

Black Belt (Dan) Study Manual

Our Mission

**To Train Relentlessly;
To Learn the Perseverance of a Warrior;
To Grow the Relationship between our Mind, Body and Spirit;
In the Lifelong pursuit of Enlightenment through Martial Arts.**

Mission Statement of the UTSDA

The mission of the United Tang Soo Do Association is to preserve and grow the Korean martial art of Tang Soo Do and to provide members with thorough and competent instruction in this system through dedicated leadership and education. Our goal is to unlock each student's highest potential mentally, physically, and emotionally. The UTSDA works with Dojangs to effectively preserve the art of Tang Soo Do and improve the quality of instructors and students.

Our Intentions — The Student Creed

I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health.

I intend to develop self-discipline in order to bring out the best in myself and others.

I intend to use what I learn in class constructively and defensively to help myself and others and never to be abusive or offensive.

Association Insignia



- Tiger:** Symbol of strength, beauty, and confidence.
- Um Yang:** The universal concept of opposing yet complementary forces.
- Stars:** The six inhabited continents are signifying the practice of our art worldwide.
- Wreath:** Represents peace, also represents the provinces of Korea.
- Chinese Character:** Wu in Chinese/ Moo in Korean, which represents the central purpose of our Tang Soo Do Martial (Military) Art.
- Circle:** The three circles represent brotherhood, sisterhood, and unity.
- Insignia Colors:** Each rank color is represented.

The Founder of the UTSDA

Grandmaster Kevin T. Case is the founder of the United Tang Soo Do Association and has been a student of the martial arts for almost 50 years.

Born in 1961, Grandmaster Case began his study martial arts at the age of twelve. He was inspired in his early years by the popular martial arts movies and TV shows of the late '60s and early '70s. He later began studying Aikido and Okinawan Goju-Ryu under Master instructors of those arts before starting Tang Soo Do training under Grandmaster Dominick Giacobbe, a senior student of Grandmaster Jae Chul Shin. Master Shin was the leader of the U.S. Tang Soo Do Federation (later World Tang Soo Do Association) at that time.

After attaining first Dan, Master Case became an instructor and began his teaching career. He taught at and around military bases in the Southeastern United States and Europe. Master Case's decades of teaching and commitment to the art have contributed to his motivating style of teaching Tang Soo Do.

Grandmaster Case is well versed in advanced self-defense, forms, breaking, weapons, health, and leadership training. He has also served in leadership positions in several large Tang Soo Do organizations before founding the United Tang Soo Do Association in 2006.

We welcome you to the positive, professional, and progressive world of the United Tang Soo Do Association. With our Grandmaster's guidance, the Association is committed to teaching the traditional virtues of the art Tang Soo Do.



Master Kevin Case presenting black belts at the top of Mt. Vesuvius, Naples, Italy, 1989

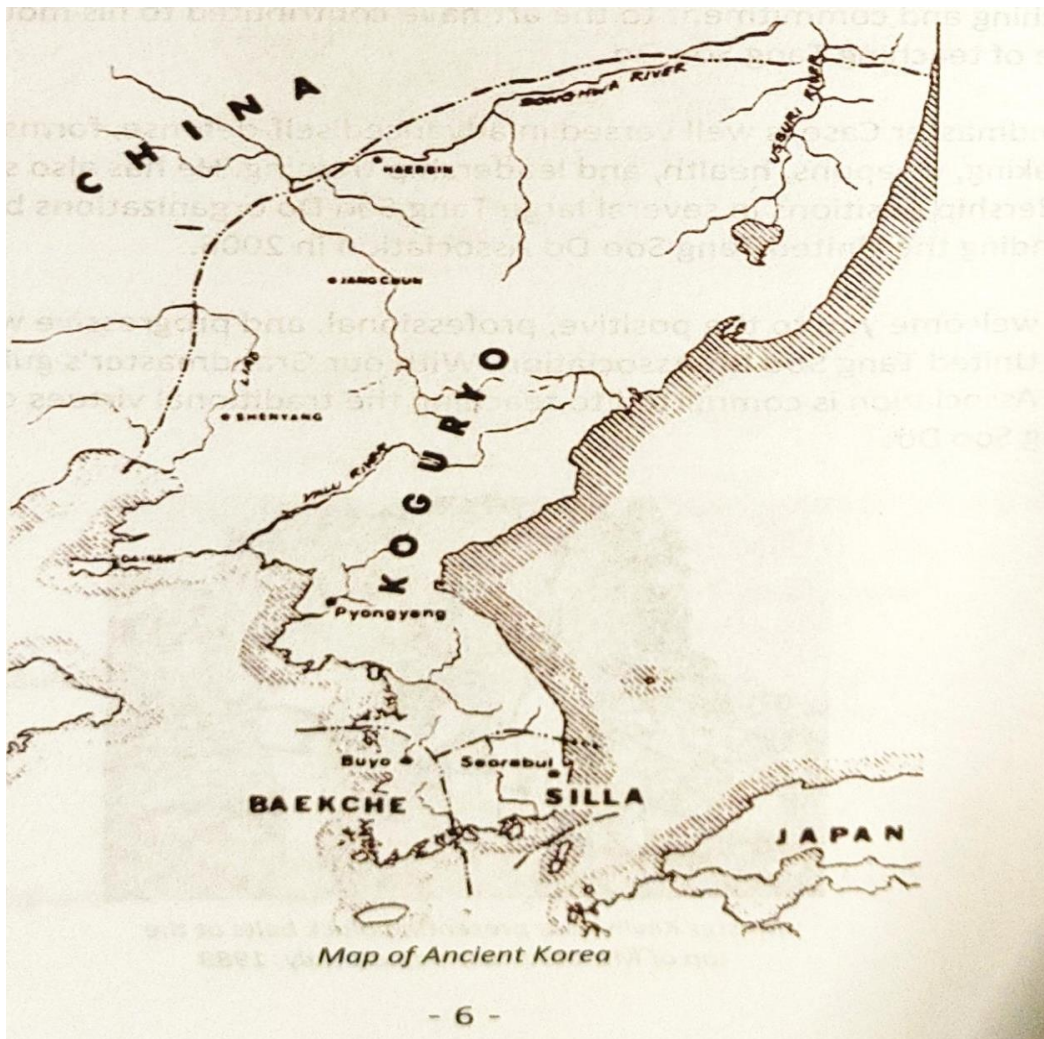
What is Tang Soo Do?

Tang Soo Do is an organized idea, reduced to physical expression. Translated from Korean, "Tang" refers to the Tang Dynasty of China, reflecting the shared cultural background between China and Korea (617 - 907 AD). "Soo" translates to hand but implies a self-defense system, and "Do" means path or way of life.

Brief History

Tang Soo Do is Korean martial art based upon ancient Korean, Okinawan, and Chinese martial arts.

Early Development



It Was during the Silla Dynasty (618-935 AD) that Korea's martial arts developed rapidly. The Kingdom of Silla was one of the three kingdoms in Korea, and its young warrior class, the Hwa Rang, was famous for its military prowess. Tang Soo Dots five basic principals come from the ideals of these elite warriors. However, Tang Soo Do gained most of its popularity during the Koryo Dynasty (935 - 1392 AD).

The Muye Jebo (Compendium of Several Martial Arts) is the oldest surviving Korean martial arts manual, written during the reign of King Seonjo (d. 1608 AD). The king died before the compendium was complete, and it was first published, with the addition of material from Japanese martial arts, in 1610.

At the beginning of the Yi Dynasty (1392-1910), in 1790 AD, the Muye Tobo Tong Ji (Comprehensive Illustrated Manual of Martial Arts), was written. This book contained illustrations that show the sophisticated art of combat called "Soo Bahk" developed by the Koreans.

Modern History:

During the occupation of Korea by Japan (1907 - 1945), the practice of native martial arts was prohibited.

Lee Kyuk Won (April 13, 1907 — February 2, 2003) was a South Korean martial artist who started his martial arts training during his college years at Central University in Japan. Lee studied what is now known as "Shotokan Karate-Do" under Grandmaster Gichin Funakoshi. Grandmaster Lee also visited martial arts centers in Okinawa and Henan, and Shanghai, China, also studying with Grandmaster Hunagoshi, founder of Goju-Ryu Karate.

After achieving his black belt from Funakoshi, Lee returned to Korea and began teaching the art he named Tang Soo Do (A Korean translation of K^t ara Te Do) at the Yung Shin School Gymnasium in Sa De Mun, OK Chun Dong district of Seoul. Later Lee founded the Chung Do Kwan (Blue Wave Institute)

Hwang Kee (November 9, 1914 — July 14, 2002) developed what was to be known as Moo Duk Kwan Tang Soo Do. Grandmaster Hwang incorporated many of the kicking techniques from the ancient Korean martial arts into the art first introduced by Lee Won Kuk. It was officially registered in Korea on November 9, 1945, as the Korean Soo Bahk Do Association. Hwang was directly responsible for developing and

preserving much of the art of Tang Soo Do as is practiced today. The occupation of Korea by the Japanese military regime took place from 1909 — 1945. During this time, practicing and teaching martial arts were restricted. After World War II, the restrictions were lifted, and several martial arts training schools were established:

Chung Do Kwan (1944)	by Lee Won Kyuk
Song Moo Kwan (1944)	by Byung Jik Ro
Moo Duk Kwan (1945)	by Hwang Kee
Ji Do Kwan (1946)	by Sang Sap Chun
Chang Moo Kwan (1946)	by Nam Suk Lee

At the beginning of the modern era of the Korean martial arts, Tang Soo Do was the most popular term for the martial arts. However, at that time, the Korean political leadership was concerned about using the name Tang Soo Do for the art, as it sounded like a Chinese martial art. In 1964, a government-sponsored small group created a new name for the Korean martial arts: Taekwondo.

As a Korean national sport, Tae Kwon Do grew in popularity, international tournaments organized, and instructors dispatched throughout the world to promote the art. During this time, Tang Soo Do and Tae Kwon Do were divided principally, with Tang Soo Do endeavoring to remain a traditional martial art while Tae Kwon Do evolved into an organized sport.

The United Tang Soo Do Association still respects the original term, Tang Soo Do. It intends to preserve the heritage and value as a martial art representing a traditional way or path.

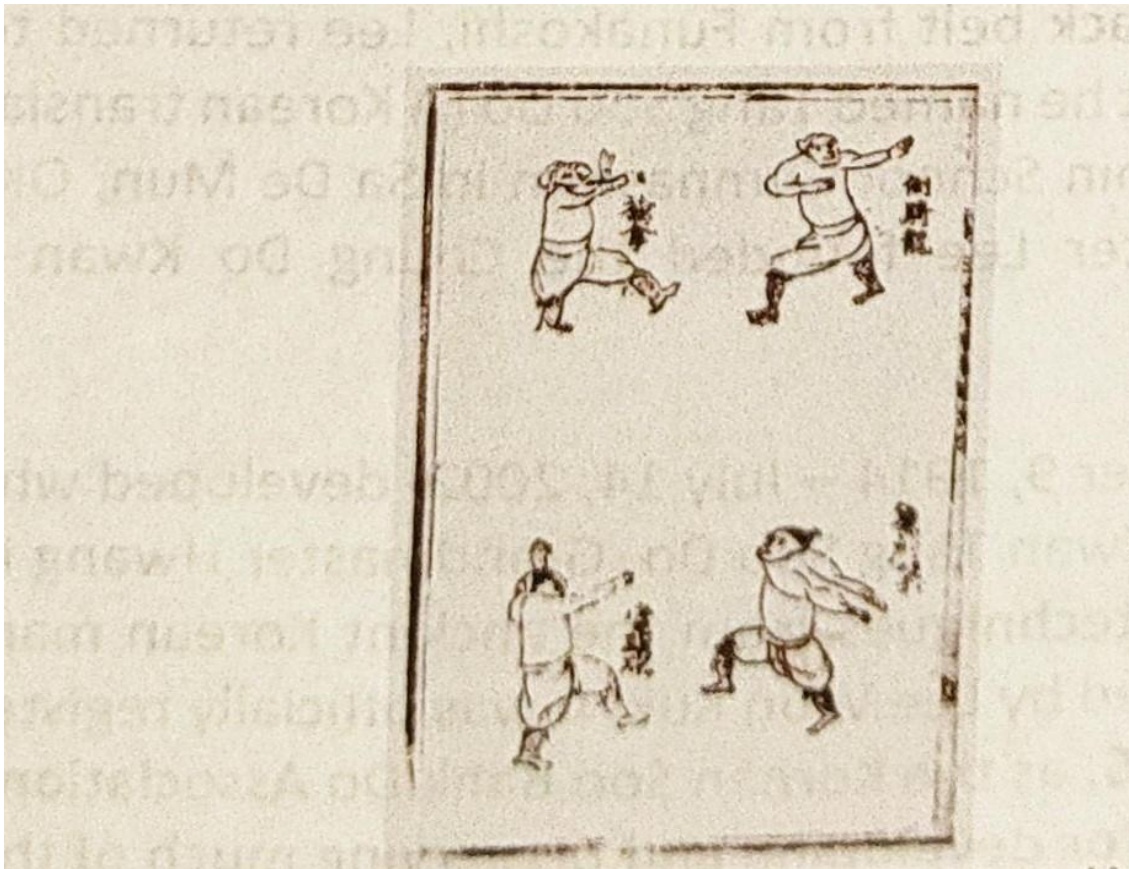


Illustration from the Muye Jebo
first published in 1608

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

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? **Muye Jebo (Compendium of Several Martial Arts)**

In what year was the Muye Jebo written? **1608 A.D.**

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 is said to be the creator of modern Tang Soo Do? **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

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

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)

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.
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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 Yellow Belt Represent? Yellow is the color of the Sun. It represents the dawn of a new Way, The Way of The China Hand – Tang Soo Do.

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 Jeonsa Hyung: Cho Dan/ E Dan/ Sam Dan (Combination of Sae Kye Hyung and Kee Cho Hyung)

Creator – Master Boyd & Master Wynn

Location – Next Level Warrior Training Center

Year/Era – 2015

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 – Bassai Dai (major) 52, Bassai Sho (minor) 31

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

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

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

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

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

Terminology

General Terms

Studio / School / Gym / Training Hall
Uniform
Belt
Energy
Yell
GrandMaster
Instructor / Teacher
Student / Pupil
World
Association
National Flag
Thank You Very Much
You're Welcome
Martial Technique
Martial Way of Life

Dojang / Dojo
Dobohk / Gi
Dee
Ki
Kihap
Kwan Chang Nim
Sah Bum Nim
Je Ja
Sae Kye
Hyup Hoi
Kukgi
Ko Map Sum Ni Da
Chomanio
Moo Sul
Moo Do

Parts & Directions

Low Part
Middle Part
High Part
Right
Left
Inside Outside
Outside Inside
Front
Side
Back
Hook / Whip
Reverse / Opposite
Turning / Spinning
Jump / 1 Stage
Jumping / 2 Stage
Stepping / Thrusting
Lunging / Thrusting
Blunt Strike
Marching
360 Degrees

Ha Dan
Choong Dan
Sang Dan
Oring Jok
Wen Jok
Ahneso Phakuro
Phakeso Ahnuro
Ahp
Yup
Dwi
Hu Ryo
Bandae
Tollyo
Deah
E Dan
Mirro
Chi Ru Ki
Chi Ki
Hang Jin
Sam Bak Yuk Sip Do

Stances (Ja Seh)

Front Stance
Fighting Stance
Horse Back / Horse Riding Stance
Side Stance
Cross Leg Stance

Chun Kul Ja Seh
Hu Kul Ja Seh
Kee Ma Ja Seh
So Ka Rip Ja Seh
Kyo Cha Rip Ja Seh

Back Stance
Crane / One Leg Stance
Low Stance
Ready For Kick Stance

Anatomy

Ankle
Arm
Back
Ball of Foot
Chest
Chin
Ear
Edge of Foot / Knife Foot
Elbow
Eye
Finger
Fist
Foot
Forehead
Groin
Head
Heel
Hip
Instep
Knee
Leg
Lower Abdomen
Mouth
Neck
Nose
Philtrum
Shin
Shoulder
Solar Plexus
Sole of Foot
Toe
Waist
Waist Twisting
Wrist
Wrist - Back
Wrist – Inside
Wrist – Outside

Ranks & Titles

Beginner
Student / Pupil
Junior Member
Senior Member

Dwi Suki Ja Seh
Han Bahl Seo Kee Ja Seh
Choi Ha Dan Ja Seh
Bahl Cha Ki Choon Bee Ja Seh

Bal Mok
Pahl
Deoung
Ahp Bahl Gum Chi
Gha Seum
Tuck
Kwi
Chok Do
Pahl Koop
Noon
Son Gha Rak
Chu Mok
Bahl
I Ma
Ko Hwan
Bok
Dwi Gum Chi
Ung Dung I
Bahl Deoung
Moo Roope
Da Ri
Dan Jun
Yip
Mok
Koh
In Choong
Jeoung Gang Yi
Otkye
Myung Chi
Bahl Ba Dahk
Bal Gha Rak
Hur Ri
Hu Ri Twul Ki
Pahl Mok
Sohn Deoung Mok
Ahn Pahl Mok
Pak Pahl Mok

Cho Bo Ja
Je Ja
Hu Bae
Sun Bae

Color Belt
Black Belt
Color Belt Holder
Black Belt Holder
Master Belt / Senior Black Belt Holder
Testing
Examiner / Judge
Studio Number
Color Belt Number
Black Belt Number

Gup
Dan
Yu Gup Ja
Yu Dan Ja
Ko Dan Ja
Shim Sa
Shim Sa Kwan Nim
Dojang Bon
Gup Bon
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
Spear Hand Attack
Vertical Spear Hand
Diagonal Spear Hand
Horizontal Spear Hand
One Finger Spear Hand
Two Finger Spear Hand
Fore Knuckle Fist
One Knuckle Fist
Two Knuckle Fist
Spinning Knife Hand Attack
Spinning Back Fist Attack
Spinning Hammer Fist Attack
Reverse Twisting Inside Outside Block
Reverse Twisting Outside Inside Block
Reverse Punch, Front Stance
Wrist Strike
Uppercut Punch
Open Hand Striking

Foot Techniques (Jok Ki)

Kick
Front Kick
RoundHouse / Turning Kick
Side Kick
Back Kick
Axe Kick
Hook Kick
Wheel Kick
Diagonal Kick
Inside Outside Crescent Kick
Outside Inside Crescent Kick
Spinning Back RoundHouse Kick
Spinning Back Side Kick
Spinning Back Kick
Spinning Axe Kick
Spinning Hook Kick
Spinning Inside Outside Crescent Kick
Spinning Outside Inside Crescent Kick
Jumping Front Kick
Jumping RoundHouse Kick
Jumping Side Kick
Jumping Back Kick
Jumping Axe Kick
Jumping Hook Kick
Jumping Wheel Kick
Jumping Diagonal Kick
Jumping Inside Outside Crescent Kick
Jumping Outside Inside Crescent Kick

Kwan Soo
Kwan Soo Kong Kyuck
Jik Kwan Soo
Bit Kwan Soo
Pyung Kwan Soo
Il Ji Kwan Soo
E Ji Kwan Soo
Kwan Jul Kwan
Il Kwan Jul Kwan
E Kwan Jul Kwan
Tollyo Soo Do Kong Kyuck
Tollyo Kap Kwon Kong Kyuck
Tollyo Kwon Do Kong Kyuck
Bandae Tollyo Ahneso Phakuro Mahk Ki
Bandae Tollyo Phakeso Ahnuro Mahk Ki
Chun Kul Bandae Chi Ru Ki
Sohn Deoung Mok
Tuck Chi Ki
Soo Byuk Ta

Cha Ki
Ahp Cha Ki
Tollyo Cha Ki
Yup Cha Ki
Dwi Cha Ki
Cchick Ki
Yup Hu Ryo Cha Ki
Dwi Hu Ryo Cha Ki
Bit Cha Ki
Ahnese Phakuro Cha Ki
Phakeso Ahnuro Cha Ki
Tollyo Dwi Tollyo Cha Ki
Dwi Tollyo Yup Cha Ki
Dwi Tollyo Cha Ki
Tollyo Cchick Ki
Tollyo Yup Hu Ryo Cha Ki
Tollyo Ahneso Phakuro Cha Ki
Tollyo Phakeso Ahnuro Cha Ki
E Dan Ahp Cha Ki
E Dan Tollyo Cha Ki
E Dan Yup Cha Ki
E Dan Dwi Cha Ki
E Dan Cchick Ki
E Dan Yup Hu Ryo Cha Ki
E Dan Dwi Hu Ryo Cha Ki
E Dan Bit Cha Ki
E Dan Ahneso Phakuro Cha Ki
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 Kick	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
Tournament Sparring
Self Defense
Break Falls
Breaking

Da Soo Dae Ryun
Shi Hap Dae Ryun
Ho Sin Sul
Nak Bup
Kyuck Pa

Numbers

One / First
Two / Second
Three / Third
Four / Fourth
Five / Fifth
Six / Sixth
Seven / Seventh
Eight / Eighth
Nine / Ninth
Ten / Tenth

Hana / Il or Cho
Tul / E
Set / Sam
Net / Sah
Tasot / Oh
Yosot / Yuk
Ilgop / Chil
Yodol / Pal
Ahop / Ku
Yol / Sip

Codes & Tenets

Five Codes
Loyalty to Country
Obedience to Parents and Elders
Honor Friendship
No Retreat in Battle
In Fighting Choose With Sense and Honor
Seven Tenets
Integrity
Concentration
Perseverance
Respect & Obedience
Self-Control
Humility
Indomitable Spirit

Oh Pu
Nara E Chung Sung
Boo Moo E Hyo Do
Boung Woo Yoo Shin
Imm Jun Moo Toi
Sal Sang Yoo Taek
Chong Shin
Yom Chi
Chung Shin Tong Il
In Neh
Chon Kyung
Kuk Ki
Kyum Son
Paek Jol Bul Gul

Commands (Ku Ryung)

Attention
Salute the Flag
Sit
Stand
Meditate
Bow to GrandMaster
Bow to the Master Instructor
Ready
Turn
Turn to Rear
Without the Count
With the Count
Begin
Change Position / Switch

Cha Ryut
Kukgi Bae Rae
Ahn Jo
E Ra Soot
Muk Yum
Kwan Chang Nim E Kyung Yet
Sah Bum Nim E Kyung Yet
Choon Bee
Tora
Dwi Ro Tora
Ku Ryung Up Shi
Ku Ryung E Mat Cho So
Shi Jak
Kyo Dae

Stop
Finish
Return
Rest

Jung Ji
Ko Mahn
Ba Ro
Shio

Weapons

Staff
Knife / Dagger / Short Blade
Sword / Long Blade
Nunchaku
Sticks

Bong
Dan Gum
Jang Gum
E Chul Bong
Escrima / Arnis / Kali

Break Falls (Nap Bup)

Front Break Fall
Side Break Fall
Back Break Fall
Front Side Roll Break Fall

Ahp Nak Bup
Yup Nak Bup
Dwi Nak Bup
Ahp Yup Nak Bup

Other Terms

Focus of Eyes / Eye Contact
Empty Mind
Balance
Endurance
Self-Cultivation
Vitality
Internal Power Exercise
External Power Exercise
Spiritual Power Exercise
Head Butt
Vital Point
Locked Joint (especially the knee joint on the leg)
Swing Up
Power Force

Shi Sun
Moo Shim
Chung Shim
In Neh
Jah Ki Soo Yang
Hawl
Nae Kong
Weh Kong
Shim Kong
Bahk Chi Ki
Kup So
Poto
Oly Gi
Him