

TERMINOLOGY

"Tae Kwon Do" - means foot, fist, art and is a Korean form of Martial Art

"Karate" - means empty hand, or hand of the Kara Kingdom and is a Japanese form of Martial Art.

There are many different styles of Tae Kwon Do, however, with the introduction of the Palgwe Patterns followed by the Taeguk Patterns, most of the Kwans today resemble each other. Even philosophies amongst the different Kwans have become similar.

OUR STYLE OF TAE KWON DO IS BASED IN JI DO KWON, HOWEVER, GRANDMASTER CHUNG NOW ALSO HOLDS A 7TH DAN RANK FROM CHUNG DO KWAN. THIS MAKES OUR DOJAHNG UNIQUE AS WE ARE AFFILIATED WITH TWO RECOGNIZED KWANS.

Other recognized styles include: MOO DUK KWAN (Tang Soo Do), CHANG MOO KWAN, HAN MOO KWAN, OH DO KWAN & SONG MOO KWAN
Dr. Kwae Pyung Yoon - Founded Ji Do Kwan in 1950. The current President of Ji Do Kwan is Chung Woo Lee.

- Won Kook Yi – Founded Chung Do Kwan in 1941 (Chung Do Kwan was the first official recognized Kwan) He retired in 1945 and named his successor, Uoon Kwu Um. Uoon Kwu Um still lives in Seoul and is the President of Chung Do Kwan and also the President of the Kukkiwon (World Tae Kwon Do Headquarters). Bruce Chung's is affiliated with the Kukkiwon and Black Belts may receive this organization's Black Belt certificate in addition to ours.

COMMON WORDS USED DURING CLASS

Do Jahng -Tae Kwon Do gymnasium	Ol-gul – Face
Do Poke -Tae Kwon Do uniform	Mome-tong - Body
Kwan Jahng Nim - Owner/Grandmaster	A-rae - Low
Sah Bum Nim - Master	Bahn-daero - Reverse
Kyo Sah Nim - Instructor	Yahng - Double
Cha Ryut - Attention	Joon Bee - Ready/Prepare
Kwon – First Two knuckles on your fist	Pahl - Arm
Kyung Nyay - Bow	Ahp - Front
Shee Jahk – Start	Yup - Side
Shi-o – At Ease, Rest	Dui - Back
Go-Mahn – Stop	Makgi – Block
Jireugi - Punch	Tohlyu - Roundhouse
Chagi - Kick	Ba-ro - Finish
Kal-yeo – Break (during sparring match)	Kaye-Sok – Continue
Son Keut - Thrusting	Dui Ro Dorah – Spinning
Chigi – Strike	Joo Muck – Fist
Dui Bahl – Back Leg	Palli Chagi – Fast Kick
Ahp Bal – Front Leg	

NUMBERS

Ha Na – 1	Eel – 1 st
Dool – 2	Yee – 2 nd
Set – 3	Sahm – 3 rd
Net – 4	Sah – 4 th
Dah Sut – 5	Oh – 5 th
Yah Sut – 6	Yook – 6 th
Eel Kope – 7	Cheel – 7 th
Yu Dul – 8	Pahl – 8 th
Ah Hope – 9	Koo – 9
Yul – 10	Ship – 10 th
Su Mul – 20	
Sa Runn – 30	
Ma Hun – 40	
She Hun – 50	
Ya Sun – 60	
Eee Reu – 70	
Ya Dun – 80	
A Hun – 90	
Beck – 100	

Kup- Word used to describe the level of belt (kup numbers go down as you advance in rank, i.e.: white belt - 9th kup, yellow belt - 8th kup, orange belt - 7th kup, etc.)

Dan or Degree – Words used to describe a level of black belt (i.e. 1st dan, 2nd dan, etc.)

FUNDAMENTALS

Gyu Roo Gi - Sparring
Poomse - Form
Han Bun Gyu Roo Gi - 1-Step Pre-arranged
Hoshinsool – Self Defense

STANCES

Chu-Cheum Seogi - Horse Stance
Beom Seogi - Cat Stance
Ahp Kubi - Forward Stance
Ahp Seogi - Walking Stance
Yup Seogi - Side Stance
Dui Kubi - Back Stance
Ja Yun Sae – Natural Stance

PUNCHES

Ol-gul Jireugi - Face Punch
Mome-tong Jireugi – Middle Section Punch
A-rae Jireugi - Low Section Punch
Bah-ro Jireugi - Straight Punch
Bahn-daero Jireugi - Reverse Punch
Choo-kyu Chigi - Uppercut Punch

KICK / CHAGI

Ahp ChaOhlligi - Limbering Up Front Kick
Ahp Chagi - Front Kick
Tohlyu Chagi - Roundhouse Kick
Dui Chagi - Back Kick
Yup Cha Ohlligi - Limbering Up Side Kick
Yup Chagi - Side Kick
Dee-yo Chagi - Jumping or Flying Kick
Mill-yo Chagi - Pushing Kick
Pyo-jeok Chagi - Target Kick

BLOCK/MAKGI

Ol-gul Makgi - Face Block
Bahk-uro Mome-tong Makgi - Outward Middle Block
Ahn-uro Mome-tong Makgi - Inward Middle Block
Son-nahl Makgi - Knifehand Block
Yahng son-nahl Makgi - Double Knifehand Block
Ko-du-reo Makgi - Assisted Double Arm Block
Yahng-pahl Makgi - Double Arm Block
Kyo-cha Makgi - X-Block
Joo-muck Makgi - Punchng Block
A Rae Makgi – Low Block

STRIKES

Joo-muck-deung Chigi - Backfist Strike
Son-deung Chigi - Backhand Strike
Pahl-koom-Chi Chigi – Elbow Strike
Son-keut Chigi - Spearhand
Son-nahl Chigi - Knifehand Strike
Tohlyu Chigi - Hook Punch
Joo-muck-pah-dak Chigi – Hammerfist Strike
Chang-kwon Chigi - Palm-heel Strike
Kal-jae-bi - Cobra Strike
Mooh-rup Chigi - Knee Strike

OUR PHILOSOPHY

Is based upon the teachings of the Hwarang-Do (Korean Knighthood)

- **Be loyal to your country**
- **Be obedient to your parents**
- **Be truthful to your friends**
- **Never retreat in battle**
- **Never attack without just cause**
- **Be truthful to yourself**