Water

2 Solid Bars & 1 Broken Bar Represents Fire

Blue (Um) and Red (Yang) Circle Represent opposing but complimentary forces

Explain what the Association Emblem / Logo / Insignia represents:

6 Stars The 6 continents of the World and shows that Tang Soo Do is now worldwide

Globe Means our organization covers the world

Um and Yang The universal concept of opposing but complimentary forces and shows our Korean heritage

Practitioner Mastering the art of Tang Soo Do

Flying Side Kick The special and unique character of Tang Soo Do and the whole person concept

Red Circle Unity and brotherhood

Bottom Belt Master’s Belt is the ultimate goal of all Tang Soo Do practitioners

**Definitions**

Explain the meaning of “Tang Soo Do”:

The word “Tang” represents the T’ang Dynasty of China which reflects the shared cultural backgrounds between China and Korea (617AD - 907AD).

The word “Soo” means hand but implies fist, punch, strike or defense, etc.

The word “Do” means way of life or art.

Thus “Tang Soo Do” means the Korean classical martial art which was influenced by the T’ang method of the martial art, commonly referred to as “the way of the China hand”.

What is Moo Shim?

Moo Shim is empty mind. This is a state in which one no longer thinks before they do something. The action is performed without thought. This is only possible when the mind and body are united as one unit which comes from many hours of training. For example, when you get into a car and drive somewhere that you have been many times before, you don’t think where to turn, when to stop or when to go. You perform this action automatically without thought because your mind and body are one. Just think of all the things that you do without thinking first. When you touch something hot, you move your hand quickly; when something is thrown at you, you catch it or move out of the way; when you are walking and someone walking ahead of you stops, so do you. All of these things are done without thinking first. You can then consider Moo Shim (Empty Mind), “Action Without Thought”.

What is Ryun Ma?

Ryun Ma is the concept of grinding or polishing techniques through constant and frequent repetition.

What is Ipjuk?

Ipjuk is the term that refers to the Black Belt Oath.

**Belt System**

# What does the White Belt represent? White is the color of Purity and Initiation. It represents a primitive stage of achievement such as the seed as it lies dormant beneath the snows of Winter.

# What does the Orange Belt represent? Orange signifies Hope, Happiness, Expectation, and Challenge. It represents new growth which appears in Spring. Our Tang Soo Do knowledge begins to reveal itself.

# What does the Green Belt represent? Green signifies Youth, Excitement, Prosperity, and Growth. It represents the speedy development of youth as Summer arrives.

# What does the Brown Belt represent? Brown signifies Power, Stability, Agility, Weight, and Wisdom. It represents a stabilizing stage, both mentally and physically, and is analogous to the plants which curtail their growth and prepare to flower in late Summer.

# What does the Red Belt represent? Red signifies Blood, Life, Energy, Attention, and Control. It represents the student’s techniques beginning to bloom and ripen.

# What does the Blue Belt represent? Blue signifies Maturity, Respect, and Honor. The Blue Belt is given to the Black Belt Candidate (Cho Dan Bo). The Cho Dan Bo must prepare mind and body for the final step needed to attain Black Belt.

# What does the Black Belt represent? Black signifies Mastery, Calmness, Dignity, and Sincerity. The Black Belt represents the final stage of one life cycle and the beginning of the next. This is not only the end of one stage, but more importantly, the beginning of a path which leads up through the ranks of the higher Black Belts and true mastery.

**Forms (Hyung) Information**

3 Sae Kye (TSD) Hyung (3 World (TSD) Forms): Il Bu / E Bu / Sam Bu

Creator – GrandMaster Jae Chul Shin, Pal Dan

Location – Civic Center, Philadelphia, PA, USA

Year/Era – WTSDA Convention, 1987

Moves – 20, 20, 20

5 Pyung Ahn Hyung (5 Peace & Confidence Forms): Cho Dan / E Dan / Sam Dan / Sah Dan / Oh Dan — Originally: Jae Nam

Creator – Master Anko Yasutsune Itosu

Location – Hunan Province, Southern China

Year/Era – 1870

Moves – 22, 29, 25, 29, 27

Bassai Hyung (Best Selection Form) — Originally: Pal Che

Creator – So Rim Sa Kwon Bup (Shaolin Temple Boxing Style)

Location – Hunan Province, Southern China

Year/Era – 16th Century

Moves – 52

3 Naihanchi Hyung (3 Horseback Warrior Forms): Cho Dan / E Dan / Sam Dan — Originally: (Nae Bo Jin)

Creator – Master Chang Song Kye

Location – Northern China

Year/Era – 11th Century

Moves – 33, 30, 36

Sip Soo Hyung (Ten Hands Form)

Creator – Unknown

Location – Northeastern China

Year/Era – 17th Century

Moves – 29

Ki Cho Bong Hyung

Creator – Master Vance Britt

Location – Williamstown, New Jersey

Year/Era – 2014

Moves – 12

3 Bong Hyung (3 Staff Forms): Il Bu / E Bu / Sam Bu

Creator – Technical Advisory Committee (TAC) of WTSDA

Location – Philadelphia, PA, USA

Year/Era – WTSDA Charter Convention, November 13th - 14th, 1982

Moves – 23, 28, 28

Chung Yung (Blue Dragon)

Creator – Master Ronald Raver

Location – Philadelphia, PA, USA

Year/Era – 1982

Moves – 35

Jin Do

Creator – Unknown

Location – Okinawa

Year/Era – Late 18th Century / Early 19th Century

Moves – 44

Dan Gum Hyung (Knife / Dagger Form)

Creator – Technical Advisory Committee (TAC) of WTSDA

Location – Philadelphia, PA, USA

Year/Era – November 13th - 14th, 1982

Moves – 37

Ro Hai (Vision of a Crane)

Creator – Unknown

Location – Okinawa

Year/Era – 17th Century

Moves – 29

Kong Song Koon Hyung

Creator – Kong Song Koon

Location – Hunan Province, Southern China

Year/Era – Late 19th Century

Moves – 65

Ki Cho Jang Gum Hyung (Beginner Sword Form)

Creator – Technical Advisory Committee (TAC) of WTSDA (Master Charles Vaughn)

Location – Philadelphia, PA, USA

Year/Era – 2005

Moves – 31

Jang Koop Jang Gum Hyung

Creator – Technical Advisory Committee (TAC) of WTSDA (Master Charles Vaughn & Master John Godwin)

Location – Philadelphia, PA, USA

Year/Era – 2005

Moves – 46

Jang Gum Hyung

Creator – Technical Advisory Committee (TAC) of WTSDA (Master Michael Hicks)

Location – Philadelphia, PA, USA

Year/Era – 1984

Moves – 81

Sei Shan (Thirteen)

Creator – Unknown, credit to Jang Sam Bong

Location – Northern China

Year/Era – During Song Dynasty (960–1279)

Moves – 45

Wang Shu

Creator – Unknown, credited to Master Wang Shu

Location – Okinawa

Year/Era – circa 1683

Moves – 39

Wun Shu (Cloud Hands)

Creator – Unknown

Location – Unknown

Year/Era – Unknown

Moves – 52

Jipangyi Hyung (Cane Form)

Creator – Technical Advisory Committee (TAC) of WTSDA (Master Charles “Jerry” Whitten)

Location – Unknown

Year/Era – 1999

Moves – 49

Jion (Temple)

Creator – Unknown

Location – Northwestern China

Year/Era – 17th Century

Moves – 50

Oh Sip Sah Bo (54 Steps)

Creator – Unknown

Location – Southern China

Year/Era – 16th Century

Moves – 77

Sae Kye Jang Kwan (World Grand Fist)

Creator – Technical Advisory Committee (TAC) of WTSDA (GrandMaster Jae Chul Shin & Master Charles “Jerry” Whitten)

Location – Philadelphia, PA, USA

Year/Era – 2006

Moves – 99

**Terminology**

**General Terms**

Studio / School / Gym / Training Hall Dojang

Uniform Dobohk

Belt Dee

Energy Ki

Yell Kihap

GrandMaster Kwan Chang Nim

Instructor / Teacher Sah Bum Nim

Student / Pupil Je Ja

World Sae Kye

Association Hyup Hoi

World Tang Soo Do Association Sae Kye Tang Soo Do Hyup Hoi

National Flag Kukgi

Thank You Very Much Ko Map Sum Ni Da

You’re Welcome Chomanio

Martial Technique Moo Sul

Martial Way of Life Moo Do

**Parts & Directions**

Low Part Ha Dan

Middle Part Choong Dan

High Part Sang Dan

Right Oring Jok

Left Wen Jok

Inside Outside Ahneso Phakuro

Outside Inside Phakeso Ahnuro

Front Ahp

Side Yup

Back Dwi

Hook / Whip Hu Ryo

Reverse / Opposite Bandae

Turning / Spinning Tollyo

Jump / 1 Stage Deah

Jumping / 2 Stage E Dan

Stepping / Thrusting Mirro

Lunging / Thrusting Chi Ru Ki

Blunt Strike Chi Ki

Marching Hang Jin

360 Degrees Sam Bak Yuk Sip Do

**Stances (Ja Seh)**

Front Stance Chun Kul Ja Seh

Fighting Stance Hu Kul Ja Seh

Horse Back / Horse Riding Stance Kee Ma Ja Seh

Side Stance So Ka Rip Ja Seh

Cross Leg Stance Kyo Cha Rip Ja Seh

Back Stance Dwi Suki Ja Seh

Crane / One Leg Stance Han Bahl Seo Kee Ja Seh

Low Stance Choi Ha Dan Ja Seh

Ready For Kick Stance Bahl Cha Ki Choon Bee Ja Seh

**Anatomy**

Ankle Bal Mok

Arm Pahl

Back Deoung

Ball of Foot Ahp Bahl Gum Chi

Chest Gha Seum

Chin Tuck

Ear Kwi

Edge of Foot / Knife Foot Chok Do

Elbow Pahl Koop

Eye Noon

Finger Son Gha Rak

Fist Chu Mok

Foot Bahl

Forehead I Ma

Groin Ko Hwan

Head Bok

Heel Dwi Gum Chi

Hip Ung Dung I

Instep Bahl Deoung

Knee Moo Roope

Leg Da Ri

Lower Abdomen Dan Jun

Mouth Yip

Neck Mok

Nose Koh

Philtrum In Choong

Shin Jeoung Gang Yi

Shoulder Otkye

Solar Plexus Myung Chi

Sole of Foot Bahl Ba Dahk

Toe Bal Gha Rak

Waist Hur Ri

Waist Twisting Hu Ri Twul Ki

Wrist Pahl Mok

Wrist - Back Sohn Deoung Mok

Wrist – Inside Ahn Pahl Mok

Wrist – Outside Pak Pahl Mok

**Ranks & Titles**

Beginner Cho Bo Ja

Student / Pupil Je Ja

Junior Member Hu Bae

Senior Member Sun Bae

Color Belt Gup

Black Belt Dan

Color Belt Holder Yu Gup Ja

Black Belt Holder Yu Dan Ja

Master Belt / Senior Black Belt Holder Ko Dan Ja

Testing Shim Sa

Examiner / Judge Shim Sa Kwan Nim

Studio Number Dojang Bon

Color Belt Number Gup Bon

Black Belt Number Dan Bon

**Hand Techniques (Soo Ki)**

Block Mahk Ki

Attack Kong Kyuck

Low Block Ha Dan Mahk Ki

High Block Sang Dan Mahk Ki

Low Punch Ha Dan Kong Kyuck

Middle Punch Choong Dan Kong Kyuck

High Punch Sang Dan Kong Kyuck

Inside Outside Block Ahneso Phakuro Mahk Ki

Outside Inside Block Phakeso Ahnuro Mahk Ki

Side Punch Choong Dan Hang Jin Kong Kyuck

Side Block Choong Dan Yup Mahk Ki

Knife Hand Soo Do

Low Knife Hand Block Ha Dan Soo Do Mahk Ki

Center Knife Hand Block Choong Dan Soo Do Mahk Ki

High Knife Hand Block Sang Dan Soo Do Mahk Ki

Low Knife Hand Block, Low Stance Choi Ha Dan Soo Do Mahk Ki

# Double Hand Inside Outside Block, Front Stance Chun Kul Ssang Soo Ahneso Phakuro Mahk Ki

# Double Hand Inside Outside Block, Fighting Stance Hu Kul Ssang Soo Ahneso Phakuro Mahk Ki

# Double Hand Low X Block, Front Stance Chun Kul Ssang Soo Ha Dan Mahk Ki

# Double Hand Low X Block, Fighting Stance Hu Kul Ssang Soo Sang Dan Mahk Ki

# Double Hand High X Block, Front Stance Chun Kul Ssang Soo Ha Dan Mahk Ki

# Double Hand High X Block, Fighting Stance Hu Kul Ssang Soo Sang Dan Mahk Ki

# Low Block, Fighting Stance Hu Kul Ha Dan Mahk Ki

High Block, Fighting Stance Hu Kul Sang Dan Mahk Ki

Inside Outside Block, Fighting Stance Hu Kul Ahneso Phakuro Mahk Ki

Outside Inside Block, Fighting Stance Hu Kul Phakeso Ahnuro Mahk Ki

Knife Hand Block, Reverse Punch, Fighting Stance Yuk Jin

Knife Hand Block, Reverse Punch, Front Stance Yuk Soo

Back Fist Kap Kwon

Hammer Fist Kwon Do

Vertical Fist Jik Kwon

Fore Fist Jung Kwon

Palm Heel Jang Kwon

Palm Heel Push Block Jang Kwon Mil Ki

Ridge Hand Yuk Soo Do

Claw / Plier Hand Jip Kye Sohn

Fork Hand Pyung Sohn

Spear Hand Kwan Soo

Spear Hand Attack Kwan Soo Kong Kyuck

Vertical Spear Hand Jik Kwan Soo

Diagonal Spear Hand Bit Kwan Soo

Horizontal Spear Hand Pyung Kwan Soo

One Finger Spear Hand Il Ji Kwan Soo

Two Finger Spear Hand E Ji Kwan Soo

Fore Knuckle Fist Kwan Jul Kwan

One Knuckle Fist Il Kwan Jul Kwan

Two Knuckle Fist E Kwan Jul Kwan

Spinning Knife Hand Attack Tollyo Soo Do Kong Kyuck

Spinning Back Fist Attack Tollyo Kap Kwon Kong Kyuck

Spinning Hammer Fist Attack Tollyo Kwon Do Kong Kyuck

Reverse Twisting Inside Outside Block Bandae Tollyo Ahneso Phakuro Mahk Ki

Reverse Twisting Outside Inside Block Bandae Tollyo Phakeso Ahnuro Mahk Ki

Reverse Punch, Front Stance Chun Kul Bandae Chi Ru Ki

Wrist Strike Sohn Deoung Mok

Uppercut Punch Tuck Chi Ki

Open Hand Striking Soo Byuk Ta

**Foot Techniques (Jok Ki)**

Kick Cha Ki

Front Kick Ahp Cha Ki

RoundHouse / Turning Kick Tollyo Cha Ki

Side Kick Yup Cha Ki

Back Kick Dwi Cha Ki

Axe Kick Cchick Ki

Hook Kick Yup Hu Ryo Cha Ki

Wheel Kick Dwi Hu Ryo Cha Ki

Diagonal Kick Bit Cha Ki

Inside Outside Crescent Kick Ahneso Phakuro Cha Ki

Outside Inside Crescent Kick Phakeso Ahnuro Cha Ki

Spinning Back RoundHouse Kick Tollyo Dwi Tollyo Cha Ki

Spinning Back Side Kick Dwi Tollyo Yup Cha Ki

Spinning Back Kick Dwi Tollyo Cha Ki

Spinning Axe Kick Tollyo Cchick Ki

Spinning Hook Kick Tollyo Yup Hu Ryo Cha Ki

Spinning Inside Outside Crescent Kick Tollyo Ahneso Phakuro Cha Ki

Spinning Outside Inside Crescent Kick Tollyo Phakeso Ahnuro Cha Ki

Jumping Front Kick E Dan Ahp Cha Ki

Jumping RoundHouse Kick E Dan Tollyo Cha Ki

Jumping Side Kick E Dan Yup Cha Ki

Jumping Back Kick E Dan Dwi Cha Ki

Jumping Axe Kick E Dan Cchick Ki

Jumping Hook Kick E Dan Yup Hu Ryo Cha Ki

Jumping Wheel Kick E Dan Dwi Hu Ryo Cha Ki

Jumping Diagonal Kick E Dan Bit Cha Ki

Jumping Inside Outside Crescent Kick E Dan Ahneso Phakuro Cha Ki

Jumping Outside Inside Crescent Kick E Dan Phakeso Ahnuro Cha Ki

Jumping Spinning Back RoundHouse Kick E Dan Tollyo Dwi Tollyo Cha Ki

Jumping Spinning Back Side Kick E Dan Dwi Tollyo Yup Cha Ki

Jumping Spinning Back Kick E Dan Dwi Tollyo Cha Ki

Jumping Spinning Axe Kick E Dan Tollyo Cchick Ki

Jumping Spinning Hook Kick E Dan Tollyo Yup Hu Ryo Cha Ki

Jumping Spinning Inside Outside Crescent Kick E Dan Tollyo Ahneso Phakuro Cha Ki

Jumping Spinning Outside Inside Crescent Kick E Dan Tollyo Phakeso Ahnuro Cha Ki

Stepping / Thrusting Front Kick Mirro Ahp Cha Ki

Stepping / Thrusting RoundHouse Kick Mirro Tollyo Cha Ki

Stepping / Thrusting Side Kick Mirro Yup Cha Ki

Stepping / Thrusting Axe Kick Mirro Cchick Ki

Stepping / Thrusting Hook Kick Mirro Yup Hu Ryo Cha Ki

Stepping / Thrusting Diagonal Kick Mirro Bit Cha Ki

Jump Front Kick Deah Ahp Cha Ki

Jump RoundHouse Kick Deah Tollyo Cha Ki

Jump Side Kick Deah Yup Cha Ki

Jump Back Bick Deah Dwi Cha Ki

Jump Axe Kick Deah Cchick Ki

Jump Hook Kick Deah Yup Hu Ryo Cha Ki

Jump Diagonal Kick Deah Bit Cha Ki

Jump Spinning Back Kick Deah Dwi Tollyo Cha Ki

Jump Spinning Inside Outside Crescent Kick Deah Dwi Tollyo Ahneso Phakuro Cha Ki

Low Wheel Sweep Kick Choi Ha Dan Dwi Hu Ryo Cha Ki

Double Kick (same time) Ssang Bahl Cha Ki

Double Kick (separate times) Yang Bahl Cha Ki

One Stage Jump Kick Deah Cha Ki

Two Stage Jump Kick E Dan Cha Ki

Stomp Kick Chit Pal Ki

Knee Kick Moo Roope Cha Ki

Push Kick Chok Do Chi Ru Ki

Ankle Sweep Kick Bahl Mok Cha Ki

Front Stretch Kick Ahp Poto Oly Ki

Side Stretch Kick Yup Poto Oly Ki

Back Upper Stretch Kick Dwi Gum Chi Cah Oly Ki

Combination Kick Yeon Sok Cha Ki

**Drills & Skills**

Warm Up Exercise Choon Bee Woon Dong

Basic Technique Exercise / Line Drills Ki Cho Woon Dong

Punch Exercise Pahl Put Ki

Hand Techniques Soo Ki

Foot Techniques Jok Ki

Forms Hyung

Weapons Moo Ki

One Step Fighting / Sparring Il Soo Sik Dae Ryun

Two Step Fighting / Sparring E Soo Sik Dae Ryun

Three Step Fighting / Sparring Sam Soo Sik Dae Ryun

Free Sparring Ja Yu Dae Ryun

Arranged Sparring Yak Sok Dae Ryun

Group Sparring Da Soo Dae Ryun

Tournament Sparring Shi Hap Dae Ryun

Self Defense Ho Sin Sul

Break Falls Nak Bup

Breaking Kyuck Pa

**Numbers**

One / First Hana / Il or Cho

Two / Second Tul / E

Three / Third Set / Sam

Four / Fourth Net / Sah

Five / Fifth Tasot / Oh

Six / Sixth Yosot / Yuk

Seven / Seventh Ilgop / Chil

Eight / Eighth Yodol / Pal

Nine / Ninth Ahop / Ku

Ten / Tenth Yol / Sip

**Codes & Tenets**

Five Codes Oh Pu

Loyalty to Country Nara E Chung Sung

Obedience to Parents and Elders Boo Moo E Hyo Do

Honor Friendship Boung Woo Yoo Shin

No Retreat in Battle Imm Jun Moo Toi

In Fighting Choose With Sense and Honor Sal Sang Yoo Taek

Seven Tenets Chong Shin

Integrity Yom Chi

Concentration Chung Shin Tong Il

Perseverance In Neh

Respect & Obedience Chon Kyung

Self-Control Kuk Ki

Humility Kyum Son

Indomitable Spirit Paek Jol Bul Gul

**Commands (Ku Ryung)**

Attention Cha Ryut

Salute the Flag Kukgi Bae Rae

Sit Ahn Jo

Stand E Ra Soot

Meditate Muk Yum

Bow to GrandMaster Kwan Chang Nim E Kyung Yet

Bow to the Master Instructor Sah Bum Nim E Kyung Yet

Ready Choon Bee

Turn Tora

Turn to Rear Dwi Ro Tora

Without the Count Ku Ryung Up Shi

With the Count Ku Ryung E Mat Cho So

Begin Shi Jak

Change Position / Switch Kyo Dae

Stop Jung Ji

Finish Ko Mahn

Return Ba Ro

Rest Shio

**Weapons**

Staff Bong

Knife / Dagger / Short Blade Dan Gum

Sword / Long Blade Jang Gum

Chainsticks Nunchaku

Sticks Escrima / Arnis / Kali

**Break Falls (Nap Bup)**

Front Break Fall Ahp Nak Bup

Side Break Fall Yup Nak Bup

Back Break Fall Dwi Nak Bup

Front Side Roll Break Fall Ahp Yup Nak Bup

**Other Terms**

Focus of Eyes / Eye Contact Shi Sun

Empty Mind Moo Shim

Balance Chung Shim

Endurance In Neh

Self-Cultivation Jah Ki Soo Yang

Vitality Hawl

Internal Power Exercise Nae Kong

External Power Exercise Weh Kong

Spiritual Power Exercise Shim Kong

Head Butt Bahk Chi Ki

Vital Point Kup So

Locked Joint (especially the knee joint on the leg) Poto

Swing Up Oly Gi

Power Force Him