



School Motto

I am proud to be a Laird's Academy Student.

I will develop my mind, body, and spirit to the maximum of my potential.

My goal is to be a Black Belt.

Korean Terminology

Counting:

1=hana

2=dool

3=set

4=net

5=da-sut

6=ya-sut

7=il-gob

8=yeol-dul

9=a-hob

10=yeol

Class Commands

Cha ri-yut=attention

Kyung nae=bow

Joon bi=ready

Shi jak=begin

Ba ro=at ease

Actions

Suhm shi gi=counting

Ship ja maki=4 direction block

Hyung=form

Nak bup=falling

Kong kyuck jase=ready stance

Pongo jase=defense stance

Ki cho chagi=breathing exercises

Objects

Do bak=uniform

Kuk-ki=national flag

Won ki=association flag

Titles

Kwan jang nym=Master

Sa bum nym=3rd degree

Kyo sa nym=2nd degree

Jo kyo nym=1st degree

Strikes

Pyung soo=palm strike

Kwan soo=spear hand

Sudo=knife hand

Yuk sudo=ridge hand

San sudo=double knife hand

Hedjon sudo=spinning knife hand

Three Principles of Ho Kuk Mu Sul:

Yu=Flowing water

Won=Circle

Wha=Harmony

Important Phrases

Gam sa ham-ni-da=thank you