

Korean Terminology

Basic Terms

Yeh Eui: Etiquette

Kyung Nyeh: Salute, Bow

Cha Ryuht: Attention

Juhng Jah: Proper Sitting (Kneeling)

Joon Bee: Ready

Shee Jahk: Begin

Geut: Finish (Completion)

Bah Roh: Return to Standing

Doh Jahng: Practice Hall

Doh Bok: Uniform

Ddee: Belt

Eue Bok: Clothing

Soo Ryuhn: Practice

Geu Mahn: Stop

Shee Uh: Rest

Ki: Internal Life Force

Ki Cho Jah Ki: Breathing exercises

Ki Hahp: Special yell utilizing "Ki" energy

Soom Shee Gi: Breathing

Mohm Pull Ki: Body Conditioning Exercises

Kuk Ki: National Flag

Won Ki: Mu Sool Won Association Flag

Names and Titles

Chong Je Nim: Grandmaster (10th degree Black Belt)

Chong Kwan Jahng Nim: Chiefmaster (9th degree Black Belt)

Kwan Jahng Nim: Master (5th, 6th, 7th, & 8th degree Black Belt)

Sa Bum Nim: Instructor (4th degree Black Belt)

Pu Sa Bum Nim: Deputy Instructor (3rd degree Black Belt)

Kyo Sa Nim: Assistant Instructor (2nd degree Black Belt)

Jo Kyo Nim: Instructor-in-Training (1st degree Black Belt)

Jeh Jah: Martial Arts Apprentice, Disciple

Dahn Boh Nim: Black Belt Candidate (Brown-Black Belt)

Counting

Hah Nah: One

Dool: Two

Set: Three

Net: Four

Dah Suht: Five

Yuh Suht: Six

Il Gohp: Seven

Yuhl Duhl: Eight

Ah Hohp: Nine

Yuhl: Ten

Il: First

Ee: Second

Sahm: Third

Sah: Fourth

Oh: Fifth

Seu Mool: Twenty

Suh Reun: Thirty

Mah Heun: Forty

Shwin: Fifty

Parts of the Body

Sohn: Hand

Bahl: Foot

Dah Ree: Leg

Moo Reup: Knee

Sohn Mohk: Wrist

Bahl Koom Chi: Heel

Pahl Koom Chi: Elbow

Ahn Sohn Mohk: Inside of Wrist

Bahl Deung: Ridge on Top of Foot

Maek: Vital Point

Directions and Movements

Ahp: Front

Ahn: Inside

Yahng: Both

Yuhk: Reverse, Inverted

Sahng: High

Yuhp: Side

Ddui Uh: Jumping

Ssahng: Double, Twin

Dor Ah: Spinning, Turning

Joong: Middle

Dee, Dwee: Back, Rear

Hah: Low

Hweh Juhn: Rolling, Rotating

Bahn Deh Roh: The Other
Way, Other Side

Dee Roh Dor Ah: Turn
Around

Jah She (Stances)

Kong Kyuk Jah Seh: Offensive Position

Bahn Uh Jah Seh: Defensive Position

Ki Mah Jah She (Pyung Jah Seh): Horse Stance

Juhn Gool Jah Seh: Long Stance

Soo Gi (Hand Techniques)

Juhng Gwuhn: Straight Fist (Punch)

Yuhk Gwuhn: Inverted Fist (Uppercut)

Gahk Gwuhn: Back Fist

Il Ji Gwuhn: 1- Knuckle Fist

Sah Ji Gwuhn: 4-Knuckle Fist

Joong Ji Gwuhn: Middle-Knuckle Fist

Sah Mah Gwi Gwuhn: Praying Mantis Fist

Sah Mah Gwi Mahk Ki: Praying Mantis Block

Ship Ja Mahk Ki: Four-Direction Block

Kahm Ah Makh Ki: Entangling Block

Ahp Dee Soo Doh: Punching/Knife Hand Drill

Soo Doh: Knife Hand

Yuhk Soo Doh: Inverted Knife Hand

Ssahn Soo Doh: Double Knife Hand

Hweh Juhn Soo Doh: Rolling Knife Hand

Pyung Soo: Palm Strike

Ssahng Pyung Soo: Double Palm Strike

Sohn Deung Pyung Soo: Backhand Strike

Gwahn Soo: Spear Hand

Pahl Koom Chee: Elbow Strike

Hoh Gwuhn: Tiger Claw Strike

Hoh Goo Gwuhn: Tiger's Mouth Grip

Johk Sool (Leg Techniques, Kicking)

Ahp Cha Gi: Front Kick

Yuhp Cha Gi: Side Kick

Dee Cha Gi: Back Kick

Ahn Dah Ree Cha Gi: Inner Leg Kick

Bah Gaht Dah Ree Cha Gi: Outer Leg Kick

Dor Ah Cha Gi: Spin Kick

Sahng Dahn Dor Ah Cha Gi: High Spin Kick

Hah Dahn Dor Ah Cha Gi: Low Spin Kick

Moo Reup Cha Gi: Knee Kick

Ahp Cha Oh Li Gi: Projection Kick

Hoo Li Gi: Foot Sweep

Johk Doh Noh Li Gi: Axe Kick

Bahl Deung Cha Gi: Round House Kick

Bahl Koom Chi Cha Gi: Hook Kick

Dor Ah Dee Cha Gi: Turning Back Kick

Yuhk Bahl Deung Cha Gi: Inverted Round
House Kick

Ahn Koom Chi Dohl Li Gi: Inside Heel Kick

Dee Uh Cha Gi: Jumping Kick

Nak Bub (Falling Principles)

Ahp Nak Bub: Front Fall

Dee Nak Bub: Back Fall

Yuhp Nak Bub: Side Fall

Ahp Yuhp Nak Bub: Front-Side Fall

Mu Li Bong Ah: Cartwheel

Hweh Juhn Nak Bub: Rolling Fall

Gong Joong Hweh Juhn: High Fall (Mid-Air)

Goh Yahng Ee Nak Bub: Cat Roll

Doo Sohn Mu Li Bong Ah: 2-Hand Cartwheel

Hahn Sohn Mu Li Bong Ah: 1-Hand Cartwheel

Pahl Koom Chi Mu Li Bong Ah: Elbow Cartwheel

Gong Joong Mu Li Bong Ah: Aerial Cartwheel