

Chang Karate School Terminology Requirements

White Belt Terminology

Name of art we studyTang Soo Do
 Name of styleMoo Duk Kwan
 Name of founderGrandmaster Hwang Kee
 StudioDo jang
 InstructorSa Bom Nim
 UniformDo bok
 Senior memberSun beh
 Junior memberFu beh
 Thank youKo mup sum ne da
 GrandmasterKwan Jang Nim

8th Gup Terminology

Count one to ten in Korean:

OneHa na
 TwoDool
 ThreeSet
 FourNet
 FiveDa sot
 SixYuh sot
 SevenIl gup
 EightYo dul
 NineAh hope
 TenYohl

7th Gup Terminology

BasicGi cho
 FormHyung
 SparringDeh ryun
 AttackKong kyuck
 DefenseMahk kee
 AttentionCha ryut
 BowKyung ret
 BeginShi jock
 ReturnBa ro

6th Gup Terminology

Low partHa dan
 Middle partChoong dan
 High PartSang dan
 FrontAhp
 SideYup
 BackDwi
 Ready stanceChoon bee ja seh
 Front stanceChun gul ja seh
 Fighting stanceHu gul ja seh
 Horseback stanceKe ma ja seh
 Side stanceSa ko rip ja seh

5th Gup Terminology

Low blockHa dan mahk kee
 Middle punchChoong dan kong kyuck
 High punchSang dan kong kyuck
 High blockSang dan mahk kee
 Inside/outside block ...Ahneso phaku ro mahk kee
 Outside/inside block ...Phakeso ahnu ro mahk kee
 Side punchWheng jin kong kyuck
 Side blockChoong dan yup mahk kee
 Front stretching kickAhp podo oll ri gi
 Front snap kickAhp cha nut gi
 Side stretching kickYup podo oll ri gi
 Side snap kickYup cha nut gi
 Roundhouse kickDull ryo cha gi
 Back kickDwi cha gi
 Jumping front kickEdan ahp cha gi

4th Gup Terminology

2-fist x low blockSsang soo ha dan mahk kee
 2-fist middle blockSsang soo chong gul mahk kee
 2-fist high block ...Ssang soo sang dan mahk kee
 2-fist fighting stance blockSsang soo hu gul mahk kee
 Low chop blockSoo do ha dan mahk kee
 Middle chop block...Soo do choong dan mahk kee
 High chop blockSoo do sang dan mahk kee
 Finger punchKwan so kong kyuck
 Reverse punch fighting stanceYuk jin kong kyuck
 Knife hand attackSoo do kong kyuck
 Back spinning kickDwi dull ryo cha gi
 Inside/outside kickAhneso phaku ro cha gi
 Outside/inside kickPhakeso ahnu ro cha gi
 Side hook kickYup hu ri gi
 Front push kickAhp mee ro cha gi
 All jumping kicksEdan (name of kick)

3rd Gup Terminology

10 Articles of Faith on Mental Training:
 1 – Be loyal to your country.
 2 – Be obedient to your parents.
 3 – Be co-operative between brothers.
 4 – Be loveable between husband and wife.
 5 – Be faithful between friends.
 6 – Be respectful to your elders.
 7 – Be faithful between teacher and student.
 8 – Be discreet in killing.
 9 – Never retreat in battle.
 10 – Always finish what you start.

2nd Gup Terminology

Free sparringJa yu deh ryun
 Self defenseHo sin sul
 BreakingKyuck pa
 One step sparringIl soo sik deh ryun
 Three step sparringSam soo sik deh ryun
 Salute the flagKuk gi bay ray
 MeditationMuk nyum

1st Gup Terminology

Meaning of Pyong Ahn:
 Safe, peaceful, calm, relaxed, comfortable,
 well-balanced and confident

Meaning of Moo Duk Kwan:

Moo – stop conflict
 Duk – mind
 Kwan – school or institution
 School or institute to stop inner
 and outer conflict

Meaning of Tang Soo Do:

Empty hand or weaponless fighting

Tang Soo Do is the name of art we study. It is a traditional Korean martial art of attacking and defending weaponless; with one's hands and feet. The martial art of Tang Soo Do focuses on the development and interrelationship of the Body, Mind and Soul.

Meaning of Article #8: 'Be discreet in killing.'
 Only use as much force as necessary.

Meaning of Article #9: 'Never retreat in battle.'
 When you are in a tough situation,
 don't give up.

Compare and contrast the characteristics of Passai and Naihaji Forms.
 Passai Form has snake-like movements;
 offensive, light and quick.
 Naihaji Form is defensive, strong, slow
 and powerful; the opposite
 of Passai form

If you have any questions about this terminology, please ask your instructor.

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General Terminology

Sir (term of respect)Nim
 Degree, holder of midnight blue (black) beltDan
 Grade, holder of color belt
 under midnight blueGup
 Senior Dan holderKo Dan Ja
 Dan holderYou Dan Ja
 Gup holderYou Gup Ja
 Student memberKwan Won
 BeginnerCho Bo Ja
 BeltDee
 Hand techniquesSoo Gi
 Foot techniquesJok Gi
 KickCha Gi
 YellKi Hap
 Focus of eyesShi Sun
 BalanceChoong Shim
 ForefistChung Kwon
 BackfistCap Kwon
 Knife handSoo Do
 Ridge handYok Soo Do
 Spear handKwan Soo
 Heel of palmJang Kwon
 RightO rin jok
 LeftWen jok
 RelaxShio
 Turn to rearDwee Ro Tora
 Ready for kick stanceBal Cha Ki Choon Be

