

Chang Karate School Terminology Requirements

White Belt Terminology

Name of art we study	Tang Soo Do
Name of style	Moo Duk Kwan
Name of founder	Grandmaster Hwang Kee
Studio	Do jang
Instructor	Sa Bom Nim
Uniform	Do bok
Senior member	Sun beh
Junior member	Fu beh
Thank you	Ko mup sum ne da
Grandmaster	Kwan Jang Nim

8th Gup Terminology

Count one to ten in Korean:

One	Ha na
Two	Dool
Three	Set
Four	Net
Five	Da sot
Six	Yuh sot
Seven	Il gup
Eight	Yo dul
Nine	Ah hope
Ten	Yohl

7th Gup Terminology

Basic	Gi cho
Form	Hyung
Sparring	Deh ryun
Attack	Kong kyuck
Defense	Mahk kee
Attention	Cha ryut
Bow	Kyung ret
Begin	Shi jock
Return	Ba ro

6th Gup Terminology

Low part	Ha dan
Middle part	Choong dan
High Part	Sang dan
Front	Ahp
Side	Yup
Back	Dwi
Ready stance	Choon bee ja seh
Front stance	Chun gul ja seh
Fighting stance	Hu gul ja seh
Horseback stance	Ke ma ja seh
Side stance	Sa ko rip ja seh

5th Gup Terminology

Low block	Ha dan mahk kee
Middle punch	Choong dan kong kyuck
High punch	Sang dan kong kyuck
High block	Sang dan mahk kee
Inside/outside block	Ahneso phaku ro mahk kee
Outside/inside block	Phakeso ahnu ro mahk kee
Side punch	Wheng jin kong kyuck
Side block	Choong dan yup mahk kee
Front stretching kick	Ahp podo oll ri gi
Front snap kick	Ahp cha nut gi
Side stretching kick	Yup podo oll ri gi
Side snap kick	Yup cha nut gi
Roundhouse kick	Dull ryo cha gi
Back kick	Dwi cha gi
Jumping front kick	Edan ahp cha gi

4th Gup Terminology

2-fist x low block	Ssang soo ha dan mahk kee
2-fist middle block	Ssang soo chong gul mahk kee
2-fist high block	Ssang soo sang dan mahk kee
2-fist fighting stance block	Ssang soo hu gul mahk kee
Low chop block	Soo do ha dan mahk kee
Middle chop block	Soo do choong dan mahk kee
High chop block	Soo do sang dan mahk kee
Finger punch	Kwan so kong kyuck
Reverse punch fighting stance	Yuk jin kong kyuck
Knife hand attack	Soo do kong kyuck
Back spinning kick	Dwi dull ryo cha gi
Inside/outside kick	Ahneso phaku ro cha gi
Outside/inside kick	Phakeso ahnu ro cha gi
Side hook kick	Yup hu ri gi
Front push kick	Ahp mee ro cha gi
All jumping kicks	Edan (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 sparring	Ja yu deh ryun
Self defense	Ho sin sul
Breaking	Kyuck pa
One step sparring	Il soo sik deh ryun
Three step sparring	Sam soo sik deh ryun
Salute the flag	Kuk gi bay ray
Meditation	Muk 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 Naihanji Forms.

- Passai Form has snake-like movements; offensive, light and quick.
- Naihanji 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) belt	Dan
Grade, holder of color belt	
under midnight blue	Gup
Senior Dan holder	Ko Dan Ja
Dan holder	You Dan Ja
Gup holder	You Gup Ja
Student member	Kwan Won
Beginner	Cho Bo Ja
Belt	Dee
Hand techniques	Soo Gi
Foot techniques	Jok Gi
Kick	Cha Gi
Yell	Ki Hap
Focus of eyes	Shi Sun
Balance	Choong Shim
Forefist	Chung Kwon
Backfist	Cap Kwon
Knife hand	Soo Do
Ridge hand	Yok Soo Do
Spearm hand	Kwan Soo
Heel of palm	Jang Kwon
Right	O rin jok
Left	Wen jok
Relax	Shio
Turn to rear	Dwee Ro Tora
Ready for kick stance	Bal Cha Ki Choon Be

