



Arteca's Martial Arts

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Little Dragon Terminology

Korean

English

Pahl put ki-----	Punch exercise
Ha dan-----	Low part
Choong dan-----	Middle part
Sang dan-----	High part
Mahk ki-----	Block
Kong Kyuck-----	Attack
Ha dan mahk ki-----	Low block (fist)
Ha dan soo do mahk ki-----	Low knife hand block
Ha dan jung kwon kong kyuck-----	Low punch attack
Ha dan soo do kong kyuck-----	Low knife hand attack
Ahneso phaku ro mahki ki-----	Inside to outside block
Phakeso ahnu ro mahk ki-----	Outside to inside block
Choong dan soo do mahk ki-----	Middle knife hand block
Choong dan jung kwon kong kyuck-----	Middle punch attack
Choong dan soo do kong kyuck-----	Middle knife hand attack
Sang dan mahk ki-----	High block
Sang dan soo Do mahk ki-----	High knife hand chop
Sang dan jung kwon kong kyuck-----	High punch attack
Sang dan soo do kong kyuck-----	High knife hand attack
Cha ki-----	Kick
Ahp cha ki-----	Front kick
E-dan ahp cha ki-----	Jump front kick
Yup cha ki-----	Side kick
E-dan yup cha ki-----	Jump side kick
Tollyo cha ki-----	Round kick
E-Dan tollyo cha ki-----	Jump round kick
Dwi cha ki-----	Back kick
Dwi tollyo cha ki-----	Spinning back kick
Phakeso ahnu ro cha ki-----	Outside to inside kick
Cchik ki-----	Axe kick
Jah Seh-----	Stance
Choon Bee Jah Seh (pronounced Choon Bee Ja Say)-----	Ready stance
Cha Ryut Jah Seh (pronounced Cha Rut Ja Say)-----	Attention stance
Chun Kul Jah Seh-----	Front stance
Hu Kul Jah Seh-----	Fighting stance

Sah bum nim -----	Instructor
DoJang -----	Training hall
Ko Map Sum Ni Da (pronounced Ko Mop Sue Ni Da) -----	Thank-you
Ki Hap (pronounced Key hop) -----	Yell
Do Bohk -----	Uniform
Dee -----	Belt

Basic Knowledge

1. What do you do when you enter & leave the DoJang? *Bow to show respect.*
2. What is the name of our organization? *World Tang Soo Do Association*
3. What is the name of our style (art)? *Tang Soo Do*
4. What is the name of our studio? *Arteca's Martial Arts*
5. What is the name and rank of your instructor? *Master Rich Arteca, 5th degree black belt*
Mrs. Crystal Wenrick, 2nd degree black belt
6. What is the name and rank of our Grandmaster? *Grandmaster Jae C. Shin (9th degree black belt)*
7. What is the Um and Yang? *Opposites for example black and white*
8. How old is Tang Soo Do? *About 2, 000 years old*
9. What are the five codes of Tang Soo Do? *Loyalty to country, Obedience to parents and elders, Honor friendship, No retreat in battle and In fighting choose with sense and honor*
10. What are the seven tenets of Tang Soo Do? *Integrity, Concentration, Perseverance, Respect & obedience, Self control, Humility and Indomitable spirit*
11. How do you count to ten in Korean? *Hana, Tul, Set, Net, Tasot, Yasot, Ilgop, Yodal, Ahop, Yol OR*
Il, E, Sam, Sah, Oh, Yuk, Chil, Pal, Ku, Sip.
13. What is the Korean name for Form #1? *Sae Kye Hyung Il Bu, pronounced Sae gay young il bu*
14. What is the Korean name for Form #2? *Sae Kye Hyung E Bu*
15. Why do we KiHap? *To show our spirit and scare attackers*
16. Why do we bow? *To show respect*
17. How do we start and end class? *Cha Ryut – Attention*
Kukgi Bae Rye – Salute the flag
Ba Ro –Return
Ahn Jo – Sitting position
Muk Yum – meditate
Instructor says Ba Ro - Return
Kwan Chang Nim E Kyung Yet – Bow to the Grandmaster
Sah Bum Nim E Kyung Yet – Bow to the Instructor
18. What is your Mom and Dad's name?
19. What is your telephone number and address?