

BEGINNER TERMINOLOGY

Testing For – White Yellow Stripe & Yellow White Stripe 9th & 8th Kup

Your Instructors Name	MASTER RUSS CARTER
Tang Soo Do	KOREAN MARTIAL ART
United Tang Soo Do Federation	OUR MARTIAL ARTS ORGANIZATION
Founder & President of the U.T.F.	GRANDMASTER SONG KI PAK
Char Yeh	ATTENTION
Kyong Yeh	BOW
Do jahng	TRAINING AREA
Yup cha kee	SIDE KICK

LIFE SKILL WORD

RESPECT – TREATING OTHER PEOPLE THEY WAY YOU WANT TO BE TREATED

BEGINNER TERMINOLOGY

Testing For – Yellow Belt Advanced 8th Kup

Kwan jahng neem	GRANDMASTER
Sah bum neem	HEAD INSTRUCTOR 4 TH DAN & UP
Kyo sah neem	HEAD INSTRUCTOR 2 ND & 3 RD DAN
Jo kyo neem	ASSISTANT INSTRUCTOR 1 ST & 2 ND DAN
Do boke	UNIFORM
Dee	BELT
Kook kee	NATIONAL FLAG
Dwee dolah cha kee	BACK PIVOT KICK

LIFE SKILL WORD

CONCENTRATION– KEEPING YOUR MIND ON ONE THING – FOCUSING & DOING YOUR BEST –
PAYING ATTENTION

BEGINNER TERMINOLOGY

Testing For – Yellow Green Tip 7th Kup

Joon bee	READY MOTION
Bah ro	RECOVER
See jahk	BEGIN
Joon kool jah say	FORWARD STANCE
Hoo kool jah say	FIGHTING STANCE
Kee mah jah say	HORSE RIDING STANCE
Dwee ho jun	BACK SPIN KICK

LIFE SKILL WORD

SELF-CONTROL – BEING IN CONTROL OF YOUR ACTIONS, EMOTIONS, & THOUGHTS. DOING WHAT IS RIGHT EVEN IF YOU DON'T WANT TO. DOING WHAT IS RIGHT EVEN WHEN NO ONE IS WATCHING OR WILL KNOW.

BEGINNER TERMINOLOGY

Testing For – Green White Stripe Advanced 7th Kup

Bang uh, mahk kee	DEFENSE BLOCK
Kong kyuk	ATTACK
Sahng dan	HIGH AREA
Joong dan	MIDDLE AREA
Hah dan	LOW AREA
Dole ye cha kee	ROUNDHOUSE KICK

LIFE SKILL WORD

GOAL SETING – WORKING TO ACHIEVE A DESIRE. THE FIRST STEP TO SUCCESS.

BEGINNER TERMINOLOGY

Testing For – Green Belt 6th Kup

Soo do	KNIFE HAND
Yuk soo do	RIDGE HAND
Kwan soo	SPEAR HAND
Joong kwan	FIST
Jahng kwan	PALM HEEL
Kahp kwan	BACK FIST
Ball	FOOT
Gahl go ree cha kee	HOOK KICK

LIFE SKILL WORD

GRATITUDE – BEING GRATEFUL AND THANKFUL. A SINCERE APPRECIATION FOR THINGS GIVEN TO YOU OR DONE FOR YOU. ALWAYS STRIVE TO HAVE AN ATTITUDE OF GRATITUDE.