

WHAT WE SAY WHEN WE BOW IN AND OUT OF CLASS:

- FACING TOWARDS FLAGS/INSTRUCTOR WE SAY: CHARYUT (SOUNDS LIKE CHARI-YUT) -
 - THIS MEANS: STAND AT ATTENTION
- WHILE FACING THE FLAGS WITH RIGHT HAND IN FIST MOVING FROM OUR SIDE TO OUR CHEST, WE SAY: CHOONG SUNG - (SOUNDS LIKE CHUNG SUNG)
 - THIS MEANS: LOYALTY
- STILL FACING FLAGS WITH RIGHT HAND IN FIST ON LEFT CHEST MOVING BACK TO OUR RIGHT SIDE, WE SAY: PIL SEUNG (SOUNDS LIKE PILL SUNG)
 - THIS MEANS: CERTAIN VICTORY
- KYUNGNET (SOUNDS LIKE KEEN-YEH)
 - THIS MEANS: BOW

