

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*
Front Stance – *Jun Gul Jaseh*
Back Stance – *Hu Gul Jaseh*
Horse Stance – *Kee Mah Jaseh*
Side Stance – *Sa Ko Rip Jaseh*
Cross-Leg Stance – *Kyo Cha Rip 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 Fisted Block – *Ssang Soo Ahneso Phakuro Mahk Kee*
Two Fist Low Block (X) – *Ssang Soo Ha Dan Mahi Kee*
Two Open Hand High Block (X) – *Ssang Soo Sang Dan Mahk Kee*

Back Stance Side Block – *Hu Gul Jaseh (Yup) 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*
Back Fist – *Kap Kwon Kong Kyuk*
Reverse Short Punch – *Yuk Jin Kong Kyuk*
Upper Cut Punch – *Ju Mok Kwon Kong Kyuk*
Hammer Fist – *Kwon Do Kong Kyuk*
Soft Fist – *Yoo Kwon Kong Kyuk*
Knife Hand – *Soo Do Kong Kyuk*
Reverse Knife Hand – *Yuk Soo Do Kong Kyuk*
Palm Heel – *Jang Kwon Kong Kyuk*
Spear Hand – *Kwan Soo Kong Kyuk*
Plier Hand – *Jip Kye Son Kong Kyuk*
Upper Wrist – *Son Mok Deung Kong Kyuk*
Elbow Strike – *Pal Koop Chi Kee*

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Foot Techniques – *Jock Gi*

Front Stretch Kick – *Hap Polder Olla Ri Gi*

Back Stretch Kick – *Dwi Polder Olla Ri Gi*

Side Stretch Kick – *Yup Polder Olla Ri Gi*

Inside-Outside Stretch Kick – *Ahneso Phakuro Polder Olla Ri Gi*

Outside-Inside Stretch Kick – *Phakeso Ahnuro Polder Olla Ri Gi*

Inside-Outside Kick – *Ahneso Phakuro Cha Gi*

Outside-Inside Kick – *Phakeso Ahnuro Cha Gi*

Front Snap Kick – *Ahp Cha Gi*

Front Thrust Kick – *Ahp Cha Nut Gi*

Roundhouse Kick – *Doll Ryo Cha Gi*

Side Kick – *Yup Polder Cha Gi*

Back Snap Kick – *Dwi 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*

Spinning Long Kick – *Dwi Doll Ryo Cha Gi*

Spinning Short Kick – *Dwi Ahneso Phakuro Cha Gi*

Inverted Kick – *Bit Cha Gi*

Knee Kick – *Moo Roop Cha Gi*

Stomp Kick – *Chit Pahl 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
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 - 당수도

Uniform - Do Bok

Studio - Dojang

Kwan Jang Nim 관장님 - Founder of a style or organization

Sa Bom Nim 사범님 - Master Instructor

Kyo Sa Nim 교사님 - Certified Instructor

Jo Kyo Nim 조교님 - Assistant Instructor

Senior Member - Sun Beh

Junior Member - Hu Beh