

AMERICAN KARATE TERM SHEET

(K) = Korean (J) = Japanese (O) = Okinowan

Korean Commands:

Chunbee	Ready
Charyo	Attention
Kyungye	Bow
Shejak	Begin (K)
Hajima	Begin (J)
Pado	Return
Goman	End or Stop
Shio	At Ease

Korean Kicks:

Ap Chagee	Front Kick
Yap Chagee	Side Kick
Tolyo Chagee	Roundhouse Kick
Hysend Chagee	Low-High Kick
Pandae Tolyo Chagee	Spinning Back Kick
Kolchyo Chagee	Heel Kick
Twimyo Ap Chagee	Jump Front Kick

Korean Blocks:

Hadan Makee	Downward Block
Chukyo Makee	Rising Block
Yap Makee	Side Block
Soodo Makee	Knife Hand Block
Ap Makee	Fore Arm Block

Korean Strikes:

Chungdan Chirugi	Lunch Punch
Soodo	Knife Hand
Yok Jean	Reverse Advance
Yok Soodo	Reverse Knife Hand
Kwansu	Spear Finger

Katas:

Chon-ji	Heaven and Earth - patterned after the creation of humanity - 19 movements (K)
Tangun	Legendary founder of Korea - 21 movements (K)
Tosan	Educator and Philosopher - 24 movements (K)
Won-hyo	Noted monk who helped introduce Buddhism into Korea during the Silla Dynasty in 686 A.D. - 28 movements (K)
Yul-kok	Confucius of Korea - 38 movements (K)
Chung-gwen	Honor patriot who assassinated evil governor of Korea - 32 movements (K)
Toi-gye	Pen name of the noted Confucianist scholar Yi Hwang - 37 movements (K)
Hwa-rang	Elite young warrior responsible for unifying the 3 kingdoms of Korea - 39 movements (K)
Chung-mu	Admiral of the first armored battleship of Korea in late 16th century - 30 movements (K)
Ba Sai	The spirit needed to penetrate a fortress - 43 movements (O)
Kwan Gye	19th century king famous for winning back occupied lands - 39 movements (K)
Gye-Baek	The last general in charge of the forces at the end of the Bak Jai Dynasty - 39 movements (K)

General Terms:

Tae Kwon Do	Way of the Foot and Fist (K)	Ki	Life Energy (J)
Dojang	Training Hall (K)	Kihap	Yell (K)
Dojo	Training Hall (J)	Kia	Spirit Shout (J)
Gi	Training Uniform (J)	Fugui Sugi	Back Balance (K)
Hyung	Forms or Pattern (K)	Kima Sugi	Horse Riding Stance (K)
Kata	Real fight against imaginary opponents (J)	Chongul Sugi	Fore Balance (K)

The 5 Tenets of Tae Kwon Do:

(1) Courtesy (2) Integrity (3) Perserverance (4) Self-Control (5) Indomitable Spirit

American Karate Creed:

To be a person of good character through knowledge in the mind, honesty in the heart and strength in the body.