

Hapkido Brisbane

Terminology:

Counting:	As used to number a technique or level etc.
As used in warmup etc.	1 (or 1 st) il
1 = hana	2 (or 2 nd) ii (pronounced "E")
2= dool	3 (or 3 rd) sam
3 = set,	4 (or 4 th) sa
4 = net,	5 (or 5 th) oh
5 = desot,	6 (or 6 th) yuk
6 = yesot,	7 (or 7 th) chil
7 = ilgop,	8 (or 8 th) pal
8= yadol,	9 (or 9 th) gu
9 = arhop,	10 (or 10 th) ship
10 = yeol	Example: ho hup bop <u>il</u> bon would be ho hup bop (breathing exercise) <u>1st</u> one.

Ho Hup Bop = breathing exercises

Jwa Jwa Say = (sounds like Char Jars) is left stance. This is what we call form. With your left foot forward, left hand forward at face level and right hand at belt level.

Jwa refers to the left.

Oh Jwa Say = same as above but with the right foot and right hand forward.

Oh or Oo refers to the right.

Pang Hang Jun Fwan = stepping form. This is when we are in form, then step forward and turn around.

Turn around once can be called Pang Hang Jun Fwan il Bon, for first level or one move.

Then ii ban for 2 directions or second level.

Jung Bung Nuk Bop = front break fall

bung is left side break fall, oo chip bung is landing on your right side.

Nuk Bop = break fall

Jong Gul = rolling

Jung Bung = face first

Go Young Ee = jumping, either high jump or long jump

Fwoo Bung = back first

Chip Bung = landing on your side, jwa chip

Fwe jun = flip, like in the logo.

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Son Bag Gi = basic wrist techniques, partner grabs your right wrist with their left hand.

Pal Chagi = kicking

Chagi = kick

Pal = foot

Ap Chagi = Front Kick

Chiga Chagi = Horizontal Kick

Yeop Chagi = Side Kick

Antari Chagi = Low Oblique Shin Kick

Gorro Chagi = Low Sweeping Turning Kick

Jukie Jirugi = Groin Kick (or strike)

Morup Chagi = Knee Strike

Kumma Chagi = Hook Kick

San Dan Antari Chagi = Inside Axe (Heel) Kick

Pukka Dari Chagi = Outside Axe (Heel) Kick

Ap Chago Dwi Chagi = Front Kick Back Kick

Dwi Dora Ap Chagi = Back Kick

Dollyo Chagi = Spinning Heel Kick

Hadan Dollyo Chagi = Low Spinning Heel Kick

Pal Padak Chagi = Outside in kick (Kicking with sole of foot)

Pal Dung Chagi = Inside out kick (kicking with top of foot)

Ee Dan Chiga Chagi = Spinning Round-house Kick

Yon Kuel Pal Chagi = Combination kicks

Yon Kuel = combination or connection

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Kwon Sool = block then punch. As part of warm up, we stand in Juchuum Seogi (horse riding stance) and do block punch combinations on command, ie block then 1 punch, block then 2 punches, block then 3 punches.

Kwon = fist

Sool = style

Kwan Sool can also be interpreted as hard style.

Kwon Bop = block then strike. As part of warm up, we stand in Juchuum Seogi (horse riding stance) and do block strike combinations on command. ie block, block, knife hand strike.

Bop = must be done that way

Makko Chigi = step, block counter attack. We practice this with a partner punching with their right fist. We step left, right or back, evade and block the punch, then counter with our strike.

Makki = block

Makko = block followed by ...

Chigi = strike

Fwall Young Sool = patterns. Pattern 1 is front kick double punch.

Sa Bung Jirugi = four direction punching

Jirugi = punch

Jumook Makki = block counter restrain. We practice jumook makki with a partner punching. We evade, block, counter attack, takedown and finish.

Jumook = fist

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Ki Bon Su = basic technique. We practice this with a partner. We are in jwa jwa say and our partner is in oo jwa say. We step or skip in, grab, perform a technique to takedown, then finish. Kibon Su finishes are used in all other techniques to 1st dan.

Kibon = basic

Su = technique

These techniques are often known (incorrectly) as “takedowns”

Chung Sung Dan Jirugi = straight punch followed by upside down punch with the same hand, both punches are done together as the same count.

Chung = (joon) midsection or medium

Sung = (sun) high or head/face level

Dan = level

Son Mok Su = single hand grabs. Defence against a single wrist grab. Partner grabs your right wrist with their left hand. These differ from son bag gi as you move your feet more and finish in a controlled finish.

Son Mok = wrist

Sung Chi Su = cross hand grabs. Partner grabs your right wrist with their right hand

Sung (or Son) = hand

Chi = cross or opposite. This is what it means in our syllabus, not necessarily what you would find in a Korean to English dictionary.

Joon Bong Su = medium stick technique.

Bong = stick

Ee Bok Su = grabbing clothes.

Ee Bok = uniform (more commonly known as dobok)

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Twi Su = grab from behind

Twi (or Dwi) = back or behind

Young Chi Su = double hand grabs. Facing partner, they grab your left hand with their right, and your right hand with their left.

Pang Tooki = double hand attacks. Before grab. Attacker tries to grab or push shoulders with both hands. Perform your techniques before partner makes contact.

Pal Makki = kicking blocks. Partner kicks, you block their kick, then counter and finish.

Kal Makki = knife blocks. Blocking knife attacks

Kal = knife

Gyeok Pah = breaking. Break a board with a kick.

