

HARRISBURG MARTIAL ARTS ACADEMY

TERMINOLOGY

Korean

English

Hana-----	One
Dul-----	Two
Set-----	Three
Net-----	Four
Dosot-----	Five
Yosot-----	Six
Ilgop-----	Seven
Yodol-----	Eight
Ahop-----	Nine
Yol-----	Ten
Kwan Jang Nim-----	Head of the School
Sa Bum Nim-----	Instructor
Cha Ryut-----	Attention
Kyong Ne-----	Bow
Ba Lo-----	Finish
Jun Bi-----	Ready
Shi Jak-----	Begin
Swi O-----	Rest
Deo Dra-----	Turn Around
Bong Ga-----	Switch
Kong Gyok-----	Attack
Kam Sa Ham Nida-----	Thank You
Chu Mi Nae Yo-----	You're Welcome
An Nyong Ha Sae Yo-----	Hello
An Nyong Ha Shim Nika-----	How Are You
Jon Gyong-----	Respect
Yon Sup-----	Practice
Do Jang-----	School
Kima Jase-----	Horse Stance
Chungul Jase-----	Forward Stance
Hoogul Jase-----	Back Stance (Fighting)

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BLOCK AND STRIKE TECHNIQUES

1. Low Block / Chungul Jase Stance*
2. High Block / Chungul Jase Stance*
3. Middle Punch / Chungul Jase Stance*
4. High Punch / Chungul Jase Stance*
5. Inside Outside Block / Chungul Jase Stance*
6. Outside Inside Block / Chungul Jase Stance*
7. Double Supporting Block / Chungul Jase Stance*
8. Spear Hand Attack / Chungul Jase Stance*
9. High Knife Hand Block and Strike Technique / Chungul Jase Stance*
10. Inside Outside Block / Hoogul Jase Stance**
11. Outside Inside Block / Hoogul Jase Stance**
12. Low Knife Hand Block / Hoogul Jase Stance**
13. Middle Knife Hand Block / Hoogul Jase Stance**
14. High Knife Hand Block / Hoogul Jase Stance**
15. Low Pressing Block / Chungul Jase Stance*
16. High Crossing Block / Chungul Jase Stance*
17. Middle Cupping Block / Chungul Jase Stance*
18. Side Punch / Kima Jase Stance***
19. Inside Outside Block from the Opposite Side / Chungul Jase Stance*
20. Double High Forearm Block / Hoogul Jase Stance**
21. Double High Knife Hand Block / Hoogul Jase Stance**
22. Double Supporting Block / Hoogul Jase Stance**
23. Reverse Punch / Hoogul Jase Stance**

Techniques One(1) through Ten(10) are required for White and Orange belts.

Techniques Eleven(11) through Twenty-Three(23) are required for Yellow Belts & above.

* **CHUNGUL JASE STANCE** (Forward Bending Stance)

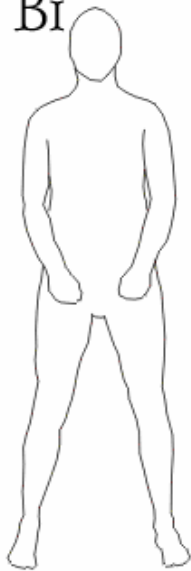
** **HOOGUL JASE STANCE** (Fighting Stance)

*****KIMA JASE STANCE** (Horse Riding Stance)

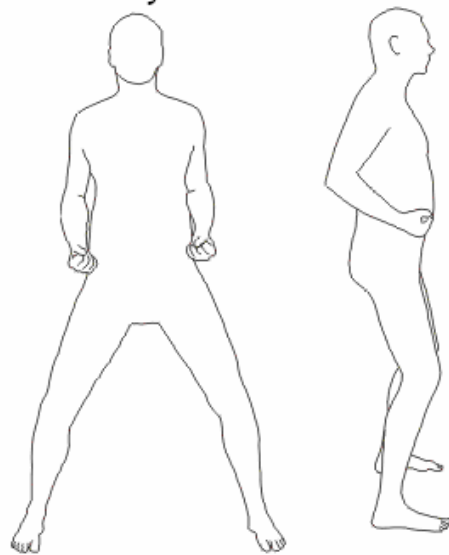
Check-off List for ALL Chungul Jase Stances:

1. Are my feet facing forward
2. Is my back leg locked
3. Is my front knee bent
4. Are my hips facing forward
5. This stance is called Chungul Jase or Forward Bending Stance

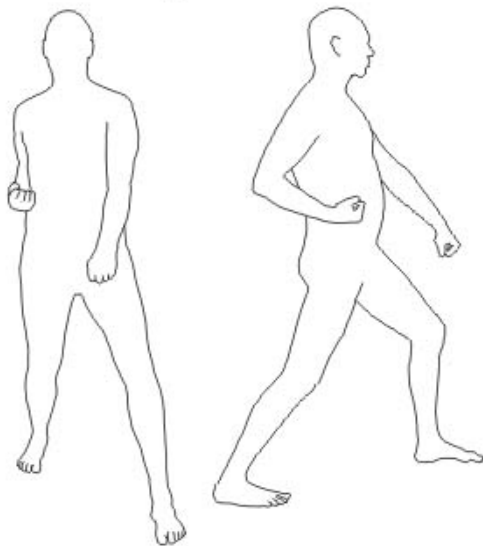
READY STANCE
JUN BI



HORSE RIDING STANCE
KIMA JASE



FORWARD BENDING STANCE
CHONGUL JASE



FIGHTING STANCE
HOOGUL JASE

