

U.S. Jung Do Kwan Tang Soo Do

Presents

**The Fundamental Concept of
The Art of TANG SOO DO**



Reflections from a Grandmaster:

The purpose of Tang Soo Do training is not for fighting, but to perfect techniques which will enhance your total self. However, if the occasion arises when you must defend yourself, the development of the proper spirit to supplement your physical skills is equally important.

We have learned that the term "Martial Arts" refers to that body of knowledge which enables us to apply physical techniques together with keen mental and spiritual power. That same mental and spiritual power, in turn, creates enhanced physical skills.

In order to master Tang Soo Do, the student must go beyond mere technical knowledge or physical skill. A person must delve deeply into the innermost spirit of it. One must attain the state of mind known as "MOO SHIM" - "Empty Mind".

As Dan members (black belts), we have devoted ourselves for many years in laying the groundwork. "Black Belt" does not only mean physical prowess, it means that whole process of spiritual, mental, and physical development for fulfilling the virtues of valor, wisdom, and benevolence.

In ancient times, martial arts equated with survival, and training was geared that way. Then came a period of strong mental and spiritual power developed through study and contemplation. Today, the modern concept of martial arts has changed to include the practical application in private life; for example, health, self-defense, and mental security.

Modern civilization has made much of the populace lazy, and the traditional idea of patience is absent. We, as Black Belts, must work harder so that we are not overwhelmed by the dominating material world that we encounter each day. I see this material world of modern technology with its emphasis on the physical rather than the soul in need of change. Let us attempt to develop a strong spiritual world and cure these defects for all human welfare.

When a new student joins Tang Soo Do as a beginner, it simply means joining the group at the studio. When he or she becomes a Black Belt, the meaning of this new step is quite different. The proper term for this step is "Ipjuk," meaning to confirm your oath of devotion to the martial arts for the rest of your life.

This manual is designed as a guiding light for Black Belt members who are willing to pursue their mastery of our martial art. It provides you with step-by-step instructions towards reaching the final goal of Tang Soo Do.

You should examine yourself to confirm your serious intention. Are you willing to devote yourself and remain loyal to your Grandmaster, your master, your instructor, and the Art of Tang Soo Do? If your answer is "yes," then this booklet will be one of your most valuable possessions. If you can move others ahead, keeping your ego in hiding, contributing your own excellence towards the enhancement of others, then you will be on the right path of reaching the ultimate goal of the martial arts.

"Refine your body, mind & spirit"

Tang Soo!!

Author: Jae C. Shin

Congratulations!

With the ownership of this manual, it is presumed that you are a student recognized by *U.S. Jung Do Kwan Tang Soo Do*. I wish to recognize your outstanding goals you seek, to work hard, and to succeed. Welcome to our club! In the pursuit of the final destination of true martial arts, this is a new beginning point. This is truly another dimensional challenge for you. From now on, the circle of *U.S. Jung Do Kwan Tang Soo Do practitioners*, as well as the public, will call you a Martial Artist. This honor will be with you for the rest of your life.

You are now responsible to maintain the honor of this title. This is not an easy task, but it was your commitment to enter the *U.S. Jung Do Kwan Tang Soo Do* group. You pledged to assume the responsibilities in your willingness to join. Now, as a Martial Arts Student, you must devote yourself as a leader and as a representative of Tang Soo Do, and, most of all, as an example of a Martial Artist.

As a Gup member, the following responsibilities apply:

1. Proper Dobohk and attire: You must wear your Dobohk correctly and as standardized by your studio.
2. Dan number: Your Dan number (earned at black belt) is solely yours for identification within U.S. Jung Do Kwan Tang Soo Do . Your number is important in identifying you, showing seniority, eligibility qualifications, and in recording your martial arts history.
3. Other duties:
 - Gup members must attend regularly scheduled, routine classes. This is important in qualifying for your next promotion.
 - Attending studio functions, such as testing events, clinics, championships, seminars, and demonstrations is **HIGHLY RECOMMENDED**.
 - You must be a good example to all Tang Soo Do practitioners at all times!

I hope you have an honorable Martial Arts life. I am proud of you and look forward to working with you to achieve our common goals.

Tang Soo!!

*Master Sharon Strobel,
Senior Master #001, U.S. Jang Do Kwan Tang Soo Do*

This book is for the use of members active in the
U.S. Jung Do Kwan Tang Soo Do organization

Charter School:



Name Gup #

Address

Town, State, Zip code

Telephone/Email

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Grand Master Warren Adams

In 1968, at age 12, Grand Master Warren Adams (KJN) began his Tang Soo Do journey. He earned the rank of Black Belt in 1971 (Tang Soo Do Moo Duk Kwan) under Grand Master Robert E. Beaudoin. In 1973, he retested for black belt under Grand Master Jae Chul Shin, and in the year 1984, KJN Shin created the World Tang Soo Do Association (WTSDA) where KJN Adams joined as a 2nd Dan. For the next 20 years, KJN was promoted respectfully to the ranks of 3rd, 4th, & 5th degree black belts. In 2004, KJN Adams was promoted to the rank of 6th Degree Black Belt by Grand Master Steve Washington, President of the Asia-Pacific Tang Soo Do Association, and in 2013, the masters & students of the USJKD promoted him to the esteemed rank of Grand Master. KJN Adams is recognized throughout the Tang Soo Do community as a detailed Master Tang Soo Do Technician. He founded U.S. Jung Do Kwan (which translates: Stepping the right way) in 2008 where he is currently the C.E.O. His teaching methodology consists of defining the fine points of Tang Soo Do mentally, physically, and spiritually and encourages his students to pursue Tang Soo Do excellence through discipline, all out effort, and indomitable spirit.



Senior Master Sharon Strobel



Master Trevor Becker

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Meaning of Tang Soo Do

Literally translated, the word, "Tang" refers to the T'ang Dynasty of China which reflects the shared cultural background between China and Korea (617-907 AD). "Soo" means hand but it implies fist, punch, strike or defense, and "Do," while translated as "The Way," implies the Korean classical martial art which was influenced by the T'ang method of martial art.

Brief History

The exact origin of Tang Soo Do, as well as of any of the martial arts in general, is obscure, though there are a number of historical theories. However, the most credible and traditional view is that martial arts originated not in any one country, but in almost all parts of the globe as they were needed by primitive people.

Development in Early Ages

The ancestral art of Korean Tang Soo Do can be traced to the time period when Korea was divided into three kingdoms. Koguryo was founded in 37 BC in northern Korea. The Silla Dynasty was founded in 57 BC in the southeast peninsula, and Paekche was founded in 18 BC in the southwest.

After a long series of wars, the Silla Dynasty united the three kingdoms in 668 AD. During this period of time the primitive martial arts were very popular in warfare. This is evidenced by mural paintings, ruins and remains which depicted Tang Soo Do in those days.

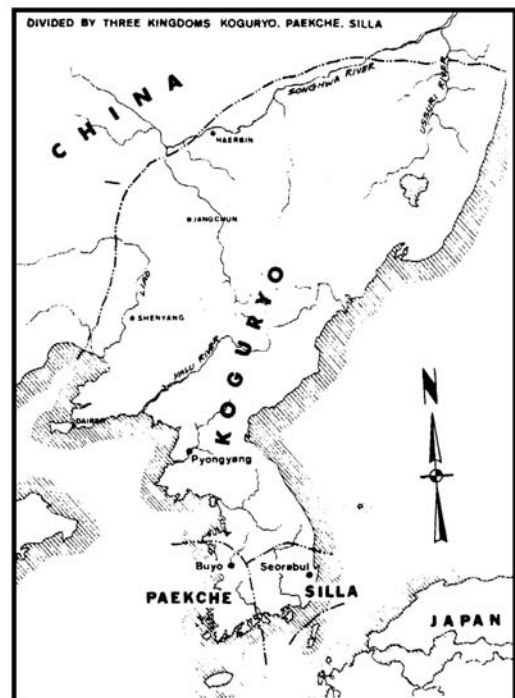
Among the three kingdoms, the Silla Dynasty was most famous for its development of martial arts. A corps formed by young aristocrats who were called "Hwa Rang Dan" was the major group instrumental in unifying the peninsula as the new Silla Dynasty (668 AD-935 AD) and they furnished many of the early leaders of that dynasty. Most Korean martial arts trace their spiritual and technical heritage to this group. The names and arts reflect this, such as Hwa Rang Do or Hwa Soo Do. The Five Codes of Tang Soo Do, originated by a monk, Won Kwang, are part of this spiritual heritage.

Medieval Development

The unified Silla Kingdom was overthrown by a warlord, Wang Kun, in 918 AD and a new kingdom called "Koryo", lasted for 475 years. In 1392 AD, a new kingdom, the Yi Dynasty, succeeded and lasted about 500 years.

Approximately a thousand year period elapsed between the two dynasties. Tang Soo Do became very popular among the military society. Most importantly, this art also became very popular with the general public. In those days it was called Kwon Bop, Tae Kyun, Soo Bahk, and Tang Soo, among others.

The very first complete martial arts book was written at this time. This most important book is called "Mooyae Dobo Tongji." It was written in 1790 AD and contained illustrations that substantiate the theory that "Soo Bahk Ki," the formal name of Tang Soo Do, had quickly developed into a sophisticated art of combat techniques.



Modern History

The subsequent occupation of Korea by the Japanese military regime took place from 1909 to 1945. During this period, practicing and teaching of martial arts were restricted.

After World War II (1945) these restrictions were lifted. Several martial arts training schools were established at the time as follows:

Moo Duk Kwan	by Hwang Kee
Chi Do Kwan	by Kwai Byung, Yun
Chung Do Kwan	by Duk Sung, Son
Song Moo Kwan	by Byung Jik, No
Chang Moo Kwan	by Nam Suk, Lee
Yun Moo Kwan	by Sang Sup, Chun

These founders started to organize their own organizations respectively and Master Hwang Kee organized "the Korean Soo Bahk Do Association" on November 9, 1945.

In addition to the Soo Bahk Do Association, there were various types of other martial arts called "Kong Soo" or "Tae Soo" existing in Korea. In 1965, all of these various systems were united into one organization, called the Korean Tae Kwon Do Association and the art was called "Tae Kwon Do" uniformly.

As a Korean national sport, Tae Kwon Do initiated a new era. Instructors were dispatched throughout the world and international tournaments were held. In those days, Tang Soo Do and Tae Kwon Do diverged with Tang Soo Do continuing as a traditional martial art and Tae Kwon Do focusing on sport competitions.

Purpose of Tang Soo Do Training

1. SELF-DEFENSE

We protect our lives and possessions from injustice and danger.

2. HEALTH

We promote our physical and spiritual health and enjoy strong bodies and sound minds through rigorous training.

3. BETTER PERSON

We strive to be of better character through endurance and hard work.

The five codes and seven tenets of Tang Soo Do are fundamental principals meant to guide the Tang Soo Do practitioner through their daily life. Members are expected to remember and fully understand the meaning behind the codes and tenets.

Five Codes of Tang Soo Do

1. Loyalty to country
2. Obedience to parents
3. Honor friendship
4. No retreat in battle
5. In fighting, choose with sense and honor

Seven Tenets of Tang Soo Do

1. Integrity
2. Concentration
3. Perseverance
4. Respect & Obedience
5. Self Control
6. Humility
7. Indomitable Spirit

Attitude Requirements to Master Tang Soo Do

1. Purpose of training should be enhancement of mental and physical betterment.
2. Maintain a serious approach and all out effort.
3. Always maintain a regular and constant practice.
4. Practice basic techniques all the time.
5. Regularly spaced classes are essential.
6. Always listen and follow the direction of instructor or seniors.
7. Do not be overly ambitious.
8. Frequently inspect your own achievements.
9. Always follow a routine training schedule.
10. Repeatedly practice all techniques already learned.
11. When learning new techniques, learn thoroughly the theory and philosophy as well.
12. When you begin to feel idle, try to overcome this.

Tang Soo Do Creed

I intend to develop myself in a positive manner and avoid anything that will reduce my physical health and mental growth. I intend to develop my self-discipline to bring out the best in myself and others. I intend to use what I learn in class constructively and defensively to help myself and others and to never be abusive or offensive.

Tribury Karate & Fitness Mission Statement

Tribury Karate & Fitness' masters and black belts' mission is to provide each student a foundation of Tang Soo Do knowledge upon which he or she will gain important life-skills and develop positive moral character which will exemplify his or her own minds that creates a concern for others as well as a desire to lead.

Rules and Procedures in the Dojang

1. Arrive at least ten minutes before the class is scheduled to start.
2. Salute the flags when entering and leaving the Dojang floor.
3. All jewelry should be removed.
4. Students should remain silent during training, unless otherwise instructed by the instructor.
5. Warm up prior to class.
6. Shoes should be lined up, orderly, out of walking areas.
7. Equipment bag and weapons into the training area and place to the side before class starts.
8. Talking should be kept to a minimum while stretching.
9. Do not chew gum.
10. Wear a clean uniform with no markings except those permitted by the Dojang.
11. White t-shirts should be worn under DoBohk at traditional TSD events.
12. Students and instructor should use Tang Soo Do terminology at all times.
13. Observe the rules and codes of Tang Soo Do to the best of your ability.
14. Safety equipment must be worn during sparring. (mouth guard, groin cup(males), head, hand and foot protection)
15. The Dojang should always be kept clean and orderly. All students should take part in cleaning.
16. Students should notify their instructor in advance of any absence.
17. The student should not lose self-control, prudence, or composure.

Salutation

The greeting is a very important part of Tang Soo Do training. Member should bow “Kyung Yet” to the instructor, to senior members and also to opponents. Black Belts must be addressed as “Mr.” or “Miss” and not by their first names in class. The voluntarily bowing gesture demonstrates ones humble respect, trust, honor, and pride between two individuals. Mutual respect is shown as both student and instructor bow to each other. A bow starts in an attention stance with feet and legs together and your hands to your side. Bend at the waste keeping your upper part of the body straight and look at the floor. Resume your attention stance once you sense your partner returns or notices the bow.

Do Bohk

Members should exercise care in keeping their Do Bohk clean and pressed at all times. It is important to give a good impression of our art. A high degree of cleanliness should always be maintained among members. Members should take care to pay respect to their bodies and keep themselves clean. Fingernails and toenails should be clipped and kept short to prevent injury while fighting. All Do Bohk will be folded properly when traveling to and from the Dojang. If the student has to adjust his or her uniform, they must bow and turn around and bow again after the adjustment has been made. The Dee or belt signifies ones achievement and dedication to training. When not wearing the Dee it should be treated with proper respect. It should never touch the floor and it’s customary to remove the belt if you eat with fellow martial artists.

Upon Entering the Dojang Floor

Students entering, in either Do Bohk or street clothes, should salute the flags and bow to the instructor on the floor as soon as they enter the Dojang. This will be done without exception. The student does not have to wait for the instructor to acknowledge the bow if the instructor is busy.

Warm Up

Warm-up exercises should be practiced by members prior to training in order to prepare the body and mind. An unprepared body could be strained under the rigorous Tang Soo Do exercises. When training is terminated, students should relax themselves with a series of exercises to help them return to a calm and normal state.

Starting Class

Students will line up according to rank and seniority. The higher ranking member will be on the right. Instructor will take a position in the front center of the class. The highest ranking member in the class will call the commands:

- | | |
|-------------------------------|---|
| 1. Cha Ryut | (Attention) |
| 2. Kukgi Bae Rye | (Salute the flag) |
| 3. Ba Ro | (Return) |
| 4. Ahn Jo | (Sitting position) |
| 5. Muk Yum | (Meditation) - optional |
| 6. Ba Ro | (Return) |
| 7. Sah Bum Nim E Kyung Yet | (Bow to Master Instructor) |
| (Boo) Sah Bum Nim E Kyung Yet | (Bow to 3 rd Dan Instructor) |
| Kyo Sah Nim E Kyung Yet | (Bow to 2 nd Dan Instructor) |
| (Boo) Kyo Sah Nim E Kyung Yet | (Bow to 1 st Dan Instructor) |
| 8. Yu Dan Ja E Kyung Yet | (Gup’s face the Black Belts and bow) |

During the Class

Proper respect and discipline shall be maintained at all times and Tang Soo Do ritual should be followed in a uniform manner.

When the chief instructor of the school or a high ranking guest enters the Dojang, the instructor on the floor or highest ranking member in the class should call the class to attention and have the class bow. After respect has been paid the class should return to training immediately.

When a student comes to class late, they should wait until they are recognized by the instructor, approach the instructor, bow and get permission to join the class. When a student must leave the class, they should first receive permission from the instructor.

While seated on the floor, members should keep a proper posture conducive to good health. Hands should be placed on the knees, the back should be straight, and legs should be crossed in front with the feet tucked beneath the thighs. Before and after exercise or contest, the participants should turn around, adjust their uniform, and bow to their opponent or instructor. Parents should remain quiet and not "shout out" to his or her children while class is in session.

Dismissing Class

As in the beginning of the class, students line up according to rank. The senior member gives the following commands:

- | | |
|-------------------------------|---|
| 1. Cha Ryut | (Attention) |
| 2. Kukgi Bae Rye | (Salute the flag) |
| 3. Ba Ro | (Return) |
| 4. Muk Yum | (Meditation) |
| 5. Ba Ro | (Return) |
| 6. Sah Bum Nim E Kyung Yet | (Bow to Master Instructor) |
| (Boo) Sah Bum Nim E Kyung Yet | (Bow to 3 rd Dan Instructor) |
| Kyo Sah Nim E Kyung Yet | (Bow to 2 nd Dan Instructor) |
| (Boo) Kyo Sah Nim E Kyung Yet | (Bow to 1 st Dan Instructor) |
| 7. Yu Dan Ja E Kyung Yet. | (Gup's face the Black Belts and bow) |

When the command to bow to the instructor is given, all members say with clarity, "Ko Map Sum Ni Da" (thank you) to the instructor. Class instructor or senior member then calls "Five Codes of Tang Soo Do." The entire class recites the five codes together loudly and clearly:

1. Loyalty to country
2. Obedience to parents
3. Honor friendship
4. No retreat in battle
5. In fighting, choose with sense and honor

All members then call "Tang Soo" with their right hand raised. After giving any comments to the class, the senior member arranges the class members for cleaning detail.

Association Symbol-Insignia

Jung Do Kwan means stepping the right way, or interpreted as doing the right thing. Kwan means school. The US Jung Do Kwan was adopted from an old and now non-existent school in Korea.

Fist: represents stamping out injustice and giving our fellowman a helping hand.

Wreath: symbolizes peace and brotherhood.

Berries: represents the Earth's continents and shows that Tang Soo Do is worldwide. The characters for Tang Soo Do are written under the fist.

Blue Outer-Circle/Red Fist: represents the colors of "Tae Keuk Ki" - the Korean Flag paying homage to our Korean ancestors.



American Flag Meaning

On June 14, 1777, the Continental Congress passed the first flag act, seeking to promote national pride and unity. The Continental Congress agreed upon the United States flag having thirteen stripes, (seven red alternating with six white); that the union be thirteen white stars in a blue field, representing a new constellation. Through the growth of the nation the American flag has had many variations but all holding the basic premises of the **stripes** representing the 13 original colonies and the **stars** symbolic of each state in the union.



The colors of the flag are symbolic: **White** represents purity and innocence, **Red** symbolizes hardiness and valor and **Blue** represents vigilance, perseverance and justice. It is customary to display the flag only from sunrise to sunset. However, when a patriotic effect is desired, the flag may be displayed twenty-four hours a day if properly illuminated during the hours of dark. TKF displays the American patch respectfully the same way as American troops.

Korean Flag Meaning

The Korean flag is called “TAE KEUK KI” and the center symbol is called “TAE KEUK”. This centralized symbol in the flag is a circle divided equally and yet in perfect balance. The circle itself represents the absolute or the essential unity of all beings, while there is a constant movement within the sphere of infinity, there is also balance and harmony.



The **upper red** section is called “YANG” and the **lower blue** section is “UM” (Korean word) or YING (Chinese word). This ancient symbol represents the creation of universe, illustrating opposing forces like: day and night, light and dark, construction and destruction, masculine and feminine, active and passive, and hot and cold. Specifically, YANG is associated with expansion and separation, and UM symbolizes contraction and assimilation. The ancient philosophy in the Orient of continually opposing but complementary balanced forces influenced the martial artists wisdom in using nonviolence against violence, soft against hard, and circle against straight line.

The three bars (trigram) at each corner also carry the ideas of opposition and balance. When hung horizontally, the **three unbroken bars** in the upper left hand corner stand for heaven; the opposite **three broken bars** in the lower right corner represent the earth. The **center broken bar** surrounded by two solid bars in the lower left corner symbolize fire, and the opposite upper right trigram with a **solid center bar** surrounded by two broken bar symbolize water.

Willow Tree Symbolic Interpretation

The willow tree symbolizes the resilient strength of a living tree. It can withstand great forces by bending yet not breaking. Through time the young tree has matured becoming a secure and permanent fixture to its surrounding. The tree's sap has healing properties and is used in aspirin. The dispersing roots are remarkable for their toughness and resilient strength. Looking into the tree one really sees how complex the willow tree has become with all its crossing branches, limbs and leaves. Imposed on the tree is the silhouette of the Um and Yang representing the opposing forces in which it encounters daily. This full and mature willow tree will easily out live any animal species becoming a fixture to those around it.



Dobohk Code

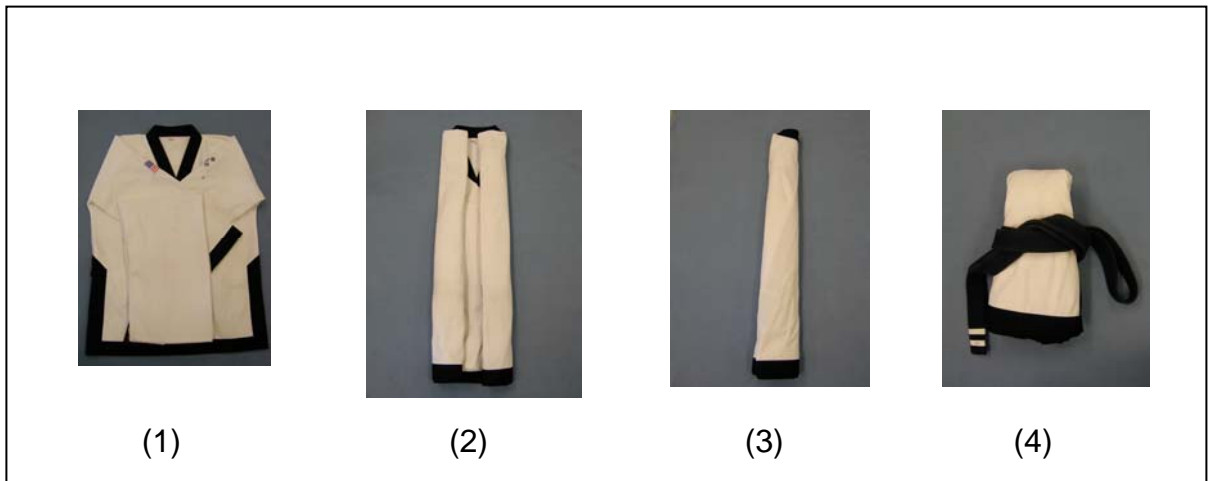
"Do" means way of life and "Bohk" means robe or training clothes. This type of Do Bohk is worn universally in many styles of martial arts but its origin can be traced to 600 AD in Korea.

The Do Bohk is not simple training clothing but traditionally has been treated and maintained in special ways as an instrument in achieving the goal of martial arts. Students should be aware of ways of cleaning, carrying and storing their Do Bohk.

Dan members must have black-trimmed Do Bohk jackets which include lapel, sleeve cuffs, and all around the bottom border.

The only markings placed on the Do Bohk shall be the studio Tang Soo Do patch, national flags (left arm shoulder Korean flag and right arm shoulder student's national flag), appropriate trim and printing on the back to identify each individual school, and appropriate world championship patches on the sleeves. Any other symbol, sign or lettering is not permitted on the Do Bohk without permission from the Dojang.

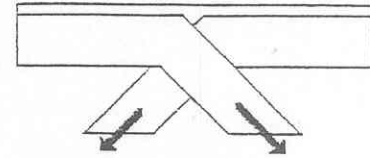
Folding



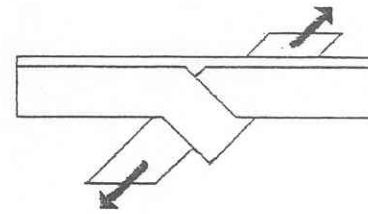
1. Place jacket flat on back, fold sleeves inwards at seam towards center. Fold pants in half. Center pants on jacket even with bottom edge.
2. Roll right and left sides of jacket inward to meet at center (covering pants).
3. Then fold the Do Bohk in half, lengthwise.
4. Fold the Do Bohk in half, fold belt evenly in half, wrap around Do Bohk and tie with overhand knot.
5. Patches should be sewn as follows: USJDK patch on the left breast; American flag on the right sleeve; and the Korean Flag on the left sleeve with the red facing upward.

TYING YOUR BELT

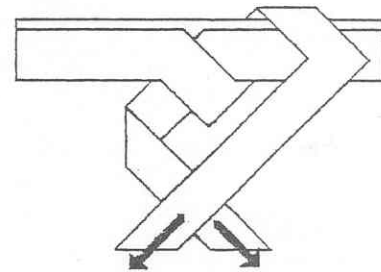
Step 1. Begin with center of belt in front. Wrap around and cross in back. Bring ends to front, crossing right over left.



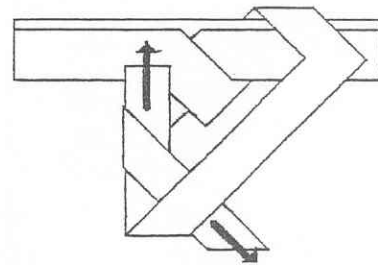
Step 2. Cross right side under BOTH layers, pulling it up through the top.



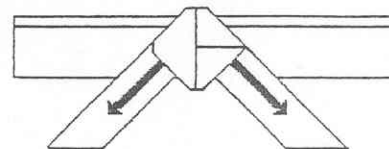
Step 3. In front, cross left over right.



Step 4. Pull left side under and up.



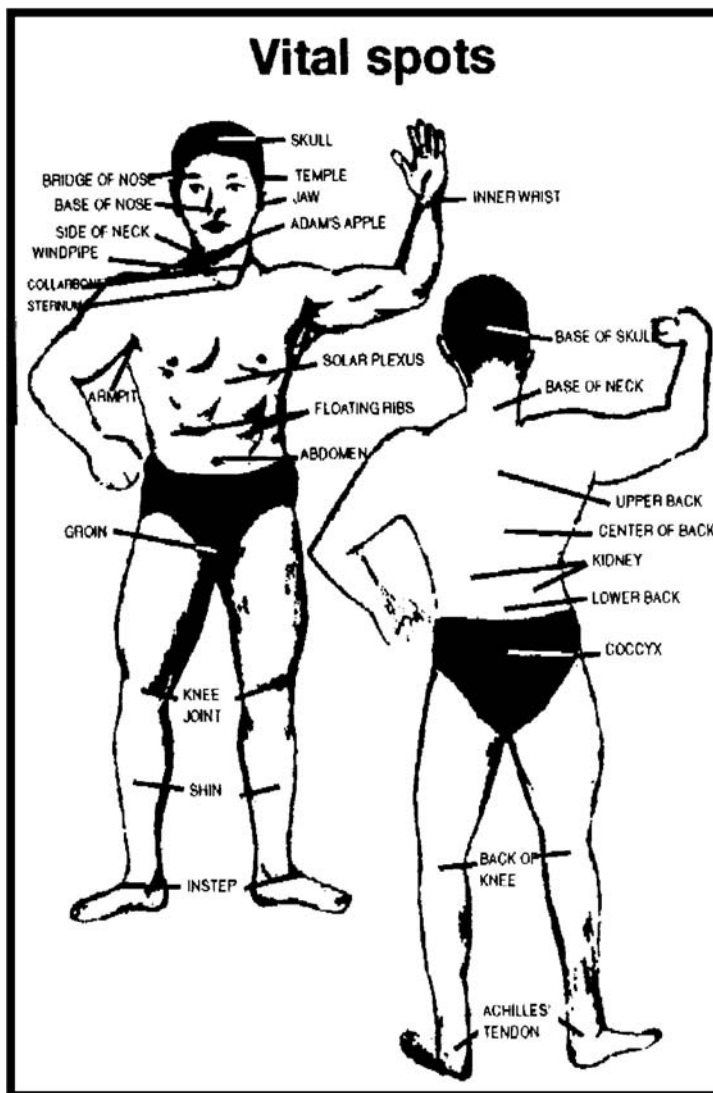
Step 5. Pull both sides through.



Vital Points (Kup So)

Vital points are weak spots on the body where if struck could cause severe pain, partial disablement, total disablement, and even death. It is important to know the most vulnerable and weak spots in the body in order to both deliver the most effective attack and to provide a proper defense.

Generally speaking, depending on the focus and strength of the strike, a strike to the coronal suture (top and front of the skull), philtrum (space between the nose and mouth), solar plexus, or temple can be deadly. For this reason it is of the utter most important that we learn to control our techniques, and never use more force than is necessary.



Required Terminology

The terminology listed below are the Korean language words for techniques, culture and instructional commands of Tang Soo Do. Following are 150 important selected terms which all students must understand and be able to use.

General Terminology:

Tang Soo Do	The Art we are studying
Kwan Chang Nim	Grandmaster
Sah Bum Nim	Instructor, teacher
Dan	Black Belt
Gup	Color belt
Dojang	Training hall or studio
Do Bohk	Uniform
Dee	Belt
Sun Bae	Senior member
Shim Sa Kwan Nim	Examiner
Shim Sa	Testing both Gup and Dan
Hu Bae	Junior member
Kukgi	National flag
Hyup Hoi Ki	Association flag
Choon Bee Woon Dong	Warm-up exercise
Ki Cho Woon Dong	Basic techniques exercise
Hyung	Form or pattern
Il Soo Sik Dae Ryun	One step sparring
Ja Yu Dae Ryun	Free sparring
Ho Sin Sul	Self-defense
Kyuck Pa	Breaking
Ko Dan Ja	Senior Dan holder
Yu Dan Ja	Dan holder
Yu Gup Ja	Gulp holder
Cho Bo Ja	Beginner
Nae Kong	Internal power exercise
Weh Kong	External power exercise
Shim Kong	Spiritual power exercise
Mahk Ki	Block
Kong Kyuck	Attack
Ki Hap	Yell
Shi Sun	Focus of eyes
Chung Shim	Balance
Jung Kwon	Fore fist
Kap Kwon	Back fist
Jang Kwon	Heel of palm
Soo Do	Knife hand
Yuk Soo Do	Ridge hand
Kwan Soo	Spearhand
Soo Ki	Hand techniques

Jok Ki	Foot technique
Cha Ki	Kick
Ha Dan	Low part
Choong Dan	Middle part
Sang Dan	High part
Ahp	Front
Yup	Side
Dwi	Back

Commands in Class:

Cha Ryut	Attention
Kukgi Bae Rye	Salute to flag
Ba Ro	Return
Ahnjo	Sit
Muk Yum	Meditation
Kwan Chang Nim E Kyung Yet.....	Bow to Grandmaster
Sah Bum Nim E Kyung Yet	Bow to instructor
Choon Bee	Ready
Bahl Cha Ki Choon Bee	Ready for kick
Shio	Relax or rest
Shi Jak	Begin
Tora.	Turn
Dwi Ro Tora	Turn to rear
Ku Ryung	Command
Ku Ryung E Mat Cho So	By the count
Ku Ryung Up Shi	Without count
Ko Map Sum Ni Da	Thank you

Basic Stances:

Choon Bee Ja Seh	Ready stance
Chun Kul Ja Seh	Front stance
Hu Kul Ja Seh	Fighting stance
Kee Ma Ja Seh	Horse riding stance
Sa Ko Rip Ja Seh	Side stance
Kyo Cha Rip Ja Seh	Cross leg stance

Basic Hand Techniques:

Pahl Put Ki	Punch exercise, Horse riding stance
Ha Dan Mahk Ki	Low defense
Choong Dan Kong Kyuck	Middle section attack
Sang Dan Kong Kyuck	High attack
Sang Dan Mahk Ki	High defense
Ahneso Phakuro Mahk	Inside/outside block
Phakeso Ahnuro Mahk ki	Outside/inside block
Choong Dan Hang Jin	Side punch
Chun Kul Ssang Soo	Two hand block, front stance
Hu Kul Ssang Soo	Two hand block, fighting stance
Hu Kul Sang Dan Mahk ki	High block, fighting stance
Ssang Soo Sang Dan Mahk Ki	High two hands X block

Ssang Soo Ha Dan Mahk Ki	Low two hands X block
Choong Dan Yup Mahk Ki	Side defense
Sang Dan Soo Do Mahk Ki	High knife hand block
Ha Dan Soo Do Mahk Ki	Low knife hand block
Kwan Soo Kong Kyuck	Spear hand punch
Yuk Jin	Knife hand defense and reverse punch fighting stance
Yuk Soo	Knife hand defense and reverse punch front stance

Basic Kick Techniques:

Bahl Poto Oly Ki	Front stretch kick
Ahp Cha Ki	Front kick
Yup Cha Ki	Side kick
Yup Poto Oly Ki	Side stretch kick
Tollyo Cha Ki	Round house kick
Dwi Tollyo Cha Ki	Spinning back kick
Dwi Cha Ki	Straight back kick
Ahneso Phaku Ro Cha Ki	Crescent kick inside/outside
Phakeso Ahnero Cha Ki	Crescent kick outside/inside
Dwi Hu Ryo Cha Ki	Wheel kick
Yup Hu Ryo Cha Ki	Hook kick
Cchik Ki	Axe kick
Bit Cha Ki	Diagonal kick
E Dan Ahp Cha Ki	Jumping front kick
E Dan Yup Cha Ki	Jumping side kick
E Dan Tollyo Cha Ki	Jumping round kick
E Dan Dwi Tollyo Cha Ki	Jump spinning back kick (360)

Anatomy:

Pahl	Arm
Bahl	Foot
Chu Mok	Fist
Mok	Neck
Ri	Waist
Da Ri	Leg
Soo or Sohn	Hand
Pahl Koop	Elbow
Moo Roope	Knee
I Ma	Forehead
Tuck	Chin
Myung Chi	Solar plexus
In Choong	Philtrum
Dan Jun	Low abdomen
Ko Hwan	Groin

TENETS:

- Integrity Yom Chi
- Concentration Chung Shin Tong II
- Perseverance In Neh
- Respect & Obedience Chon Kyung
- Self Control Jagi Jeeo
- Humility Kyum Son
- Indomitable Spirit Baekjul Boolgul

NUMBERS:

Il	Hana	One	Yolhana	Eleven
E	Tul	Two	Yoltul	Twelve
Sam	Set	Three	Yolset	Thirteen
Sah	Net	Four	Yolnet	Fourteen
Oh	Tasot	Five	Yoltasot	Fifteen
Yuk	Yosot	Six	Yolyasot	Sixteen
Chil	Ilgop	Seven	Yolilgop	Seventeen
Pal	Yodol	Eight	Yolyodol	Eighteen
Ku	Ahop	Nine	Yolahop	Nineteen
Sip	Yol	Ten	Sumul	Twenty

Promotion Test Rules and Procedures

General Rules:

1. The members of the Association learn good character and Tang Soo Do techniques by showing respect between students.
2. Students must be recommended and notified prior to the test by their master or chief instructor.
3. To qualify for grading candidates must have attended and met all class and time requirements.
4. Students qualified to take a test must pay test fee, and all other fees prior to taking the test.

Different Kinds of Tests, Frequency of Testing & Location:

There are three types of tests:

1. Masters Rank Test - Master's test will be held at the discretion of the Grandmaster at a pre-designated location.
2. Dan Tests- will be held at pre-designated locations, according to regional requirements.
3. Gup Tests- will be held according to the schedule of each individual Do Jang.

Test Scores and Results:

All test results, Gup and Dan, must be submitted to the Association, according to the time requirements of each. The Association will issue the certification of all tests to each individual Do Jang. Belts are not awarded for attendance alone. Each grading examination consists of: physical demonstration of ability and mental knowledge of Tang Soo Do. All results will be graded as follows:

- 90-100 Excellent
- 80-89 Good
- 70-79 Average
- 60-69 Recommended rank
- 0-59 Fail

If a student fails a Gup test, they may retest at the next make-up test or regular test given by each individual studio. If a student fails a Dan test, they may retest at the next Dan testing cycle.

Meaning of Test

As students progress in their skill, the teacher should divide the class into groups in order to give proper training. Testing is a necessary part of martial arts instruction because it motivates students to reach higher levels of skill. USJDK's primary function is to set high standards for training and testing and to certify the results. Step-by-step testing is a traditional procedure for officially promoting students, and as they pass each step, their confidence and discipline improves.

Since modern martial arts has been offering training to the general public, the pupil classification has progressed to many divided grades. The U.S. Jung Do Kwan Tang Soo Do regulates ten Gup grades, Cho Dan Bo (Black Belt Candidate), and nine Dan grades. The specific requirements for each grade and rank are described in the Gup and Black Belt manual.

Dedicated (Gup) students that maintain regular attendance and training in (24 classes) - beginners or (24 classes) - solid Green Belt & up - these are the minimum class requirements for one grade (Gup) promotion in rank. Following the test, a special make-up opportunity maybe provided for students who failed the actual test or who, for good reason, were unable to attend the test.

Notification

The Gup testing date should be set by the studio instructor at least one-two weeks in advance of the test. The eligible Gup students' list should also be posted in advance, listing the essential details, such as the date, time, place and other requirements so that the student can prepare for the examination. A student will receive a "Golden" stripe - - this will indicate a student is ready to test.

The Dan testing date will be set by the regional director with the cooperation of member studio instructors. The date must be reported to USJDK immediately so that the USJDK will be able to appoint the board examiners. Most Dan tests are bi-annually, usually every six months apart - - spring/fall.

Application

Applications for Dan testing must be submitted a minimum of one month prior to the testing or in accordance with regional directives. The following items must be submitted with the application:

For Gup - Testing Fee - see Chief Instructor for current test fee
Valid gup membership card

For Dan - Testing Fee - see Chief Instructor for current test fee
Valid Dan membership card
If Cho Dan Bo, a Gup membership card
One picture - (J-Peg)
Essay - see Master/Chief Instructor for topic
Signed Dan testing agreement form

Preparation

All students' parents, friends, and spouses should be invited (**first hour of Dan test is closed to all public**); testing is a formal event and traditional White Do Bohk should be worn (including patches).

Testing is a formal occasion; therefore instructors should thoroughly clean the studio prior to the testing date. A head table with tablecloth should be set up for examiners and chairs should be arranged for spectators. Papers, pens, and manuals should be furnished for each examiner. If the testing site is not an established studio, the site should be prepared the same as a studio's front wall with flags, Organization flag, and Grandmaster's picture all displayed on the wall behind the head table.

Gup Examiners

Regional directors and individual instructors may join together with neighboring studios to make a reasonable size group for testing. Gup examiners must be certified instructors. All Gup examiners must wear a standard, clean and pressed traditional white Do Bohk.

All Dan examiners should wear a standard, cleaned, pressed Do Bohk. All assigned Dan examiners should be called "Shim Sa Kwan Nim" (examiner).

Promotion Requirements

To test for advancement, one needs to remember that you need to prepare for the general knowledge and physical demonstration. These mental and physical requirements can include demonstrating hand and foot techniques, forms, self-defense, weapons and possessing the indomitable spirit, attitude or character indicative in the next rank. Belts are not awarded for attendance alone. As you continue up through the ranks more is expected in order for you to achieve your goal. Tang Soo Do training is more than achieving your next color belt but becomes a part of one's inner self to use in all years of your daily life.

Philosophy of the Belt System - Belt Colors

Our Tang Soo Do Gup belt system incorporates the Oriental philosophy in its progress from white to Black Belt. Each color represents the cycle of the seasons symbolizing a specific stage of achievement. Please refer to Appendix A for each gup level requirements and specific philosophy.

Attendance

Attendance is very important for Gup promotion. Students are required to take a ***minimum*** of **24 classes** for each gup level. Please note the word "***minimum***" - - each student progresses individually; TKF instructors view each student independently. Improving one-self to becoming an outstanding black belt may take longer than others, but the journey will be worth it!!

TKF Attitude Philosophy

Technically, a student may obtain the rank of "master" in as little as 13 years!! However, research has shown that to really master anything, a minimum of 10,000 hours is needed. TKF does not believe in "*half-hearted commitment*" nor does U.S. Jang Do Kwan Tang Soo Do. As parents, we strive to encourage our children to perform well and excel in school and college; The TKF staff wants the same for our students in their martial arts journey. Patience is very important for the students, the parents, and the instructors. If we all work together, TKF & USJDKTSD is confident that the Black Belts produced will be high quality!! The cost: patience, patience, patience, and lots & lots of sweat!

or

10th Gup

Winter - represents the seed of growth lying dormant beneath the winter snow

Forms: Ki Cho Hyung Il Bu
Ki Bum IL (not required - additional form)

Hand: High/Low Block, Punches

Feet: Front Kick, Round Kick, Side Kick, Axe Kick

Stances: Front, Horse, & Fighting Stance

One Steps: Basic: #1

Break: Foot Stomp or Hammer Fist

5 Codes: Loyalty to Country
Obedience to Parents
Honor Friendship
No Retreat in Battle
In Fighting Choose with Sense and Honor

General Knowledge Requirements:

1st Paragraph of the Student Creed
Name of the Art the student is studying

9th Gup

Forms: Ki Cho Hyung Il Bu Ki Bum IL (not required - additional form)
Ki Cho Hyung E Bu

Hands: High Block, Low Block, Center Punch, Side Punch, High Punch, Low Punch

Feet: Front Kick, Round Kick, Side Kick, Axe Kick

Stances: Front Stance, Horse-Stance, Fighting Stance

One Steps: Basic One Step #1, #2,

Break: Hammer fist or Axe Kick

5 Codes: Loyalty to Country
Obedience to Parents
Honor Friendship
No Retreat in Battle
In Fighting Choose with Sense and Honor

General Knowledge Requirements:

Five Codes of Tang Soo Do
2nd Paragraph of the Student Creed
Understands basic dojang protocol/procedures

8th Gup

Spring - represents new growth; Tang Soo Do knowledge begins to reveal itself

Forms: Ki Cho Hyung Il Bu
Ki Cho Hyung E Bu
Ki Cho Hyung Sam Bu

Hand: High Block, Low Block, Center Punch, Side Punch, High Punch, Low Punch
Center Chop, Knee Strike

Feet: Front Kick, Round Kick, Side Kick, Axe Kick
Jumping Front Kick, Hopping Side Kick

Stances: Front Stance, Horse Stance, Fighting Stance

One Steps: Basic One Step #1, #2, #3

Break: Side Kick, Knee Strike or Hammer Fist

General Knowledge Requirements:

Able to recite entire Student Creed

Five Codes of Tang Soo Do

Why students bow in training hall and salute the flag?

Why do students Ki Hap?



7th Gup

Forms: Ki Cho Hyung Il Bu
Ki Cho Hyung E Bu
Ki Cho Hyung Sam Bu

Pyung Ahn Cho Dan

Chil Ssung Ee Lo (1/2 of the form) - (optional -non-traditional)

Hand: High Block, Low Block, Punch, Side Punch,
Chops: Low/Middle/High

Feet: Front Kick, Round Kick, Side Kick, Axe Kick, Jumping Front Kick
Turning Back Kick, Hopping Side Kick, Hopping Round Kick

One Steps: Basic: #1, #2, #3 (capable to demonstrate at performance level)

Break: Hopping Side Kick, Jumping Front Kick, or Elbow Strike

General Knowledge Requirements:

7 Tenets of Tang Soo Do
Korean for high/middle/low
Korean for punch
Basic Korean terms - Dobohk, Dojang

6th Gup

Forms: Ki Cho Hyung Il Bu
Ki Cho Hyung E Bu
Ki Cho Hyung Sam Bu

Pyung Ahn Cho Dan
Pyung Ahn Ee Dan

Chil Ssung Ee Lo
Ki Bum IL, Ki Bum Ee (optional - additional form)

Figure 8 Staff Twirling

Hand: High Block, Low Block, Punch, Side Punch,
Low, High, Chops: Low, Middle, High, Double Block: Low,
Middle, High, Inside/Outside Block; Outside/Inside Block

Feet: Front Kick, Round Kick, Side Kick, Axe Kick, Turning Back Kick
Jumping Front Kick, Hopping Side Kick, Hopping Round Kick
Introduce Reverse Round Kick (Bit Cha Khi)

One Steps: Basic: #1, #2, #3,
Intermediate: #4

Break: Straight Punch or Elbow; Hopping or Jumping Kick

General Knowledge Requirements:

Meaning of U.S. Jung Do Kwan patch
Korean terminology for basic kicks, blocks & punches



5th Gup

Summer - Green belt represents the speedy development of youth as summer arrives.

Forms: Ki Cho Hyung Il Bu Pyung Ahn Cho Dan
Ki Cho Hyung E Bu Pyung Ahn E Dan
Ki Cho Hyung Sam Bu **Pyung Ahn Sam Dan**
Chil Sung E Lo **Bong Hyung IL Bu**

Ki Bum IL, **Ki Bum E (not required - additional form)**

Hands: High Block, Low Block, Punch, Side Punch,
Low, High, and Center Chop, Double Block: Low, Middle, High;
Should be demonstrated in various stances

Feet: Front Kick, Round Kick, Side Kick, Axe Kick,
Jumping Front Kick, Hopping Side Kick,
Hopping Round Kick, Turning Back Kick, Hook Kick

One Steps: Basic: #1, #2, #3
Intermediate: **#4, #5, #6**

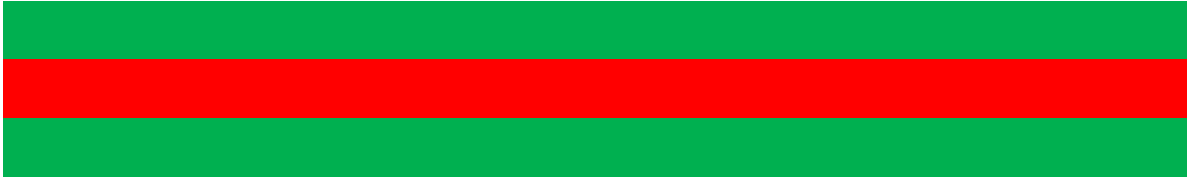
Break: Palm Strike or any Jumping/Hopping Kick

General Knowledge Requirements:

Meaning behind the American and Korean flags

What does Pyung Ahn mean?

Korean terminology for intermediate kicks, blocks & punches



4th Gup

- Forms:** Ki Cho Hyung Il Bu Pyung Ahn Cho Dan
Ki Cho Hyung E Bu Pyung Ahn E Dan
Ki Cho Hyung Sam Bu Pyung Ahan Sam Dan
- Pyoung Ahn Sah Dan Bong Hyung IL Bu
Chil Sung E Lo Bong Hyung Ee Bu
- Ki Bum IL, Ki Bum E, Ki Bum Som (not required - additional form)
- Hands:** High Block, Low Block, Punch, Side Punch,
Low, High, and Center Chop, Double Block: Low, Middle, High;
Should be demonstrated in various stances
- Feet:** Front Kick, Round Kick, Side Kick, Axe Kick
Jumping Front Kick, Hopping Side Kick, Hopping Round Kick
Turning Back Kick, Hook Kick; Introduce Spinning kick
- One Steps:** Basic: #1, #2, #3
Intermediate: #4, #5, #6 (capable to demonstrate at performance level)
- Break:** Foot Technique - Jumping or turning
- General Knowledge Requirements:**
Meaning of the five codes of Tang Soo Do
Korean terminology for intermediate kicks, blocks & punches
Explain the meaning: "Tang" "Soo" "Do"

3th Gup

- Forms:** Ki Cho Hyung Il Bu Pyung Ahn Cho Dan
Ki Cho Hyung E Bu Pyung Ahn E Dan
Ki Cho Hyung Sam Bu Pyung Ahan Sam Dan
Chil Sung E Lo Pyung Ahan Sah Dan
- Bong Hyung Il Bu Pyung Ahn Oh Dan
Bong Hyung Ee Bu
- Ki Bum Il, Ki Bum E, Ki Bum Som, Ki Bum Sah
(not required - additional form)
- Hands:** High, Middle, and Low Blocks or Punches (Low, Middle, High),
Side Punch, Inside/Outside; Outside/Inside Blocks
Low, High, and Center Chop, Double Block;
Should be demonstrated in various stances
Yuk-Soo, Multiple Hand Combinations
- Feet:** Front Kick, Round Kick, Side Kick, Axe Kick, Reverse Round Kick
Jumping Front Kick, Hopping Side Kick, Hopping Round Kick
Turning Back kick, Hook Kick; Flying Side Kick
Spinning kick - Wheel, Hook, Crescent
- One Steps:** Basic: #1, #2, #3
Intermediate: #4, #5, #6
Advanced: #7, #8
- Break:** Open Hand or Any Turning or Jump Turning
- General Knowledge Requirements:**
Know the attitude requirements
What is the purpose for abdominal breathing exercise

2nd Gup

Red - represents blood, life, attention and control; power and technique begins to bloom and ripen

Forms:

Ki Cho Hyung Il Bu	Pyung Ahn Cho Dan
Ki Cho Hyung E Bu	Pyung Ahn E Dan
Ki Cho Hyung Sam Bu	Pyung Ahn Sam Dan
Chil Sung E Lo	Pyung Ahn Sah Dan
Bong Hyung Il Bu	Pyung Ahn Oh Dan
Bong Hyung Ee Bu	Bassai (1st half)
Bong Hyung Sam Bu	

Ki Bum IL, Ki Bum E, Ki Bum Som, **Ki Bum Sah**
(not required - additional form)

Hands: High, Middle, and Low Blocks or Punches (Low, Middle, High),
Side Punch, Inside/Outside; Outside/Inside Blocks
Low, High, and Center Chop, Double Block;
Should be demonstrated in various stances
Yuk-Soo, **Multiple Hand Combinations, Yuk-Jin**

Feet: Front Kick, Round Kick, Side Kick, Axe Kick, Reverse Round Kick
Jumping Front Kick, Hopping Side Kick, Hopping Round Kick
Turning Back kick, Hook Kick; **Flying Side Kick**
Spinning kick - Wheel, Hook, Crescent

One Steps: Basic: #1, #2, #3
Intermediate: #4, #5, #6
Advanced: #7, #8, #9

Breaking: Open Hand or Any Turning or Jump Turning Break

General Knowledge Requirements:

What is mental discipline?
Show leadership in and out of class
A detailed understanding of techniques so far studied
Korean terminology for advanced kicks, blocks & punches



1st Gup

Forms: Ki Cho Hyung Il Bu Pyung Ahn Cho Dan
Ki Cho Hyung E Bu Pyung Ahn E Dan
Ki Cho Hyung Sam Bu Pyung Ahn Sam Dan
Chil Sung E Lo Pyung Ahn Sah Dan

Bong Hyung Il Bu Pyung Ahn Oh Dan
Bong Hyung Ee Bu **Bassai**
Bong Hyung Sam Bu **Chil Sung IL Lo (1st Half)**

Ki Bum IL, Ki Bum E, Ki Bum Som, **Ki Bum Sah**
(not required - additional form)

Hands: High, Middle, and Low Blocks or Punches (Low, Middle, High),
Side Punch, Inside/Outside; Outside/Inside Blocks
Low, High, and Center Chop, Double Block;
Should be demonstrated in various stances
Yuk-Soo, Multiple Hand Combinations, Yuk-Jin, **Ridge Hand Strike**

Feet: Front Kick, Round Kick, Side Kick, Axe Kick, Reverse Round Kick
Jumping Front Kick, Hopping Side Kick, Hopping Round Kick
Turning Back kick, Hook Kick; **Flying Side Kick**
Jump/Spinning kicks - Wheel, Hook, Crescent, Tornado

One Steps: Basic: #1, #2, #3
Intermediate: #4, #5, #6
Advanced: #7, #8, #9 (**capable to demonstrate at performance level**)

Breaking: Open Hand or Any Turning or Jump Turning Break

General Knowledge Requirements:

How has Tang Soo Do influenced your life?

Show leadership in and out of class.

What is mental discipline?

Korean terminology for advanced kicks, & hand techniques.

Cho Dan Bo

Blue - represents maturity, respect, and honor; the student must prepare mind and body needed to attain black belt

Forms: Ki Cho Hyung Il Bu Pyung Ahn Cho Dan
Ki Cho Hyung E Bu Pyung Ahn E Dan
Ki Cho Hyung Sam Bu Pyung Ahn Sam Dan
Chil Sung E Lo Pyung Ahn Sah Dan

Bong Hyung IL Bu Pyung Ahn Oh Dan
Bong Hyung Ee Bu Bassai
Bong Hyung Sam Bu Chil Sung IL Lo

Ki Bum IL, Ki Bum E, Ki Bum Som, Ki Bum Sah
(not required - additional form)

Naihanchi Cho Dan Sip Soo

Hands: Student should exhibit all basic techniques proficiently and be able to skillfully demonstrate multiple combinations and double action techniques.

Feet: Student should exhibit all basic techniques proficiently and be able to skillfully demonstrate multiple combinations and double action techniques.

One Steps: Basic: #1, #2, #3
Intermediate: #4, #5, #6
Advanced: #7, #8, #9 (capable to demonstrate at performance level)

Self-Defense: Demonstrate ability to escape grabs and choke attacks
(Ho Sin Sul)

Breaking: Open Hand or Any Turning or Jump Turning Break

Sparring: Demonstrate proficient flowing combinations for free and point sparring

General Knowledge Requirements:

Participate in all Dojang activities.
Korean terminology for kicks, & hand techniques.
Demonstrate leadership abilities in the studio.

HYUNGS:

Ki Cho Hyung Il Bu.....	Form #1
Ki Cho Hyung E Bu	Form #2
Ki Cho Hyung Sam Bu	Form #3
Pyung Ahn Cho Dan	Pyung Ahn form #1
Pyung Ahn E Dan	Pyung Ahn form #2
Pyung Ahn Sam Dan	Pyung Ahn form #3
Pyung Ahn Sah Dan	Pyung Ahn form #4
Pyung Ahn Oh Dan	Pyung Ahn form #5
Bassai	Bassai form
Sip Soo	Sip Soo form
Naihanchi Cho Dan	Naihanchi form #1
Bong Hyung Il Bu.....	Staff form #1
Bong Hyung E Bu	Staff form #2
Bong Hyung Sam Bu	Staff form #3

Elite Forms/ Weapons Training

Bassai So
Bassai Sho
Chil Sung Il Ro
Chil Sung E Ro
Chil Sung Sam Ro
Chil Sung Sah Ro
Chil Sung Oh Ro
Chil Sung Yuk Ro

Staff Forms

Bong Hyung Il Bu
Shi Bong
Bong Hyung E Bu
Bong Hyung Sam Bu
Bong Hyung Sa
Bong Hyung O
Bong Hyung Tan'j Jion Il Bu

Sword & Dagger forms

Dan Gum Hyung

Ki Cho Jang Gum Hyung Il Bu

Jang Gum Hyung
Yong Gum Hyung