



TERMINOLOGY

Here are some of the words that we think are important to your Martial Arts training with us at David Vincent's Martial Arts. Study them for your upcoming test.

KOREAN TERMS

TAE KWON DO	Foot Hand Art
SAH-BUHM-NIM	Instructor
DO-BOK	Uniform
KI-HAP	Yell
DO-JANG	Taekwondo Studio
HYUNG / TUL	Pattern
CHA-REE-YOUT	Attention
KYUNG-NEH	Bow
CHUN-BE	Ready Stance
SI-JAK	Begin
GO-MAHN	Stop
BAHRO	Return to Ready Stance
SHEUT	Rest

CANTONESE TERMS

JEET KUNE DO	Way of the Intercepting Fist
JUN FAN	Bruce Lee's Chinese Name
PAK SAO	Slap Hand
LOP SAO	Pull Hand
JIK TEK	Front Kick
JUK TEK	Side Kick
O'OU TEK	Round Kick (pronounced "now tek")





FILIPINO TERMS (MOSTLY CEBUANO DIALECT)

KAMOT	Hand, Body
LIHOK	Movement
KALI	Hand, Body Movement
SOLO BATON	Single Stick
SINAWALI	To Weave (a double stick art)
KADENA DE MANO	Chain of Hands
CARENZA	Free Flow, Shadow Boxing

