

# J. R. Miller Martial Arts

## BROWN BELT TERMS

### General terms

Blue	Chong
Red	Hong
Test	Shim Sah
Training	Soo Ryun
Meditation	Muk Nyum
Focus of Eyes	Shi Shun
Technique	Ki Sool
Black Belt Holder	Yu Dan Ja

### Commands

Rest or Relax	Shi Yeu
---------------	---------

### Techniques

Jump	Dwi Mu
Back Thrust Kick	Dwit Chagi
Mountain Block	San-Tuhl Make
One step sparring	Ibo Dae Ryum
Three Step sparring	Sam bo dryun

All previous terms required for Brown Belt Test