



Orange Belt Terminology Sheet

Technique (key words)

Front	Ahp	Spin	Dollyu
Side	Yup	Left	Wen Jok
Back	Dwi	Right	Orin Jok
Inside	Ahn		
Outside	Pak		

Areas of the Body

Knee	Moo Roop
Elbow	Pal Koop
Heel of Palm	Jang Kwan
Front of Knuckles (two big ones)	Chun Kwan
Knife Fist (hammer)	Kwan Do
Back Fist (back of two big knuckles)	Gap Kwan

Forms

First Basic Form	Ki Cho Hyung Il Bu
Second Basic Form	KI Cho Hyung Ee Bu
Third Basic Form	KI Cho Hyung Sam Bu

Sparring

One-Step Sparring	Il Soo Shik Dae Ryun
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Self Defense

Self Defense	Ho Shin Sul
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Key Concepts

Endurance (patience)	In Neh (<i>nae</i>)
Honesty	Chung Jik
Balance of opposites	Um/Yang

Other Important & Useful Words

Kwan Gi	School Flag
Kuk Gi	National Flag
Kwan Jang Nim	Head of the Moo Duk Kwan
Chang Shi Ja	Founder of the Moo Duk Kwan

*Spelling here may differ from Federation manuals and text books for easier phonetic pronunciation when reading.