

Tang Soo Do Terminology

Bowing Etiquette:

Bow forward at least a 45 degree angle from hip when Entering and Exiting the Dojang (Studio), to Dans (Black Belts), Kyo Sa Nim (Instructors), Sa Bom Nim (Masters), and Partners.

Stances - Jaseh

Ready Stance – *Joon Be Jaseh*

Horse Stance – *Kee Mah Jaseh*

Front Stance – *Jun Gul Jaseh*

Back Stance – *Hu Gul Jaseh*

Hand Techniques – Soo Gi

Low Block – *Ha Dan Mahk Kee*

High Block – *Sang Dan Mahk Kee*

Inside-Outside Block – *Ahneso Phakuro Mahk Kee*

Outside-Inside Block – *Phakeso Ahnuro Mahk Kee*

Two Fist Low Block (X) – *Ssang Soo Ha Dan Mahk Kee*

Two Open Hand High Block (X) – *Ssang Soo Sang Dan Mahk Kee*

Back Stance Side Block – *Hu Gul Jaseh Ahneso Phakuro Mahk Kee*

Back Stance Low Knife Hand Block – *Hu Gul Jaseh Ha Dan Soo Do Mahk Kee*

Back Stance Middle Knife Hand Block – *Hu Gul Jaseh Choong Dan Soo Do Mahk Kee*

Back Stance Two Fist Middle Block – *Hu Gul Jaseh Ssang Soo Jung Dan Mahk Kee*

Middle Punch – *Jung Dan Kong Kyuk*

High Punch – *Sang Dan Kong Kyuk*

Side Punch – *Wheng Jin Kong Kyuk*

Foot Techniques – Jock Gi

Front Stretch Kick – *Hap Polder Olla Ri Gi*

Inside-Outside Kick – *Ahneso Phakuro Cha Gi*

Outside-Inside Kick – *Phakeso Ahneso Cha Gi*

Front Snap Kick – *Ahp Cha Gi*

Front Thrust Kick – *Ahp Cha Nut Gi*

Roundhouse Kick – *Aup Doll Ryo Cha Gi*

Side Kick – *Yup Polder Cha Gi*

Spinning Back Kick – *Dwi Cha Gi*

Side Hook Kick – *Yup Hu Ri Gi*

Spinning Hook Kick – *Dwi Yup Hu Ri Gi Cha Gi*

Inverted Kick – *Bit Cha Gi*

Jump Front Thrust Kick – *Ee Dan Ahp Cha Nut Gi*

Jump Inside-Outside Kick – *Ee Dan Ahneso Phakuro Cha Gi*

Jump Outside-Inside Kick – *Ee Dan Phakeso Ahnuro Cha Gi*

Jump Roundhouse Kick – *Ee Dan Aup Doll Ryo Cha Gi*

Jump Side Kick – *Ee Dan Yup Polder Cha Gi*

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Forms - Hyung

Kee Cho Hyung Il Bu – First Basic Form
Kee Cho Hyung Ee Bu – Second Basic Form
Kee Cho Hyung Sam Bu – Third Basic Form
Kee Cho Hyung Combo
Pyung Ahn Cho Dan
Pyung Ahn Ee Dan
Chil Sung Ee Roh Hyung
Pyung Ahn Sam Dan
Pyung Ahn O Dan
Chil Sung Il Ro Hyung
Bassai Dae
Bassai Sho
Naihanchi Cho Dan
Naihanchi Ee Dan
Jin Do
Chil Sung Sam Ro Hyung
Naihanchi Sam Dan
Ro Hai
Chil Sung Sa Ro Hyung
Kong San Kun
Sip Soo
Chil Sung O Ro Hyung

One Step Sparring - Il Soo Sik Dae Ryun

Self Defense Techniques - Ho Sin Sool

Free Sparring - Ja Yu Dae Ryun

Applications for blocking, punching and kicking techniques. Basic stance, movement, timing and rhythm.

Breaking - Kyok Pa

General Knowledge:

Name of the Studio - Rockhold Karate

Name of the owner/instructor - Sa Bom Nim Chris Rockhold

Name of the art - Tang Soo Do

Uniform - Do Bok

Studio - Dojang

Seniors - Sun Beh

Juniors - Hu Beh