IN ALLIANCE WITH THE INDEPENDENT TANG SOO DO ASSOCIATION

YU GUP JA TRAINING MANUAL

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A Message from Sa Bom Nim Gene Garbowsky, Kwan Jang Nim, Independent Tang Soo Do Association Head Instructor, South Hills Karate Academy

As a member of South Hills Karate Academy and Independent Tang Soo Do Association, I hope that you will come to realize the benefits of training in Tang Soo Do. As you may know, I have been teaching this Martial Art to hundreds of students over the past 27 years. I truly believe that every man, women, and child can benefit in many ways from practicing Martial Arts and Tang Soo Do.

What are Martial Arts? It is the name given to the traditional systems of self-defense that have been practiced in Eastern and Western societies for thousands of years. Masters of the ancient Martial Arts ultimately discovered that mastery of the body comes through mastery of the mind. Therefore, the practice of Martial Arts is a way to a more fulfilling life. It is a path to freedom from self confinement and the ultimate goal to mental and physical harmony.

Martial Arts training can absolutely change a person physically, psychologically and emotionally in a very positive way. Regular physical activity energizes the body, and since martial arts is based on natural law, the body can quickly reach top conditioning. Once physical changes develop, they soon lead to the mental and emotional improvements that many seek through the martial arts. Increased strength, loss of body fat, improved coordination can all lead to an improved self image.

However, progress can be a difficult journey. It requires hard work and determination. Through the martial arts, children and adults learn how to handle hard work and how to go forward when one would rather give up. This is the greatest value of martial arts and it is a journey and an education the can change your life and last a lifetime!

Warm Regards,

Master Gene Garbowsky
5th Dan Tang Soo Do
Kwan Jang Nim
Independent Tang Soo Do Assoc.
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Tang Soo Do is a Korean Martial Art and thus can trace it’s lineage back almost 2,000 year. The ancestral Martial Arts of Korea can be traced back to the period when Korea was divided into three kingdoms:

Goguryeo was founded in 37 BC in northern Korea. The Silla Dynasty was founded in 57 BC in the southeast peninsula. The third kingdom, Paekche was founded in 18 BC.

After a long series of wars, the Silla Dynasty united the three kingdoms in 668 AD. During this period, the primitive Martial Arts were very popular as a method of self-defense in warfare. This is evidence in the many mural paintings, ruins, and remains, which depict Tang Soo Do practice in those days. Among the three kingdoms, the Silla Dynasty was most famous for its development of Martial Arts. A group of young aristocrats who were called "Hwa Rang Dan" was the major force behind the development of the art. These warriors were instrumental in unifying the Korean peninsula under the new Silla Dynasty (668 AD - 935 AD). Many of the early leaders of that dynasty were originally members of the Hwa Rang Dan. Most Korean Martial Arts trace their spiritual and technical heritage to this group. In fact, the names of some Martial Arts such as Hwa Rang Do or Hwa Soo Do, still reflect this origination.

The united Silla Kingdom was ultimately overthrown by a warlord, Wang Kun, in 918 AD. The new kingdom, "Koryo", lasted for 475 years (918 AD - 1392 AD). In 1392, the Yi Dynasty succeeded the Koryo kingdom. The Yi Dynasty remained intact for 500 years. During the 1000 year period of the Koryo Kingdom and the Yi Dynasty, Tang Soo Do became very popular within the military. The art also became very popular with the general public. During this period, Tang Soo Do was referred to as Kwon Bop, Tae Kyun, Soo Bahk, Tang Soo and others. The first complete Martial Arts book was written at this time. This most important book is called "Mooyae Dobo Tangji". It was written in 1790 and contained illustrations that substantiated the theory that Tang Soo Do (formally called "Soo Bahk Ki") had quickly developed into a very sophisticated art of combat techniques.

Tang So Do, as it exists today, is comprised of a combination of three major styles: Yang Tai Chi Chuan, Northern China and Southern China Kung Fu, combined with the Okinawan/ Japanese discipline of Karate. In fact, Tang Soo Do is the Korean pronunciation of the Hanja characters 唐手道 which is translated as "Way of the T’ang (China) Hand. In Japanese these characters mean Karate-do. Currently, Japanese Karate-do is written as 空手道 The Japanese pronunciation of both sets of characters is the same, but the newer version means "Way of the Empty Hand" rather than "Way of the T’ang Hand"

Virtually every Tang Soo Do School either affiliated with a large organization such as South Hills Karate Academy can trace it’s lineage back to the Moo Duk Kwan1 (Institute of Martial
Virtue). The Moo Duk Kwan, one of five original schools or “Kwans”, was founded around 1945 by Grandmaster Hwang Kee and it’s history is very unique. The original Kwans and their founders were the Chung Do Kwan (LEE, Won Kuk), Jidokwan (CHUN, Sang Sup), Chang Moo Kwan (YOON, Byung In), Moo Duk Kwan (Hwang Kee), and Song Moo Kwan (ROH, Byung Jick). Most of these schools called the Martial Art they were teaching Tang Soo Do or Kong Soo Do. Around 1953, shortly after the Korean War, four more annex Kwans formed. These 2nd generation Kwans and their principle founders were; Oh Do Kwan (CHOI, Hong Hi & NAM, Tae Hi), Han Moo Kwan (LEE, Kyo Yoon), Kang Duk Kwan (PARK, Chul Hee & Hong Jong Pyo) and Jung Do Kwan (LEE, Young Woo).

In 1955, these Kwans were ordered to unify by South Korea’s President Syngman Rhee. A governmental body selected a naming committee’s submission of “Taekwondo” as the name. In 1959, the Korean Taekwondo Association (KTA) was formed in an attempt to unify the dozens of the kwans as one standardized system of Taekwondo. The first international tour of Taekwondo, by General CHOI, Hong Hi, and NAM, Tae Hi founder of the Oh Do Kwan (founded, 1953-4), and 19 black belts, was held in 1959. Despite this unification effort, the Kwans continued to teach their individual styles. The Korean government ordered a single organization be created and, on September 16, 1961, the Kwans agreed to unify under the name Korea Tae Soo Do Association (which changed its name back to the Korean Taekwondo Association when Choi became its president in August 1965). History tells us that the Moo Duk Kwan pulled out of the unification efforts to remain independent and distance itself from the sporting aspects of Taekwando.

In 1995 the Moo Duk Kwan changed the name of the system taught in their organization to Soo Bahk Do, no longer using the name of Tang Soo Do. Whereas, Tang Soo Do has been associated with the Moo Duk Kwan since 1945, schools who are not chartered member of the Moo Duk Kwan are no longer permitted to refer to the style of Martial Art as Tang Soo Do Moo Duk Kwan. This has not stopped the development of Tang Soo Do. Tang Soo Do continues to evolve and grow, and in the last two decades has emerged as one of the most popular Martial Arts in the world today. True Martial Arts lovers desired to continue to pursue traditional Martial Arts because Taekwondo had to abandon many valuable aspects of true Martial Arts to become a competitive sport. Tang Soo Do practitioners strive to maintain traditional values of respect, discipline, self-control, self-improvement, etiquette, and ultimately live a healthy and harmonious life, physically and mentally.

South Hills Karate Academy

South Hills Karate Academy can trace it’s lineage back to the original Moo Duk Kwan through it’s Instructor Master Gene Garbowsky (ITF#26272), back through his two previous instructors, Kwan Jang Andrew Ah Po (#10187) Founder of The Tang Soo Do Martial Way Association as well as Master Garbowsky’s original instructor, Kwan Jang Nim Chun Sik Kim (#915), Founder of the International Tang Soo Do Federation¹

At South Hills Karate Academy we still practice the original Art of Tang Soo Do.
Although instruction at the school is centered on the Traditional Martial Art of Tang Soo Do it offers instruction in other disciplines as well. These include, grappling arts, kick boxing, boxing, and others. Martial Art skills taught at the school include:

- **Traditional Tang Soo Do (Karate) Techniques**
- **Self-defense (Ho Sin Sool)**
- **Traditional Tang Soo Do Forms (Hyung)**
- **Bun Hae Ki Sul (Application of Hyung Techniques)**
- **Traditional Sparring Techniques (Dae Ryun)**
- **Weapons Training**
- **Boxing Techniques**
- **Kick Boxing Skills**
- **Strength Training Exercises**
- **Mediation and other advanced relaxation techniques**

**About Kwan Jang Nim Gene Garbowsky**

Master Gene Garbowsky began his martial art career in the early 1980’s by training in the techniques and traditions of Korean Tang Soo Do. During the 1990’s while attending Penn State University, he also added to his martial arts resume, by training in Tae Kwn Do, Judo, Japanese Shotokan Karate, Kick Boxing and Boxing. Master Garbowsky has owned and operated professional martial art studios at Penn State University (State College), PA, North Huntingdon, PA and Pittsburgh, PA. He has trained literally thousands of students in Tang Soo Do from ages 4 to over 70 years of age! Many of his students have gone on to be top karate competitors across the United States.

Since this time Master Garbowsky has had an opportunity to train, practice and attend seminars with some of the most notable Tang Soo Do Grandmaster and Master in the United States today.

1. *note: South Hills Karate Academy is not affiliated in any way with the Moo Duk Kwan. The information is provided as an historical account of Tang Soo Do. Despite prior association, South Hills Karate Academy is in no way associated with the International Tang Soo Do Association, Grandmaster Chun Sik Kim or the Tang Soo Do Martial Way Association and Grandmaster Andy Ah Po.*
In October of 2007, South Hills Karate Academy held its 1st Dan Testing Championship of Tang Soo Do. World renowned Tang Soo Do Grandmaster Andy Ah Po, founder of the Tang Soo Do Martial Way Association, at the request of Master Garbowsky, conducted this historic event. At this event, which was deemed the "2007 Tang Soo Do Fall Weekend in Pittsburgh" Grandmaster Ah Po also conducted three special clinics for Tang Soo Do Ko Dan Ja and Yu Dan Ja in the Pittsburgh area. It was after this visit that Master Garbowsky was accepted by Grandmaster Ah Po as a direct student and Ko Dan Ja member in the Tang Soo Do Martial Way Association.

In October, 2008 Master Garbowsky was awarded 5th Dan (Oh Dan) by Grandmaster Andy Ah Po at the 2nd Annual Fall Weekend in Pittsburgh event. This was after an extensive evaluation and testing procedure. It was a testing procedure that involved four days of intensive evaluation by Kwan Jang Nim Ah Po during Master Garbowsky’s trip to Sacramento in January of 2008.

In January 2012 at the urging of various other heads of Tang Soo Do organizations in the United States, Master Garbowsky founded the Independent Tang Soo Do Association in the hopes of bringing together various other Tang Soo Do organizations and to provide his students with an internationally recognized organization that helps to foster the original teachings of the late Great Grandmaster Hwang Kee by tapping into the instruction and teaching he received from his two instructors and to foster the Tang Soo Do concept of Ryu Pa.

Master Garbowsky holds a Bachelor of Science Degree from the Pennsylvania State University (1992).
Summary of Achievements

- 1986 Began teaching Tang Soo Do in Pittsburgh at the age of 16 years old
- 1988 Awarded first Dan (Black Belt) (Dan# 26272) by International Tang Soo Do Federation
- 1991 Head Tang Soo Do Instructor and co-owner, State College Martial Arts Academy, State College, PA
- 1991 Penn State Judo
- 1992 USA Karate Team Member
- 1993 Head Instructor, Pittsburgh and owner of CS Kim Karate, Irwin, PA
- 1994 ITF “Forms Competition”, World Championship Runner-Up
- 1995 Maryland State Invitational Karate Championships “Grand Champion”, Eagle Classic
- 2000 Awarded Masters Degree by the International Tang Soo Do Federation
- 2005 opened South Hills Karate Academy at 4500 Clairton Blvd. Pittsburgh, PA 15236
- 2006 NAKF Tournament Forms “Grand Champion”
- 2008 Awarded 5th Dan Master Rank by the Tang Soo Do Martial Way Association
- 2005-2009 grew South Hills Karate Academy to over 160 full-time students
- 2009 Opened 2nd location for South Hills Karate Academy in Elizabeth, PA
- 2009 Trained and had promoted 12 students to Cho-Dan ranking and 2 to Ee-Dan ranking in the Tang Soo Do Martial Way Association
- 2011 opened new location for South Hills Karate Academy and the new MartialFit Training center providing students of the art of Tang Soo Do both top quality instruction in Tang Soo Do and well as strength and fitness training
- 2011 Promoted 4 students to the Cho-Dan rank
- 2011 Franchised South Hills Karate Academy, Elizabeth location
- 2012 Founded the Independent Tang Soo Do Association with the assistance of Master Vernon Noble, 7th Dan Tang Soo Do (#21532)

South Hills Karate Academy’s 2nd Dan Classing Examination

**Back Row:** Masters, C. Terrigno, A. Preston, S. Preston, J. Dove, G. Petroski, Kwan Jang Nim Ah Po, S. Propst, J. Ennis, K. Watson, G. Garbowsky 2nd

**Row:** J. Weir, R. Diffendal, K. Garbowsky, B. Maxwell, C. Durney, D. Wilson, C. Wilson, D. Hafer **Kneeling:** C. Durney, E. Garbowsky, D. Pruni, C. Vickless, E. Irson, D. Pruni
The Independent Tang Soo Do Association

In January 2012, Sa Bom Nim Garbowsky (Dan# 26272) founded The Independent Tang Soo Do Association with the help and support of participating senior member Sa Bom Nim Vernon Noble (#21532).

The primary objective of the Association is to preserve and promote the original and traditional techniques, practices, philosophy, and principles of the martial art known as Tang Soo Do, and to create a training environment that not only focuses on intense physical training, discipline, and respect (Moo Do), but which also fosters creativity and character development (Ryu Pa) by recognizing the human need to achieve "freedom" through the development of the human spirit (Moo Do Shim Gung).

As a martial artist you will receive a number of benefits as a member of the Association. The Association will provide the foundation for its members to gain an in-depth understanding into Tang Soo Do philosophy, fostering a well-rounded, quality-based program inclusive of the many aspects of Tang Soo Do. In addition, it will encourage growth of the spirit of martial arts within each of its members. However, it serves to achieve this by adding to member schools already established curriculum and not forcing a particular Tang Soo Do curriculum upon Association members as this would be in violation of the late Great Grandmaster Hwang Kee’s spirit of Ryu Pa. However, it is expected the Association members maintain the highest level of proficiency.

This is achieved by providing learning and sharing opportunities through seminars and clinics, Tang Soo Do competitions, and Gup and Dan Shim Sa between Association studio members and their instructors and students. A higher level of proficiency in Tang Soo Do can be achieved through technical instruction and guidelines for each member school.

The Association will remain a member friendly organization and will strive to provide the highest quality services to it’s members including training opportunities, consultation and products that are of value. Additionally, studio members have access to Gup and Dan certificates, testing materials and manuals that will add to the studio owners Association experience.
The Kwan Gi represents the Independent Tang Soo Do Association’s rich martial arts heritage. The background being mid-night blue represents the Korean culture and origin of Tang Soo Do. In traditional Tang Soo DO, mid-night blue represents the Yu Dan Ja (black belt) ranking instead of the known ‘black belt’ that is used in other martial arts systems. Additionally in Korean culture this color signifies maturity and success. Therefore the back ground color is a representation of our Yu Dan Ja members and their success and unity in the art of Tang Soo Do.

The red, white and blue stars represent the United States of America. Sa Bom Nim Garbowsky felt it important to have the United States represented in the Kwan Gi as so many Tang Soo Do schools and organizations have found success here in America teaching Tang Soo Do. Additionally if you study the history of Tang Soo Do, you will find that it really spread from the US Service men who were stationed in Korea during the mid to late 1950’s who when they returned to the US started teaching and spreading Tang Soo Do.

The gold throughout the flag represents justice as does the gold fist. In addition the gold fist represents our tie to the original Moo Duk Kwan founded by Grandmaster Hwang Kee. The berries on the laurel leaves represent the fruit we obtain through training. There are eight on each side also representing the eight key concepts of Tang Soo Do. The laurel leaves themselves represent life and our growth in Tang Soo Do and as an individual.

The um/yang symbol represents the Tao (Do) and the dualities of nature and life. On each side of the symbol you find the Chinese characters for “Moo and Do” or Martial Way. These characters together represent the concept of conflict resolution both internally and externally.

All South Hills Karate Academy members are to wear the Association patch on the right sleeve, just below the hem on the dobalk.
South Hill Karate Academy Student Guidelines

As with the tradition first set by the Moo Duk Kwan in 1945 every student must display proper respect and discipline. Each student must also adhere to the three principles of South Hills Karate Academy:

- Respect
- Discipline
- Strength

Respect refers to the respect that is developed and fostered through the training of Tang Soo Do. It is the respect that every member at South Hills Karate Academy has for others as well as themselves. Discipline is necessary for success in Tang Soo Do and life. Without discipline one can easily lose control of themselves and their life. Strength refers to both physical and mental strength.

Membership at SHKA comes with serious responsibility and that is to represent the Art and the School in only the best possible manner. Students who fail in this regard will be asked to revoke their membership at South Hills Karate Academy. Remember that Tang Soo Do is a classical martial art and not a sport. It is an intellectual activity designed to foster physical, mental and spiritual health.

Students must strive to separate themselves from average people by developing strong moral character, humility, and respect for others. The Ten Articles of Faith must be practiced and followed and each student must realize that they are living examples of Tang Soo Do and the brotherhood that exists between all martial art styles.

**Tang Soo Do Ten Articles of Faith**

1. Be loyal to your country.
2. Be obedient to your parents.
3. Be loving between husband and wife.
4. Be cooperative between brothers.
5. Be faithful between friends.
6. Be respectful to your elders.
7. Be faithful between teacher and student.
8. Know the difference between good and evil.
10. Always finish what you start.
The Purpose Of The Independent Tang Soo Do Association

To promote the original and traditional techniques, practices, philosophy, and principles of the martial art known as Tang Soo Do, and to create a training environment that not only focuses on intense physical training, discipline, and respect (Moo Do), but which also fosters creativity and character development (Ryu Pa) by recognizing the human need to achieve "freedom" through the development of the human spirit (Moo Do Shim Gung).

The Association’s Responsibilities of Students

1. Look and listen to learn
2. Positive visualization
3. Practice
4. Develop a higher level of conscious awareness
5. Create Ryu Pa

The Independent Tang Soo Do Association’s Responsibilities of Dan (Mid-night Blue Belts) Members

- Maintain Tang Soo Do protocol and etiquette. Tang Soo Do protocol and etiquette has a long tradition starting with those of the Moo Duk Kwan. Failure to adhere to these would result in a degradation of the art. It is also the Dan’s responsibility to pass these on to junior ranks.
- Remember that you are always a student. Continue to develop skills needed to become a future leader in the dojang and the Association to further promote, perpetuate, and enhance the martial art of Tang Soo Do.
- Conduct yourself in a manner that is worthy of being Dan member and remember that junior students and other s are always watching you and hold you in high regard and to a higher standard
- Always continue your training and study the history and traditions of Tang Soo Do and participate in as many dojang and Association events as possible
- Remain loyal to your instructor and the Association as this is the highest level of Moo Do Shim Gung (Spirit of the Martial Arts). This also ensure the purity of the martial art as well as our identity as an Association

Definition of Practice

I know I’ve practiced when I have done a sufficient amount of practice which has caused me to be both physically and mentally challenged, but which in time will always result in positive change. *Taken from Grandmaster Andy Ah Po’s definition of practice*
The Rules of the Dojang

Martial arts training begins with learning how to respect the tradition of the art and the school. With membership in any organization there are rules that must be followed and adhered to. South Hills Karate Academy is no exception. The following “Rules of the Dojang” must be followed without question.

Entering the Dojang

Students should salute the flags and bow to the senior Black Belts and the Master Instructor immediately upon entering the Dojang (training room). This should be done without exception. Students do not have to wait for Black Belts or the Master Instructor to acknowledge their bows. At first students feel awkward using the bow. This is understandable but once students realize that the bow acknowledges respect, a respect between people that is much deeper than any hand shake or other form of acknowledgment it will become second nature.

Starting the Class

The instructor will stand at the front of the class. All others students will line up behind the instructor according to rank and seniority right to left. Lines will be evenly numbered and form with seniors to the right. Note:

After class has been lined up properly, the instructor or highest ranking member will start class by calling the following commands:

Cha Ryut  Attention
Kuk Gi Ba Rae  Salute to the Flags
Ba Ro  Return
Ahn Jo  Sit
Muk Nyum  Meditation and mind preparation
Ba Ro  Return

The highest ranking member in class will then call the class to attention and bow to the instructor. The following Korean commands are used:

Kwan Jang Nim Ke Kyung Ret  Bow to Grand Master
Sa Bom Nim Ke Kyun Ret  Bow to the Master Instructor
Kyo Sa Nim Ke Kyung Yet  Bow to the Instructor
Yu Dan Ja Ke Kyung Ret  Bow to Dan(s), Bow to Dan Instructor
Yu Gup Ja Ke Kyung Ret  Bow to Gup Instructor
Class Time Rules

During class proper respect and discipline must be maintained at all times.

1. If a student comes to class late, he or she will wait at the Dojang entrance until the instructor acknowledges them. They will then approach the instructor, bow, and ask for permission to join class.

   **Note:**
   *Students should make every attempt possible to arrive early for class. This way, proper respect will be paid to the instructor and there will be sufficient time for warm-up exercises.*

2. **Under no circumstance is a student to leave class without permission.** To do so show will show disrespect to the instructor and the other students. Students must gain the permission of the instructor in order to leave class for any reason. To return, students must stand at attention at the entrance of the Dojang, until welcomed back in by the instructor.

3. Questions to the instructor or senior members should be preceded by a bow. If a student is seated, he or she should raise their hand, and wait to be acknowledged by the instructor.

4. A chain of command should be followed for questions outside of class. If a senior Gup is unable to answer a question, a Dan member should be approached. The Master Instructor should be approached only as a last resort.

5. Members should keep a posture that is conducive to good health, while they are seated on the floor. This means sitting with the legs crossed, back straight, and hands on the knees. Seated members should also pay the utmost attention to seniors who are performing. A lot can be learned by watching those who are more advanced. Talking while seated is not allowed.

6. Students should never ask their instructor to teach them something new. This is disrespectful. Place trust in your instructor’s knowledge and experience.

7. Master Garbowsky should always be addressed as Sa Bom Nim. Black Belt (Dan) Members should be addressed as either "sir" or "ma’am". It is also acceptable to address Dan Members with Mr., Miss, Ms. or Mrs., followed by their last name. Instructors from other studios should be called either "Sa Bom Nim" (Master Instructor) or "Kyo Sa Nim" (Instructor Under Master).

8. The instructor may, upon discretion, ask students who do not obey the above class guidelines to remove themselves from class.
The Tang Soo Do Uniform

It is important to give a good impression of our art. Therefore, a neat appearance is essential at all times. Members should take care to clean their uniforms and keep them well pressed. They should also not wear them in public, except for special events. Clothing should not be worn underneath the do bok either, except in the case of females, who are allowed to wear a T-shirt. The belt should be tied around the waist with rank displayed outward, from the left side.

Why do we wear the traditional Tang Soo Do Dobalk? The answer to this question is based on tradition and philosophy. First, the word "do" means "way of life" and the word "balk" means "clothing". By definition, this makes the dobalk clothing for Tang Soo Do training. Its whiteness symbolizes purity and reverence for life. The belt is a symbol of our accomplishments in Tang Soo Do, both physically and spiritually. The uniform should always be kept in good condition, with proper patches and trim displayed. The belt should never be placed on the ground or hung. The South Hills Karate School patch must be worn on the left lapel over the chest.

The Tang Soo Do Association Patch is displayed on the right sleeve.

Practicing Outside of the Dojang

Students learn basic moves in class. These moves or techniques should be practiced diligently until they are perfected including practice outside of the dojang. Students should take what they learn in class and work to perfect their techniques. Students should practice outside of the dojang in order to assure that they have learned the techniques fully. Practicing outside of the dojang should include the practice of basic techniques, hyung, one-step sparring and if a training partner is available, free sparring.

In addition to practicing the techniques of Tang Soo Do students are reminded to work on flexibility and strength training in order to improve the overall health of the body and to help improve performance in Tang Soo Do.

Students are also encouraged to learn about the history and different training philosophies of Tang Soo Do.
The Role of Flexibility

During warm ups and class we talk about the benefits of stretching and the entire concept of flexibility as it relates to general health and martial arts.

When using the legs/feet for striking we want to be primarily concerned with dynamic flexibility or flexibility at motion. In general there are three kinds of flexibility:

1. Dynamic—Flexibility at motion through a full range. Kicking above waist level is a display of dynamic flexibility.

2. Static passive—The ability to assume and hold a stretched position using your weight (splits), or using strength not coming from the stretched limbs, such as lifting and holding a leg with your arm or by other external means.

3. Static active—The ability to assume and hold and extended position using only the muscles of the stretched limb. An example is kicking the leg and holding it at a certain level.

When training to achieve greater flexibility and as a general rule for training the following sequence of stretches will yield the best results:

1. Warm Up - loosen the joints, rotate arms and shoulders

2. Dynamic Stretches — leg raises to the rear, side and front. For best results, do these in the morning and before training.

3. Main Training - this is the class or training portion of the workout.

4. Static passive— should be done at the end of training, seldom before!
# The Belt System of South Hills Karate Academy

<table>
<thead>
<tr>
<th>RANK</th>
<th>BELT</th>
<th>STRIPES</th>
<th>TRIM</th>
</tr>
</thead>
<tbody>
<tr>
<td>10th GUP</td>
<td>White</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>9th GUP</td>
<td>Yellow</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>8th GUP</td>
<td>Orange</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>7th GUP</td>
<td>Orange</td>
<td>1 Green</td>
<td>None</td>
</tr>
<tr>
<td>6th GUP</td>
<td>Green</td>
<td>None</td>
<td>Green</td>
</tr>
<tr>
<td>5th GUP</td>
<td>Green</td>
<td>1 Red</td>
<td>Green</td>
</tr>
<tr>
<td>4th GUP</td>
<td>Green</td>
<td>2 Red</td>
<td>Green</td>
</tr>
<tr>
<td>3rd GUP</td>
<td>Red</td>
<td>None</td>
<td>Red</td>
</tr>
<tr>
<td>2nd GUP</td>
<td>Red</td>
<td>1 Blue</td>
<td>Red</td>
</tr>
<tr>
<td>1st GUP</td>
<td>Red</td>
<td>2 Blue</td>
<td>Red</td>
</tr>
<tr>
<td>1st Pre-test</td>
<td>Red</td>
<td>3 Blue</td>
<td>Red</td>
</tr>
<tr>
<td>2nd Pre-test</td>
<td>Red</td>
<td>4 Blue</td>
<td>Red</td>
</tr>
<tr>
<td>1st DAN</td>
<td>Midnight Blue</td>
<td>None</td>
<td>Midnight Blue</td>
</tr>
</tbody>
</table>

All stripes on Gup rank belts and Dan rank belts are to be on one end of the belt only. Stripes are to be worn on the left side.

The red stripe for 4th Dan (Master) and above runs through the middle of the belt. A Grandmaster’s belt has two red stripes running through the middle. Orange and yellow belts shall not have trim on uniform jackets. Green and red belt Gup ranked students shall have their uniform jackets trimmed in the color of their belt on the lapel only. Dan members shall have trimmed uniform jackets, which include lapel, sleeve cuffs and all around the bottom border.

## Belt Color Meanings

The belt colors of Tang Soo Do each have a specific meaning. Each color signifying rank, symbolizes the various stages of physical and spiritual development. In Tang Soo Do’s early beginnings there were traditionally only four colors used within the 10 Gup rank system. Over the years additional colors have been added. Each color can be compared to the changes of seasons. In addition, the four traditional colors have an element and an animal associated with each belt color.

### White Belt

The first belt that every student received upon starting their journey in Tang Soo Do is the white belt. The white belt represents the season winter. During winter months the snow covers the ground hiding life below. Trees and plants appear to lifeless, however they are very much alive. Thus the white belt represents the hidden potential of the beginning Tang Soo Do student. The tiger is the animal that symbolizes the white belt. Just as the tiger is an aggressive hunter, beginner students often approach their training and fighting with ag-
gressive offensive techniques. The element for white belt is metal. This is significant since upon beginning their training most beginners might feel hard and rigid in performing their techniques.

Yellow Belt
Yellow represents the later winter months and progress in Tang Soo Do. Students are beginning to see the fruits of their labor and are beginning to gain confidence in their skills.

Orange Belt
The orange belt represents early spring and the students continued advancement in Tang Soo Do. Students are beginning to be aware of their bodies and the skills they are gaining. They are also starting to realize their potential and what their art has to offer them.

Green Belt
Green represents the color of spring. Spring represents new life. The green belt signifies growth in Tang Soo Do spirit and loyalty to the Tang Soo Do brotherhood. The animal for green belt is the dragon. Dragons have a very symbolic and almost mystical meaning in oriental cultures. The dragon was feared, but respected. It was considered to be fierce and quick, more so than the tiger, but not as graceful as a bird. The element for green belt is wood.

Red Belt
The season for red belt is summer. It represents an active spirit and strong loyalty to art and instructor. This is developed through intense training along with confidence in technique. The animal for red belt is the bird. The element for red belt is fire. Fire is a moving, growing, flexible element. It can burn wood and melt metal. This is symbolic of the Red Belt’s progression in rank and seniority among other students. They have put a lot of time and energy into their Tang Soo Do training, and have developed the knowledge and ability to help teach white and green belts.

Black (Midnight Blue) Belt
The infamous Midnight Blue Belt is the last change of color in the Tang Soo Do belt system. It’s element water and animal the turtle. It is the most significant rank advancement as is reflected in the full trim of the uniform top. Many traditional Tang Soo Do/Soo Bahk Do schools use a dark midnight blue colored belt for Dan ranks, rather than the more common black belt. Other than being the tradition of the Moo Duk Kwan, there are numerous reasons for this. Historically, it is thought that the Hwa Rang Dan warriors of ancient Korean wore a very similar outfit to the uniform that we wear today, which was trimmed in a dark blue. In addition, the color black symbolizes death and finality. It is the only color which does not change when more color is added to it. Black is always black, it cannot be altered. On the other hand, one can add more color to midnight blue to make it darker. This is significant because the training of a Tang Soo Do Black Belt is never final. A true Black Belt never stops learning, training or improving their technique. Thus, the midnight blue belt is seen only as a new beginning, where a student may continue to learn and refine their technique, and begin to gain greater insight into their art. The solid midnight blue belt is worn for 1st through 3rd Dans, with white stripes on the left end of the belt to indicate rank. For 4th dan (master level) and above, a midnight blue belt with a red stripe all the way through the center is worn.
How To Tie The Belt or Dee (Korean)

There are a few ways to properly tie your belt or Dee (Korean). The diagram below shows how to properly fasten or tie your Dobalk as well as the Dee. The method for tying the belt shown in the diagram below is the generally accepted beginner method.

Regarding the Dobalk or uniform, the left side should always be on top of the right side as depicted in the diagram.

**How to tie your belt:**

1. Fold your belt in half to find the center
2. Holding the belt with both hands in front of your body, place the center of the belt at the center of your waist
3. Wrap the belt around your waist, crossing it behind you, and bringing the two ends in front of your body again
4. Cross the belt in front of you
5. Tuck the end of the belt that is in your right hand completely under the section of belt around your waist and pull that end straight up, while pulling the end in your left hand straight down
6. Using the two ends of the belt, tie a square knot.
7. The ends of your belt should be even in length after the belt is tied. When tied, any rank stripes on the belt should be on your left side.
# Tang Soo Do Terminology and Culture

## General Terminology

<table>
<thead>
<tr>
<th>Term</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tang Soo Do</td>
<td>The Name Of The Art We Study</td>
</tr>
<tr>
<td>The Martial Way Association</td>
<td>The Name Of Our Organization</td>
</tr>
<tr>
<td>Soo Bahk Do</td>
<td>Ancient Name of the Martial Art of Korea Founded by Kwan Jang Nim Hwang Kee</td>
</tr>
<tr>
<td>Kwan Jang (Nim)</td>
<td>Grandmaster, The Title For Head of The Martial Way Association (Currently Kwan Jang Nim Andy Ah Po)</td>
</tr>
<tr>
<td>Sa Bom (Nim)</td>
<td>Master Instructor, Master Garbowsky’s Title</td>
</tr>
<tr>
<td>Kyo Sa (Nim)</td>
<td>Certified Instructor</td>
</tr>
<tr>
<td>Nim</td>
<td>A Term of Respect Similar to &quot;Sir&quot; or &quot;Honorable&quot;</td>
</tr>
<tr>
<td>Sun Beh</td>
<td>Senior Member</td>
</tr>
<tr>
<td>Hu Beh</td>
<td>Junior Member</td>
</tr>
<tr>
<td>Dan Beh</td>
<td>Degree, Holder of Midnight Blue(Black) Belt</td>
</tr>
<tr>
<td>Gup</td>
<td>Grade, Holder of Color Belt Under</td>
</tr>
<tr>
<td>Ko Dan Ja</td>
<td>Senior Dan Holder</td>
</tr>
<tr>
<td>Yu Dan Ja</td>
<td>Dan Holder</td>
</tr>
<tr>
<td>Yu Gup Ja</td>
<td>Gup Holder</td>
</tr>
<tr>
<td>Kwan Won</td>
<td>Student Member</td>
</tr>
<tr>
<td>Cho Bo Ja</td>
<td>Beginner</td>
</tr>
<tr>
<td>Do Jang</td>
<td>Training Hall (Studio)</td>
</tr>
<tr>
<td>Do Bok</td>
<td>Training Suit (Uniform)</td>
</tr>
<tr>
<td>Dee</td>
<td>Belt</td>
</tr>
<tr>
<td>Kwan Gi</td>
<td>The Flag of a Style (Martial Way Association) or School (South Hills Karate Academy of Tang Soo Do)</td>
</tr>
<tr>
<td>Gi Cho</td>
<td>Basic</td>
</tr>
<tr>
<td>Hyung</td>
<td>Form</td>
</tr>
<tr>
<td>Deh Ryun</td>
<td>Sparring</td>
</tr>
<tr>
<td>Ho Shin Sul</td>
<td>Self-Defense (Techniques)</td>
</tr>
<tr>
<td>Soo Gi</td>
<td>Hand Techniques</td>
</tr>
<tr>
<td>Jok Gi</td>
<td>Foot Techniques</td>
</tr>
<tr>
<td>Chi Gung</td>
<td>Extension of Energy</td>
</tr>
<tr>
<td>Neh Gung</td>
<td>Internal Power, Breathing Throughout a Technique, or Internal Control in Exercise</td>
</tr>
<tr>
<td>Weh Gung</td>
<td>External Power, Breathing at the End of a Technique, or External Control in Exercise</td>
</tr>
<tr>
<td>Neh Ga Ryu</td>
<td>The Internal Way/Method</td>
</tr>
<tr>
<td>Weh Ga Ryu</td>
<td>The External Way/Method</td>
</tr>
<tr>
<td>Choong Ga Ryu</td>
<td>The Combination Way/Method</td>
</tr>
<tr>
<td>Shim Gung</td>
<td>Spiritual Power or Control in Exercise</td>
</tr>
<tr>
<td>Mahk Kee</td>
<td>Block</td>
</tr>
<tr>
<td>Kong Kyuk</td>
<td>Attack, Strike</td>
</tr>
<tr>
<td>Pyong</td>
<td>Balanced, Calm, Peaceful</td>
</tr>
<tr>
<td>Ahn</td>
<td>Safe, Secure, Confident, Comfortable</td>
</tr>
<tr>
<td>Ha Dan</td>
<td>Lower Part</td>
</tr>
<tr>
<td>Choong Dan</td>
<td>Middle/Center Part</td>
</tr>
<tr>
<td>Sang Dan</td>
<td>High Part</td>
</tr>
<tr>
<td>Term</td>
<td>Description</td>
</tr>
<tr>
<td>--------------</td>
<td>-----------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Ahp</td>
<td>Front</td>
</tr>
<tr>
<td>Yup</td>
<td>Side</td>
</tr>
<tr>
<td>Dwi</td>
<td>Back</td>
</tr>
<tr>
<td>Cha Gi</td>
<td>Kick</td>
</tr>
<tr>
<td>Ki Hap</td>
<td>Yell, Vocal Exhalation, Spirit Unification</td>
</tr>
<tr>
<td>Shi Sun</td>
<td>Focus of Eyes or Direction of Line of Sight, Focus of Mind</td>
</tr>
<tr>
<td>Choong Shim</td>
<td>Balance</td>
</tr>
<tr>
<td>Chung Kwon</td>
<td>Forefist</td>
</tr>
<tr>
<td>Kap Kwon</td>
<td>Backfist</td>
</tr>
<tr>
<td>Soo Do</td>
<td>Knife Hand</td>
</tr>
<tr>
<td>Yuk Soo Do</td>
<td>Ridge Hand</td>
</tr>
<tr>
<td>Kwan Soo</td>
<td>Spear Hand</td>
</tr>
<tr>
<td>Jang Kwon</td>
<td>Heal of Palm</td>
</tr>
<tr>
<td>Podo</td>
<td>Snapping</td>
</tr>
<tr>
<td>Son Mok</td>
<td>Bent Wrist</td>
</tr>
<tr>
<td>O Rin Jok</td>
<td>Right</td>
</tr>
<tr>
<td>Wen Jok</td>
<td>Left</td>
</tr>
<tr>
<td>Choong Jok</td>
<td>Center</td>
</tr>
<tr>
<td>Jindo</td>
<td>Advancing &amp; Retreating</td>
</tr>
<tr>
<td>Gahten Bahl</td>
<td>Multiple Techniques Without Placement or Reset</td>
</tr>
<tr>
<td>Ja Seh</td>
<td>Stance</td>
</tr>
<tr>
<td>Tae Kuk Gi</td>
<td>Name of the South Korean Flag</td>
</tr>
<tr>
<td>Sook Gi</td>
<td>Water Energy</td>
</tr>
<tr>
<td>Wah Gi</td>
<td>Fire Energy</td>
</tr>
<tr>
<td>E-Dan</td>
<td>Jumping</td>
</tr>
<tr>
<td>Kyok Pah</td>
<td>Breaking</td>
</tr>
<tr>
<td>Hwa Rang</td>
<td>Often Translated As &quot;Flower Knights&quot;, An Elite Group of Warriors</td>
</tr>
<tr>
<td></td>
<td>In the Times of the Ancient Korean Dynasties, 10'th Century</td>
</tr>
<tr>
<td>Ton Jon (Tan Jin)</td>
<td>Center Of Gravity</td>
</tr>
<tr>
<td>Ki Se</td>
<td>Poise [Of One’s Energy/Character]</td>
</tr>
<tr>
<td>Gi Cho Gi So</td>
<td>Basic Action</td>
</tr>
</tbody>
</table>

**Basic Stances (Gi Cho Ja Seh)**

<table>
<thead>
<tr>
<th>Stance</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choon Bee Ja Seh</td>
<td>Ready Stance</td>
</tr>
<tr>
<td>Chun Gul Ja Seh</td>
<td>Front Stance</td>
</tr>
<tr>
<td>Bahl Cha Gi Ja Seh</td>
<td>Kicking Stance</td>
</tr>
<tr>
<td>Hu Gul Ja Seh</td>
<td>Back Stance</td>
</tr>
<tr>
<td>Fu Gul Ja Seh</td>
<td>Cat Stance</td>
</tr>
<tr>
<td>Kee Mah Ja Seh</td>
<td>Horse Riding Stance</td>
</tr>
<tr>
<td>So Ko Rip Ja Seh</td>
<td>Side Stance (50/50 Even Weight Distribution)</td>
</tr>
<tr>
<td>Kyo Cha Rip Ja Seh</td>
<td>Cross-Legged Stance</td>
</tr>
<tr>
<td>Che Ha Dan Ja Seh</td>
<td>Low Stance With Rear Leg Bent and Front Leg Straight With Only the Heel On the Floor</td>
</tr>
</tbody>
</table>
Commands In Training

Tulio/Turo  Reverse
Ku Ryung  Count
Ku Ryung E Mah Cho So  By the Count
Ku Ryung Sam Gup  By the set
Ku Ryung Up Shi  Without Count, All The Way Through
Chay Ryut/Chariot  Attention
Kyung Ret  Bow
Choon Bee  Ready
Shi Jok  Begin
Ba Ro  Return
Shio/Sho  Relax(Rest)
Tora  Turn
Dwi Ro Tora  Turn to the Rear
Bal Cha Gi Choon Bee  Ready For Kicking
Deh Ryun Ja She  Ready For Defense(Sparring)
Bahl Pakwa  Shift Sides
Bahl Kyo Deh  Switch Legs
Ahn Jo/ Chak Suk  Be Seated
Yuk Suk  Stand Up
Sam Kwan  Reverse Center Punch, Front Kick, Center Punch (Appears in Chil Sung E Ro Hyung)
Dasi  Again/Repeat
Choong Gan Jaseh  Intermediate position

Commands In Starting and Closing Class

Cha Ryut  Attention
Kuk Gi Ba Rae  Salute the Flag
Ba Ro  Return
Ahn Jo/Chak Suk  Sit
Il Soot  Stand/Standing
Muk Nyum  Meditation
Shio  Return
Cha Ryut  Attention
Kwan Jang Nim E Kyung Ret  Bow to Grand Master
Sa Bo Nim Ke Kyung Ret  Bow to Master Instructor
Yu Dan Ja Ke Kyung Ret  Bow to Dan(s), Bow to Dan Instructor
Yu Gup Ja Ke Kyung Ret  Bow to Gup Instructor
Sang Ho Kan E Kyung Ret  Bow to Partner(To Each Other)
Shim Sah Kwan Nim Ge-Kyung Ret  Bow to Judge/Examiner
Kahn Sam nee Dah  Thank You
Basic Techniques (Hand)

Pahl Put Kee
Ha Dan Mahk Kee
Choong Dan Kong Kyuck
Sang Dan Kong Kyuck
Sang Dan Mahk Kee
Ahneso Phaku Ro Mahk Kee
Phakeso Ahnu Ro Mahk Kee
Wheng Jin Kong Kyuck
Chun Gul Ssang Soo Mahk Kee
Hu Gul Ssang Soo Mahk Kee
Ssang Soo Ha Dan Mahk Kee
Ssang Soo Sang Dan Mahk Kee
Yuk Soo
Hu Gul Ha Dan Mahk Kee
Hu Gul Sang Dan Mahk Kee
Ha Dan Soo Do Mahk Kee
Choong Dan Soo Do Mahk Kee
Sang Dan Soo Do Mahk Kee
Hu Gul Yup Mahk Kee
Kwan Soo Kong Kyuck
Yuk Jin Kong Kyuck
Yuk Soo Do Kong Kyuck
Sang Jin Kong Kyuck
Chung Kwon Kong Kyuck
Kwon Do Kong Kyuck
Il Ji Kwan Soo
Bahn Jul Kwan Soo
Yoo Kwon
Jip Ke Son
Jang Kwon
Sohn Mok Deung
Pahl Mok

Basic Techniques (Kicking)

Ahp Podo Oil Ri Gi
Ahp Cha Nut Gi
Yup Cha Gi
Yup Podo Oil Ri Gi
Dull Ryo Cha Gi
Dwi Cha Gi
Dwi Dull Ryo Cha Gi
Ahneso Phaku Ro Cha Gi
Phakeso Ahnero Cha Gi
Yup Hu Ri Gi
Ahp Me Ro Cha Gi
Moo Roop Cha Gi
Peet Cha Gi

Front Stretch Kick
Front Snap Kick
Side Stretch Kick
Round-House Kick
Back Snap Kick
Back Spinning Kick
Inside/Outside Crescent Kick
Outside/inside Crescent Kick
Side Hook Kick
Front Pushing Kick
Knee Kick
Reverse Round-House Kick
Bahl Bah Dahk Euro Mah Kee  
Outside to Inside Kick Block  
Bahl Yup Euro Mahk Kee  
Outer edge of foot block  
Ahp Bahl Cha Gi  
Term to be used with any defensive kick using front foot  
E-Dan  
Jump  
E-Dan Ahp Cha Gi  
Jump Front Kick  
E-Dan Yup Cha Gi  
Jump Side Kick  
E-Dan Dull Ryo Dwi Hu Ri Gi  
Jumping Spinning Heel Kick  
E-Dan Ahneso Phaku Ro Cha Gi  
Jumping Spinning Inside to Outside Crescent Kick  
E-Dan Pakeso Ahnu Ro Cha Gi  
Jumping Spinning Outside to Inside Crescent Kick  
E-Dan Dwi Cha Gi  
Jumping Back Kick  
E-Dahn Ka Whe Cha Gi  
Jump Scissor [split] Kick

**Sparring (Deh Ryun)**

Sam Soo Shik Deh Ryun  
Three-Step Sparring  
Il Soo Shik Deh Ryun  
One-Step Sparring  
Ja Yu Deh Ryun  
Free Sparring  
Jua Deh Ryun  
Sparring In Sitting Position  
Wah Deh Ryun  
Sparring In Lying Down Position  
Bong Deh Ryun  
Stick Sparring  
Kyo Deh  
Change positions  
Da Soo In Deh Ryun  
Sparring Against Multiple Opponents  
Took Soo Deh Ryun  
Special Sparring  
Dan Do Deh Ryun  
Short Knife Sparring  
Sil Cheh Deh Ryun  
Full Contact Sparring  
Gun Nuhn Deh Ryun  
Non-Contact Sparring  
Shi Jok  
Begin  
Go Mahn  
Stop  (Temporary)

**Anatomy**

Pahl  
Arm  
Bahl(Korean)/Jok(Chinese)  
Foot  
Chu Mok  
Fist  
Mok  
Neck  
Hu Ri  
Waist  
Da Ri  
Leg  
Soo(Chinese)/Sohn(Korean)  
Hand  
Pahl Koop  
Elbow  
Moo Roop  
Knee  
Tuck  
Chin  
Eema  
Forehead  
Ko Wahn  
Groin  
Dan Jun  
Abdomen  
Myung Chi  
Solar Plexus  
In Choong  
Filtrim, Area Between Mouth and Nose  
Ip  
Mouth
### Numbers and Counting

<table>
<thead>
<tr>
<th>Counting</th>
<th>Numerals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Han Na</td>
<td>Il</td>
</tr>
<tr>
<td>Dool</td>
<td>1'st</td>
</tr>
<tr>
<td>Set</td>
<td>E</td>
</tr>
<tr>
<td>Net</td>
<td>2'nd</td>
</tr>
<tr>
<td>Da Sot</td>
<td>Sam</td>
</tr>
<tr>
<td>Ya Sot</td>
<td>Sa</td>
</tr>
<tr>
<td>Il Goop</td>
<td>Oh</td>
</tr>
<tr>
<td>Yo Dol</td>
<td>3'rd</td>
</tr>
<tr>
<td>Ah Hope</td>
<td>Yuk</td>
</tr>
<tr>
<td>Yohl</td>
<td>4'th</td>
</tr>
<tr>
<td>Yohl Hana</td>
<td>Chil</td>
</tr>
<tr>
<td>Yohl Dool</td>
<td>Pahl</td>
</tr>
<tr>
<td>Yohl Set</td>
<td>5'th</td>
</tr>
<tr>
<td>Soo Mool</td>
<td>Ku</td>
</tr>
<tr>
<td>Soh Roon</td>
<td>6'th</td>
</tr>
<tr>
<td>Mah Hoon</td>
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<tr>
<td>Shwin</td>
<td>7'th</td>
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<tr>
<td>Ye Soon</td>
<td>Shibil</td>
</tr>
<tr>
<td>Ir'Hoon</td>
<td>11'th</td>
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<tr>
<td>Yo Doon</td>
<td>Shibi</td>
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<tr>
<td>Ah Hoon</td>
<td>12'th</td>
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<tr>
<td>Paek</td>
<td>Shipsam</td>
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<tr>
<td>Ch'Ohn</td>
<td>13'th</td>
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<tr>
<td>Mahn</td>
<td>Iship</td>
</tr>
<tr>
<td>Shi'Mahn</td>
<td>20'th</td>
</tr>
<tr>
<td>Soo Mool</td>
<td>Samship</td>
</tr>
<tr>
<td>Ye Soon</td>
<td>30'th</td>
</tr>
<tr>
<td>Ah Hoon</td>
<td>Saship</td>
</tr>
<tr>
<td>Paek</td>
<td>40'th</td>
</tr>
<tr>
<td>Ch'Ohn</td>
<td>Oship</td>
</tr>
<tr>
<td>Mahn</td>
<td>50'th</td>
</tr>
<tr>
<td>Shi'Mahn</td>
<td>Yukship</td>
</tr>
<tr>
<td>Mahn</td>
<td>60'th</td>
</tr>
<tr>
<td>Ch'Ohn</td>
<td>Chilship</td>
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<tr>
<td>Mahn</td>
<td>70'th</td>
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<tr>
<td>Shi'Mahn</td>
<td>Pahlship</td>
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<tr>
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<tr>
<td>Shi'Mahn</td>
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<td>Shi'Mahn</td>
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<td>Shwin</td>
<td>Ch'Ohn</td>
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<td>1,000'th</td>
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<tr>
<td>Shi'Mahn</td>
<td>Mahn</td>
</tr>
<tr>
<td>Mahn</td>
<td>10,000'th</td>
</tr>
<tr>
<td>Shwin</td>
<td>Shi'Mahn</td>
</tr>
<tr>
<td>Mahn</td>
<td>100,000'th</td>
</tr>
</tbody>
</table>
Tang Soo Do’s Eight Key Concepts

Yong Gi  Courage
Chung Shin Tong IL  Concentration
In Neh  Endurance
Chung Jik  Honesty
Kyum Son  Humility
Him Cho Chung  Control Of Power
Shin Chook  Tension And Relaxation

Characteristics of Tang Soo Do

1. It is natural and reasonable to practice Tang Soo Do as a martial art.
2. It combines civil and military arts which are strong and submissive.
3. It is good practice for mental and physical well being.
4. You can practice anywhere and it is inexpensive.
5. You can practice as an individual or group.
6. Anyone can learn with a little effort and faith.
7. It develops your body and sense of balance.

Matters That Demand Special Attention In Tang Soo Do

1. Purpose of training should be enhancement of the mental and physical self.
2. Sincerity is necessary.
3. Effort is necessary.
4. Consistent schedule during practice.
5. Do one's best when training.
6. It is necessary to train in the basic spirit of Tang Soo Do.
7. Regularly spaced practice sessions.
8. Obey without objection the word of instructors or seniors, look and learn.
9. Don't be overly ambitious.
10. Pay attention to every aspect of your training.
11. Pay attention to the order of training.
13. Try to conquer when you feel idleness.
14. Cleanliness is desired after practice is finished.

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The Five Requisites and Ten Points On Emphasis On Physical Development

Five Requisites
1. Contact With Natural Surroundings
2. Contact With Diverse Physical Conditions
3. Suitable Nourishment
4. Suitable Exercise
5. Suitable Rest

Ten Points On Emphasis
1. Vocal Exhalation For Thoracic Strength (Ki Hap)
2. Visual Focus (Shi Sun)
3. Continuous Balance During Movement
4. Flexibility Of The Body
5. Correct Muscle Tone For Maximum Power
6. High And Low Speed Technique
7. Exactness Of Technique
8. Adjustment For Proper Distance
9. Proper Breathing For Endurance
10. Conditioning Of The Hands And Feet

The Five Requisites and Eleven Points On Emphasis On Mental Training

Five Requisites
1. Oneness With Nature
2. Complete Awareness Of Environment
3. Experience
4. Conscience
5. Culture

Eleven Points On Emphasis
1. Reverence For Nature
2. Physical Control (Ki Hap)
3. Courtesy
4. Modest Heart
5. Thankful Heart
6. Self-Sacrifice
7. Cultivation Of Courage
8. Chastity
9. Strong Inside And Mild Outside
10. Endurance
11. Reading Ability
Traditional Hyung of Tang Soo Do

At the heart of Tang Soo Do is hyung (Korean) or forms. It must be the foundation of training in Tang Soo Do. The hyung that we practice in Tang Soo Do allows us to share techniques and traditions with many famous Tang Soo Do stylists of the past and present. We can trace this history back hundreds of years to our forms Okinawan roots. Many Martial Artists have used these hyung as method of obtaining the Way (Do Korean/Japanese / Tao Chinese).

Each hyung represents an archived library of effective self-defense techniques. Often the application of each move within hyung is not well understood within many Korean dojangs unless the effort has been made to study the origins and history of the form. One should strive to understand and practice at least one bun hae (bunkai Japanese) motion for each action in a hyung. Most of the original applications do not involve the basic kicks and punches, which are often given as an interpretation, but rather grabs, breaks, pressure points and close in fighting. The elaborate nature of these actions (symbolized by individual hyung motions) are challenging even for Dan (black belts) ranks to know, practice and execute proficiently. Once a bun hae is understood it should be drilled with partners, like we often practice free sparring and Ill Soo Shik (one step sparring) combinations at high speed, and in repetition. Many Ill Soo Shik practiced at South Hills Karate Academy already utilize bun hae from the hyung.

The “Um-Yang” (Yin-Yang Chinese) nature in hyung is noted in such opposites as fast/slow, hard/soft & still/movement. For example, at the end of given combination in hyung one should pause before moving to the next direction to create a separation of events (i.e. often hyung are hurried, and students do not pause long enough before changing directions – the pause creates the moment and contrast to movement and speed. You will notice more advanced practitioners perform hyung in this manner.

Hyung demands techniques executed with precision and power. It trains the body to strike from different stances and different angles, as in fighting or self-defense scenarios. hyung trains one to move quickly, to use precise and stable stances for the execution of solid techniques. Without this ability one will be unable to control an opponent during battle. Furthermore, if one cannot execute precise and powerful technique in hyung, it will definitely not happen in the heat and chaos of having to defend one’s self. As students advance, hyung must begin to feel natural as if becoming “one” with the movements.

Finally it is important to understand the characteristic of the hyung being practices. There are three styles of martial arts that each hyung individually will characterized by. These are:

1. **We Ga Ryu** (外家流) or hard external style
2. **Ne Ga Ryu** (内家流) or soft internal style
3. **Choong Ga Ryu** (中家流) combination style or both hard and soft style
Important Points in Practicing Hyung

1. Each hyung needs to be practiced in the fixed order.
2. Each movement needs to be understood and practiced diligently. The movement must be made correctly. The real application of each bunhae must be drilled.
3. The speed of each hyung needs to be regarded. Some are fast and some are slow and require concentration.
4. The movements must follow a certain rhythm. All movements interconnect. Usually the end of one is the beginning of another movement.
5. While each form has a specific rhythm certain points need to be made regarding execution. These are:
   ♦ Correct use of power
   ♦ Use of the Hu Ri or waist
   ♦ Smoothness in relation to speed of execution
   ♦ Flexibility of the body in relation to expansion and contraction of muscles
   ♦ Understanding of the use Ho Hope or proper breath control

Points to Improve Learning and Practicing Hyung

1. Do not try all the movements quickly. Each movement requires its own speed and position
2. Lower the hips and assure a solid stance
3. Proper breathing technique. Breath in before the execution and exhale upon execution
4. Move the body as a complete unit
5. Know the connection between hyung and fighting
6. Practice repeatedly

Different Forms of Hyung Practice

1. Slow and relaxed without concentration
2. Fast without concentration
3. Real speed and power as one would use the techniques in combat
4. Slow with contraction of each muscle group to strengthen the body
5. Slow and relaxed with deep breathing as in tai chi
6. Reverse training.
7. Repeating certain sections of a hyung over and over.
8. Practicing hyung with closed eyes.
South Hills Karate Academy Hyung Set

The following forms are those practiced at South Hills Karate Academy. Where appropriate the history of the form, as well as additional information is provided. It is highly recommended that students research the hyung on their own to foster a deeper understanding of the forms practiced at South Hills Karate Academy.

**Beginner Hyung**

Kee Cho Hyung Il Bu 基初型一部
Kee Cho Hyung Ee Bu 基初型二部
Kee Cho Hyung Sam Bu 基初型三部

Early versions of these hyung have been dated at 1923 and added to the Tang Soo Do syllabus around the early 1940’s, these hyung are Grandmaster Hwang Kee’s interpretations of Gichin Funakoshi’s Taikyoku forms. The forms were created because the Pyung Ahn hyung were deemed to advanced for beginning students. Although simple, they set the basis for all future hyung.

**Hyung Set Required for 1st Degree Black Belt**

Pyung Ahn Cho Dan 平安初段
Pyung Ahn Ee Dan 平安二段
Pyung Ahn Sam Dan 平安三段
Pyung Ahn Sa Dan 平安四段
Pyung Ahn Oh Dan 平安五段

Anko Itosu, noted by Grandmaster Hwang Kee as Mr. Idos in his writings on Tang Soo Do, developed the Pyung Ahn hyung around 1830. Itosu was born in the Shuri region of Okinawa and was a person of exceptional martial art skills. The literal translation of Pyung means peaceful and calm. Ahn is translated as well balanced. It is believed that the martial artist, after practice of the Pyung Ahn hyung will be equipped to handle themselves in any self-defense situation, thus developing a feeling of peace and balance. The animal representation of the Pyung Ahn hyung is the turtle.

Sa Bom Nim Garbowski performing traditional Tang Soo Do Hyung, “Kong Sang Kong Dai” in competition May 2000
Passai Dae 拔塞大

The history of the Passai hyung is relatively obscure. What is certain is that the hyung seem to be derived from Chinese boxing styles. The opening move of Passai Dae starts with the right fist covered by the left hand. This is a common hand gesture in China hence the reason it is believed to have Chinese origins. The characters representing the form can be interpreted as “extract from a fortress” or “remove an obstruction”. This is thought to be in reference to the power from which the form should be executed, emphasizing energy generation from the waist. The suffix Dae means “large or greater.” There are two Passai hyung. Passai So is required at Ee Dan or 2nd Degree black belt level.

Naihanchi Cho Dan 内步進初段

This form is considered to be one of the most important forms of classical martial arts. It is characterized by a formal opening and side to side movements from the horse stance. Although unlikely, many feel the form was developed to simulate fighting with ones back against a wall. Whilst the hyung is linear, moving side to side, the techniques can be applied against attackers at any angle. The side to side movements in a low stance build up the necessary balance and strength for fast footwork and body shifting. Some researchers believe the form is a non-ballistic two-man grappling exercise. There are three forms in the series and the other two Naihanchi forms (Ee Dan and Sam Dan) are not learned until black belt. The form also appears to have it’s origins from Chinese martial arts.

Chil Sung III Ro 七星一路形
Chil Sung Ee Ro 七星二路形
Chil Sung Sam Ro 七星三路形

The late Great Grandmaster Hwang Kee, founder of the Tang Soo Do martial art system and the Moo Duk Kwan ( Institute of Martial Virtue) developed two forms sets from his study of the Muye dobo tong ji 武藝圖譜通志. The two form sets he created where the Chil Sung and Yuk Ro hyung sets. Chil Sung translated means “seven stars” which draws a parallel to the ancient travelers who used seven starts to guide their way. So to can the martial artist use the seven Chil Sung hyung (seven total) as a guide in their martial arts career. Our hyung curriculum includes some of the Chil Sung hyung and Yuk Ro hyung as requirements and others and optional as an additional learning opportunity.

1st Degree Black Belt Hyung

Jin Do (Chinto) 鎮東
Naihanchi Ee Dan 内步進初段
Chil Sung Sa Ro 七星三路形（Optional）
Yuk Ro Cho Dan (Du Mon) 六路初段（Optional）
2nd Degree Black Belt Hyung
Ro Hai (Lo Hai) 鷺牌
Naihanchi Sam Dan 內步進三段
Chil Sung O Ro 七星四路形 (Optional)
Kong Sang Koon So 公相君小 (Optional)

3rd Degree Black Belt Hyung
Kong Sang Koon Dae 公相君大
Sip Soo 十手
Passai So 拔塞小
Chil Sung Yuk Ro 七星六路形 (Optional)

The Kong Sang Koon Hyung is said to date to the 1700’s. The form is one of the most widely practiced forms in martial arts and is commonly reserved for advanced practitioners. The form itself was named after a Chinese Martial Artist of reputed fame and is said to be a collection of the best techniques in martial arts. Kong Sang Koon Dae is the original form. Kong Sang Koon So was created some time after the formulation of the original. So it means “lesser” as it does with the Passai Hyung. Kong Sang Koon So, although not as physically demanding as Dae is a very dynamic form unique to South Hills Karate Academy as it is not widely practiced in Tang So Do circles today.

4th Degree Black Belt Hyung
Wang Shu 腕秀
Ssi San / Seisan 十三
Chil Sung Chil Ro 七星七路形 (Optional)
Yuk Ro Sa Dan (Yang Pyun) 六路四段 (Optional)
As mentioned, the practice of forms enhances our balance, power, focus, timing and speed. The beginning forms start out very basic and become more advanced as one progresses through the ranks of Tang Soo Do. Kicho Hyung Ill Bu is the first form of Tang Soo Do, and as such, very simple. This basic pattern is utilized in increasingly complex patterns as new forms are learned.

The form contains only two techniques, Ha Dan Mahk Kee and Choong Dan Kong Kyuck put together in a particular sequence of 22 movements.
Technical Requirements
10th Gup White Belt through 4th Gup Green Belt

Gup Combinations
At the heart of South Hills Karate Academy’s curriculum are the Hyung set, Gup Combinations, Ill Soo Shik Dae Ryun, Ho Sin Sul and at the Dan level bun hae/bunkai (분해/분해). There are 12 Gup combinations.

Gup Combinations

<table>
<thead>
<tr>
<th>#</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1</td>
<td>Low bock followed by a reverse punch in front stance with a kihap</td>
</tr>
<tr>
<td>#2</td>
<td>Front snap kick followed by a high back knuckle strike with a kihap</td>
</tr>
<tr>
<td>#3</td>
<td>High block followed by a reverse elbow strike with a kihap</td>
</tr>
<tr>
<td>#4</td>
<td>Turning side kick followed by a high block with a kihap</td>
</tr>
<tr>
<td>#5</td>
<td>Side block from cat stance followed by a front snap kick with the front leg, set into a hugul jaseh with a kihap</td>
</tr>
<tr>
<td>#6</td>
<td>Round kick with the bag leg followed by a side block in a hugul jase with a kihap</td>
</tr>
<tr>
<td>#7</td>
<td>Step forward into horse stance and execute an outside to inside block followed by an elbow strike with the same arm with a kihap</td>
</tr>
<tr>
<td>#8</td>
<td>Step and side hook kick, followed by a back knuckle strike from the horse stance with a kihap</td>
</tr>
<tr>
<td>#9</td>
<td>From fighting stance, back leg front snap kick, followed by a turning side kick, set into a fighting stance with a kihap</td>
</tr>
<tr>
<td>#10</td>
<td>From fighting stance, back leg round kick, followed by a back hook kick, set into a fighting stance with a kihap</td>
</tr>
<tr>
<td>#11</td>
<td>Step into horse stance and execute a back knuckle defense, followed by a step in front side kick, set into a horse stance with a kihap</td>
</tr>
<tr>
<td>#12</td>
<td>Back kick followed by a back knuckle strike and finish in a horse stance with the back knuckle strike extended with a kihap</td>
</tr>
</tbody>
</table>
Beginning the Drills:
The drills begin with an attacker and a defender. The partners start from the ready position (Choon Bee). The attacker begins by stepping back with the right leg and executing a low block. When the defender is ready he/she initiates the sequence by signaling the attacker with a Ki Aup. The attacker then executes a walking high punch finishing in front stance. The defender then executes the technique.

1. **Hand Technique**
The defender evades the attack by out at a 45 degree angle to the right into a horse stance. With the hands chamber at the right hip, simultaneously perform a left hand knife hand block to the attacker's right wrist and a high punch to the attacker’s temple.

2. **Kicking Technique**
The defender evades the attack by stepping back with the right foot into a fighting stance. Counter the attack with a middle front snap kick (ahp cha gi) to the solar plexus. The defender then finishes the defense with a left hand punch to solar plexus and right hand punch the attacker's jaw from a front stance position.

3. **Hand Technique**
The defender evades the attack by stepping back with the right foot into a front stance and performing a rising high defense (sang dan mahk kee) with the left arm. The defender then grabs the attacker's right arm and counters with a high forearm strike to the attacker's jaw with the right arm.

4. **Kicking Technique**
The defender evades the attack by stepping back with the right foot into a fighting stance. The defender then counters with a turning side kick (yup cha gi) to the solar plexus. The defender than follows with a left hand punch to the ribs and right hand punch the attackers jaw from a front stance position.

5. **Hand Technique**
The defender evades the attack by stepping back with the left foot into a fighting stance and performing an outside to inside block (phakeso ahenero mahk kee) with the right arm. The defender then steps into horse stance and performs a right elbow strike to the attacker’s solar plexus followed by knife hand attack to the defenders neck.

4. **Kicking Technique**
The defender evades the attack by stepping back with the left leg into a fighting stance. Pivot and strike with a back kick to the solar plexus followed by right hand reverse punch to the attacker's jaw from a front stance position.

4. **Hand Technique**
The defender evades the attack by stepping back with the right leg into a fighting stance and performing an inside to outside to inside block with the left arm. Maintain control of the attacker's arm and step into horse stance and perform a right hand back fist strike to the attacker’s temple while pulling the attacker into the strike.

4. **Kicking Technique**
The defender evades the attack by stepping back with the right into fighting stance and counters with a right leg round kick to either the attackers ribs or head. This is followed by a left hand reverse punch to the solar plexus from a horse stance followed by an outside to inside knife strike to the attacker's neck.

5. **Hand Technique**
The defender evades the attack by stepping back with the right leg and performing a low knife defense (ha dan so do mahk kee) with the left arm. Move forward into a front stance and strike the attacker's neck with a left arm knife strike. Grab the attacker's lapel and step forward and deliver a right arm forearm strike to the attacker's jaw.
5. **Kicking Technique**
   The defender moves slightly left to front stance and blocks the attacker’s punch with a middle knife hand defense with the right arm. The defender executes a side kick into the attacker’s arm pit. The side kick is followed by a soo do attack to the back of the attacker’s neck.

6. **Hand Technique**
   The defender evades the attack by stepping forward and to the left leg at a 45-degree angle in a horse stance while defending the attack with a right arm inside to outside knife defense. Strike the attacker’s ribs with a left hand punch to the ribs followed by a right hand punch to the attacker’s jaw.

6. **Kicking Technique**
   The defender evades the attack by stepping forward left at a 45-degree angle and performing a round kick to the attacker’s midsection. The kicking leg is set down behind the attacker and the defender strikes to the base of the skull with a soo do. Grab the collar with the striking hand and pull the attacker off balance while performing a reverse punch to the temple.

7. **Hand Technique**
   The defender evades the attack by forward to the left at 45-degree angle and performing a raising high block with the right arm while countering with a left hand punch to the temple. Grab the attacker’s shoulder with the left arm and perform a right hand punch to the attacker’s ribs followed by a side kick to the attackers knee while simultaneously pulling the attacker to the ground with the left arm.

8. **Kicking Technique**
   The defender evades the attack by stepping back with the left leg and blocking with double forearm block with both the left and right arms knocking away the attacker’s punch. Perform a front leg side kick followed by a soo do attack with the right hand to the attacker’s jaw.

8. **Hand Technique**
   The defender evades the attack by stepping back with the right leg and performing a left hand knife defense. Keep hold of the attacker’s arm and step in with the right leg and execute an elbow strike to the attacker’s jaw while pulling the attacker into the strike.

9. **Kicking Technique**
   The defender evades the attack by stepping out with the left leg at a 45 degree angle and performing an inside to outside block with the right arm. Grabbing the attackers arm perform a front snap kick to the attackers ribs set the kicking leg down behind the attacker and perform a left hand punch to the attacker’s temple.

9. **Hand Technique**
   Step back with the left leg executing an outside/inside block to the attacker’s wrist. Cross arms in front of the body and deliver a right elbow strike in horse stance to the solar plexus of the attacker. Follow with a right hand hammer fist to the groin. Finish the with a right hand back fist to the temple.

9. **Kicking Technique**
   The defender evades the attack by stepping back with the right leg and performing an outside to inside defense with the left arm. Continue the circular motion and strike with a back hook kick the head or ribs. Follow with a reverse punch to the attacker’s temple.

10. **Hand Technique**
    The defender evades the attack by stepping back with the left leg and performing a right hand inside to outside knife defense. Grab the attacker’s arm and step forward with the left leg while rotating the attacker’s arm inward. Sweep the front leg and apply pressure to the attacker’s elbow, taking the attacker to the ground.

10. **Kicking Technique**
    The defender evades the attack by stepping back with the right leg and cover with the left hand to protect against the attacker’s punch. Counter with a double round kick to the mid-section and to the head. Finish the attacker with a jab with the right hand and a cross with the left.
11. Hand Technique
The defender evades the attack by stepping back with the right leg and performing a left inside two hand block. Shoot in and grab the attacker's head or lapel and deliver a knee strike with right knee. Pivot and perform a hip throw by twisting the attackers neck to the left taking the attacker down. Finish with a palm strike to the attackers jaw.

11. Kicking Technique
The defender evades the attack by stepping back with the left leg and cover with the right hand to protect against the attacker's punch. Counter with a jumping front snap kick to the attackers solar plexus followed with a back fist to the attacker's temple with the right hand and reverse punch with the left.

12. Hand Technique
The defender evades the attack by stepping slightly forward with the right leg and performing an open hand raising high block with the left arm while striking the attacker's neck with an open hand soo do strike. Maintain control by grabbing the attacker's lapel and sweep the front leg take the attacker to the ground while maintaining control of the arm. Upon taking the attacker to the ground maintain control of the wrist. Twist the wrist back and lock the arm by reaching across the attackers arm and locking by grabbing the right forearm. Apply pressure and drive the right knee into the attacker's ribs.

12. Kicking Technique
The defender evades the attack by stepping back with the left leg and cover with the right hand to protect against the attacker's punch. Counter with a jump side kick to the midsection followed by a back hand punch to the attacker's jaw.

13. Hand Technique
The defender evades the attack by stepping back with the left leg and performing a right inside to outside block with the left hand. Grab the attacker's arm and counter with a punch to the jaw. Rotate the attacker's arm out and over and move into position for an arm bar this will cause the attacker to bend forward. Apply pressure to take the attacker to the ground.

13. Kicking Technique
The defender evades the attack by stepping back with the left leg. Strike the attacking arm with an outside to inside crescent kick with the left leg. Continue the circular motion and deliver a back hook kick to the attacker's head with the right leg.

14. Hand Technique
The defender evades the attack by stepping back with the right leg and performing a low hand block with the left arm. Grab and trap the attacker's arm and simultaneously step in with the right leg and deliver an upper cut to the attacker's jaw. Maintain control of the attacker's arm and hook the attacker under the shoulder. Pivot and throw the attacker over the hip. Take the attacker to the ground and wrap your arm around your opponent's arm. Cut into the opponent's elbow with your forearm in order to bend their arm. Trap the opponent's arm under your armpit. Place your right hand on the opponent's upper arm, just below the elbow joint. Grab the wrist of your right hand with your left hand to lock the opponent's arm into position. Take your right leg over the opponent's body. Turn your body ninety-degrees to twist the opponent's arm outside its natural range of motion to lock the arm and disable the attacker.

14. Kicking Technique
The defender evades the attack by stepping back with the right leg. Strike the attacker's arm with an outside to inside crescent kick. Quickly chamber the leg and strike the solar plexus with a side kick. Finish with a punch to the jaw with the left hand followed by a hook punch with the right.

Ho Shin Sul
Self-Defense Drills 10th Gup White Belt through 4th Gup Green Belt

1. The wrist is grabbed straight across:
Stepping backward with the opposite leg from the hand being grabbed in to horse stance - escaping the grip by snapping the hand back to your hip (escape out the thumb area). Cross arms and deliver a front hand back fist to temple followed by a reverse punch to the solar plexus.
2. Two hands grab one wrist:
   Stepping backward with the opposite leg from the hand being grabbed in to horse stance - escaping the grip by snapping the hand over and back to your hip (use you free hand over top to aid in this escape out the thumb area). Cross arms and deliver a front hand back fist to temple followed by a reverse center punch.

3. The wrist is grabbed straight across:
   Apply an over the hand wrist grip with your free hand and bring it up and to the outside. The grabbed wrist breaks free of the grip by the rotating motion. Step across the attacker's body and perform an arm bar to the attacker's arm trapping the arm into the body. Apply pressure to the arm at the elbow taking the attacker to the ground.

4. The wrist is grabbed straight across:
   Rotate the grabbed arm inward, use the free hand to apply a wrist grip from under the attacker's hand. Use the lever created to break the attacker's grip. Step with the open side leg 45 degrees inward toward the grip into a front stance while applying a wrist break.

5. The wrist is grabbed straight across:
   Grab to the inside of the attacker's hand while rotateing under your grabbing arm 45 degrees. This is across body motion. Stepping into a front stance apply a wrist break. Utilize both of your hands as is necessary

6. Both wrists are grabbed straight across:
   Use one hand in a swift motion to gain a under side wrist grip on the attacker's opposite side hand. Using and inside/outward motion with the primary grabbed hand, use the free hand to apply a wrist grip from under the attacker's hand. Step with the open side leg 45 degrees inward toward the grip into a front stance while applying a wrist break. Refer to # 4 above. The escape from the two hand wrist grab can also follow #3 above.

7. Bear hug from behind:
   Slam the head backward to strike the attacker’s head if possible. This will loosen the attacker's grip. Grab the attacker’s arm across the body and strike with the elbow to the ribs. Hook the shoulder and perform a hip throw taking the attacker to the ground.

8. Bear hug from front:
   Grab attacker at belt level and use a knee attack to the groin. Drop down slightly and throw the elbow up and out to remove the attacker's arm. Strike with an elbow to the ribs while grabbing the attacker’s arm. Continue the rotating motion to move in and hook the shoulder. Perform a hip throw taking the attacker to the ground.

9. Lapel is grabbed straight across:
   With the opposite side hand apply and over hand wrist grip. Use other arm top apply pressure at elbow. Maintaining the wrist grip apply an arm bar while stepping across the attack's body into front stance. Use pressure at the elbow to take the attacker to the ground.

10. Double lapel is grabbed:
    Grab one hand over the top and the other from beneath. Lock the attacker’s wrist. Using a twisting motion step across the body into a horse stance. Trap the arms and apply pressure at the elbow taking the attacker to the ground.

11. Shoulder is grabbed from the side:
    Rotating your arm counter clockwise in a circular motion, apply an upward arm bar applying pressure to the elbow. Strike with the palm to the attacker's jaw.

12. Double shoulder grab:
    Step forward and perform a double high block. Continue the circular motion and “box” the attacker's ears. Grab the attacker's head and twist the neck while rotating the hips to throw the attacker to the ground.
13. Hair is grabbed from the front:
   Counter the grab by grabbing the attacker’s wrist. Counter the grab with a left or right hand hook punch to the
   jaw. This will cause the attacker’s grip to loosen Use the punching hand to lock the attacker’s wrist. Step back
   with the right leg pulling the attacker forward and deliver a front snap kick to the solar plexus. Rotate to the out-
   side of the attacker’s arm. Apply pressure to the elbow taking the attacker to the ground.

14. Attacker rushes with a tackle:
   Slide back somewhat to flow with the attacker’s movement. Look for the attacker’s head. Using both hands to push
   the attacker’s head into the ground.

Children’s Long Distance Sparring
11 Years Old and Younger
10th Gup White Belt through 4th Gup Green Belt

Both Partners start by stepping back with the right leg into a comfortable fighting stance.
A. Each combination begins as the practitioner executes a low block with the left hand in a full front stance fol-
   lowed by reverse punch with the right hand (Front Stance) followed by the Kicking techniques described below.
B. Each combination ends with the practitioner executing a reverse middle punch and a high
   front punch in front stance.

1. Right leg front snap kick followed by a back leg round kick.
2. Right leg round kick followed by a back leg round kick.
3. Right leg round kick, back leg round kick, back snap kick.
4. Right leg round kick, back leg round kick, jump front snap kick
5. Right leg round kick, jump side kick, back kick
6. Right leg round kick, back leg round kick, back snap kick, back snap kick
7. Right leg outside to inside crescent kick followed by a jump back kick
8. Right leg inside to outside crescent kick, skipping front leg round kick, finish with a back crescent kick
9. Step round kick with the left leg, spinning back hook kick, stepping double side kick, middle and high
10. Step inside to outside crescent kick, jump round kick back leg, double back kick middle and high
11. Double round kick back leg middle and high, stepping side hook kick, jump back crescent kick
12. Jump front snap kick, jump front leg inside to outside kick, switch leg round kick
13. Forward front roll, jump front snap kick
14. Forward front roll jump round kick with the back leg, jump side kick
Technical Requirements
3rd Gup Red Belt through Cho Dan (1st Degree Mid-Night Blue)

Advanced Red Belt Combinations

At the advanced Gup level (Red Belt) practitioners are required to learn advanced combination techniques, Iljum Ushik Dae Ryun derived from the combinations and advanced Ho Sin Sul techniques. There are 6 Advanced Red Belt combinations.

Advanced Combinations

Cho Dan Sam Gup - Combination #1
Step left leg first into front stance and low block from front stance, reverse punch, bag leg front snap kick, back fist, reverse punch

Ee Dan Sam Gup - Combination #2
Step left leg front stance and high block from front stance, reverse elbow strike, knee strike, turning side kick, high block, reverse elbow strike

Sam Dan Sam Gup - Combination #3
Step left leg and side block from fighting stance, front leg front, round kick bag leg with the ball of the foot, side block, yuk jin (reverse punch from cat stance)

Sa Dan Sam Gup - Combination #4
Step forward into horse stance and execute an outside to inside block followed by an elbow strike with the same arm. Step and side hook kick, followed by a back knuckle strike from the horse stance

Oh Dan Sam Gup - Combination #5
From fighting stance, back leg front snap kick, followed by a turning side kick, back leg round kick, followed by a back hook kick

Yuk Dan Sam Gup - Combination #6
Step into horse stance and execute a back knuckle defense, followed by a step in front side kick, follow with a back kick, followed by a back knuckle strike and finish with a reverse punch
## Applicable To Cho Dan Sam Gup (Combination #1)

<table>
<thead>
<tr>
<th>Number</th>
<th>Challenger Action</th>
<th>Defender Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1</td>
<td>Start from the right leg back low block position. Step forward with a middle punch to the solar plexus</td>
<td>Executes the entire advanced combination #1. Defend with a low block and counter with a middle punch to the solar plexus, a front snap kick to the solar plexus followed by a back knuckle strike to the temple and a reverse punch to the solar plexus.</td>
</tr>
</tbody>
</table>

## Applicable To Ee Dan Sam Gup (Combination #2)

<table>
<thead>
<tr>
<th>Number</th>
<th>Challenger Action</th>
<th>Defender Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>#2</td>
<td>Start from the right leg back low block position. Step forward with a middle punch to the solar plexus</td>
<td>Defends with a high block and counters with a reverse elbow strike to the jaw followed by a soo do strike to the back of the neck. Pull the defender in and execute a knee kick to the mid section. Set the kicking foot down and with the right leg execute an Ahp Podo Oil Ri Gi action to sweep the challengers front leg. With the challenger on the ground, execute a reverse punch to the face.</td>
</tr>
</tbody>
</table>

## Applicable To Sam Dan Sam Gup (Combination #3)

<table>
<thead>
<tr>
<th>Number</th>
<th>Challenger Action</th>
<th>Defender Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>#3</td>
<td>Start from the right leg back low block position. Step forward with a middle punch. Additional Action: upon completion of the defenders round kick, execute a reverse punch</td>
<td>Defends with a side block from the cat stance position and execute a front leg middle kick to the ribs followed by a round kick with the ball of the foot to the challengers solar plexus. Defend against the challenger’s reverse punch utilizing a side block motion and counter with a reverse punch to the solar plexus from the cat stance position.</td>
</tr>
</tbody>
</table>

## Applicable To Sa Dan Sam Gup (Combination #4)

<table>
<thead>
<tr>
<th>Number</th>
<th>Challenger Action</th>
<th>Defender Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>#4</td>
<td>Start from the right leg back low block position. Step forward with a middle punch</td>
<td>Defends with an outside to inside block from the horse stance and counter with an elbow strike with the same blocking arm to the solar plexus. Using the side hook kick with the right leg, sweep the challenger’s front foot and take the challenger to the ground. Finish with a back knuckle strike to the face.</td>
</tr>
</tbody>
</table>
Ho Shin Sul
3rd Gup Red Belt - Cho Dan (1st Degree Mid-Night Blue)

15. Cross Hand Grip (right hand example)
Right foot steps toward opponent into side stance, perform an elbow strike to the solar plexus simultaneously releasing hand; Cross arms right arm on bottom and perform a hand soo do to temple, left palm (jang kwon) to chin and spear hand (kwan soo) attack to groin.

16. Cross Hand Grip (right hand example)
Right foot steps to side into a right foot front stance to opponent's left side simultaneously releasing right hand and cross arms left on bottom performing left hand soo do to temple; followed by right hand palm to chin and kwan soo to groin.

17. Cross Hand Grip (right hand example)
Right foot steps across to opponent's right simultaneously right hand circles counter clockwise while opponent's hand is grabbed with left hand. Released right hand presses down on opponent's hand to break wrist - this is followed by elbow strike to temple.

18. Cross Hand Grip (right hand example)
Use both hands to grab opponent's right hand - left foot steps across opponent allowing you to pass under opponent's right arm as you turn apply downward pressure to break wrist. Follow by head butting (pak chi kee).

Optional Advanced Ho Shin Sul

1. Same Side Grip (right hand example)
Right foot steps toward opponent into side stance performing elbows strike to solar plexus simultaneously releasing right hand followed by right kwon do to groin, right hand back fist to temple - and left reverse soo do (yuk soo do) to neck.

2. **Same Side Grip (right hand example)**
   Right foot steps to side into a right foot front stance. Right hand simultaneously circles counter clockwise grabbing opponent's right wrist (reverse the grip); followed by a left hand soo do to the neck and left knee attack to body while pulling down opponent's neck or back of shirt collar with left hand.

3. **Same Side Grip (right hand example)**
   Right hand circles counter clockwise while left hand holds opponent's left hand - continue counter clockwise circle while simultaneously moving right foot backward into left foot front stance, apply pressure toward opponent to break wrist, follow by a right foot front snap kick to stomach and right elbow attack in side stance with a simultaneous stomp.

4. **Same Side Grip (right hand example)**
   Hold opponent's left wrist with right hand, step across opponent's body with right foot turning body counter clockwise and passing under opponent's left arm and applying downward pressure to opponent's wrist; followed by right foot front snap kick from fighting stance and a punch to the face. (Use both hands to grab opponent's right hand - left foot steps in allowing you to pass under opponent's right arm as you turn apply downward pressure to break wrist. Follow by head butting (pak chi kee).)

1. **Two Hand Grip Same Side (right hand example)**
   With right foot step to the right into a right foot front stance to opponent's left side while snapping your hands to right side (pull up against opponent's thumbs) to free both hands. Follow with a double soo do to temple & neck.

2. **Two Hand Grip Same Side (right hand example)**
   Left foot steps toward opponent into a sa ko rip stance, while freeing both hands by performing X block move (left wrist above right wrist), move right hand clockwise in a cross arm grab while you deliver a left hand soo do attack to neck.

3. **Two Hand Grip Same Side (right hand example)**
   Grab opponent's left wrist. Step with right foot to left side and turn under opponent's left arm, follow with a wrist breaking, side snap kick and reverse punch.

4. **Two Hand Grip Same Side (right hand example)**
   Using left hand grab opponent's right hand - while snapping your right hand free, followed by a right back hand attack to opponent's groin. Next hold opponent's left hand with your right hand circle counter clockwise while left foot moves to right and you pass under opponent's left arm and turn. Twist opponent's wrist with your right hand in order to break opponent's wrist.
Gup Testing Requirements

White Belt to Yellow Belt
10th Gup to 9th Gup

Basic Hand and Foot Techniques
Ahp Podo Oll Ri Gi          Front Stretch Kick
Choong Dan Pal Pa Kee       Center Punching Practice
Sang Dan Mahk Kee           High Block
Ha Dan Mahk Kee             Low Block
Ahnuso Pakero Mahkee        Inside to Outside Block
Choog Dan Kong Kyuck        Middle Punch
Ahp Cha Gi Front Kick       Middle and High
Dull Ryo Cha Gi             Round Kick

Combination Requirement
Gup Combination             Combination #1

Form Requirements
Kiacho Hyung Il Bu          Basic Form Number One

Il Soo Sik - One Step Sparring
Hand & Foot                 1 & 2 (Adult)
Long Distance Sparring      1 & 2 (Children)

Ho Shin Sul - Self Defense
Wrist Grabs                 1 & 2 (Adults)

Dae Ryun
Free Sparring               One on One

Terminology/History
Dobalk                       Uniform
Dojang                       Training Center
Sa Bom Nim                   Master Instructor 4th Degree-7th Degree
Tang Soo Do                  Art we study (China Hand Way)
Origin of Tang Soo Do        Korea

In Neh - Endurance
10 push ups

Yellow Belt to Orange Belt
9th Gup to 8th Gup

Basic Hand and Foot Techniques
All hand and foot techniques required for 9th Gup
Hu Gul Yup Mahkee          Side Block Fighting Stance
Choong Dan Soo Do Mahkee   Middle Knife Hand Block, Fighting Stance
Ha Dan Soo Do Mahkee       Low Knife Hand Block
Tora Yup Cha Gi            Side Kick from Back Leg
Dwi Cha Gi                 Back Kick
E Dan Ahp Cha Gi           Jump Front Kick

Combination Requirement
Gup Combination             Combination #2

Form Requirements
Kicho Hyung Ee Bu
Kicho Hyung Sam Bu
Il Soo Sik - One Step Sparring
Hand & Foot
Long Distance Sparring
Ho Shin Sul - Self Defense
Wrist Grabs
Dae Ryun
Free Sparring
Kyok Pa (Breaking)
Hammer-fist
Reverse Soo Do Strike
Terminology/History
All terminology required for 9th Gup
Choon Bee Jaseh
Cha Ryut
Kyung Ret
In Neh - Endurance
15 push ups

Orange Belt to Orange/Stripe
8th Gup to 7th Gup

Basic Hand and Foot Techniques
Tuel Oh Sang Dan Kong Kyuk
Ahneso Phakuro Mah Kee
Phakeso Ahnuro Mah Kee
Yuk Jin Kong Kyuk
Phakeso Ahnuro Cha Gi
Ahneso Phakuro Cha Gi
Ahp Bahl Ahp Cha Nut Gi
Dollyo Cha Gi
E Dan Ahp Cha Nut Gi

Combination Requirement
Gup Combination
Gup Combination

Form Requirements
Kicho Hyung Sam Bu
Pyung Ahn Cho Dan
Il Soo Sik - One Step Sparring
Hand & Foot
Long Distance Sparring
Ho Shin Sul - Self Defense
Wrist Grabs
Dae Ryun
Free Sparring
Kyok Pa (Breaking)
Downward Soo Do Strike

45
Reverse Punch
Adults (Women have option of palm strike)

Terminology/History
All terminology required for 9th Gup and 8th Gup
“Pyung Ahn” From Hyung
Pyung” meaning Balance, Calm, Peaceful / “Ahn” meaning Confident, Comfortable

In Neh - Endurance
10 push ups
10 crunches
10 body weight squats

Orange/Stripe to Green Belt
7th Gup to 6th Gup

Basic Hand and Foot Techniques
Choong Dan Ssang Soo Mah Kee
Two Fist Middle Block
Choong Dan Soo Do Mah Kee
High Knife Hand Block
Sang Dan Soo Do Mah Kee
High Knife Hand Block
Kwan Soo Kong Kyuk
Spear Hand Strike
Chun Jin Pahkeso Ahnuro Cha Gi
Outside/Inside Crescent Kick, Advancing
Yup Cha Nut Gi
Side Kick
Dollyo Cha Gi
Roundhouse Kick
Yup Huri Hi
Side Hook Kick

Combination Requirement
Gup Combination
Combination #5
Gup Combination
Combination #6

Form Requirements
Pyung Ahn Cho Dan
First Pyung Ahn Form
Pyung Ahn Ee Dan
Second Pyung Ahn Form

Il Soo Sik - One Step Sparring
Hand & Foot
7 & 8 (Adult)
Long Distance Sparring
7 & 8 (Children)

Ho Shin Sul - Self Defense
Wrist Grabs
7 & 8 (Adults)

Dae Ryun
Free Sparring
One on One

Kyok Pa (Breaking)
Elbow Strike or Step Side Kick
Children
Elbow Strike or Step Side Kick
Adults

Terminology/History
At the request of the testing board

In Neh - Endurance
12 Push ups
12 Crunches
12 Body weight squats
Green Belt to Green/Stripe
6th Gup to 5th Gup

Basic Hand and Foot Techniques
Ha Dan Ssang Soo Mah Kee Two Fist Low X Block
Choong Dan Ssang Soo Mah Kee Two Fist Middle Block
Ssang Dan Ssang Soo Mah Kee High X Block
Hand Combinations At the request of the examiner
Dwi Huri Gi Spinning Heel Kick
Kicking Combinations At the request of the examiner

Combination Requirement
Gup Combinations Combination #7
Gup Combinations Combination #8

Form Requirements
Pyung Ahn Sam Dan Third Pyung Form
Chil Sung Ee Ro Second Chil Sung Form

Il Soo Sik - One Step Sparring
Hand & Foot 9 & 10 (Adult)
Long Distance Sparring 9 & 10 (Children)

Ho Shin Sul - Self Defense
Wrist Grabs 9 & 10 (Adults)

Daerun
Free Sparring One on One

Kyok Pa (Breaking)
Flying Side Kick Children
Flying Side Kick Adults

Terminology/History
At the request of the testing board

In Neh - Endurance
15 Push ups
15 Crunches
15 Body Weight Squats

Green / Stripe to Green / Two Stripes
5th Gup to 4th Gup

Basic Hand and Foot Techniques
Hand Techniques At the request of the examiner
Kicking Techniques At the request of the examiner

Combination Requirement
Gup Combination Combination #9
Gup Combination Combination #10

Form Requirements
Pyung Ahn Sa Dan Fourth Pyung Form
Chil Sung Ee Ro Second Chil Sung Form
Il Soo Sik - One Step Sparring
Hand & Foot 11 & 12 (Adult)
Long Distance Sparring 11 & 12 (Children)

Ho Shin Sul - Self Defense
Wrist Grabs 11 & 12(Adults)

Daerun
Free Sparring One on One

Kyok Pa (Breaking)
Jump Front Snap Kick Children
Jump Front Snap Adults

Terminology/History
At the request of the testing board

In Neh - Endurance
20 Push ups
20 Crunches
20 Body Weight Squats

Green / Two Stripes to Red Belt
4th Gup to 3rd Gup

Basic Hand and Foot Techniques
At the request of the testing board

Combination Requirement
Gup Combination Combination #11
Gup Combination Combination #12

Form Requirements
Pyong Ahn Sa Dan Fourth Pyong Ahn Form
Pyong Ahn Oh Dan Fifth Pyong Ahn Form

Il Soo Sik - One Step Sparring
Hand & Foot 13 & 14 (Adult)
Long Distance Sparring 13 & 14 (Children)

Ho Shin Sul - Self Defense
Wrist Grabs 13 & 14(Adults)

Daerun
Free Sparring One on One

Kyok Pa (Breaking)
Back Hook Kick Children
Back Hook Kick Adults

Terminology/History
At the request of the testing board

In Neh - Endurance.
10 Pahl Put Ki (Basic Punches From Horse Stance)
10 Push ups
10 Crunches
10 Body Weight Squats
Red to Red / One Stripe
3rd Gup to 2nd Gup

Basic Hand and Foot Techniques
At the request of the testing board

Combination Requirement
Advanced Combination

Form Requirements
Chil Sung II Ro

Il Soo Sik - One Step Sparring
Applicable to
Cho Dan Sam Gup
Ee Dan Sam Gup

Ho Shin Sul - Self Defense
Wrist grabs
Daerun
Free Sparring
Kyok Pa (Breaking)
360 Jump Back Kick

Terminology/History
At the request of the testing board

In Neh - Endurance
15 Pahl Put Ki
15 Push ups
15 Crunches
15 Body Weight Squats

Red / One Stripe to Red / Two Stripes
2nd Gup to 1st Gup

Basic Hand and Foot Techniques
At the request of the testing board

Combination Requirement
Advanced Combination

Form Requirements
Passai Dae
Chil Sung Sam Ro

Il Soo Sik - One Step Sparring
Applicable to
Sam Dan Sam Gup
Sa Dan Sam Gup

Ho Shin Sul - Self Defense
Wrist grabs
Daerun
Free Sparring

49
Kyok Pa (Breaking)
360 Jump Back Kick

Terminology/History
At the request of the testing board

In Neh - Endurance
20 Pahl Put Ki (Basic Punches From Horse Stance)
20 Push ups
20 Crunches
20 Body Weight Squats

Red / Two Stripes to Red / Three Stripes
1st Gup to 1st Pre-test

Basic Hand and Foot Techniques
At the request of the examiner

Combination Requirement
Advanced Combination
Advanced Combination #5 and #6

Form Requirements
Passai Dae
Chil Sung Sam Ro
Naihanchi Cho Dan
Second Passai Form
Third Chil Sung Form
First Naihanchi Form

Il Soo Sik - One Step Sparring
Applicable to
Sam Dan Sam Gup
Sa Dan Sam Gup
Combination #5
Combination #6

Ho Shin Sul - Self Defense
No Ho Shin Sul Requirement

Dae Ryun
Free Sparring
One on One
2 on 1 Free Sparring

Kyok Pa (Breaking)
Running Jump Round Kick

Terminology/History
Specific knowledge of Tang Soo Do Moo Do Kwan culture, philosophy, etiquette, and terminology
Examples:
♦ Can you name all basic commands for hand and foot techniques?
♦ Can you recite Grandmaster Ah Po's Seven Training Principles?
♦ Why are the Eight Key Concepts important?

In Neh - Endurance
Pahl Put Ki
Basic Punches From Horse Stance for 1 minute. Must meet 120 repetitions
Basic Hand and Foot Techniques

*This portion of testing to be conducted in Korean only*

Ha Dan Mahk Kee
Sang Dan Kong Kyuk
Choong Dan Kong Kyuk
Sang Dan Mahk Kee
Ahneso Phakuro Mahk Kee
Wheng Jin Kong Kyuk
Hugul Yup Mahk Kee
Ha Dan Soo Do Mahk Kee
Choong Dan Soo Do Mahk Kee
Chun Gui Ssang Soo Mahk Kee
Ha Dan Mahk Ko, Tuel Oh Sang Dan Kyong Kyul
Sang Dan Mahk Ko, Tuel Oh Pal Koop Kong Kyuk
Ah Cha Go, Tuel Oh Sang Dan Kong Kyuk
Ha Dan Mahk Ko, Ahneso Pakero Mahk Ko, Tuel Oh Choong Dan Kong Kyuk
Sang Dan Mahk Ko, Tuel Oh Ha Dan Mah Ko, Wheng Jin Kong Kyuk
When Jin Kong Kyuk, Hu Jin Hu Gul Yup Mahk Kee
Ee Dan Ahp Cha Go, Tuel Oh Choong Dan Kong Kyuk

Combination Requirement

All Advanced Combinations

Combinations #1 - #6

Form Requirements

Passai Dae
Chil Sung Sam Ro
Naihanchi Cho Dan

Second Passai Form
Third Chil Sung Form
First Naihanchi Form

Il Soo Sik - One Step Sparring

Applicable to Combinations #1 - #6

Ho Shin Sul - Self Defense

No Ho Shin Sul Requirement

Dae Ryun

Free Sparring
One on One
2 on 1 Free Sparring

Kyok Pa (Breaking)

Speed Break Hand or Foot or Jump Back (2 Boards Adults / One Board Children)

Terminology/History

Specific knowledge of Tang Soo Do Moo Do Kwan culture, philosophy, etiquette, and terminology

Examples:

♦ Can you name all basic commands for hand and foot techniques?
♦ Can you recite the Ten Articles of Faith
♦ Recite the Tang Soo Do Martial Way Association Pledge
♦ What is Grandmaster Ah Po's definition of practice?

In Neh - Endurance

Pahl Put Ki

Basic Punches From Horse Stance for 1 minute. Must meet 120 repetitions
Red / Four Stripes to Midnight Blue
1st Gup to Cho-Dan

General Requirements
♦ Good knowledge and ability in all lower rank requirements.
♦ Assistance in teaching and class responsibilities with ability to conduct formal classes with the approval of Sa Bom Nim Garbowsky
♦ Excellent general knowledge of Tang Soo Do philosophies and an ability to explain the relationship between forms, mental discipline, and spiritual growth

Basic Hand and Foot Techniques
This portion of testing to be conducted in Korean only
Ha Dan Mahk Kee
Sang Dan Kong Kyuk
Choong Dan Kong Kyuk
Sang Dan Mahk Kee
Ahneso Phakuro Mahk Kee
Wheng Jin Kong Kyuk
Hugul Yup Mahk Kee
Ha Dan Soo Do Mahk Kee
Choong Dan Soo Do Mahk Kee
Chun Gul Ssang Soo Mahk Kee
Ha Dan Mahk Ko, Tuel Oh Sang Dan Kyong Kyul
Sang Dan Mahk Ko, Tuel Oh Pal Koop Kong Kyuk
Ah Cha Go, Tuel Oh Sang Dan Kong Kyuk
Ha Dan Mahk Ko, Ahneso Pahkero Mahk Ko, Tuel Oh Choong Dan Kong Kyuk
Sang Dan Mahk Ko, Tuel Oh Ha Dan Mah Ko, Wheng Jin Kong Kyuk
When Jin Kong Kyuk, Hu Jin Hu Gul Yup Mahk Kee
Ee Dan Ahp Cha Go, Tuel Oh Choong Dan Kong Kyuk

Combination Requirement
All Advanced Combinations Combinations #1 - #6

Form Requirements
Passai Dae Second Passai Form
Chil Sung Sam Ro Third Chil Sung Form
Naihanchi Cho Dan First Naihanchi Form

Il Soo Sik - One Step Sparring
Applicable to Combinations #1- #6

Ho Shin Sul - Self Defense
At the request of the examiner

Dae Ryun
Free Sparring One on One and 2 on 1 Free Sparring

Kyok Pa (Breaking)
Three Station Break (1 hand and 2 foot techniques)

In Neh - Endurance
Pahl Put Ki Basic Punches From Horse Stance for 1 minute. Must meet 120 repetitions

Essay Requirements
Two Written Essays (500-1000 words total)
1. Discuss the meaning, history and techniques of the Passai Dae Hyung
2. Discuss the topic, “What Tang Soo Do Means to Me”