

# Traditions Commands/Vocabulary List

## General Terminology

Do Bok	Uniform	Jacket and pants worn by Korean martial artists
Dee	Belt	Shows your current rank
Dojang	School	A Korean martial arts studio or school
Gup	Lower rank	Under belt ranks; white through red; 10 possible
Dan	Upper rank	Black belt ranks; shown by number of rank stripes; 10 possible
Hyung	Form	A pattern of movements designed to show technique
Il Soo Shik	One steps	Set self-defense moves; 5 for each color dee, adult class only
Chagi	Kick	With foot/feet
Maki	Strike	With hands, elbows, knees
Cha Yu Dae Ryun	Free sparring	Controlled, light-contact sparring using protective gear
Bahro	Return	Head snaps front, push off w/ front foot, return to Ready Stance
Kihap	Yell	Sudden yell w/exhale to startle opponent and prepare for strike
Komap Sumnida	Thank you	To instructor at end of class or lesson

## Starting and Ending Class

Chul Sah	Line up	Straight line w/feet together/front row L arm up; back row behind student in front row
Chariyut	Attention	Feet together; relaxed fists at side
Kyun Hut	Bow	Feet together; eyes up; relaxed fists at side
Choom Bi	Ready	Step out w/R foot shoulder width; relaxed fists in front of dee
Gula Ryuhn Jah	Kneel	Karate kneel; fists on legs; knees apart; feet out flat
Ulasa	Up	Weight shift forward; toes pulled underneath; stand straight up

## Stances

Chun Kul	Forward/front	Feet shoulder width apart; front knee bent; back knee straight; feet, hips & shoulders face forward
Hu Kul	Back/L	Feet at 90° angle; weight 70% back-30% front
Yan Kul	Horse	Feet double shoulder width in straight line; knees bent; back straight

## Sections of the Body / Body Parts

Ha Dan	Low	Below hips; striking hand inside of blocking hand
Choong Dan	Middle	Hips to shoulders; striking hand usually outside of blocking hand
Sang Dan	High	Above shoulders; striking hand outside of blocking hand

### Tang Soo Do Forms (Hyungs)

<b>Under Belt Forms</b>	Kicho Il Bu	Basic form-part 1; testing form for Yellow belt / 9th gup
	Kicho Ee Bo	Basic form-part 2; testing form for Yellow belt / 9th gup
	Kicho Sam Bu	Basic form-part 3; testing form for Orange belt / 8th gup
	Kicho Sa Bu	Basic form-part 4; testing form for Orange belt / 8th gup
	Pyungahn Cho Dan	Intermediate form 1; testing form for Low Green belt / 7th gup
	Chil Sung Ee Roh	Seven Stars-form 2; testing form for Low Green belt / 7th gup testing form for High Green belt / 6th gup
	Pyungahn Ee Dan	Intermediate form 2; testing form for High Green belt / 6th gup
	Kicho O Bu	Basic form-part 5; testing form for High Green belt / 6th gup
	Pyungahn Sam Dan	Intermediate form 3; testing form for Low Blue belt / 5th gup
	Pyungahn Sa Dan	Intermediate form 4; testing form for High Blue belt / 4th gup
	Pyungahn O Dan	Intermediate form 5; testing form for 3rd Class Red belt / 3rd gup
	Basai	Advanced form; testing form for 2nd Class Red belt / 2nd gup
	Chil Sung Sam Roh	Seven Stars-form 3; testing form for 1st class Red belt / 1st gup
	<b>BB</b>	Nai Ahn Chi Chodan
Chil Sung Il Roh		Seven Stars-form 1; for 1st degree Black Belt / 1st dan

### Basic Action (The stance is called first and then the action)

		Action	Stances		
	Korean name	English explanation	Chunkal	Hukul	Yankal
<b>Strikes/ Blocks</b>	Knong Kyuk	Front punch			
	Yuk Jin	Reverse punch			
	Hadan Maki	Lower strike/block			
	Sangdan Maki	Upper strike/block			
	Soo Do Hadan	Lower double open hand strike			
	Soo Do Choongdan	Middle double open hand strike (ready stance)			
	Soo Do Sangdan	Upper open hand strike			
	Ahp Kwon Soo	Spear hand			
	Choongdan Kap Kwon	Middle back fist			
	Phakuro Maki	Inside/out strike			
	Ahnuro Maki	Outside/in strike			
	Choongdan Pal Koop	Middle elbow strike (w/ soo do hand first)			
	Sangdan Pal Koop	Upper elbow strike			
	Phakuro Yuk Soo Do	Inside/out ridge hand (palm up)			
	Ahnuro Yuk Soo Do	Outside/in ridge hand (palm down)			
	Choongdan Sang Soo	Middle assisted block (rear fist at front elbow)			

	Choongdan Naksee	Middle hook punch			
	Choongdan Hangjin	Side punch			
	Moo Roop	Knee Strike			
	Hadan Sang Soo	Low X block			
	Sangdan Sang Soo	High X block			
<b>Kicks</b>	Ahp Chagi	Front kick			
	Yup Chagi	Side kick			
	Tol Ryo Chagi	Round house kick			
	Dwi Chagi	Back kick			
	Nak See Chagi	Hook kick			
	Beet Chagi	Slanting or half round house kick			
	Ahnesu Phakuro Chagi	Inside/outside crescent kick			
	Phakesu Ahnuro Chagi	Outside/inside crescent kick			
	Ahp Cha Ol Yikee	Front stretch kick			
	Yidan Ahp Chagi	Jumping front kick			
	Yidan Dwi Chagi	Jumping back kick			
	Yidan Pakesu/Ahnuro	Double crescent kick			
	Ahp & Dwi Chagi	Front / back kick			
	Ahp & Yup Chagi	Front / side kick			
	Ahp & Tol Ryo Chagi	Front / round house kick			

### **Il Soo Shik (One Step Spring-Adult class only)**

White	1-5 6 & 7	<b>1-4</b> step out 45° block strike, <b>5</b> 90° horse stance block elbow strike, <b>6-7</b> front stance @ 45° block/double punch/kick
Yellow	1-5 6 & 7	<b>1-4</b> step w/L, 5 step w/R; <b>2, 4 &amp; 5</b> take downs, <b>6-7</b> front stance @ 45° block/double punch/kick
Orange	1-5 6 & 7	<b>1</b> step w/L, <b>2</b> start back step w/R, <b>3</b> start w/L back, <b>4</b> trap, <b>5</b> take down, <b>6</b> R foot back, <b>7</b> L foot back
Green	1-5 6-9	<b>1-5</b> count fists, <b>2-5</b> count elbows, <b>3-8</b> count, <b>4</b> O5 modified, <b>5</b> start w/L back, <b>6</b> start w/R foot back, <b>7</b> start w/L foot back, <b>8</b> start w/R foot back, <b>9</b> start w/L foot back
Blue	1-5 6-9	<b>1</b> cut off, <b>2</b> step w/R chop to neck, <b>3</b> jump over, <b>4</b> ridge hand to throat, <b>5</b> spear hand, <b>5</b> start w/L foot back, <b>6</b> start w/L foot back, <b>7</b> start w/R foot back, <b>8</b> start choom bi, <b>9</b> start choom bi
Red	1-3 4-7	<b>1</b> block/spin back fist, <b>2</b> R Phakesu & Yup chagi, <b>3</b> W5 w/elbows & takedown, <b>4</b> start choom bi, <b>5</b> start choom bi, <b>6</b> start choom bi, <b>7</b> start choom bi
Black	Single sticks	<b>1</b> ahnesu/stomach/roundhouse/bball/armpit, <b>2</b> vert. bball/side/shortstep/ stick jab/forehead/ hook & knee, <b>3</b> double block/head/kick knee back/jab neck/choke, <b>4</b> double block/arm/ ahnesu-phakuro/short step/bball to head, <b>5</b> low ahnesu--2-hand block/head/short step/kick /stick jab/head/cut hams