



# Tang Soo Do Terminology, History and Fact Sheet

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## Organizations that you Should Know

McCoy's Action Karate - Your School

Moo Duk Kwan - School of Martial Virtue, Founder Grand Master Hwang Kee

Black Belt Schools of America - We are a member school

## Personalities that you Should Know - McCoy's Action Karate

Sa Ba Anne McCoy, Master- Owner	Sa Ba Paul McCoy, Master	Sa Ba Barbara McCoy, Master-Owner	Sa Ba Matthew Bennett, Master
Sa Ba Pam Walker, Master	Sa Ba Seth Petsching, Master	Sa Ba David Tran - Master	Sa Ba Laura Petsching, Master
Sa Ba Dan Stewart, Master			

## Other Personalities that you Should Know

Grandmaster Hwang Kee - Founder of Tang Soo Do and Moo Duk Kwan

Grandmaster Jay Shin - Founders Senior Student in Korea, Grand Master Cheezic's Original Instructor in Korea

Grandmaster Robert Cheezic - Founder of Cheezic Tang Soo Do - McCoy's Second Tang Soo Do Instructor

Grandmaster Master Mike Bogdanski - McCoy's original Tang Soo Do Instructor

Darren Levine - Founder of World Krav Maga - World Krav Maga - Anne & Paul McCoy's Instructor

Ima, Creator of Krav Maga - Darren Levine's Instructor

Judo - Anne McCoy's Lineage - Gary Wilcox, USMC Champion Judo Winner & Mike Bogdanski

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## Terms of Address

Kwan Jang (Nim): Grand Master

Sa Ba (Nim) : Master Belt

Kyo Sa (Nim) : Instructor

Nim: A term of respect similar to "sir" , not used if name is used, Kyo Sa (Nim)

Sun Beh: Senior member Hu Beh: Junior member Kwan Won: Student member Dan: Holder of a Black Belt Gup:

Grade, holder of colored belt

Ko Dan Ja: Senior Dan holder You Dan Ja: Dan holder

You Gup Ja: Gup holder Cho Ba Ja: Beginner

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## Items & Places Important to Your Training

Do Jang: Training hall (studio)	Do Bok: Training suit (uniform)	Dee: Belt	Kuk Ki: National Flag of Korea
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## Descriptive Tang Soo Do Terminology

Ki Cho: Basic	Hyung: Form	Deh Ryun: Sparring	Ho Sin Sul: Self-defense
Soo Ki: Hand techniques	Jaseh: Stance	Jok Ki: Foot techniques	Chung Shim: Balance
Kyuck Pa: Breaking	Shi Sun: Focus of Eyes	Ahp: Front	Yup: Side
Dwi: Back - Spin	Mahk Kee: Block	Kyuk: Attack	Ha Dan: Low part
Neh Gung: Internal power	Weh Gung: External power	Shim Gung: Spiritual power	Rin Jok: Right
Choong Dan: Middle part	Sang Dan: High part	Cha Ki: Kick	Ki Hap: Spirit Yell
Wen Jok: Left			

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## Parts of the Body - Anatomy

Pahl: Arm	Jok (Chinese) Bahl (Korean): Foot	Chu Mok: Fist	Mok: Neck
Hur Ri: Waist	Da Ri: Leg	Soo Chinese -Sohn Korean: Hand	Pahl Coop: Elbow
Dan Jun: Abdomen	Myung Chi: Solar Plexus	Eema: Forehead	Ko Whan: Groin
Moo Roop: Knee	Tuck: Chin		

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## Commands in Training - (Constantly used commands)

Jhoon Bee: Ready	Ba-Ro: Return	Anjo: Sit	Tora: Turn
Cha Ryut: Attention	Shio: Relax (rest)	Kyo Sa Nim Kyung Yet: Bow to instructor	
Kyung Yet: Bow		Sa Bom Nim Kyung Yet: Bow to master instructor	

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## (Other commands)

Ku Ryung: count	Ku Ryung Up Shi: Without count	Shi-Jock: Begin Dwee Ro Tora: Turn to rear
Ku Ryung E Mat Cho So: By the count	Bal Cha Ki Jhoon Bee: Ready for kick	Kuk Ki Bay Ray: Bow to Flag
Shim Sa Kwan Nim Ge Kyung Ret: Bow to Judge or Examiner		Sahng Ho Kan E Kyung Ret: Bow to partner (each other)

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## Counting in Korean

Ha Na: One	Da Sot: Five	Ah-Hope: Nine
Dool: Two	Yuh Sot: Six	Yohl: Ten
Set: Three	Il Gop: Seven	Eema: Forehead
Net: Four	Yo Dull: Eight	

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## Stances

Basic Stance: Ki Cho Jaseh	Chun Bee Jaseh: Ready stance	Chun Gul Jaseh: Front stance
Hu Gul Jaseh: Front Leaning Cat Stance	Hu Kool Jaseh: Back Leaning Cat Stance	Kee Ma Jaseh: Horse Stance [knees out]
So Ko Rip Jaseh: Horse Stance [Knees out]	Basai Jaseh: Cross Leg Stance	Han Bal Seo Kee Jaseh: Crane Stance
Choi Ha Don Jaseh: Low Stance	Bal Nul Bee Soe Kee Jaseh: Natural Stance	Pyong Rip Jaseh: Natural Peaceful Stance
Bal Moa Seo Kee Jaseh: Feet Together	Yo Dull: Eight	

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## Hand Techniques: Soo Ki

Choong Dan Kyuk: Center Thrust Attack	Kap Kwon: Backfist	Sang Dan Kyuk: High Thrust Attack
Han Dan Kyuk: Low Thrust Attack	Soo Do : Knife hand	Yok Soo Do: Ridge Hand
Kwan Soo: Spear hand	Kwan Soo Kyuk: Spear hand attack	Jung Kwon: Forefist
Hang Jin Kyuk: Side punch	Jang Kwon: Heel of palm	

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## Mahk Kee: Block (Defensive Strike)

Ha Dan Mahk Kee: Low block	Ssang Soo Sang Dan Mahk Kee: Two fist high block (x-block)	Ha Dan Soo Do Mahk Kee: Low knife-hand block
Sang Dan Mahk Kee: High block	Choong Dan Soo Do Mahk Kee: Middle knife-hand block	Sang Dan Soo Do Mahk Kee: High knife-hand block
Phakeso Ahnu Ro Mahk Kee: Outside/inside block	Phakeso Ahnu Ro Mahk Kee: Outside/inside block	Ssang Soo Ha Dan Mahk Kee: Two fist low block (x-block)
Ssang Soo Mahk Kee: Two fist middle block	Choong Dan Yup Mahk Kee: Side block	

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## Cha Ki: Kicking

<b>Warm Up Kicks</b>	Ahp Euro Ol Ri Ki: Front stretch Limbering up kick	Yup Euro Ol Ri Ki: Front stretch Limbering up kick	
<b>Front Kicks</b>	Ahp Cha Ki: Front kick	Ahp Mee Ro Cha Ki: Front pushing kick	E-Dan Ahp Cha Ki: Jump front kick
	Dwi Ahp Cha Ki: Spinning front kick	E-Dan Dwi Ahp Cha Ki: Jump Spin front kick	
<b>Side Kicks</b>	Yup Cha Ki: Front side kick	E-Dan Yup Cha Ki: Jump side kick	Dwi YupCha Ki: Spinning side kick
	E-Dan Dwi Yup Cha Ki: Jump Spin side kick	Yup Hu Ro Cha Ki: Side hook kick	E-Dan Hu Ro Cha Ki: Jump Side hook kick
	Dwi Hu Ro Cha Ki: Spinning Side hook kick	E-Dan Dwi Hu Ro Cha	Ki: Jump Spin Side hook kick
<b>Roundhouse &amp; Back Kicks</b>	Dollyo Ahp Cha Ki: Round-house kick	Dwi Cha Ki: Back kick	Dwi Dollyo Cha Ki: Spinning back kick
	E-Dan Dollyo Cha Ki: jump round-house kick	E-Dan Dwi Cha Ki: Jump back kick	E-Dan Dwi Dollyo Cha Ki: Jump spinning roundhouse kick
<b>Other Kicks</b>	Ahneso Phaku Ro Cha Ki: Circular inside/outside snap kick(Crescent)	Phakeso Ahnu Ro Cha Ki: Circular outside inside snap kick(Crescent)	Moo Roop Cha Ki: Knee kick
	Peet Cha Ki: Diagonal inside/outside snap kick	Dallyo Moo Roop Cha Ki: Round House Knee Kick	Cchik Cha Ki <sik chaki>: Ax Kick
	E-Dan: Jumping Dwi <doowi>: Spinning or Back		

## Deh Ryun: Sparring

Sam Soo Sik Deh Ryun: Three-step sparring	Il Soo Sik Deh Ryun: One-step sparring	Ja Yu Deh Ryun: Free sparring
Jua Deh Ryun: Sparring in sitting position	Wa Deh Ryun: Sparring lying down position	Bong Deh Ryun: Stick sparring
Da Soo In Deh Ryun: Sparring against two or more	Kyo Deh: change positions or assume partner's position	Took Soo Deh Ryun: Special sparring
Dan Do Deh Ryun: Short knife sparring	Sil Chay Deh Ryun: Non-contact sparring	



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## Hyungs - Forms

- Ki Cho Hyung Il Bu: Basic form #1
  - Ki Cho Hyung E Bu: Basic form #2
  - Ki Cho Hyung Sam Bu: Basic form #3
  - Pyung Ahn Cho Dan: Calm & Peace of Mind Stage #1
  - Pyung Ahn E Dan: Calm & Peace of Mind Stage #2
  - Pyung Ahn Sam Dan: Calm & Peace of Mind Stage #3
  - Pyung Ahn Sa Dan: Calm & Peace of Mind Stage #4
  - Pyung Ahn O Dan: Calm & Peace of Mind Stage #5
  - Chil San Ilro: 7 Stars & Seven Spiritual Ways Stage #1
  - Chil San Eero: 7 Stars & Seven Spiritual Ways Stage #2
  - Chil San Samro: 7 Stars & Seven Spiritual Ways Stage #3
  - Bassai Dai: Tearing Down the Fortress
  - Naihanchi Cho Dan: Stance of Iron (or Iron Horse) Stage #1
  - Naihanchi Ee Dan: Stance of Iron (or Iron Horse) Stage #2
  - Naihanchi Sam Dan: Stance of Iron (or Iron Horse) Stage #3
  - Jin Te: Crane Standing on a Rock
  - Sip Su: Ten Hands
  - Ro Hai: Heron Form
  - Kong San Koon: Eagle Form
  - Wang Shu: Flight of the Sparrow
  - Jion: Temple in China
  - Shi Shan:
  - So Rim Jang Kwan:
  - Ki Cho Bong Il Bu: Basic Long Stick Form 1
  - Shin Gen In Su: Absent Mindedness Staff Form
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## 8 Key Concepts

Yong Ki: Courage	Chung Shin Tong Il: Concentration	In Neh: Endurance
Chung Jik: Honesty	Kyum Son: Humility	Him Cho Chung: Control of power
Shin Chook: Tension and relaxation	Wan Gup: Speed control	



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## Student Creed

I Will develop myself in a positive manner and avoid anything that could reduce my mental growth or physical health.  
I Will develop self-discipline in order to bring out the best in myself and others.  
I will use common sense before self-defense and never be abusive or offensive.

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## 5 Codes of Tang Soo Do

Be loyal to ones country.  
Be obedient to parents and elders.  
Honor Friendship.  
Never retreat in battle.  
In fighting, choose with sense and honor.

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## Tenets of Tang Soo Do

Integrity  
Concentration  
Perseverance  
Respect and Obedience  
Self-Control  
Humility  
Indomitable Spirit