

Standard Terminology

The following terms represent general information with which all students should become familiar in order to gain better understanding of class conduct and the philosophies of their Tang Soo Do training.

General Terminology

TANG SOO DO – the name of the art we study. Literally, “The way of the worthy hand.” “Tang derived from the Tang method; “Soo meaning hand; “Do meaning “The way.”

MOO DUK KWAN – Organization or “Military” of brotherhood in training to prevent inner and outer conflict. Literally – “Moo” meaning military; “Duk” meaning knowledge; “Kwan” meaning school.

CHOONG JAE (NIM) – Grandmaster 8th degree or higher.

KWAN JANG (NIM) – Head Master in charge of a group of schools

SA BUM (NIM) – Senior Dan member 4th Degree or above. Title of high respect, indicated by a Black Belt with a Red strip lengthwise through the center. Requires intense training and special testing.

KYO SA (NIM) – Certified “Teacher” or Instructor of Tang Soo Do. Requires special testing for registration. Must be 2nd degree or higher.

SUN BEH – Senior member.

HU BEH – Junior member.

DAN – Degree, holder of Black belt

KO DAN JA – Senior Dan member

YU DAN JA – Junior Dan member

GUP – Grade, holder of a color belt under black

YU GUP JA – Gup holder

KWAN WON – Student member

CHO BA JA – Beginner

DO JANG – Training hall (gym)

DO BOK – Training uniform

DEE – Belt

KO MAP SUM NI DA – Thank You.

What are the four most important things about being a good karate person?

Respect: Treating people the way you want to be treated

Focusing: Looking at the most important thing at that time

Listening Skills: Always be listening so you know what the directions are so no one gets hurt and you know what to do.

Self-Discipline: Doing things right away when you are asked to do them.

What degrees are these people?

Grand Master Pak – 9th degree

Master Samane – 5th degree

Mr. Fuller – 4th degree

Mr. Unger – 2nd degree

What kind of karate do you take?

Tang Soo Do

Where does your karate come from?

Korea

What is the name of your karate school?

David Fuller Karate

American Flag

How many stripes on the American Flag? 13

What do the stripes represent? The 13 original colonies

What do the red stripes stand for? Courage

What do the white stripes stand for? Innocence

What does the blue stand for? Justice

How many stars on the American Flag? 50

What do the stars stand for? The 50 states

Why is the American Flag in our studio? Because we live in America

Korean Flag

Why is the Korean Flag in our studio? Because that is where our karate comes from

What is the name of the red and blue circle on the Korean Flag? Um Yung

Why do we bow and salute the flags when we enter and exit the training room?

To show respect

Why do we greet each other with Tang Soo? It shows respect and good attitude toward the art.

Hyung (Forms)

Forms are a key element in the progression of our Tang Soo Do training. It is only natural that basic techniques be transformed into groups of motions that will ultimately prepare our bodies and minds for the realities of defensive conflict. Basic forms consist of single blocks, kicks and punches patterned to develop control, balance, timing, power and speed. As forms progress, they are increasingly complex in the combination of patterns and the application of advanced techniques. Perfect form, the union of mind and body, is truly an art, and the practitioner should train with sincerity and a deep commitment to this ideal.

Basic Stances

CHOON BEE JA SHE – Ready Stance

From attention, pull both hands, in tight fists, back above the belt. Lifting the left leg, step out to the left with your feet shoulder width apart, and angled slightly inward. Fists snap down approximately 15 cm in front of the abdomen with a space of 2 inches between the fists. Head and back should be held straight in attention, and focus should be straight ahead. This is the basic fundamental motion to start every movement.

CHUN GUL JA SHE – Front Stance

From Choon Bee Ja She, step forward with one leg about 60 cm and bend the knee of the front leg while keeping the knee of the back leg straight. Feet should remain at shoulder width apart. The head should be held upright and the focus sight is straight ahead. The front leg makes an angle of 90-degrees to the floor, and the back leg is a 60-degree angle to the floor. The center of gravity should run through the centerline of the body.

KEE MA JA SHE – Horse Stance

Look straight ahead with the head held upright and straight. Drop both fists naturally to both sides of the body. Step out to the left side with a width of approximately 70 cm between the feet, the feet angle slightly inward. Legs bend at the knees 120-degrees and the legs are held at 90-degrees from the ground. Balance is concentrated in the lower abdomen.

HU GUL JA SEH – Fighting Stance

Face the rear leg 90-degrees to the left or right, (depending on which side you will be facing) and bend the knee slightly. Move the front foot forward about 25 cm, keeping the heels of both feet in line. Bend the front knee slightly lifting the heel of the front foot about 1 inch, resting only on the ball of the foot on the ground. There should be an angle of 90-degrees between the rear leg and the ground. The distribution of your weight should be 70% on the rear leg, and 30% on the front leg.

ATTENTION POSITION

Stand with your feet together and your back straight. Hands should be held at your side with your chin up and your shoulders pulled back. Proper attention position is important in demonstrating respect for your instructor and your art.

COMMANDS IN TRAINING

CHA RYUT – Attention

KUK GI BAY RAY – Salute the Flag

BA RO – Return

ANJU – Sit

MUK NYUM – Meditation

KYUNG RET – Bow

CHOONG JAE NIM KAY KYUNG RET – Bow to Grandmaster

KWAN JANG NIM KAY KYUNG RET- Bow to Head Master

SA BUM NIM KAY KYUNG RET – Bow to the Master

KYO SA NIM KAY KYUNG RET – Bow to the Instructor

SHIJOCK – Begin

SHIO – Relax (rest)

TORA – Turn

DWEE RO TORA – Turn to the rear

CHOON BEE – Ready position

KYO DEH – Change position
BAL CHA KI CHOON BEE – Ready for kicking

GENERAL TERMS IN TRAINING

MAHK KEE – Block
KONG KYUCK – Attack (generally used with hand techniques)
CHA GI – Kick

HA DAN – Low part
CHOONG DAN – Middle part
SANG DAN – High part

AHP – Front
YUP – Side
DWI – Back

KI CHO – Basic
HYUNG – Forms
DEH RYUN – Sparring
HO SIN SUL – Self-defense
KYOK PA – Breaking
SOO GI – Hand technique
JOK GI – Foot technique
KI HAP – ‘Spirit-breath” – Yell
O RIN – Right
WEN – Left

NUMBERS AND COUNTING

KU RYUNG – To count
KU RYUNG E MAT CHO SO – By the count
KU RYUNG UP SHI – Without count

Korea has two systems of counting, the Korean system and a system adopted from Chinese called the Sino-Korean; both are in use, but are used to count different things.

English	Sino-Korean	Korean
1	il	hana
2	e	tul
3	sam	set
4	sa	net
5	o	tasot
6	yuk	yosot
7	ch'il	ilgop
8	p'al	yodul
9	ku	ahop
10	sip	yol
20	I sip	Sumul
30	Sam sip	Sorhun
40	Sa sip	Ma hun
50	O sip	Swin

KICKING TECHNIQUES (Jok Gi)

AHP CHA GI – Front Kick
DULL RYO CHA GI – Roundhouse Kick
YUP CH GI – Side Kick
DWI CHA GI – Back Snap Kick
DWI DULL RYO CHA GI – Back Spinning Kick
AHNESO PHAKU RO CHA GI – Inside/outside crescent hook Kick
PHAKESO AHNURO CHA GI – Outside/inside crescent hook Kick
YUP HU RI GI – Side hook Kick
AHP MEE RO CHA GI – Front pushing Kick
MU RUP CHA GI – Knee Kick

E-DAN – Jumping
E-DAN AHP CHA GI – Jump front Kick
E-DAN YUP CHA GI – Jump side Kick
E-DAN DWI CHA GI – Jump back Kick
E-DAN DULL RYO CHA GI – Jump round Kick
E-DAN DWI DULL RYO CHA GI – Jump back spinning Kick
E-DAN DULL RYO DWI CHA GI – Jump 360° back Kick

AHP PODO OLL RI GI – Front stretch Kick AHP CHA GI – Front snap Kick
YUP PODO OLL RI GI – Side stretching Kick YUP CHA GI – Side snap Kick
BIT CHA GI – Two o'clock or ten o'clock front kick to the side direction
DULL RYO CHA GI – Round-house Kick

BASIC HAND MOVEMENTS (SOO GI)

CHUNG KWON – Fore fist
KAP KWON – Back fist
SOO DO – Knife hand
YOK SOO DO – Ridge hand
KWAN SOO – Spear hand
JANG KWON – Heel of palm
HA DAN MAHK KEE – Low block front stance
CHOONG DAN KONG KYUCK – Middle punch, front stance
SANG DAN KONG KYUCK – High punch, front stance
SANG DAN MAHK KEE – High block, front stance
AHNESO PHAKU RO MAHK KEE – Inside/outside block, front stance
PHAKESO AHNU RO MAHK KEE – Outside/inside block, front stance
WHENG JIN KONG KYUCK – Side punch, horse stance

CHUN GUL SSANG SOO MAHK KEE – Two fist middle block, front stance

HU GUL SSANG SOO MAHK KEE – Two fist middle block, fighting stance

HU GUL YUP MAHK KEE – Side block, fighting stance

SSANG SOO HA DAN MAHK KEE – Two fist low block, (x-block) front stance

HU GUL SSANG SOO HA DAN MAHK KEE – Two fisted low block, fighting stance

HU GUL HA DAN MAHK KEE – Low block, fighting stance

HU GUL SANG DAN MAHK KEE – High block, fighting stance

SANG DAN SOO DO MAHK KEE – High knife hand block, fighting stance

HA DAN SOO DO MAHK KEE – Low knife hand block, fighting stance

KWAN SOO KONG KYUCK – Spear hand attack, front stance

YUK JIN KONG KYUCK – Reverse punch, fighting stance

TORO CHOONG DAN KONG KYUCK – Reverse punch, front stance

YUK SOO – Defense punch, front stance

YOK SOO DO KONG KYUCK – Ridge hand attack, front stance

PAL KOOP KONG KYUCK – Elbow attack

NOTE: The term “TORA” meaning reverse can be applied to all of the above techniques. Tora, meaning the movement of the opposite hand and foot, simultaneously.

CONCEPTS AND PHILOSOPHIES IN TANG SOO DO

Basic Ideology – “Harmony between the Mind and Body.”

YONG GI – Courage

IN NEH – Endurance

CHUNG JIK – Honesty

KYUM SON – Humility

HIM CHO CHUNG – Control of power

SHIN CHOOK – Tension and relaxation

WAN GUP – Speed control

CHUNG SHIN TONG IL – Concentration; The mind and body as one

TANG SOO DO CHUNG SHIN – Mind and body as one in Tang Soo spirit

EL KYOCK PEL SAL – One technique to finish

NEH GUNG – Internal power or control in exercise

WEH GUNG – External power or control in exercise

SHIM GUNG – Spiritual power or control in exercise

SHI SUN – Focus of eyes or direction of line of sight

CHOONG SHIM – Balance

KYONG – Wisdom

JUL – Keen Judgment

KUN – Courage and Confidence

KIN – Effort and Sincerity

YU JANG – From the heart

PYONG-AHN

❖ PYONG – Well-balanced, Calm, Peaceful

❖ AHN – Safe, Confident, Comfortable

TANG SOO DO Philosophy

TANG SOO DO PRINCIPLES

1. Responsibility
2. Sincerity
3. Justice

GUIDANCE POLICY OF TANG SOO DO

1. Protect the art of Tang Soo Do with justice.
2. Cultivate character and personality through training for discipline.
3. Unity through sincerity and courtesy.

10 ARTICLES OF FAITH

1. Be loyal to your country.
2. Be obedient to your parents.
3. Be lovable between husband and wife.
4. Be cooperative between brothers.
5. Be faithful between friends.
6. Be respectful to your elders.
7. Be faithful between teacher and student.
8. Know the difference between good and evil (be just in killing).
9. Never retreat in battle.

10. Always finish what you start.

5 REQUISITES OF MENTAL TRAINING

1. Oneness with nature
2. Complete awareness of environment
3. Experience
4. Conscience
5. Culture

11 POINTS OF EMPHASIS ON MENTAL TRAINING

1. Reverence for nature
2. Physical concentration (Ki-up)
3. Courtesy
4. Modesty
5. Thankfulness
6. Self-sacrifice
7. Cultivate courage
8. Chastity
9. Be strong inside and mild outside
10. Endurance
11. Reading ability

5 REQUISITES OF PHYSICAL TRAINING

1. Contact with natural surroundings.

2. Contact with diverse physical conditions.
3. Suitable nourishment
4. Suitable exercise.
5. Suitable rest.

10 POINTS OF EMPHASIS ON PHYSICAL DEVELOPMENT

1. Vocal exhalation for thoracic strength (Ki-up)
2. Focus of sight.
3. Continuous balance during movements.
4. Flexibility of the body
5. Correct muscle tone for maximum power.
6. High and low speed technique.
7. Exactness of technique.
8. Adjustment for proper distance.
9. Proper breathing for endurance.
10. Conditioning hands and feet.

MATTERS OF SPECIAL ATTENTION WHILE TRAINING

1. The purpose of training should be the enhancement of the mental and physical self.
2. Sincerity is necessary.
3. Effort is necessary.

4. Consistent schedule during practice.
5. Do your best while training.
6. Train in the spirit of Tang Soo Do.
7. Regularly spaced practice sessions.
8. Obey without objection the word of instructors or seniors; look and learn.
9. Don't be overly ambitious.
10. Pay attention to every aspect of your training.
11. Pay attention to the order of training.
12. Get instruction step by step in new forms and technique.
13. Try to conquer when you feel idleness.
14. Cleanliness is desired after practice is finished.

ANATOMY

Abdomen
Ankle
Arm
Back
Blood
Bone
Chest
Chin
Collar Bone
Ear
Elbow
Eye
Finger
Fist

Dan Jun
Pal mok
P'al
Tung
Pli
Pyo
Ka sum
Tuk
Swe gol
Kwi
Pal Coop
Nun
Sohn Ka Rak
Chu Mok

Foot	Bahl
Forehead	Eema
Groin	Ko Whan
Hand	Sohn or Soo
Hair	Mori
Heart	Shim Jang
Heel	Twi Kum Ch'I
Jaw	T'ok
Knee	Mu Rup
Leg	Tari or Dari
Mouth	Ip
Neck	Mok
Nose	K'o
Solar Plexus	Myung Chi
Shoulder	O'Kae
Toes	Bahl Ga Rak
Waist	Hur Ri
Wrist	Son Mok
Between nose & mouth	In Choong

Basic Tang Soo Do Etiquette

This information should be studied carefully. It is a blueprint for student conduct in the dojang as well as a guide for displaying proper respect and discipline.

1. Students should make an effort to arrive early for class. This will allow sufficient time to stretch and prepare for class. Furthermore, consistent tardiness shows a lack of attention and discipline.
2. Upon arrival at the dojang, the students must acknowledge and bow to the Senior Instructor in charge.
3. Proper respect should be displayed by the mutual bowing between students as they arrive for training. The greeting should be initiated by the junior member and acknowledged by the senior member.
4. To bow properly, come to a complete stop and face the person. Stand erect, shoulders back with arms at your sides. Slowly bow from the waist to a 45-degree angle, and then erect posture.

5. Practitioners must remove their shoes prior to entering the training area.
6. Students wishing to enter an Instructor's office should knock on the door and wait to be given permission before entering. Once inside, students should stand at attention until given permission to sit by the Instructor.
7. In order to demonstrate proper respect, loyalty and patriotism, all students entering the training area must come to attention, salute the flags and bow. Upon exiting the training area, the student should bow then salute the flags.
8. Students are responsible for noting their attendance at each class in the appropriate attendance record.
9. When the class is ordered to line up, each student must quickly find the correct position in class according to their rank and seniority. Attention to seniority must be properly displayed during all training procedures.
10. The first student to notice the arrival of the Head Instructor or a Sa Bum Nim at the dojang must immediately call the class to attention. The senior student must then issue the commands to the class to bow to the Instructor or Sa Bum Nim.
11. The senior student will call the class commands as directed by the Head Instructor. Formality and correctness displayed at the beginning and end of class must never be taken lightly. All trainees should demonstrate the proper attention position. Saluting the flags should be done with pride.
12. When students are required to sit, they should do so in belt rank order, waiting for all those senior to them to sit before quickly seating themselves. The same procedure should be followed when rising, with the most senior members rising first.
13. When students are in class line, they must ask permission before leaving line for any reason. To leave the line, students must first bow, then step back out of position—never step forward and never walk through a formed line of other students. Students must also ask permission to rejoin class before stepping back into line.
14. If students arrive after class has begun, they must first meditate and stretch. They are then required to ask the Head Instructor's permission before officially joining class.

15. All Dan members (Black Belts) should be addressed as “Sir” or “Mam.” Also, Mr., Mrs. or Miss should be used in reference to any Dan members’ name.
16. It is proper to address Senior Dan members and Instructors as Kyo Sa Nim or Sa Bum Nim if they have tested for and earned these titles.
17. Students with questions should first ask their seniors to obtain answers. If they need further assistance, they should gain permission prior to approaching the Senior Instructor. The chain of command in training is important and must be recognized.
18. The opportunity to train is privilege, and students should acknowledge the privilege by showing respect and appreciation for the dojang. Students should work together and share responsibility for cleaning the training floor, mirrors and training equipment. Students should never eat or drink in the dojang.
19. Students should attempt to maintain discipline in posture at all times. When speaking with a senior or Instructor, students should stand at attention, with back straight, hands at sides and feet together. Attention position should be maintained at all times during class, whether standing or sitting. When sitting in class, students must sit with their backs straight, legs crossed and hands resting on their knees. NEVER LOUNGE!!!!
20. Students must show respect for their Do Boks. Uniforms should be kept clean and neat at all times. Before and after training, uniforms should be folded properly and neatly.
21. Do Boks should never be worn in public unless your Head Instructor grants permission in recognition of special events. When traveling to and from classes or demonstrations, it is permissible to wear Do Bok pants with a T-shirt or sweatshirt. When in the dojang, never allow your Do Bok to hang loose or your belt to remain untied. This shows an extreme lack of respect for yourself and your training area.
22. Appreciate your opportunity to train, show respect and answer properly with spirit at all times!!

