

## TERMINOLOGY

**We train in the art of "Tae Kwon Do," a Korean martial art which means "foot, fist, art"**

There are many different styles of Tae Kwon Do, however, with the introduction of the the Taeguk Patterns, most of the Kwans today resemble each other. Even philosophies amongst the different Kwans have become similar.

### **OUR STYLE OF TAE KWON DO IS BASED IN CHUNG DO KWAN.**

Other recognized styles include: JI DO KWAN, MOO DUK KWAN (Tang Soo Do), CHANG MOO KWAN, HAN MOO KWAN, OH DO KWAN & SONG MOO KWAN

- Won Kook Yi – Founded Chung Do Kwan in 1941 (Chung Do Kwan was the first official recognized Kwan) He retired in 1945 and named his successor, Uhm Woon-Kyu . Uhm Woon-Kyu still lives in Seoul and is the President of Chung Do Kwan and also the President of the Kukkiwon (World Tae Kwon Do Headquarters). Grandmaster Hae Man Park is the Vice President of Chung Do Kwan. Grandmaster Bruce Chung's Tae Kwon Do is affiliated with the Kukkiwon and our Black Belts may receive this organization's Black Belt certificate in addition to ours.

### **COMMANDS**

Cha Ryut – Attention  
 Kyung Nyay – Bow  
 Joon Bee – Ready/Prepare  
 Gumon – Stop  
 Shee Jahk – Start  
 Baro – Finish  
 Shi-o – At Ease, Rest  
 Dui Ro Dorah – About Face  
 Kal-yeo – Break (sparring)  
 Kaei-sok – Continue

Do Jahng – Tae Kwon Do gymnasium  
 Do Boke – Tae Kwon Do uniform  
 Ti – Belt  
 Kyo Sah Nim – Instructor  
 Sah Bum Nim – Master  
 Kwan Jahng Nim – Owner/Grandmaster  
 Ol-gul – High/Face  
 Mome-tong – Middle/Body  
 A-rae – Low

### **BASIC TERMINOLOGY**

Ahp – Front  
 Tohlyu – Round  
 Yup – Side  
 Dui – Back  
 Makgi – Block  
 Chigi – Strike  
 Jireugi – Punch  
 Chagi – Kick  
 Palli Chagi – Fast Kick  
 Oh Reuhn – Right  
 Wen – Left  
 Joo Muck – Fist  
 Son Keut – Finger Tips  
 Son – Hand  
 Pahl – Arm  
 Bahl – Foot  
 Dari – Leg  
 Dui Bahl – Back Foot  
 Ahp Bahl – Front Foot  
 Yahng – Double  
 Pyo-jeok – Target  
 Jung-Kwon – First Two knuckles on fist

### **NUMBERS**

Ha Na – 1	Yul – 10	Eel – 1 <sup>st</sup>	Han bun – one time
Dool – 2	Soo Mul – 20	Yee – 2 <sup>nd</sup>	Doo bun – two times
Set – 3	Suruhn – 30	Sahm – 3 <sup>rd</sup>	Seh bun – three times
Net – 4	Ma Heuhn – 40	Sah – 4 <sup>th</sup>	
Dah Sut – 5	She Heun – 50	Oh – 5 <sup>th</sup>	
Yah Sut – 6	Yeah Soon – 60	Yook – 6 <sup>th</sup>	
Eel Kope – 7	Ee Reuhn – 70	Cheel – 7 <sup>th</sup>	
Yu Dul – 8	Ya Deuhn – 80	Pahl – 8 <sup>th</sup>	
Ah Hope – 9	A Heuhn – 90	Koo – 9	
Yul – 10	Beck – 100	Ship – 10 <sup>th</sup>	

Kup- Word used to describe the level of belt (kup numbers go down as you advance in rank, i.e.: white belt - 9<sup>th</sup> kup, yellow belt - 8<sup>th</sup> kup, orange belt - 7<sup>th</sup> kup, etc.)

Dan or Degree – Words used to describe a level of black belt (i.e. 1<sup>st</sup> dan, 2<sup>nd</sup> dan, etc.)

### **TRAINING METHODS**

Poomse – Form  
 Gyu Roo Gi – Sparring  
 Han Bun Gyu Roo Gi – 1-Step Pre-arranged  
 Doo bun Gyu Roo Gi – 2-Step Pre-arranged  
 Seh bun Gyu Roo Gi – 3-Step Pre-arranged  
 Hoshinsool – Self Defense  
 Gyuk-pah – Board Breaking

### **STANCES/SEOGI, KUBI, SAE**

Joo-Cheum Seogi – Horse Stance  
 Ahp Kubi – Forward Stance  
 Yup Seogi – Side Stance  
 Dui Kubi – Back Stance  
 Ja Yun Sae – Natural Stance  
 Ahp Seogi – Walking Stance  
 Beom Seogi – Cat Stance  
 Gua Seogi – Cross Stance

### **KICK / CHAGI**

Ahp Chagi – Front Kick  
 Tohlyu Chagi – Round Kick  
 Dui Chagi – Back Kick  
 Yup Chagi – Side Kick  
 Dee-yo Chagi – Jumping or Flying Kick  
 Ahp Ohlligi – Limbering Up  
 Mero Chagi – Pushing Kick  
 Neryuh Chagi – Ax Kick  
 Pyo-jeok Chagi – Target Kick

### **BLOCK/MAKGI**

Ol-gul Makgi – High/Face Block  
 Bahk-uro Mome-tong Makgi – Outward Middle Block  
 Ahn-uro Mome-tong Makgi – Inward Middle Block  
 A-Rae Makgi – Low Block  
 Son-nahl Makgi – Knifehand Block  
 Yahng son-nahl Makgi – Double Knifehand Block  
 Yahng-pahl Makgi – Double Arm Block  
 Ut-Kora Makgi – X-Block  
 Ahn Pahl Mok Makgi – Inner Forearm Block  
 Ko-du-reo Makgi – Assisted Double Arm Block  
 Joo-muck Makgi – Punching block

### **STRIKE/CHIGI**

Joo-muck-deung Chigi – Backfist Strike  
 Son-deung Chigi – Backhand Strike  
 Pahl-Koop Chigi – Elbow Strike  
 Son-keut Chigi – Spearhand Strike  
 Son-nahl Chigi – Knifehand Strike  
 Joo-muck-pah-dak Chigi – Hammerfist Strike  
 Mooh-rup Chigi – Knee Strike  
 Dohlyu Chigi – Hook Punch  
 Chang-kwon Chigi – Palm-heel Strike  
 Kal-jae-bi – Arc Hard Strike  
 Pyo Jeok Chigi – Target Strike

### **PUNCH/JIREUGI**

Jireugi – Leading side Punch  
 Bahro Jireugi – Reverse Punch  
 Ol-gul Jireugi – Face Punch  
 Mome-tong Jireugi – Middle Section Punch  
 A-rae Jireugi – Low Section Punch  
 Choo-kyu Chigi – Uppercut Punch

### **Our Student Creed is based upon the teachings of the Hwarang-Do (Elite Korean Knighthood)**

- Be loyal to your country
- Be obedient to your parents
- Be truthful to your friends
  - Never retreat in battle
- Never attack without just cause
  - Be truthful to yourself