



TERMINOLOGY

B

Bai Jong	Ready Position; On-Guard Position
Biu Gee	Finger Jab; "Thrusting Hand"
Biu Sao	Palm-down Finger Thrust Block
Biu Sao Da	Palm-down Finger Thrust Block and Hit
Bong Sao	Bent-arm deflection; Raised Elbow Block

C

Chang Sao	"Spade Hand"
Chi Gerk	"Sticky Legs"
Chi Sao	"Sticky Hands" Drill
Choap Chuie	Second Knuckle Fist
Chuen Sao	"Piercing Hand"
Chuie	Fist
Chum Kil	"Seek to Bridge the Gap"
Chung	Centerline; vertical
Chung Chuie	"Vertical Fist"; Jab
Chung Geong	Centerline Block
Chung Sim San	Centerline
Cup Chuie	"Overhead Fist"
Cup Sao	"Scooping Hand"

D

Da	to Hit or Strike
Dan	One or Single
Dan Chi Sao	Single Hand "Sticky Hands"
Daon Sao	Low Pressing Hand
Ding Jang	Butting Elbow
Dum Tek	Stomp Kick

F

Fak Sao	"Whisking Arm"; Knife Hand Chop
Fon Sao	Trapping Hands

Fook Sao	"Bridge Arm"; Bent-arm Elbow-in Block; Hooking Hand Block
----------	---

G

Gan Sao	"Splitting Block"
Geong	Block
Gin	Upward
Gin Chuie	Uppercut
Gin Tek	Upward Slapping Kick
Gnoy	Outside
Go	High
Go Da	High Hit
Goang Sao	Low Outer-Wrist Block; Low Cutting Arm Block
Gua Chuie	Back Fist
Gua Tek	Inverted Hook Kick
Gum Sao	Pinning Hand

H

Ha	Low
Ha Da	Low Hit
Ha O'oo Chuie	Shovel Hook
Ha Pak	Low Slap
Ha So Tek	Low Inverted Sweep Kick
Hou	Rear
Hou Chung Chuie	Cross; Back Vertical Fist
Hou Tek	Back Kick
Huen Sao	"Circling Hand"; Small Disengagement

J

Jang	Elbow
Jao Sao	Large Disengagement; "Running Hand"
Jao Sao Da	Running Hand and Hit
Jeen	Lead
Jeet	Intercept; Stop
Jeet Da	Stop Hit
Jeet Gek	"Intercepting Shin"; Jamming with the Shin
Jeet Kune Do	"The Way of the Intercepting Hit"
Jeet Que	"Intercepting Bridge"
Jeet Tek	"Intercepting Kick"; Stop Kick
Jern	Palm Strike
Jik Chung Chuie	"Straight Blast" or "Battle Punch"

Jik Jern	Straight Palm
Jik Tek	Front Kick / Straight Kick
Jit Tek	Straight Kick with Toe
Joap Hop	"Group Together"
Jong Sao	Palm-Inward Block
Jong Sao Da	Palm-Inward Block and Hit
Jong Tao	Head Butt
Joy	Left
Juen Tek	Spinning Kick
Juk Tek	Side Kick
Jum Sao	Sinking Hand Block
Jung	Middle
Jung Da	Middle Hit
Jut Sao	Jerking Hand
Jut Sao Da	Jerking Hand and Hit

K

Kao Sao	"Curving Hand"; Circling Block
Kao Sao Da	Curving Hand and Hit
Kow Tao	Head Butt
Kup Sao	Capturing Hand; Scooping Hand
Kwai	Down
Kwai Jarn	Down Elbow
Kwoon	School or Gym

L

Lap Sao	Deflecting Arm
Lau Sao	"Scooping Hand"; Slippery Hand
Lie Sao	"Pulling Hand"
Lin Lop Sao	Cross Grabbing Hand
Lin Sil Die Da	Simultaneous Block and Hit
Look Sao	Rolling Hands Drill
Lop Sao	Grabbing Hand
Lop Sao Da	Grabbing Hand and Hit
Loy	Inside
Loy Da	Inside Hit
Loy Ha Pak	Inside Low Slap
Loy Pak Sao	Inside Arm Slapping Hand
Luk Sao	Rolling Arms

M

Man Sao	Probing Hand; Lead Hand
---------	-------------------------

N

Ngoy	Outside
Ngoy Da	Outside Hit
Ngoy Ha Pak	Outside Low Slap
Ngoy Pak Loy Da	"Split Entry"; outside slap and inside hit
Ngoy Pak Sao	Outside Arm Slapping Hand

O

O'oo Chuie	"Hooking Fist"; Hook
O'oo Sao	"Hooking Hand"
O'oo Tek	"Hook Kick"; Roundhouse Kick
O'oo Sao Da	Hooking Hand and Hit

P

Pak Sao	"Slapping Hand"
Pak Sao Da	Slapping Hand and Hit
Pak Sao Ngoy Da	Slap and Hit outside of the arm
Pak Sao Loy Da	Slap and Hit inside of the arm
Phon Sao	Trapping Hands
Ping Chuie	"Horizontal Punch"

Q

Qua Chuie	Back Fist
Quan Sao	Combination of Bong Sao and Tan Sao

S

Sao	Finger
Si-Gung	Your Instructor's Instructor
Si-Hing	Your Senior or Older Brother
Sibak	Your Instructor's Senior
Sidai	Your Junior or Younger Brother
Sifu	Instructor or Teacher
Sijo	Founder of the Style (Bruce Lee)
Simo	Female Teacher; Wife of Your Teacher
Soe Gerk	Foot Sweep
Sot Kil	Hammerfist
Sou Tek	Heel Hook Kick
Sung Da	High Hit
Sung Loon Sao	High Horizontal Arm Block
Sut	Knee
Sut Sao	Knife-hand strike

T

Tan Sao	Palm-up Block
---------	---------------

Tan Sao Da	Palm-up Block and Hit
Tok Sao	Lifting Hand
Tut Sao	Freeing Hand

W

Woang	Cross
Woang Jern	Side Palm
Woang Pak Sao	Cross Hand Slap
Wu Sao	"Defending Hand"; Rear Hand

Y

Yow	Right
-----	-------

JUN FAN GUNG FU – JEET KUNE DO TITLES OF RESPECT

SI JO	Founder of system (Bruce Lee)
SI GUNG	Grandfather or teacher of your Sifu (Bruce Lee)
SI TAI GUNG	Great-Grandfather, your instructor's SI GUNG
SIFU	Your instructor, your father in Kung Fu
SI HING	Your senior, your older brother.
SI DAI	Your junior, your younger brother.
SI JAY	Your female senior, your older sister
SI MUI	Your female junior, your younger sister
SI BAK	Uncle, your instructor's senior (Taky Kimura & James Lee)
SI SUK	Uncle, your instructor's junior
SI MO	Your mother in Kung Fu (or wife of SIFU)
SI BAK GUNG	Elder Kung Fu brother of SI GUNG
SI JUK	Nephew, student of SI DAI
TOE DIE	Student, disciple
TOE SUEN	Grandson, student of TOE DIE
YUT HING	Number one brother
TUNG MOON	Follower of same style