

Basic Kuk Sool Vocabulary

Kuk Sool/MuSool - Korean martial arts

Dojahng - Martial arts training hall

Ki Mah Ja Seh - Foundational Horse Stance

Jahng Jwah - Kneeling position (feet tucked)

Cha Ryut - Attention

Joon Bee - Get Ready

She Jahk - Begin

G/Keut - Finish

G/Kyung Yeh - Salute/bow

Baroh - Straighten

Mohm PoolKi - Warm up/Conditioning

Ahp - Front

Dii - Back

Yuhp - Side

HweJuhn- Spinning/Circling

Cha Gi - Kick

Sooki - Hand Strike

Nak Bub - Fall

DohBohk - Uniform

EueBohk - clothing

Tti - Belt

Huin Tti - White Belt

NohRahn Tti - Yellow Belt

Chuhng Tti - Blue Belt

Hong Ti - Red Belt

Jah Tti - Brown Belt

Dahn Boh Nym - Candidate for Black Belt

Jyo Kyo Nim - 1st Dahn

Kyo Sa Nim - 2nd Dahn

BuSaBeonNim - 3rd Dahn

SaBeonNim - 4th Dahn

KwanJahngNim - Master

1: 하나 (hana)

2: 둘 (dul)

3: 셋 (set)

4: 넷 (net)

5: 다섯 (daseot)

6: 여섯 (yeoseot)

7: 일곱 (ilgob)

8: 여덟 (yeodeol)

9: 아홉 (ahop)

10: 열 (yeol)

20 - 스물 (seu-mul)

30 - 서른 (seo-reun)

40 - 마흔 (ma-heun)

50 - 쉰 (swin)

SaDo MuSool - Tribal/family Arts

Bool Kyo MuSool - Buddhist Arts

GoongJoong MuSoo - Royal Court Arts

Kihap - Martial Arts Yell

Ki Cho Cha Gi - Breaking Exercises

Sohn Pa Gi - Wrist Escapes (1-5)

Ki Bohn Soo - Foundational Techniques

Ki Cho Hyung - Foundational Form

Sohn Mohk Soo - Wrist Techniques

Cho Geup Hyung - Elementary

Joong Geup Hyung - Middle level

GohGeup Hyung - Intermediate/advanced

Dae Geup Hyung - Advanced Form

Guhm Moo Hyung - Sword dance form

Baek Pahl Ki Hyung - 108 Torments

Joong Bahl Ill Hyung - 1st middle level staff

Juhn Guhm Hyung - Straight sword form



Mirae Kuk Sool Logo

Masters Titles Meaning

The logo symbolizes the top of the mountain. Ancient Korean Martial Artists trained on the mountains and mountains relate with most Korean Martial Arts origins. Red and blue symbolize clouds. Mountain is very high so clouds float under the mountain. Our goal is training continuously hard so we can reach the top of the mountain.

Our masters names are:

5th Dahn - Tae Baek Kwan Jahng Nim

6th Dahn - Gum Gahng Kwan Jahng Nim

7th Dahn - Hahlla Kwan Jahng Nin

8th Dahn - Soh Baek Kwan Jahng Nim

9th Dahn - Baek Doo Kwan Jahng Nim



Chang Si Ja Kwan Jahng Nim - Founding Master/Director

Tae Baek is the name of a mountain with the meaning "bright mountain" where Tangun, the founder of the Korean people, ruled the country. The bright mountain symbolizes the sacredness of soul and Tangun's humanitarian ideals.

Gum Gahng mountain has been known for its scenic beauty since ancient times and is subject to many different works of art. It has many different names for each season including in Summer "the place where spirits dwell" and in autumn "the hill of colored leaves".

Halla is the highest mountain in South Korea and is worshipped by the people as they believe that gods and spirits live on the mountain.

Soh Baek mountains form the southern half of the Korean peninsula which is the symbolic spine of Korea and marks the traditional border between two regions.

Baek Doo Mountain is an active stratovolcano on the Chinese - North Korean border. It is the tallest mountain in North Korea and Northeast China. Korean people assign a mythical quality to the mountain and consider it to be their ancestral homeland.

BASIC TERMS

예의	Yea Eue	Etiquette		국기	Kuk Ki	National Flag
차렷	Chah-Ryuht	Attention		원기	Won Ki	Association Flag
경례	Kyoung Ryeh	Bow, Salute		도장	Do Jahng	Academy, school
바로	Bah-roh	At ease		도복	Do Bohk	Uniform
정좌	Juhng Jwah	Kneeling		의복	Eue Bohk	Clothing
수련	Soo Ryuhn	Practice, class		띠	Tti	Belt
시작	Si-Jahk	Begin		기	Ki	Internal Energy
끝	Keut	Finish, complete		기합	Ki Hahp	Martial Art yell
준비	Joon Bi	Ready		기초짜기	KiCho Jja Ki	Wring out Ki
그만	Geu-Mahn	Stop		숨쉬기	Soom-shi-ki	Breathing
쉬어	Shi-uh	Rest		몸풀기	Mohm-pool-ki	Body conditioning

공격자세	Kohng Kyuhk Jah Seh	Offense Stance / Left Foot
방어자세	Bahng Uh Jah Seh	Defense Stance / Right Foot
굴곡자세	Gool Gohk Jah Seh	Cat/Crouching Stance
기마자세	Ki Mah Jah Seh	Horse-riding Stance
전굴자세	Juhn Gool Jah Seh	Long Stance with front knee bent

정권 Juhng Kwon Straight Punch	수도 Soo Doh Knife Hand
역권 Yuhk Kwon Inverted Fist	역수도 Yuhk Soo Doh Inverted Knife Hand
각권 Gahk Kwon Back-fist	쌍수도 Ssang Soo Doh Double Knife Hand
호권 Hoh Kwon Tiger Claw strike	회전수도 Hae-juhn Soo Doh Circle Knife Hand
호구권 Hoh-Goo Kwon Tiger's Mouth	평수 Pyung Soo Palm Strike
중지권 Joong Ji Kwon Middle-knuckle Fist	역평수 Yuhk Pyung Soo Reversed Palm Strike
일지권 Il Ji Kwon 1-Finger Fist	쌍평수 Ssang Pyung Soo Double Palm Strike
이지권 Ee Ji Kwon 2-Finger Fist	회전평수 Hae-juhn Pyung Soo Circle Palm Strike
사지권 Sah Ji Kwon 4-Finger Fist	관수 Kwahn Soo Spear Hand
직관수 Jihk Kwahn Soo Vertical Spear Hand	역관수 Yuhk Kwahn Soo Reversed Spear Hand
사마귀막기 Sah-mah-gwi Mahk-ki Praying Mantis Block	사마귀권 Sah-mah-gwi Kwon Praying Mantis Fist
십자막기 Sip-jah Mahk-ki 4-Direction Block	쌍관수 Ssang Kwahn Soo Double Spear Hand
앞뒤수기 Ahp-Di Soo-ki Front & Rear Punching	팔꿈치치기 Pahl Koom Chi Chi Ki Elbow Strike