



White Belt Terminology Sheet

Technique (key words)

Basic	Ki Cho	Block	Makee
Hips	Hu Ri	Punch (attack)	Kong Kyuk
Stance	Ja Seh (<i>ae</i>)	Kick	Chagee

Areas of the Body

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

Forms

First Basic Form	Ki Cho Hyung Il Bu
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Key Concepts

Eye Focus (line of sight)	Shi Sun
Courage	Yong Gi (<i>gee</i>)
Concentration	Chung Shin Tong Il

Other Important & Useful Words

Name of our Martial Art	Soo Bahk Do
("Way of improving yourself")	
Name of our Organization	Moo Duk Kwan
("A school that teaches virtues in conflict resolution")	
Uniform	Do Bok
Belt	Di (<i>dee</i>)
Studio (Training Hall)	Do Jang
Certified Master Level Teacher	Sa Bom Nim
Beginner (we all are one)	Cha Bo Ja
Thank You	Kamsahamnidda

Commands in Training

Attention	Charyut	Choonbee	Ready Stance
Shio	Rest	Baro	Return to Ready Stance
Anju	Sit	Ilusuh	Stand

Pronunciation Tips – "A" is pronounced like "a" in "father"

"U" is pronounced like "u" in "under"

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