

# CHOI KWANG-DO TERMINOLOGY REFERENCE GUIDE

## CLASS COMMANDS (GOO RYUNG)

Char-riot	Attention
Kyung-yaе	Bow
Joon-bee	Ready
See-jahk	Begin
Bah-ro	Back to Ready
Guh-man	Stop
Shi-uh	At Ease
Koo-ryung Up-see	In Your Own Time
Koo-ryung Aeh Machoo-uh	By The Count
Dwiro Dora	Turn Around
Hae-sun	Dismiss
Up-uhro Gamyа	Move Forward
Dwiro Gamyа	Move Backward
Bal Ba-kua	Switch Stance

## STANCES (SUH-GEE)

Joon-bee Suh-gee	Ready Stance
Na-run Hee Joon-bee Suh-gee	Parallel ready stance
Mo-ah Joon-bee Suh-gee	Closed ready stance
Up Suh-gee	Forward Stance
Yup Suh-gee	Side Stance
Dae-bee	Guard
Jah-yun	Natural
Dong-juhк	Dynamic

## DIRECTIONS (BAHNG HIANG)

Up	Front
Dwi	Back or Rear
Yup	Side
Woo	Right
Jwa	Left
Ban-dae	Reverse
An Uh-ro	Inner
Bahk Uh-ro	Outer
Dwiro Dora	About Turn

## BODY SECTIONS (MOM WEE-CHEE)

Ah-rae	Low Area (Below Belt)
Mom-tong	Body (Belt to Shoulders)
Ul-gool	Face, head, and neck

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## KICKS (CHA-GEE)

Up Bal	Front Leg
Dwi Bal	Rear Leg
Up Cha-gee	Front Kick
Yup Cha-gee	Side Kick
Hoo-lyia Cha-gee	Swing Kick
Ban-dae Hoo-lyia Cha-gee	Reverse Swing Kick
Bal Dwi Goom-chee Up Cha-gee	Heel Front Kick
Nae-ria Cha-gee	Downward Kick
Ban-dal Cha-gee	Crescent Kick
Bee-tul-uh Cha-gee	Twisting Kick
Dol-mee-uh Yup Cha-gee	Spinning Side Kick
Dol-mee-uh Ban-dae Hoo-lyia Cha-gee	Spinning Reverse Swing Kick
Dol-mee-uh Nae-ria Cha-gee	Spinning Downward Kick
Dol-mee-uh Bee-tul-uh Cha-gee	Spinning Twisting Kick
Mee-kul-meeuh Cha-gee	Sliding Kick
Twee-meeuh Cha-gee	Jumping Kick

## BLOCKS (MAK-GEE)

Ba-kuh-ro Mak-gee	Outward Block
An-uh-ro Mak-gee	Inward Block
Ah-rae Mak-gee	Low Block
Dwi Soan Ul-gool An-uh-ro Mak-gee	Rear Open Hand Inward Block
Soan Ah-rae Mak-gee	Palm Low Block
Dwi Soan Ah-rae Mak-gee	Rear Open Hand Low Block
Doo-pal Mok Mak-gee	Double Forearm Block
Soan Wee Ro Mak-gee	Open Hand Upward Block
Dung Pal Mok An-uh-ro Mak-gee	Back Forearm Inward Block
Doo Soan Ah-rae Mak-gee	Double Open Hand Downward Block
Up Dong-juhk Up Soan Ul-gool An-uh-ro Mak-gee	Front Dynamic Open Hand Inward Block
Up Dong-juhk Dwi Soan Ul-gool Ah-rae Mak-gee	Front Dynamic Rear Open Hand Low Block
Pee Hah Gee	Dodge

## PUNCHES (JIRUH-GEE) AND STRIKES (CHEE-GEE)

Jiruh-gee	Punch
Up An-uh-ro Jiruh-gee	Front Inward Punch
Dwi An-uh-ro Jiruh-gee	Rear Inward Punch
Yup Joo-muk Chee-gee	Side Fist Strike
Dung Joo-muk Chee-gee	Back Fist Strike
Soan-kal Chee-gee	Knife Hand Strike
Dolyuh Jiruh-gee	Round Punch
Sah-suhn Jiruh-gee	Diagonal Punch

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Ol-lyo Jiruh-gee	Upward Punch
Soan-badak An-uh-ro Chee-gee	Inward Palm Strike
Soan-badak Dolyuh Chee-gee	Round Palm Strike
Pal-goop Chee-gee	Elbow Strike
Soan-kal-dung Chee-gee	Reverse Knife Hand Strike
Soan-kut Chee-gee	Claw Finger Strike
Nae-ria Pal-goop Chee-gee	Downward Elbow Strike
Nae-ria Jiruh-gee	Downward Punch
Sah-Suhn Nae-ria Jiruh-gee	Diagonal Downward Punch
Muhree Chee-gee	Head Strike
Moo-ruhup Chee-gee	Knee Strike

### RANK (DUNG GUP)

Gup	Grade
Dan	Degree

### GENERAL TERMS (IL-BAN YONG-UH)

Pil Suhng	Certain Victory
Dojahng	The School - House of Discipline
Do Bok	Uniform
Hyung	Pattern or Form
Jah-gee Bahng-uh	Self-Defense
Ki Hap	Loud yell to bring out mental and physical strength
Dojunim	"Founder", Formal address for Grand Master Choi
Boo Sabumnim	Deputy Instructor
Sabumnim	"Teacher", Formal address for all Instructors
Kwang-jang-nim	International Instructor
Sah-boo-nim	Master/Grandmaster
Choi Kwang-Do	The Art (or method) of Grand Master Kwang Choi

### KOREAN COUNTING (HANKUK SOOT-JAH)

Hanah	One
Dool	Two
Set	Three
Neht	Four
Dasut	Five
Yuhsuht	Six
Ilgop	Seven
Yuhduhl	Eight
Ah Hop	Nine
Yuhl	Ten