



# Old School Martial Arts Club



## NOVICE

White testing for white/yellow	
Attention	Char yet
Bow	Kyong yet
Ready motion	Joon bee
Recover	Ba ro
Uniform	Do boke
Belt	Dee
White belt student	Moo kup jah

White or white/yellow testing for yellow/white	
Side	Yup
Kick	Chakee
Side kick	Yup chakee
Back	Dwee
Back pivot side kick	Dwee dolah chakee
Begin	Shee jok
Our martial art	Tang Soo Do

Yellow/white testing for yellow	
Roundhouse kick	Dole yeh chakee
Back spin kick	Dwee hway jun
Form (pattern)	Hyung (poomsay)
Basic forms	Kee cho hyung
Strong wind	Dole poong
Martial art training area	Do jong
Color belt student	Yoo kup jah

Yellow testing for yellow/green	
National flag	Kook kee
Our martial art organization	United Tang Soo Do Federation
Grandmaster	Kwan jang nim
Stance	Ja say
Forward stance	Joon kool ja say
Cat stance	Hoo kool ja say
Horse riding stance	Kee ma ja say

Yellow/green testing for green/white	
Low area	Ha dan
Middle area	Joong dan
Defense	Bang uh
High area	Sang dan
Low defense	Ha dan bang uh
High defense	Sang dan bang uh



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## INTERMEDIATE

### Green/white testing for green

Hook kick	Gall go ree chakee
Front	Ahp
Front kick	Ahp chakee
Front leg stretching	Ahp ole lee kee
Side leg stretching	Yup ole lee kee
Block	Makee
Inside-to-outside block	Aneh seh bakeh ro makee
Outside-to-inside block	Bakeh seh aneh ro makee

### Green testing for green/blue

Forehead	Ee ma
Hand	Sone
Fist	Chu mok
Arm	Pal
Elbow	Pal koop
Knee	Moo rup
Foot	Ball

### Green/blue testing for blue/white

Forefist	Joong kwon
Backfist	Kap kwon
Palm heel	Jang kwan
Knife hand	Soo do
Ridge hand	Yuk soo do
Spear hand	Kwan soo

### Blue/white testing for blue

Inside-to-outside kick	Aneh seh bakeh ro chakee
Sit	An jeh
Stand	Suh
Thank you (polite)	Com sahamnida
Turn	Torah
Turn to the rear	Dwee ro torah

### Blue testing for blue/brown

Butterfly kick (twisting kick)	Beet chakee
Breaking	Kyuk pa
Exhibition	Shee bun kyung gee
One-step sparring	Il soo shik day ryun
Free sparring	Ja yoo day ryun (kyooroogi)

### Blue/brown testing for brown/white

Main school	Bone kwan (joong ang do jong)
District headquarters	Jee kwan
Branch school	Boon kwan
United States flag	Mee kook kee
Korean flag	Han kook kee
Federation flag	Kwan kee



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## ADVANCED

### Brown/white testing for brown

Outside-to-inside kick	Bakeh seh anch ro chakee
Master instructor (4 <sup>th</sup> dan and up)	Sah bum nim
Head instructor (2 <sup>nd</sup> and 3 <sup>rd</sup> dan)	Kyo sah nim
Assistant instructor (1 <sup>st</sup> & 2 <sup>nd</sup> dan)	Jo kyo nim
Senior black belt student (4 <sup>th</sup> dan & up)	Go dan jah
Black belt student	Yoo dan jah

### Brown testing for red/white

Spirit of the martial artist	Moo sool jung shin
Chest protector	Hogu
Jumping	Ee dan
Attack	Kong kyuk
Double middle block	Sang soo joong dan makee
Knife hand block and punch	Yak jin

### Red/white testing for red

One	Hana
Two	Dool
Three	Set
Four	Net
Five	Dasut
Six	Yuhsut
Seven	Il kup
Eight	Yuh dole
Nine	Ah hope
Ten	Yul

### Red testing for black/white

Blue mountain	Chung san
Rest	Shiyo
Flying tiger	Bee ho
UTF central form	Pak ka kwan
Seven-star form	Chil sung hyung
You're welcome	Chun maneyo

### Black/white testing for deputy first dan

One	Il
Two	Yee
Three	Sam
Four	Sah
Five	Oh
Six	Yuk
Seven	Chil
Eight	Pal
Nine	Koo
Ten	Ship