

GLOSSARY

The following terms are taken from American Kang Duk Won history, basic and advanced techniques, class procedures, formal exercises (kata), weapons, as well as from topics concerning various major martial arts styles. Some terms will be identified by language origin. (i.e., C=China, J=Japan, K=Korea, O=Okinawa)

Commonly used *alternate terms* may also be presented in order to emphasize that such wording may appear in other martial arts references or could be used during class or seminar instruction. (i.e., Bo Also *Staff*; Dojang Also *Dojo*.) Detailed explanations for terms that appear in the *Index* of this American Kang Duk Won manual will be identified in the following manner: See *Black Belt Forms*; See *Karate Camp*.

Aikido “*Way of harmony*” (J) A style of martial art defined by its flowing and circular defensive movements. **Aikido**, founded by Ueshiba Morihei in the 1930’s, emphasizes complete relaxation, evasive skills, throws, and pressure or locking techniques in countering an opponent’s attack.

American Kang Duk Won The traditional style of martial art founded by Grandmaster Raymond P. Arndt and Master Kum Chun Kim. Although based on the principles of *Kang Duk Won* (an original school of Tae Kwon Do), the association does not adhere to any outside martial arts federation. The school was formed in the early 1970’s so as to meet the practical needs of North American students. The growth of American Kang Duk Won throughout the United States and Canada was made possible by the efforts and dedication of Master Robert C. Lawlor, AKDWA President. See *American Kang Duk Won Association History*.

Attention A formal stance from which all exercises begin during a karate class. In the **attention position** the feet are slightly apart, fists are closed and placed as a guard in front of the lower abdomen. Also *Chunbi*. See *Stances*.

Ax Kick A powerful kicking technique executed by swinging the leg outward (as in a reverse crescent kick) and then driving downward so as to strike with the heel of the foot.

Back Stance A basic stance in which the front foot points forward and the back foot points to the side. 70% of the practitioner’s weight is on the back leg, while 30% is on the front leg. Both knees are slightly bent. When the front foot is drawn in to the back foot (heels touching), a 90° position of the heels should be evident. Also *Chunbi*. See *Stances*.

Bassai “*To penetrate a fortress*” (J) Early kata originating in Okinawa. The form was developed in two parts *Bassai-dai* and *Bassa-sho*. Also *Passai* (O).

Bicentennial Camp The original American Kang Duk Won Karate Camp held August 6-9, 1976, at Lorraine, NY. See *Karate Camp*.

Black Belt The rank in the martial arts that signifies high levels of skills, both mentally and physically. In the American Kang Won Association the **black belt** ranks begin at first degree and run upward to tenth degree. See *Promotion Guidelines*.

Block Any hand, arm, or leg technique that defends against an opponent’s attack. See *Basic Forms*.

Bo (J) A wooden weapon of the martial arts, typically 5’ - 6’ long and 1¼” in width. Some historical texts identify the **bo** as the first weapon taught to the Shaolin monks by Bodhidharma. It served them as an implement for carrying buckets of water or bundled possessions, aided in travels across difficult terrain, and also doubled as a readily available and practical weapon. Also *staff, stave, stick*. See *Traditional Martial Arts Weapons*.

Bodhidharma The Indian teacher/philosopher credited with bringing the earliest methods of martial arts to China. **Bodhidharma** is believed to have arrived at the Shaolin Monastery around 522 AD. He established a series of rigorous training exercises designed to physically and mentally strengthen the monks in order to enable them to better teach the philosophies of Zen Buddhism. Also *Da Mo*. See *Early Martial Arts History*.

Bokken “*Wooden sword*” (J) A wooden staff with a slightly curved edge. A **bokken** measures approximately 24"-36" in length and closely resembles the highly crafted metal katana that were worn by samurai warriors. See *Traditional Martial Arts Weapons*.

Bow A slight bending forward at the waist so as to show respect or to express appreciation for what has been presented and learned during martial arts training. Also *Charyot*. See *Stances*.

Bow-in The formal gathering of the participants to begin a karate class.

Breaking Any striking or kicking technique applied to smash boards or bricks.

Bushido “*Way of the warrior*” (J) Conduct, traditions, and strategies of the samurai. The **Bushido Code** was developed during Japan’s Tokugara Era (1603-1868), a period of long peace.

Cat Stance A basic stance in which the feet are close together with both knees slightly bent. This stance is used in sparring, basic forms, and kata practice. See *Stances*.

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Center Kick A basic kicking technique that can be applied to any target area of an opponent's anatomy. The **center kick** is used with a forward snapping movement of the leg and strikes with the ball of the foot. See *Kicks*.

Chamber A positioning of the fist along side of the body, just above the hip. **Chambering** the fist protects the hand when it is not in use or while being prepared for a strike or block.

Charyot "To Bow" (K) A command given after practitioners have been called to attention and then allowed to relax. As a part of martial arts etiquette, the bow is displayed as a sign of courtesy and respect.

Chip Jang (K) Early traditional form of Tae Kwon Do required at the Black Belt level. See *Forms*.

Chip Su (K) Early traditional form of Tae Kwon Do required at the Black Belt level. **Chip Su** is one of the few traditional katas that includes a brick (or board) breaking technique. See *Forms*.

Chu'an Fa "Way of the fist" (C) The earliest martial arts discipline practiced in China. Some sources link **chuan fa** to the "eighteen positions" taught by Bodhidharma at the Shaolin Temple. Also *Ken Fat* (C), *Kempo* (J). See *AKDWA Lineage Chart*

Chulgi (K) One of the older formal exercises practiced. A **chulgi** is also referred to as an "against the wall" form because of the side-to-side pattern the techniques follow. Also *Tekki* (J). See *Forms*.

Chunbi "Attention" (K) The formal stance from which all karate class commands begin. See *Stances*.

Combat Course Series of paths, obstacles, passages, and challenges deep in the woods of karate camp. The **combat course** is an ultimate camp challenge. It includes targets, ninjas, and unexpected surprises at every turn of the course. See *Karate Camp*.

Crescent Kick A basic kicking technique usually initiated from a back stance. To execute a **crescent kick**, the leg swings across the front of the body to strike the target. The arch or ball of the foot is used to strike. See *Kicks*.

Cup and Saucer The position of the hands when preparing for a side punch in a horse stance. The striking hand (fist technique) is positioned in the chamber (**saucer**). The protecting arm crosses in front of the solar plexus so that the hand (also in a fist technique) is positioned just above the chambered hand (**cup**) prior to the execution of the side punch. See *Cup and Saucer*.

Diagonal Stance A basic stance in which the front foot is moved diagonally outward and slightly forward. The **diagonal stance** is a cross between a horse stance and a front stance.

Discipline A primary tenet of the martial arts. **Discipline** is obedience to rules in a course of study, a science, or an art. **Discipline** is a means to accomplishing goals because it promotes mental steadfastness and a positive attitude at all levels of involvement. See *Grandmaster Arndt's Teaching on Discipline*.

Dobok "Uniform" (K) The suit or durable clothing worn during a martial arts workout. Also *Gi*.

Dojang "The place of the way" (K) The training hall, gym, or other facility in which martial arts practice occurs. Also *Dojo*.

Escrima "Harness of hand" A stick fighting style originating in the Philippines. In the use of the **escrima**, circular and swinging movements are applied to in-close combat situations. **Escrima sticks** are 18"-22" in length, an inch wide, and typically made of a hard, tropical wood. Also *Arnis*, *Kali*. See *Traditional Martial Arts Weapons*.

Flying Kick Any kick execute by running or stepping toward an opponent, leaping, and then delivering the attack in mid-air. See *Kicks*.

Focus The ability to concentrate and perform even when outside distractions are present.

Front Stance A basic stance in which both feet point forward with 60% of the body weight placed on the front leg and 40% on the back leg. In forming a **front stance**, the front knee is bent while the back leg remains locked. See *Stances*.

Funakoshi Gichen "Father of Modern Karate" **Funakoshi** (1868-1957), an Okinawan practitioner, began his martial arts training as a sickly child of 8 years old. In 1922, **Funakoshi** demonstrated his martial art style (Shotokan) in Japan. He continued studying, teaching, and authoring karate texts until his death at the age of 88. Also *Gichen Funakoshi*. See *History*.

Grandmaster Raymond P. Arndt The founder of the American Kang Duk Won Karate Association. **Grandmaster Arndt** taught the first class at the main dojang at the Watertown, NY, YMCA in 1969. See *Grandmaster Arndt*.

Gyup (K) The rank or belt level of a martial artist. AKDWA **gyups** are: white-8th, yellow-7th, green-6th, blue-5th, purple-4th, brown-3rd, brown-2nd, brown-1st. See *Promotion Guidelines*.

Hakama (J) The traditional wide, pleated trousers worn in the practice of various forms of martial arts (i.e., kendo, aikido, kyudo, naginata-do, and sojutsu). The **hakama** is usually blue, dark brown, black or white in color, signifying proficiency or grade.

Hanza An open-handed strike in which the extended fingers are the striking surface of the technique. Also *Spear Fingers*. See *Basic Forms*.
