



Dan Prep Terminology Sheet

Fundamentals:

Stance (figure force)	Ja Seh (<i>ae</i>)
Block	Mahkee
Punch (attack)	Kong Kyuk
Kick	Chagee

Low Level (waist down)	Ha Dan
Middle Level (torso)	Choong Dan
High Level (neck and head)	Sang Dan

Front	Ahp
Side	Yup
Back	Dwi
Spin (turn)	Dollyuh
Inside	Ahn
Outside	Pahk
Inside to Outside	Ahnesuh Pakuro
Outside to Inside	Pakesuh Ahnuro
Advance	Jin
Forward	Chun
Backward	Hu
Advancing Forward	Chun Jin
Advancing Backward	Hu Jin
Advancing Sideways	Wheng Jin

Basics	Keicho
Basic Techniques	Keicho Ki Sul
Forms	Hyung
Sparring	Dae Ryun
Self defense	Ho Shin Sul
Breaking	Kyuk Pa
Hand Strike Way	Soo Bahk Do
Institute of Martial Virtue	Moo Duk Kwan

Stances:

Ready Stance	Choonbee Jaseh
Return Stance	Baro Jaseh
Back Stance (back bend figure force)	Hu Gul Jaseh
Front Stance (front bend figure force)	Chun Gul Jaseh
Side Stance	Sa Ko Rip Jaseh
Horse Stance	Ki Ma Jaseh

Cross Legged Stance
Low Ground Stance
One Legged (Crane) Stance

Kyo Cha Rip Jaseh
Choi Ha Dan Ja She
Han Bal (Seo Ki) Jaseh

Blocks:

Low Block
Middle Block
Knife Hand Block
Inside/Outside Block
Outside/Inside Block
Double Block (both hands)
Low Reinforced Chop
Middle Reinforced Chop
High Reinforced Chop

Ha Dan Mahkee
Choong Dan Mahkee
Soo Do Mahkee
Ahnesu Pakuro Mahkee
Pahkesu Ahnuro Mahkee
Ssang Soo
Ha Dan Soo Do Mahkee
Choong Dan Soo Do Mahkee
Sang Dan Soo Do Mahkee

Hand Attacks:

Fore Fist (punch)
Back Knuckle (back fist)
Knife Fist (hammer fist)
Knife Hand
Ridge Hand
Palm Heel
Spear Hand
Half Bent Spear Hand
One Knuckle Strike (A and B)
Plier Hand
Elbow (flat of elbow)
Elbow (tip of elbow)

Chun Kwan (Kong Kyuk)
Gap Kwan
Kwan Do
Soo Do
Yuk Soo (Do)
Jang Kwan
Kwan Soo
Ban Jul Kwan Soo
Il Ji Kwan
Jip Kae Sun
Pal Koop
Pal Koop Chi Ki

Kicks:

Front Thrust Kick
Front Stretch Kick
Side Thrust Kick
Side Stretch Kick
Back Thrust Kick
Back Stretch Kick
Spin Kick (roundhouse)
Spin Behind Kick (heel kick)
Side Hook Kick (heel kick)
Spin Behind Side Hook Kick
Outside/Inside Kick
Inside/Outside Kick
Stomp Kick (inverted)
Knee Kick

Ahp Cha Nut Gi
Ahp Podo Ollrigi Chagee
Yup Podo Chagee
Yup Podo Ollrigi
Dwi Podo Chagee
Dwi Podo Ollrigi Chagee
Dollyuh Chagee
Dwi Dollyu Chagee
Yup Hurigi Chagee
Dwi Yup Hurigi Chagee
Pahkesu Ahnuro Chagee
Ahnesu Pahkuro Chagee
Chit Bahl Chagee
Moo Roop Chagee

Anatomy:

Waist	Hu Ri
Foot	Jok (Sino Korean) Bahl (Korean)
Hand	Soo (Sino Korean) Sohn (Korean)
Fist	Chu Mok
Forehead	Eema
Groin	Ko Whan
Dan Jun	Abdomen (center)
Myung Chi	Solar Plexus (center)
In Choong	Between Upper Lip and Nose (center)

Commands in Training:

Ku Ryung E Ma Cho So	By the Count
Ku Ryung Up Shi	Without Count
Cha Ryut	Attention
Kyung Ret (Kyung Neh)	Bow
Choon Bee	Ready
Shi Jak	Begin
Ba Ro	Return
Shio	Relax
Tora (Dolla)	Turn
Dwi Ro Tora (Dolla)	Turn to Rear
Bal Chagee Choonbee	Ready for Kcking
Choong Gahn Jaseh	Intermediate Position
Dashi	Repeat Again
An Jo (Ahn Juh)	Sit Down
Il Uh Suh	Stand Up
_____ Kae Kyung Neh	Bow to _____

Counting:

Korean	Sino Korean (used for 1 st , 2 nd , 3 rd , etc.)
Ha Na	Il
Dul	Ee
Set	Sam
Net	Sa
Da Sut	Oh
Yo Sut	Yuk
Il Gop	Chil
Yuh Dul	Pal
A Hope	Ku
Yul	Ship