

Lee's Martial Arts

Terminology

This is a list of several terms used at Lee's and their Korean counterparts.

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General

"Come along" restraints	Cha bo sul
Attention	Cha ree yut
Begin	She jhak
Belt	Dee
Black belt rank	Dan
Bow	Kyung nyet
Breathing	Dan jun ho hup
Do	An art, way or method
Escapes	Mil gi
Falling	Nok Bup
Forms	Poom seh/Hyung
Hap	Coordinated/harmonious
Hapkido	The Way of Coordinated Power
High section	Sang dan
Joint locks	Keuk gi
Jumping	Ee dan
Ki	Power/energy/spirit
Kick defense	Cha gi mak gi
Kwon	To destroy with the hand
Low section	Ha dan
Middle section	Joong dan
Practice Area	Do Chang

Punch defense	Ju mo mak gi
Rank below black belt	Gup
Ready	Choon bee
Re-grabs	Chop gi
Relax	She yo
Self defense	Ho shin sool
Stop	Go mahn
Tae	To kick or smash with the foot
Tae Kwon Do	The Way of the Smashing Foot and Hand
Throwing	Dun jee gi
Uniform	Do Bok
Uniform pants	Ha ee
Uniform shirt	Sang ee
Yell	Ki hap

Stances

Back stance	Hool gool sheh
Front stance	Choon gool seh
Horse stance	Kee mah seh

Blocks

Double knife hand block	Sang sudo mak gi
High block	Sang dan mak gi
Inside middle block	Joong dan ahn mak gi
Low block	Ha dan mak gi
Outside middle block	Joong dan bakat mak gi
X-block	Kyo cha mak gi

Counting

One	Hana (Il)
Two	Dool (Ee)
Three	Set (Sahm)
Four	Net (Sah)
Five	Dah suht (Oh)
Six	Yah suht (Yook)
Seven	Il gope (Chil)
Eight	Yoh Dool (Pahl)

Nine	Ah hope (Goo)
Ten	Yol (Ship)
Eleven	Yol hana
Twenty	Soomool
Thirty	Su roon
Forty	Sah ship
Fifty	Oh ship
Sixty	Yook ship
Seventy	Chil ship
Eighty	Pahl ship
Ninety	Goo ship
One hundred	Bahk

Phrases

Thank you very much	Go mup soom nidda
You're welcome	Chaminayo
I'm sorry	Mee ahn hahm ni dah

Hand Techniques and Strikes

Back fist	Dung jumok
Bear paw	Gom sohn
Eagle claw	Jip keh sohn
Elbow strike	Pahl gup chigi
Fist	Jumok
Forearm strike	Pahl mok chigi
Hammer fist	Meh jumok
Hand	Kwon/Sohn
Heat butting	Mori chigi
Knife hand	Su do
Leopard paw	Pyung jumok
Middle knuckle fist	Bahm jumok
One finger spear	Il ji kwon su
Palm heel	Chang kwon
Punch	Ji ru gi
Ridge hand	Yuk su do
Spear hand	Kwon su
Thumb knuckle fist	In ji jumok

Tiger claw	Gol kwi sohn
Tiger mouth	Ah koom sohn
Two finger spear	Ee ji kwon su

Kicking Techniques

Axe kick	Nopi cha gi
Back crescent kick	Dui pakoro dol yoo cha gi
Back kick	Dui cha gi
Back side kick	Dui yup cha gi
Back spin kick	Dui dol yoo cha gi
Double jumping kick	Ee dan doo ban cha gi
Drop back spin kick	An gah dol yoo cha gi
Front kick	Ahp cha gi
Half-moon kick	Bandal cha gi
Hook kick	Kumchi dol yoo cha gi
Inside crescent kick	Ahnuro dol yoo cha gi
Jumping kick	Ee dan cha gi
Knee kick	Murup cha gi
Outside crescent kick	Pakoro dol yoo cha gi
Roundhouse kick	Dol yoo cha gi
Side kick	Yup cha gi
Twist kick	Bee cha gi

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