



Family Karate Club



Basic Terminology

WORD		MEANING
TANG SOO DO		Name of the art we study
SOO		Hand
BAHK		Strike
DO		Way
MOO DUK KWAN		Name of the organisation or style
MOO		Martial (Prevent Conflict)
DUK		Virtue
KWAN		School
KWAN JANG (NIM)		Grandmaster
SA BOM (NIM)		Master Instructor (4 th Dan or higher)
DO JANG		Training Hall (studio)
DO BOK		Training Suit (Uniform)
DEE		Belt
KUK GI		National Flag
KWAN GI		Flag of a style or school of Soo Bahk Do Example: Moo Duk Kwan Gi
BASIC STANCES		
JHOON BEE JASEH		Ready Stance
CHUN GUL JASEH		Front Stance
HU GUL JASEH		Back Stance
KEE MA JASEH		Horse Stance
SA KO RIP JASEH		Side Stance
KYO CHA RIP JASEH		Cross-Legged Stance
BON		
KOREAN	SINO KOREAN	NUMBERS
HA NA	IL	One
DOOL	E	Two
SET	SAM	Three
NET	SA	Four
DA SOT	O	Five
YUH SOT	YUK	Six
II GOP	CHIL	Seven
YO DULL	PAHL	Eight
AH HOPE	KU	Nine
YOHL	SHIP	Ten
HAND AND FOOT TECHNIQUES		
HA DAN MAHK KEE		Low Block
SANG DAN MAHK KEE		High Block
CHOONG DAN MAHK KEE		Middle Block
CHU MOK		Fist
KAP KWON		Back Fist
SOO DO		Knife Hand
AHP PODO OLL RI GI		Front Raising Kick
AHP CHA NUT GI		Front Kick
DULLYO CHA GI		Roundhouse Kick
YUP PODO CHA GI		Side Kick
AHNESO PAHKURO CHA GI		Inside to outside Kick