

JEONSA TANG SOO DO FEDERATION

STUDENT MANUAL



STUDENT INFORMATION

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MY INSTRUCTOR: _____

DOJANG ADDRESS: _____

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DATE I STARTED TRAINING: ____ / ____ / ____

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WELCOME

I would like to congratulate you on your decision to begin your Tang Soo Do journey. As a member of the Jeonsa Tang Soo Do Federation you will experience the highest level of instruction in our 2000 year old art. Over the coming months and years you will see yourself transform mentally, physically and spiritually to become the best version of you.

Tang Soo Do is practiced by millions of men, women and children around the world as a method of self defense as well as a lifestyle. I look forward to watching you grow in our art from a beginner into a Black Belt leader.

This manual is meant to serve as a guide for our members in order to provide you with an understanding of key concepts and fundamentals. There is no replacement for consistent training with your instructor. These elements combined with a desire to work hard and be your very best will ensure that your journey is successful.

Tang Soo!

Louis M. Marvil
Grand Master

MEANING OF TANG SOO DO

Literally translated, the word “Tang”, represents the Tang Dynasty of China which reflects the shared cultural background between China and Korea (617-907 AD), “Soo” means hand but implies fist, punch, strike or defense, and “Do” means way of life or art. Thus “Tang Soo Do” means the Korean classical martial art which was influenced by the Tang method of martial arts.

BRIEF HISTORY

The exact origin of Tang Soo Do, as well as 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 THE EARLY AGES

The ancestral art of Korean Tang Soo Do can be traced back to the 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 peninsula.

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 early days

Among the three kingdoms, the Silla Dynasty was most famous for its development of the martial arts. A corps of young aristocrats who were called “Hwa Rang Dan” were the major group who developed those arts. These warriors were instrumental in unifying the peninsula as the new Silla Dynasty (668-935 AD), and furnished many of the early leaders of that dynasty. Most Korean martial arts trace their spiritual and technical heritage to this group. In contribution to this spiritual heritage a monk named Won Kwang created our Five Codes of Tang Soo Do to provide the Hwa Rang Dan with a code of conduct.



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 the “Yi Dynasty” succeeded and lasted until 1907 AD. Tang Soo Do became very popular with the general public. In those days Tang Soo Do was called Kwon Bup, Tae Kyun, Soo Bahk, Tang Soo, etc.

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 Korean martial arts was restricted.

After World War II, 1945, this restriction was lifted. The following martial arts training schools were erected at that time:

Moo Duk Kwan	by Hwang Kee
Chi Do Kwan	by Kwai Byung Yun
Chung Do Kwan	by Duk Song 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 establish their own organizations and Grand Master Hwang Kee organized the “Korean Soo Bahk Do Association” on November 9, 1945

Besides 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 call “Tae Kwon Do” uniformly.

As the 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 strived to remain a traditional martial art while Tae Kwon Do held it’s world games and sports.

FIVE CODES OF TANG SOO DO

1. Loyalty to One's Country
2. Obedience to Parents and Elders
3. Honor Friendship
4. No Retreat in Battle
5. In Conflict Choose with Sense and Honor

SEVEN TENETS OF TANG SOO DO

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

FOURTEEN ATTITUDE REQUIREMENTS TO MASTER TANG SOO DO

1. Purpose of training should be mental and physical enhancement
2. Serious approach
3. All out effort
4. Maintain regular and constant practice
5. Practice basic techniques all the time
6. Regularly spaced practice sessions
7. Always listen and follow the direction of instructors and seniors
8. Do not be overly ambitious
9. Frequently inspect your own achievements
10. Always follow a routine training schedule
11. Repeatedly practice all techniques already learned
12. When you learn new techniques learn thoroughly the theory and philosophy as well
13. When you begin to feel idle, try and overcome this
14. Cleanliness is required after training. Keep yourself and your surroundings clean

MEANING OF EMBLEM AND FLAGS



FEDERATION EMBLEM

Outer Ring – The black and red outer ring represents the goal of mastering one’s self. This design is also the same as the master’s belt in Tang Soo Do.

Um/Yang – The red and blue half circles in the center of the emblem represent the concept of opposing but complementary forces. The Red is Yang and represents the positive force while its blue counterpart represents the negative force. This force is present in all of nature. It also shows the Korean heritage as it is the central symbol of the South Korean flag.

Fist – The fist represents Justice and is symbolic of the martial arts aspect of Tang Soo Do.

Hangul (Korean Alphabet) – The Korean characters on the bottom of the emblem read Tang Soo Do.



USA FLAG

The national flag was first flown in 1777 and was called the Stars and Stripes. Our first flag was sewn by Betsy Ross in Philadelphia. The original flag had 13 stars and 13 stripes. These represented the thirteen original colonies. One star was added to represent each state.

The Stars and Stripes, or Old Glory as our flag is sometimes called, blends a reminder of the past with pride in the present. The **Fifty Stars** represent the 50 states of the Union and the **Thirteen Stripes** represent the 13 original colonies.

The **Red** represents the bloodshed by the patriots in their fight for independence. The **White** symbolizes purity. It stands for high moral goals and simplicity. The **Blue** in the flag stands for courage. The blue color conveys truth, justice and honor.



SOUTH KOREAN FLAG

Tae Keuk Ki, the South Korean flag, symbolizes much of the thought, philosophy, and mysticism of Asian culture. Dedicated on the center of the flag is a circle divided equally and in perfect balance. The circle itself represents the absolute or the essential unity of all beings. The upper red section is called **Yang**, and the lower blue section is **Um**. Together this symbol is called **Tae Keuk**. It is the ancient symbol of the creation of the universe, day and night, light and dark, construction and destruction, masculine and feminine, active and passive, hot and cold and so on. The central thought of the Tae Keuk indicates that while there is constant movement within the sphere of infinity there is also balance and harmony.

The thought of Tae Keuk, called Um-Yang philosophy, has influenced all fields of Asian cultures such as philosophy, logic, science and military strategy along with martial arts. The ancient Asian philosophers viewed the universe as a place in which harmony could be attained by the reconciliation of opposing forces. One such force, Yang is associated with expansion and separation. While the other force, Um is associated with contraction and assimilation. These opposites continually balance and complement each other. This thought influenced the martial arts wisdom of using nonviolence against violence, soft against hard, circle against straight line, and so on.

The three bars at each corner also carry the ideas of opposition and balance. On the upper left hand corner the three unbroken lines represent heaven; the opposite three broken bars represent earth; at the lower left corner of the flag, the bars symbolize fire; the three opposite bars symbolize water.

RULES AND REGULATIONS IN THE DOJANG

RULES IN GENERAL

1. Arrive at least ten minutes before the class is scheduled to start.
2. Remove shoes and put them away before entering the dojang.
3. Salute the flags upon entering and leaving the dojang.
4. Sit quietly while waiting for your class to begin.
5. Avoid taking part in loud or controversial activities. Students should remain silent especially during forms and free sparring.
6. Warm up prior to class.
7. Do not chew gum in uniform.
8. Do not wear any type of jewelry in class.
9. Keep yourself and your uniform neat, clean and odor free.
10. Fingernails and toenails must be clipped short to prevent injury.

11. Instructors and Black Belts should always be addressed in a respectful manner by using Sir/Ma'am, Mr./Miss/Mrs. or their Korean title Kyo Sa Nim/Sah Bum Nim/Kwan Jang Nim.
12. Students should notify their instructor in the event of any absence.
13. Make up all absences.
14. Practice at home at least 10 minutes every day.
15. Maintain a positive, respectful and disciplined attitude at all times.
16. Follow the rules and codes of Tang Soo Do to the best of your ability.

SALUTATION

Much importance should be attached to the salutation which is an integral part of training in Tang Soo Do. Upon entering or leaving the dojang the student should turn and face the flags, come to a complete stop and salute the flags by placing the right fist over the heart. Members should bow to their instructor, senior members and also to their opponents. The member should not lose self-control, prudence or composure. Before and after exercise or contest the participants should turn around, adjust their uniform and bow to their opponent or instructor.

While seated on the floor, the member should keep a proper posture conducive to health. Hands should be placed on the knees, the back should be straight and the legs should be crossed in front with the feet tucked beneath the thighs.

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 neat appearance is important in this respect. 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. All Do Bohks should be folded properly and upon entering and leaving the Dojang

DO BOHK CODE

“Do” means way of life of art as Do in Tang Soo Do and “Bohk” means robe or training clothes. This type of Do Bohk is worn universally in most kinds of martial arts but it's 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.

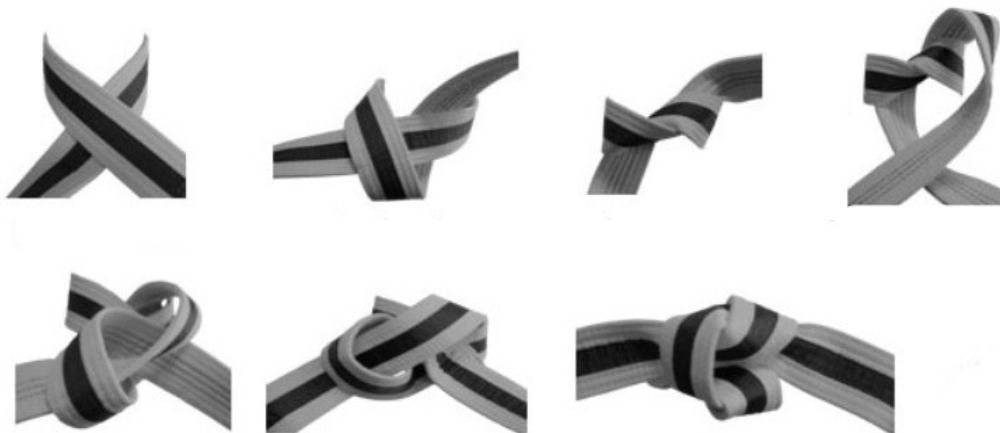
The Do Bohk should have the following patches sewn on: Federation patch (left chest), USA Flag patch (right shoulder), Korean Flag patch (left shoulder). These patches must be worn on every Do Bohk without exception. Each individual studio may have their logo on the back of the Do Bohk.

DEE

Originally the student was given a white belt, the longer the student trained the darker and more worn the belt became. After years of dedicated practice the white belt became black. Today students earn new belts with each color darker than the previous one to represent their growth in Tang Soo Do. The Dee (belt) should never be washed. The hours of hard work, sweat and spirit should be evident in the student's belt.

How to tie your belt correctly

1. Place the center of the belt on the center of your waist
2. Wrap both sides around and make the ends even
3. Place the right side over left and up the back of the other two pieces of the belt and pull tight
4. Make a square knot by placing the top part of the belt to the right creating a hole and putting the bottom part of the belt through hole and to the left and pull tight



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.

BASIC ACTIONS

In order to promote improvement in skill, one must learn the basic actions and practice them constantly until they are perfected. Concentration and work must also be expended by students to master the various forms, in order to protect themselves. Through practice of forms and basic actions, precise and accurate techniques will result. It should be remembered that all Tang Soo Do techniques depend on basic actions and forms. Learn them properly and apply them in your free sparring and self defense skills.

UPON ENTERING THE DOJANG

Students entering in either Do Bohk or street clothes should remove their shoes, 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.

STARTING CLASS

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

Cha Ryut	(attention)
Kuk Ki Ba Ray	(salute the flags)
Ba Ro	(return)
Ahn Jo	(sitting position)
Muk Yum	(meditation)
Ba Ro	(return - called by instructor)
Kwan Jang Nim Kay Kyung Yet	(bow to the Grand Master)
Sah Bum Nim Kay Kyung Yet	(bow to the Master Instructor)
or	
Kyo Sa Nim Kay Kyung Yet	(Bow to the Instructor)

DURING 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 master instructor of the school or 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 turn and bow. After respect has been paid the class should return to training immediately.

When a student comes to class late, he/she should wait until they are recognized by the instructor, bow and ask permission to join the class.

When a student must leave the class, he/she should first receive permission from the instructor.

DISMISSING THE CLASS

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

Cha Ryut	(attention)
Kuk Ki Ba Ray	(salute the flags)
Ba Ro	(return)
Ahn Jo	(sitting position)
Muk Yum	(meditation)
Ba Ro	(return - called by instructor)
Kwan Jang Nim Kay Kyung Yet	(bow to the Grand Master)
Sah Bum Nim Kay Kyung Yet	(bow to the Master Instructor)
or	
Kyo Sa Nim Kay Kyung Yet	(Bow to the Instructor)

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

The senior Yu Gup Ja (color belt holder) will give the commands:

Face Yu Dan Ja	(black belt holder)
Yu Dan Ja Kay Kyung Yet	(bow to the black belts)

Lead instructor then calls: “ As a dedicated student of the martial arts”, “I will live by the codes and tenets of Tang Soo Do” The class will repeat each part after the instructor. The instructor will call: “Five Codes” and the class will recite the codes in unison. The instructor will then call “Seven Tenets” and the class will recite the tenets in union. The instructor will call “What’s the goal?” and the class will respond “Black Belt Excellence!”

The instructor will call “Tang Soo!” All members will yell “Tang Soo!” with their right fist raised.

The instructor will dismiss the class after giving any comments or announcements.

PHILOSOPHY OF THE BELT SYSTEM

WHITE BELT – Represents a primitive stage of achievement like the seed that lies below the snows of winter.

YELLOW BELT – Represents the first beams of sunlight that bring new growth and life

ORANGE BELT – Represents growing strength of the sun. Our Tang Soo Do knowledge begins to reveal itself

PURPLE BELT - Purple represents the colors of dawn, so a purple belt is given to a student who is transitioning into the advanced stages of study.

GREEN BELT – Represents speedy development of youth as summer arrives.

BLUE BELT - Represents the sky and the light it provides all growing things

BROWN BELT – Represents power, stability, agility, weight and wisdom. This stabilizing stage both mentally and physically, analogous to the plants which curtail their growth and prepare to flower in late summer

RED BELT – Represents blood, life, energy, attention and control. The student's techniques begin to bloom and ripen.

CHO DAN BO (Black Belt Candidate) - HALF RED / HALF BLACK BELT – Represents maturity, respect and honor. The practitioner must now prepare mind and body for the final step needed to attain black belt.

BLACK BELT- Represents mastery, calmness, dignity and sincerity. Black Belt is the final stage of one life cycle and the beginning of the next. This we see that it is not only the end of one stage but, more importantly, the beginning of a path which leads up through the ranks of the higher Black Belts to true mastery.

RANK SYSTEM

RANK	BELT	REQUIRED TIME
10 th Gup	White Belt	Beginner
9 th Gup	Yellow Belt	3 Months
8 th Gup	Orange Belt	3 Months
7 th Gup	Purple Belt	3 Months
6 th Gup	Green Belt	3 Months
5 th Gup	Blue Belt	3 Months
4 th Gup	Brown Belt	3 Months
3 rd Gup	Brown Belt w/Black Stripe	3 Months
2 nd Gup	Red Belt	3-6 Months
1 st Gup	Red Belt w/Black Stripe	3-6 Months
Cho Dan Bo	Red & Black Belt	3-6 Months
1 st Dan	Black Belt w/1 Stripe	6-12 Months
2 nd Dan	Black Belt w/2 Stripes	2 Years
3 rd Dan	Black Belt w/3 Stripes	3 Years
4 th Dan	Black Belt w/Central Red Stripe	4 years
5 th Dan	Black Belt w/Central Red Stripe	5 Years
6 th Dan	Black Belt w/ 2 Central Red Stripes	6 Years
7 th Dan	Black Belt w/2 Central Red Stripes	7 Years
8 th Dan	Black Belt w/2 Central Red Stripes	8 Years
9 th Dan	Black Belt w/2 Central Red Stripes	9 Years

TESTING TYPES

Gup Testing – Testing for ranks under black belt will be held at each member's respective studio. Testing must be held under the authority of a minimum of one Kyo Sa (certified instructor)

Students may not be tested more than once every three months. Students must be registered with the Federation with the exception of new students taking their first test. Their membership application may precede or can be submitted along with their first test results.

Dan Pre Test – Students testing for Dan ranks will be required to pass a preliminary exam at their studio. This exam will determine if the student is qualified to move on to the final Dan test. This exam will be overseen by the instructors of each individual studio.

Dan Testing – Dan testing will be held twice a year in the Spring and Fall. These tests may be held at an individual studio or with a group of studios from the same region. Testing must be held under the authority of a minimum of one Sah Bum (master instructor) which will be assigned by the Federation headquarters

Dan Recertification – Dan members will take recertification tests between Dan promotions every 6 months. This will ensure that every Yu Dan Ja is continuing their training and progressing towards their next level.

PROMOTION REQUIREMENTS

10TH GUP WHITE BELT

This rank is awarded to the beginner for showing the courage to begin their journey to black belt.

10TH GUP WHITE BELT to 9TH GUP YELLOW BELT REQUIREMENTS

General Requirements:

1. Must show moral character, discipline, loyalty and abide by the dojang rules.
2. Must have registered with the Jeonsa Tang Soo Do Federation
3. Must have completed minimum of 3 months/24 classes since joining
4. No age requirement

General Knowledge:

1. Tang Soo Do Etiquette
2. Dojang Rules

Basic Hand/Kick Techniques:

1. Hand Techniques: Low Block, High Block, Inside Outside Block, Outside Inside Block, Center Punch Exercise, Center Punch, High Punch, Back Fist Reverse Punch
2. Kick Techniques: Front Kick, Roundhouse Kick, Side Kick, Back Kick

Forms:

1. Ki Cho Hyung Il Bu

One Step Sparring:

1. Techniques #1-2

Self Defense:

Not Required

Free Sparring:

Not Required

Breaking:

Not Required

9TH GUP YELLOW BELT to 8TH GUP ORANGE BELT REQUIREMENTS

General Requirements:

1. Must show moral character, discipline, loyalty and abide by the dojang rules.
2. Must have registered with the Jeonsa Tang Soo Do Federation
3. Must have completed minimum of 3 months/24 classes since last promotion
4. Must be able to tie your own belt correctly
5. No age requirement

General Knowledge:

1. Be able to name the following
 - a. Organization
 - b. Studio
 - c. Art
 - d. Name and Rank of your instructor
 - e. Name of the Grand Master

Basic Hand/Kick Techniques:

1. Hand Techniques: Hand Techniques: Low Block, High Block, Inside Outside Block, Outside Inside Block, Center Punch Exercise, Center Punch, High Punch, Back Fist Reverse Punch
2. Kick Techniques: Front Kick, Roundhouse Kick, Side Kick, Back Kick

Forms:

1. Ki Cho Hyung E Bu

One Step Sparring:

1. Techniques #1-4

Self Defense:

1. Front Break Fall
2. Side Break Fall
3. Back Break Fall

Free Sparring:

Not Required

Breaking:

1. One Board Hand Technique (choice)

8TH GUP ORANGE BELT to 7TH GUP PURPLE BELT REQUIREMENTS

General Requirements:

1. Must show moral character, discipline, loyalty and abide by the dojang rules.
2. Must have registered with the Jeonsa Tang Soo Do Federation
3. Must have completed minimum of 3 months/24 classes since last promotion
4. No age requirement

General Knowledge:

1. Be able to recite the following basic terms in Korean:

Gym, Uniform, Belt, Instructor, Master Instructor, Grand Master, Attention, Ready, Bow

Basic Hand/Kick Techniques:

1. Hand Techniques: Side Block, Side Punch, Single Knife Hand Block
2. Block/Punch Combinations
3. Kick Techniques: Ax Kick, Hook Kick, Stepping Side Kick, Flying Side Kick
4. 2 Kick Combinations

Forms:

1. Ki Cho Hyung Sam Bu

One Step Sparring:

1. Techniques #1-6

Self Defense:

1. Against Same Side Wrist Grab

Free Sparring:

1. 1 on 1 Sparring

Breaking:

1. One Board Kick Technique (choice)

7TH GUP PURPLE BELT to 6TH GUP GREEN BELT REQUIREMENTS

General Requirements:

1. Must show moral character, discipline, loyalty and abide by the dojang rules
2. Must have registered with the Jeonsa Tang Soo Do Federation
3. Must have completed minimum of 3 months/24 classes since last promotion
4. No age requirement

General Knowledge:

1. Recite the Five Codes of Tang Soo Do.

Basic Hand/Kick Techniques:

1. Hand Techniques: Low Knife Hand Block, High Knife Hand Block, 2 Hand Block, Spear Hand Attack
2. Block/Punch Combinations
3. Kick Techniques: Stepping Hook Kick, Spinning Back Kick
4. 2 Kick Combinations

Forms:

1. Pyung Ahn Cho Dan

One Step Sparring:

1. Techniques #1-8

Self Defense:

1. Against Cross Side Wrist Grab

Free Sparring:

1. 1 on 1 Sparring

Breaking:

1. One Board Hand Technique (choice)
2. One Board Kick Technique (choice)

6TH GUP GREEN BELT to 5TH GUP BLUE BELT REQUIREMENTS

General Requirements:

1. Must show moral character, discipline, loyalty and abide by the dojang rules
2. Must have registered with the Jeonsa Tang Soo Do Federation
3. Must have completed minimum of 3 months/24 classes since last promotion
4. No age requirement

General Knowledge:

1. Recite the Seven Tenets of Tang Soo Do.
2. Count from 1 to 10 in Korean.

Basic Hand/Kick Techniques:

1. Block/Punch Combinations
2. Kick Techniques: Jumping Front Kick, Jumping Roundhouse Kick, Jumping Side Kick
3. 2 Kick Combinations

Forms:

1. Pyung Ahn E Dan

One Step Sparring:

2. Techniques #1-10

Self Defense:

1. Single Hand Frontal Grab (i.e. wrist, sleeve, lapel, shoulder, hair)

Free Sparring:

1. 1 on 1 Sparring

Breaking:

1. One Board Hand Technique (choice)
2. One Board Kick Technique (choice)

5TH GUP BLUE BELT to 4TH GUP BROWN BELT REQUIREMENTS

General Requirements:

1. Must show moral character, discipline, loyalty and abide by the dojang rules
2. Must have registered with the Jeonsa Tang Soo Do Federation
3. Must have completed minimum of 3 months/24 classes since last promotion
4. No age requirement

General Knowledge:

1. Name 20 Korean Tang Soo Do terms.
2. Why do we Kihap?

Basic Hand/Kick Techniques:

1. 2 Hand Technique combinations
4. Kick Techniques: 180 Jump Spinning Back Kick
2. 2 Kick Combinations

Forms:

1. Pyung Ahn Sam Dan

Weapons

1. Bong Basics #1-7
2. Bong Spin #1-2

One Step Sparring:

1. Techniques #1-12

Self Defense:

1. Single Hand Frontal Grab (i.e. wrist, sleeve, lapel, shoulder neck, hair)

Free Sparring:

1. 1 on 1 Sparring

Breaking:

1. One Board Hand Technique (choice)
2. One Board Kick Technique (choice)

4TH GUP BROWN BELT to 3RD GUP ADVANCED BROWN BELT REQUIREMENTS

General Requirements:

1. Must show moral character, discipline, loyalty and abide by the dojang rules
2. Must have registered with the Jeonsa Tang Soo Do Federation
3. Must have completed minimum of 3 months/24 classes since last promotion
4. No age requirement

General Knowledge:

1. Explain the meaning of each of the Seven Tenets of Tang Soo Do.
2. Why do we practice One Step Sparring?

Basic Hand/Kick Techniques:

1. Hand Techniques: Low X Block, High X Block, Ridge Hand Strike
2. 2 and 3 Hand Technique Combinations
3. Kick Techniques: Spinning Wheel Kick, Spinning Hook Kick, Spinning Crescent Kick
4. 2 and 3 Kick Technique Combinations

Forms:

1. Pyung Ahn Sa Dan

Weapons

1. Bong Basic #1-7
2. Bong Spin #1-5

One Step Sparring:

1. Techniques #1-14

Self Defense:

1. Double Hand Frontal Grab (i.e. wrist, sleeve, lapel, shoulder, choke, bear hug)

Free Sparring:

1. 1 on 1 Sparring

Breaking:

1. One Board Hand Technique (choice)
2. One Board Kick Technique (choice)

3RD GUP ADVANCED BROWN BELT to 2ND GUP RED BELT REQUIREMENTS

General Requirements:

1. Must show moral character, discipline, loyalty and abide by the dojang rules
2. Must have registered with the Jeonsa Tang Soo Do Federation
3. Must have completed minimum of 3 months/24 classes since last promotion
4. No age requirement

General Knowledge:

1. Name 30 Tang Soo Do terms in Korean.
2. Name 5 vital spots and what technique you would use to strike each point.

Basic Hand/Kick Techniques:

1. Hand Techniques: Spinning Knife Hand, Spinning Back Fist
2. 2 and 3 Hand Technique Combinations
3. Kick Techniques: 360 Jump Spinning Back Kick, Tornado Kick, 360 Jump Spinning Roundhouse Kick
4. 2 and 3 Kick Combinations

Forms:

1. Pyung Ahn O Dan

Weapons:

1. Bong Hyung Il Bu

One Step Sparring:

1. Techniques #1-16

Self Defense:

2. Double Hand Frontal Grab (i.e. wrist, sleeve, lapel, shoulder, choke, bear hug)

Free Sparring:

1. 1 on 1 Sparring

Breaking:

1. One or Two Board Hand Technique (choice)
2. One or Two Board Kick Technique (choice)

2ND GUP RED BELT to 1ST GUP ADVANCED RED BELT REQUIREMENTS

General Requirements:

1. Must show moral character, discipline, loyalty and abide by the dojang rules
2. Must have registered with the Jeonsa Tang Soo Do Federation
3. Must have completed minimum of 3 months/48 classes since last promotion
4. No age requirement

General Knowledge:

1. Recite the Fourteen Attitude Requirements to master Tang Soo Do.
2. Explain the USA Flag
3. Explain the South Korean Flag

Basic Hand/Kick Techniques:

1. 2 and 3 Hand Technique Combinations
2. Kick Techniques: Jump Spinning Wheel Kick, Jump Spinning Hook Kick, Jump Spinning Crescent Kick, Double Jumping Front Kick
3. 2 and 3 Technique Kick Combinations

Forms:

1. Bassai

Weapons:

1. Bong Basic #1-10
2. Bong Spin #1-5

One Step Sparring:

1. Techniques #1-18

Self Defense:

1. Rear Grab (i.e. wrist, shoulder, choke, strangle hold, bear hug, full nelson)

Free Sparring:

1. 1 on 1

Breaking:

1. One Board Hand Technique (choice)
2. One Board Kick Technique (choice)

1ST GUP ADVANCED RED BELT to CHO DAN BO REQUIREMENTS

General Requirements:

1. Must show moral character, discipline, loyalty and abide by the dojang rules
2. Must have registered with the Jeonsa Tang Soo Do Federation
3. Must have completed minimum of 3 months/48 classes since last promotion
4. No age requirement

General Knowledge:

1. Explain the meaning of the Tang Soo Do belt colors.
2. What is the responsibility of a Cho Dan Bo in class?

Basic Hand/Kick Techniques:

1. 2 and 3 Hand Technique Combinations
2. Kick Techniques: Diagonal Kick
3. 2 and 3 Kick Technique Combinations

Forms:

1. Pyung Ahn Cho Dan – O Dan – performed continuously
2. Bassai

Weapons:

1. Bong Hyung E Bu

One Step Sparring:

1. Techniques #1-20

Self Defense:

1. Against all grabs

Free Sparring:

1. 1 on 1 Sparring

Breaking:

1. One or Two Board Hand Technique (choice)
2. One or Two Board Kick Technique (choice)

CHO DAN BO to 1ST DAN REQUIREMENTS

General Requirements:

1. Must show moral character, discipline, loyalty and abide by the dojang rules
2. Must have registered with the Jeonsa Tang Soo Do Federation
3. Must have completed minimum of 6 months/72 classes of continuous training
4. No age requirement

General Knowledge: Must pass with a minimum of 80%

1. Written Test covering all information in Student Manual

Basic Hand/Kick Techniques:

1. Hand Techniques: All Previous Requirements
2. Kick Techniques: All Previous Requirements

Forms:

1. Ki Cho Hyung Il Bu - Bassai

Weapons:

1. One Minute Continuous Freestyle Bong Skills
2. Bong Hyung Il and E Bu

One Step Sparring:

1. Techniques #1-20 performed on both the left and right sides

Self Defense:

1. Against all grabs

Free Sparring:

1. 1 on 1 Sparring
2. 2 on 1 Sparring

Breaking:

1. 1 Board Hand Technique (choice)
2. 2 Board Kick Technique (choice)
3. 1 Board Jump Kick (choice)

Physical Conditioning: Must pass with a minimum of 80%

1. 3 Sets of Push Ups (30 second set with 30 second rest between sets) 75 = 100%
2. 3 Sets of Sit Ups (30 second set with 30 second rest between sets) 75 = 100%
3. 2 Mile run - 18 minutes = 100%

Essay:

1. 1000 word essay entitled "My journey to Black Belt"

1ST DAN to 2nd DAN REQUIREMENTS

General Requirements:

1. Must show moral character, discipline, loyalty and abide by the dojang rules.
2. Must be a member in good standing with the Jeonsa Tang Soo Do Federation
3. Must have completed minimum of 2 years of continuous training since 1st Dan test
4. Member must be a minimum of 12 years old

General Knowledge: Must pass with a minimum of 90%

1. Written Test covering all information in Student Manual

Basic Hand/Kick Techniques:

1. Hand Techniques: Multiple Technique Combinations
2. Kick Techniques: Multiple Technique Combinations
3. Hand and Kick Technique Combinations

Forms:

1. Ki Cho Hyung Il Bu – Sam Bu
2. Pyung Ahn Cho Dan – O Dan
3. Bassai
4. Naihanchi Cho Dan
5. Naihanchi E Dan
6. Sip Soo

Weapons:

1. 1 Minute Freestyle Bong Skills
2. Bong Hyung Il Bu - Sam Bu
3. 1 Minute Freestyle Ssang Chul Bong Skills
4. Ssang Chul Bong Il Bu
5. Jang Kum Hyung Il Bu

One Step Sparring:

1. Advanced creative one steps

Self Defense:

1. Blindfolded Self Defense

Free Sparring:

1. 1 on 1 Sparring
2. 2 on 1 Sparring

Breaking:

1. 2 Board Speed Break with hand (choice)
2. 2 Board Speed Break with kick (choice)

Physical Conditioning: Must pass with a minimum of 80%

1. 4 Sets of Push Ups (30 second set with 30 second rest between sets) 100 = 100%
2. 4 Sets of Sit Ups (30 second set with 30 second rest between sets) 100 = 100%
3. 3 Mile run 27 minutes = 100%

Essay:

1. 1000 word essay entitled "My growth as a leader in Tang Soo Do"

2ND DAN TO 3RD DAN REQUIREMENTS

General Requirements:

1. Must show moral character, discipline, loyalty and abide by the dojang rules.
2. Must be a member in good standing with the Jeonsa Tang Soo Do Federation
3. Must have completed a minimum of 3 years of continuous training since 2nd Dan test.
4. Member must be a minimum of 16 years old

General Knowledge: Must pass with a minimum of 90%

1. Written Test covering all information in Student Manual

Basic Hand/Kick Techniques:

1. Hand Techniques: Multiple Technique Combinations
2. Kick Techniques: Multiple Technique Combinations
3. Hand and Kick Technique Combinations

Forms:

1. Ki Cho Hyung Il Bu – Sam Bu (will be asked to perform 1)
2. Pyung Ahn Cho Dan – O Dan (will be asked to perform 2)
3. Bassai
4. Naihanchi Cho Dan - Naihanchi Sam Dan
5. Sip Soo
6. Jin Do

Weapons:

1. 1 Minute Freestyle Bong Skills
2. Bong Hyung Il Bu - Sam Bu
3. 1 Minute Freestyle Ssang Chul Bong Skills
4. Ssang Chul Bong Il Bu - E Bu
5. Jang Kum Hyung Il Bu
6. Dan Kum Hyung Il Bu

One Step Sparring:

1. Techniques #1-20

Self Defense:

1. Blindfolded Self Defense

Free Sparring:

1. 1 on 1 Sparring
2. 2 on 1 Sparring

Breaking:

1. 2 Board Speed Break with hand (choice)
2. 2 Board Speed Break with kick (choice)

Physical Conditioning: Must pass with a minimum of 90%

1. 4 Sets of Push Ups (30 second set with 30 second rest between sets) 100 = 100%
2. 4 Sets of Sit Ups (30 second set with 30 second rest between sets) 100 = 100%
3. 3 Mile run - 27 minutes = 100%

Essay: 1000 word essay entitled "My philosophy of self defense"

3RD DAN to 4TH DAN REQUIREMENTS

General Requirements:

1. Must show moral character, discipline, loyalty and abide by the dojang rules.
2. Must be a member in good standing with the Jeonsa Tang Soo Do Federation
3. Must have completed a minimum of 4 years of continuous training since their 3rd Dan test.
4. Must hold the position of chief instructor at a member studio, run your own studio or club
5. Must contribute leadership to the Federation
6. Minimum Age: 21 Years old

General Knowledge: Must pass with a minimum of 95%

1. Written test

Basic Hand/Kick Techniques:

1. Hand Techniques: Multiple Technique Combinations
2. Kick Techniques: Multiple Technique Combinations
3. Hand and Kick Technique Combinations

Forms:

1. Ki Cho Hyung Il Bu – Sam Bu (will be asked to perform 1)
2. Pyung Ahn Cho Dan – O Dan (will be asked to perform 2)
3. Bassai
4. Naihanchi Cho Dan - Naihanchi Sam Dan
5. Sip Soo
6. Jin Do

7. Rohai
8. Kong Sang Koon

Weapons:

1. 1 Minute Freestyle Bong Skills
2. Bong Hyung Il Bu - Sam Bu
3. 1 Minute Freestyle Ssang Chul Bong Skills
4. Ssang Chul Bong Il Bu - E Bu
5. Jang Kum Hyung Il Bu – E Bu
6. Dan Kum Hyung Il Bu

One Step Sparring:

1. Techniques #1-20

Self Defense:

1. Blindfolded Self Defense

Free Sparring:

1. 1 on 1 Sparring
2. 2 on 1 Sparring
3. Sparring from ground

Breaking:

1. 2 Board Speed Break with hand (choice)
2. 2 Board Speed Break with kick (choice)
3. 4 Board Break with Kick (choice)

Physical Conditioning: 4 Sets of Push Ups (30 second set with 30 second rest between sets)

1. 4 Sets of Sit Ups (30 second set with 30 second rest between sets)
2. 3 Mile run

Essay:

1. Research topic will be assigned

TRANSFER PROCESS

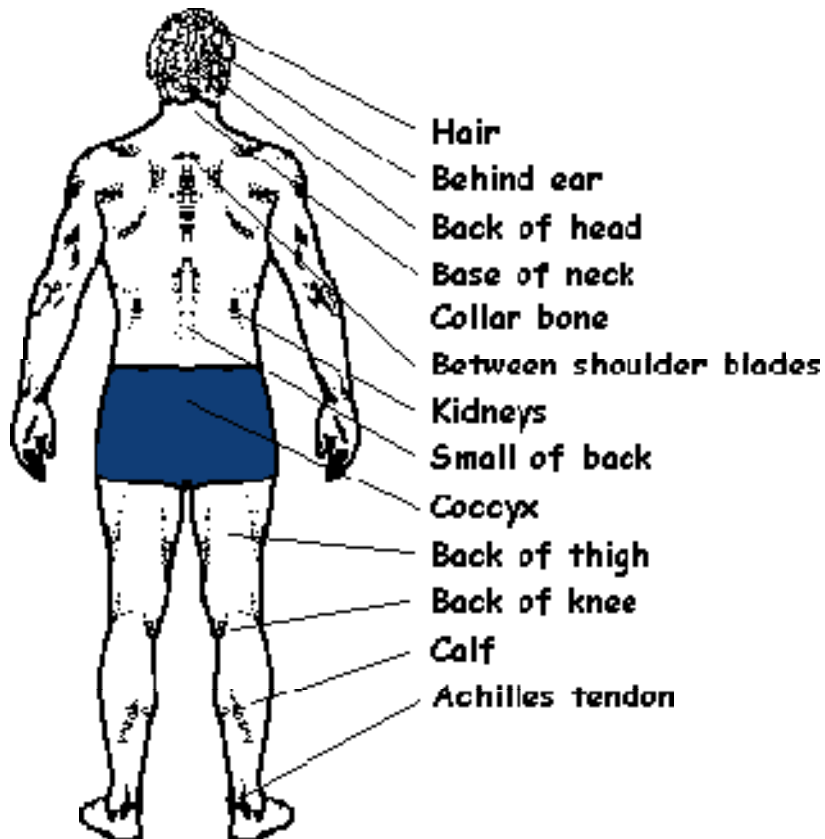
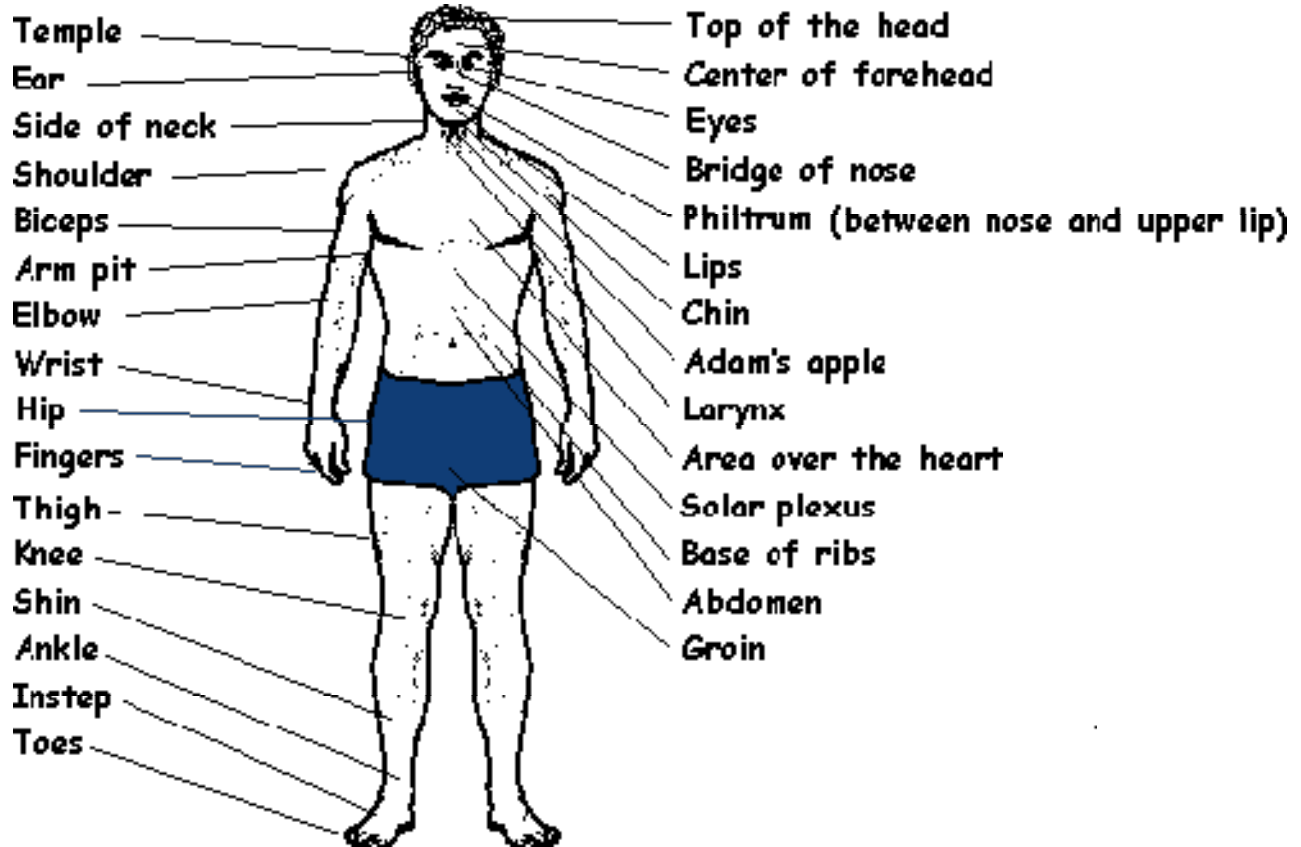
When a student with rank from another martial art transfers into the Federation they must be evaluated by the chief instructor of the studio to determine which Tang Soo Do rank is most appropriate. The most important area to observe is the foundational skills. (Stances, Posture, Balance, Focus, Attitude, Speed and Power, etc. If these skills are strong it will be easy to build upon and a student will most likely be able to retain most if not all of their rank. If it is determined that the student needs to build up their foundational skills a lower starting rank may be recommended.

If a student moves away from their current area they may transfer to another Federation studio with no loss of rank.

RANK CERTIFICATION

All students that successfully complete a Gup or Dan promotion exam will have the results submitted to the Federation by their studio. The Federation will issue official rank certification to each student. The studio will award the certification after each exam.

VITAL POINTS



TECHNIQUES

HAND

1. Low Block
2. High Block
3. Inside Outside Block
4. Outside Inside Block
5. Side Block
6. Single Knife Hand Block
7. Two Hand Block
8. Low Knife Hand Block
9. High Knife Hand Block
10. Low X Block
11. High X Block
12. Center Punch
13. High Punch
14. Side Punch
15. Back Fist Strike
16. Hammer Fist Strike
17. Palm Heel Strike
18. Elbow Strike
19. Spear Hand Strike

KICK

1. Front Kick
2. Roundhouse Kick
3. Side Kick
4. Back Kick
5. Ax Kick
6. Hook Kick
7. Inside Outside Crescent Kick
8. Outside Inside Crescent Kick
9. Stepping Side Kick
10. Stepping Hook Kick
11. Spinning Back Kick
12. Spinning Wheel Kick
13. Spinning Hook Kick
14. Spinning Crescent Kick
15. Jumping Front Kick
16. Jumping Roundhouse Kick

17. Jumping Side Kick
18. Flying Side Kick
19. Jumping Ax Kick
20. 180 Jump Spinning Back Kick
21. 360 Jump Spinning Back Kick
22. 360 Jump Spinning Crescent Kick (Tornado Kick)
23. 360 Jump Spinning Roundhouse Kick
24. Diagonal Kick
25. Jumping Front – Roundhouse Kick
26. Jumping Front – Ax Kick
27. Double Jumping Front Kick - Alternating
28. Double Jumping Front Kick - Split
29. Double Jumping Front Kick - Feet Together
30. Double Flying Side Kick
31. Flying Side Kick-360 Jump Spinning Back Kick
32. Low Wheel Sweep

BONG

1. Low Block
2. High Block
3. Downward Block
4. High Strike
5. Downward Strike
6. Upward Strike
7. Punch
8. Thrust
9. Upward Swing
10. Downward Swing
11. Forward Figure 8
12. Reverse Figure 8
13. One Hand Forward Figure 8
14. Switching One Hand Forward Figure 8
15. Front Spin
16. Behind the Back Spin
17. Cross Body Strike
18. Inside Whip
19. Reverse Grip Inside Whip
20. Outside Whip
21. Figure 8 to Slam
22. Reverse Figure 8 to Slam

SSANG CHUL BONG

1. Downward Strike Under Arm
2. Downward Strike Between Legs
3. Downward Whip
4. Backhand Whip
5. Triangle Whip
6. Forward Propeller Spin
7. Reverse Propeller Spin
8. Forward Figure 8
9. Reverse Figure 8
10. Inside Figure 8
11. Over Shoulder Transition
12. Behind Back Transition
13. Around Neck Transition
14. Between Legs Transition Forwards
15. Between Legs Transition Backwards
16. Under Arm Transition
17. Wrist Roll

ONE STEP SPARRING TECHNIQUES

One Step Sparring is important in developing a student's timing, focus and distance control. A student is required to be able to perform 20 techniques prior to Black Belt. These techniques can vary from studio to studio. One Step Sparring can be done with hands, kicks and weapons.

SELF DEFENSE

When performing self defense it is important to remember the key factors of reacting quickly, controlling your opponent, using your strength against your opponent's weakness, using your voice, recognizing your surroundings and identifying escape routes. As there are many defenses to a grab the exact technique that you perform is not important but rather whether the technique is effective. It is essential to learn how to strike your opponent's vital spots and to use your strikes, locks, traps, takedowns and throws efficiently.

Advanced self defense skills will include multiple opponents and defense against weapons.

TERMINOLOGY

Titles

Grand Master	Kwan Jang Nim
Master Instructor	Sah Bum Nim
Instructor	Kyo Sa Nim
Assistant Instructor	Boo Kyo Sa Nim
Testing Examiner	Shim Sa Kwan Nim
Black Belt Holder	Yu Dan Ja
Senior Member	Sun Bae Nim
Junior Member	Hu Bae
Color Belt Holder	Yu Gup Ja
Beginner	Cho Bo Ja

General

Block	Mahk Ki
Attack	Kong Kyuck
Kick	Cha Ki
Low Part	Ha Dan
Middle Part	Choong Dan
High Part	Sang Dan
Front	Ahp
Side	Yup
Back	Dwi
Turning	Tollyo
Jump	E Dan
Uniform	Do Bok
Studio	Do Jang
Color Belt	Gup
Black Belt	Dan
One Step Sparring	Il Soo Sik Dae Ryun
Free Sparring	Ja Yu Dae Ryun
Self Defense	Ho Sin Sul
Breaking	Kyuck Pa
Testing	Shim Sa
External Power	Weh Kong
Internal Power	Neh Kong
Spiritual Power	Shim Kong
National Flag	Kukgi
South Korean Flag	Tae Kukgi
Form	Hyung

Vital Point
Thank You
You're Welcome
Concentration
Chum Shim
Kyum Son
Chun Kyung
In Neh
Indomitable Spirit
Moo Shim

Kup So
Ko Map Sum Ni Da
Chun Man Nay O
Chung Shin Tong Il
Balance
Humility
Respect
Endurance
Baek Chul Bul Gul
Empty Mind

Commands

Bow
Bow to the Grand Master
Bow to the Master
Bow to the Instructor
Bow to the Black Belts
Without the Count
With the Count
Change Position
Return
Salute the Flag
Sit
Meditate
Begin
Stop
Turn
Turn to the Rear
Rest

Kyung Yet
Kwan Jang Nim Kay Kyung Yet
Sah Bum Nim Kay Kyung Yet
Kyo Sa Nim Kay Kyung Yet
Yu Dan Ja Kay Kyung Yet
Ku Ryung Up Shi
Ku Ryung E Mat Cho So
Kyo Dae
Ba Ro
Kukgi Ba Ray
Ahn Jo
Muk Yum
Shi Jak
Ko Man
Tora
Dwi Ro Tora
Shio

Stances

Attention
Ready Position
Rest
Front Stance
Back Stance
Horseback Stance
Cross Leg Stance
Crane Stance

Cha Ryut
Choon Bee
Shio
Chun Gul Ja Seh
Hu Kul Ja Seh
Ki Ma Ja Seh
Kyo Sa Rip Ja She
Ha Bahl Seo Ki Ja Seh

Low Stance
Ready for Kick
Sparring Stance

Choi Ha Dan Ja Seh
Bahl Cha Ki Choon Bee
Ja Yu Dae Ryun Choon Bee

Hand Techniques

Low Block
High Block
Inside Outside Block
Outside Inside Block
Side Block
Two Hand Block/Front Stance
Two Hand Block/Back Stance
Low Knife Hand Block
High Knife Hand Block
Low X Block
High X Block
Low Knife Hand Block/Low Stance

Ha Dan Mahk Ki
Sang Dan Mahk Ki
Ahneso Pahkuro Mahk Ki
Pahkeso Ahnuro Mahk Ki
Yup Mahk Ki
Chun Kul Ssang Soo Mahk Ki
Hu Kul Ssang Soo Mahk Ki
Ha Dan Soo Do Mahk Ki
Sang Dan Soo Do Mahk Ki
Ssang Soo Ha Dan Mahk Ki
Ssang Soo Sang Dan Mahk Ki
Choi Ha Dan Soo Do Mahk Ki

Punch Exercise/Horseback Stance
Center Punch
High Punch
Side Punch
Spear Hand Strike
Knife Hand Strike
Ridge Hand Strike
Back Fist Strike
Hammer Fist Strike
Palm Strike
Elbow Strike
Plier Hand Strike

Pahl Put Ki
Choong Dan Kong Kyuck
Sang Dan Kong Kyuck
Wheng Jin Kong Kyuck
Kwan Soo Kong Kyuck
Soo Do Kong Kyuck
Yuk Soo Do Kong Kyuck
Kap Kwon Kong Kyuck
Kwon Do Kong Kyuck
Jang Kwon Kong Kyuck
Pal Koop Kong Kyuck
Jip Kay Sohn Kong Kyuck

Kick Techniques

Front Kick
Front Stretch Kick
Side Kick
Roundhouse Kick
Ax Kick
Crescnet Kick
Hook Kick
Diagonal Kick
Knee Kick

Ahp Cha Ki
Ahp Poto Oly Ki
Yup Cha Ki
Tollyo Cha Ki
Nae Ryo Cha Ki
Pahn Dahl Cha Ki
Hu Ryo Cha Ki
Bit Cha Ki
Moo Roop Cha Ki

Spinning Back Kick	Dwi Tollyo Cha Ki
Spinning Hook Kick	Dwi Hu Ryo Cha Ki
Spinning Wheel Kick	Way Jun Cha Ki
Spinning Crescent Kick	Dwi Pahn Dal Cha Ki
Tornado Kick	Tae Poong Cha Ki
Jump (Kick)	E Dan (followed by kick)

Weapons

Staff	Bong
Nunchuck	Ssang Chul Bong
Dagger	Dan Kum
Sword	Jang Kum
Cane	Ji Pong E

Anatomy

Arm	Pahl
Foot	Bahl
Leg	Da Ri
Elbow	Pahl Koop
Knee	Moo Roop
Hand	Soo or Sohn
Waist	Hu Ri
Groin	Nang Shim
Lower Abdomen	Dan Jun
Neck	Mok
Chin	Tuck
Philtrum	In Choong
Solor Plexus	Myung Chi
Forehead	Ima

Numbers

One	Hana	Il
Two	Tul	E
Three	Set	Sam
Four	Net	Sa
Five	Ta Sot	O
Six	Yo Sot	Yuk
Seven	Il Gup	Chil
Eight	Yo Dol	Pal
Nine	A Hop	Ku
Ten	Yol	Sip

Twenty	Sumul	E Sip
Thirty	Seorun	Sam Sip
Forty	Maheun	Sa Sip
Fifty	Swin	O Sip
Sixty	Yesun	Yuk Sip
Seventy	Ilhuen	Chil Sip
Eighty	Yodeun	Pal Sip
Ninety	Aheun	Ku Sip
One Hundred	Beak	Beak

Forms

Ki Cho Hyung Il Bu

Meaning – Basic form # 1

Creator – Grand Master Hwang Kee

Date – 1947

Moves – 20

Ki Cho Hyung E Bu

Meaning – Basic Form # 2

Creator – Grand Master Hwang Kee

Date – 1947

Moves – 20

Ki Cho Hyung Sam Bu

Meaning – Basic Form #3

Creator – Grand Master Hwang Kee

Date – 1947

Moves – 20

Pyung Ahn Cho Dan

Meaning – Calm and Peace of Mind #1

Creator – Master Idos

Date – 1870

Moves - 22

Pyung Ahn E Dan

Meaning – Calm and Peace of Mind #2

Creator – Master Idos

Date – 1870

Moves – 29

Pyung Ahn Sam Dan

Meaning – Calm and Peace of Mind #3

Creator – Master Idos

Date – 1870

Moves – 27

Pyung Ahn Sa Dan

Meaning – Calm and Peace of Mind #4

Creator – Master Idos

Date – 1870

Moves – 29

Pyung Ahn O Dan

Meaning – Calm and Peace of Mind #5

Creator – Master Idos

Date – 1870

Moves - 28

Bassai

Meaning – Penetrate the Fortress

Creator – Unknown

Date – Mid to Late 17th Century

Moves – 50

Naihanchi Cho Dan

Meaning – Warrior on horseback #1

Creator – Jang Song Kye

Date – 1100 AD

Moves – 33

Naihanchi E Dan

Meaning – Warrior on horseback #2

Creator – Jang Song Kye

Date – 1100 AD

Moves – 30

Sip Soo

Meaning – Ten Hands

Creator – Unknown

Date – 1550 AD

Moves – 29

Naihanchi Sam Dan

Meaning – Warrior on horseback #3

Creator – Jang Song Kye

Date – 1100 AD

Moves – 38

Jin Do

Meaning – Fast back and forth movements

Creator –

Date – 1100 AD

Moves – 44

Ro Hai

Meaning – Crane on a rock

Creator – Unknown

Date – Unknown

Moves – 30

Kong Sang Kun

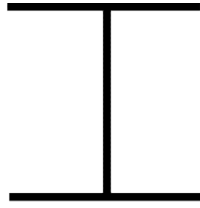
Meaning – Warrior on horseback #2

Creator – Kong Sang Kun

Date – 1700 AD

Moves – 65

KI CHO HYUNG IL BU

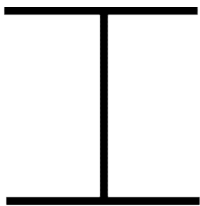


Move	Count	Description
		Choon Bee with left foot
1	1	Turn 90° to the left into a left front stance and execute a left low block.
2	2	Step forward into a right front stance and execute a right center punch.
3	3	Turn 180° to the right into a right front stance and execute a right low block
4	4	Step forward into a left front stance and execute a left center punch.
5	5	Turn 90° to the left into a left front stance and execute a left low block.
6	6	Step forward into a right front stance and execute a right center punch.
7	7	Step forward into a left front stance and execute a left center punch.
8	8	Step forward into a right front stance and execute a right center punch. KIHAP
9	9	Turn 270° to the left into a left front stance and execute a left low block.
10	10	Step forward into a right front stance and execute a right center punch.
11	11	Turn 180° to the right into a right front stance and execute a right low block.
12	12	Step forward into a left front stance and execute a left center punch.
13	13	Turn 90° to the left into a left front stance and execute a left low block.
14	14	Step forward into a right front stance and execute a right center punch.
15	15	Step forward into a left front stance and execute a left center punch.
16	16	Step forward into a right front stance and execute a right center punch. KIHAP

Move	Count	Description
17	17	Turn 270° to the left into a left front stance and execute a left low block.
18	18	Step forward into a right front stance and execute a right center punch.
19	19	Turn 180° to the right into a right front stance and execute a right low block.
20	20	Step forward into a left front stance and execute a left center punch.

Baro with left foot

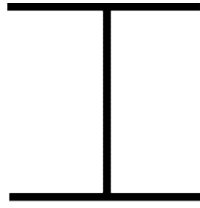
KI CHO HYUNG E BU



Move	Count	Description
		Choon Bee with left foot
1	1	Turn 90° to the left into a left front stance and execute a left low block.
2	2	Step forward into a right front stance and execute a right high punch.
3	3	Turn 180° to the right into a right front stance and execute a right low block
4	4	Step forward into a left front stance and execute a left high punch.
5	5	Turn 90° to the left into a left front stance and execute a left low block.
6	6	Step forward into a right front stance and execute a right high block.
7	7	Step forward into a left front stance and execute a left high block.
8	8	Step forward into a right front stance and execute a right high block. KIHAP
9	9	Turn 270° to the left into a left front stance and execute a left low block.
10	10	Step forward into a right front stance and execute a right high punch.
11	11	Turn 180° to the right into a right front stance and execute a right low block.
12	12	Step forward into a left front stance and execute a left high punch.
13	13	Turn 90° to the left into a left front stance and execute a left low block.
14	14	Step forward into a right front stance and execute a right high block.
15	15	Step forward into a left front stance and execute a left high block.
16	16	Step forward into a right front stance and execute a right high block. KIHAP
17	17	Turn 270° to the left into a left front stance and execute a left low block.

Move	Count	Description
17	18	Step forward into a right front stance and execute a right high punch.
19	19	Turn 180° to the right into a right front stance and execute a right low block.
20	20	Step forward into a left front stance and execute a left high punch. Baro with left foot

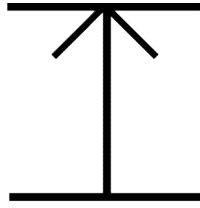
KI CHO HYUNG SAM BU



Move	Count	Description
		Choon Bee with left foot
1	1	Turn 90° to the left into a left back stance and execute a left side block.
2	2	Step forward into a right front stance and execute a right center punch.
3	3	Turn 180° to the right into a right back stance and execute a right side block
4	4	Step forward into a left front stance and execute a left center punch.
5	5	Turn 90° to the left into a left front stance and execute a left low block.
6	6	Step forward into a right horseback stance and execute a right side punch.
7	7	Step forward into a left horseback stance and execute a left side punch.
8	8	Step forward into a right horseback stance and execute a right side punch. KIHAP
9	9	Turn 270° to the left into a left back stance and execute a left side block.
10	10	Step forward into a right front stance and execute a right center punch.
11	11	Turn 180° to the right into a right back stance and execute a right side block.
12	12	Step forward into a left front stance and execute a left center punch.
13	13	Turn 90° to the left into a left front stance and execute a left low block.
14	14	Step forward into a right horseback stance and execute a right side punch.
15	15	Step forward into a left horseback stance and execute a left side punch.
16	16	Step forward into a right horseback stance and execute a right side punch. KIHAP
17	17	Turn 270° to the left into a left back stance and execute a left side block.

Move	Count	Description
18	18	Step forward into a right front stance and execute a right center punch.
19	19	Turn 180° to the right into a right back stance and execute a right side block.
20	20	Step forward into a left front stance and execute a left center punch. Baro with left foot

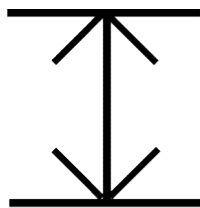
PYUNG AHN CHO DAN



Move	Count	Description
		Choon Bee with left foot
1	1	Turn 90° to the left into a left front stance and execute a left low block.
2	2	Step forward into a right front stance and execute a right center punch.
3	3	Turn 180° to the right into a right front stance and execute a right low block
4		Draw your right foot back to the left into an “L” shape while snapping your right arm back towards your body with palm up. Execute a right circular downward hammer fist strike.
5	4	Step forward into a left front stance and execute a left center punch.
6	5	Turn 90° to the left into a left front stance and execute a left low block.
7		From the same position execute a single center knife hand block.
8	6	Step forward into a right front stance and execute a right high block.
9	7	Step forward into a left front stance and execute a left high block.
10	8	Step forward into a right front stance and execute a right high block. KIHAP
11	9	Turn 270° to the left into a left front stance and execute a left low block.
12	10	Step forward into a right front stance and execute a right center punch.
13	11	Turn 180° to the right into a right front stance and execute a right low block.
14	12	Step forward into a left front stance and execute a left center punch.
15	13	Turn 90° to the left into a left front stance and execute a left low block.

Move	Count	Description
16	14	Step forward into a right front stance and execute a right center punch.
17	15	Step forward into a left front stance and execute a left center punch.
18	16	Step forward into a right front stance and execute a right center punch. KIHAP
19	17	Turn 270° to the left into a left back stance and execute a left low knife hand block.
20	18	Turn 45° to the right into a right back stance and execute a right low knife hand block.
21	19	Turn 135° to the right into a right back stance and execute a right low knife hand block.
22	20	Turn 45° to the left into a left back stance and execute a left low knife hand block. Baro with left foot

PYUNG AHN E DAN



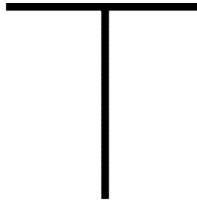
Move	Count	Description
		Choon Bee with left foot
1	1	Turn 90° to the left into a left back stance and execute a simultaneous right high block and left inside/outside block with palm turn outward.
2	2	Execute a right upper cut while pulling left fist to the right shoulder.
3		Shift into a left horseback stance and execute a left side punch.
4	3	Pivot 180° to the right into a right back stance and execute a simultaneous left high block and right inside/outside block with palm turn outward.
5	4	Execute a left upper cut while pulling right fist to the left shoulder.
6		Shift into a right horseback stance and execute a right side punch.
7	5	Look 90° to the right and bring the left foot to the with right hand chamber on right ribcage and left arm in front of chest with palm facing down. Switch hands to the left side with left fist on left ribcage and right arm in front of chest with palm facing down and chamber right foot to left knee.
8	6	Execute a right side kick while extending the right arm parallel with kicking leg.
9		Look 180° to the left and land into a left back stance while executing a left high knife hand block.
10	7	Step forward into a right back stance and execute a right high knife hand block.
11	8	Step forward into a left back stance and execute a left high knife hand block.
12	9	Step forward into a right front stance and execute right center spear hand.
		KIHAP

Move	Count	Description
13	10	Turn 270° to the left into a left back stance and execute a left high knife hand block.
14	11	Turn 45° to the right into a right back stance and execute a right high knife hand block.
15	12	Turn 135° to the right into a right back stance and execute a right high knife hand block.
16	13	Turn 45° to the left into a left fighting stance and execute a left high knife hand block.
17	14	Turn 45° to the left into a left front stance and execute a right inside/outside block.
18	15	Execute a right front kick.
19		Land into a right front stance and execute left center punch.
20		From same position execute a left inside/outside block.
21	16	Execute a left front kick.
22		Land into a left front stance and execute a right center punch.
23	17	Step forward into a right front stance and execute a two hand block.
24	18	Turn 270° to the left into a left front stance and execute a left low block.
25		From same position execute a left single center knife hand block.
26	19	Turn 45° to the right into a right front stance and execute a right high block.
27	20	Turn 135° to the right into a right front stance and execute a right low block.
28		From same position execute a right single center knife hand block.
29	21	Turn 45° to the left into a left front stance and execute a left high block.

KIHAP

Baro with left foot

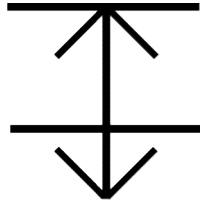
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Move	Count	Description
		Choon Bee with left foot
1	1	Turn 90° to the left into a left back stance and execute a left side block.
2	2	Bring right foot to the left and execute a simultaneous right inside outside block and left low block.
3		From same position execute a simultaneous left inside outside block and right low block.
4	3	Turn 180° to the right into a right back stance and execute a right side block.
5	4	Bring left foot to the right and execute a simultaneous left inside outside block and right low block.
6		From same position execute a simultaneous right inside outside block and left low block.
7	5	Turn 90° to the left into a left front stance and execute a two handed block.
8	6	Step forward into a right front stance and execute a right center spear hand strike.
9	7	Bring left foot behind the right and twist right hand downward and pull behind the right hip.
10		Immediately spin 360° to the left into a left horseback stance and execute a left downward Hammer fist strike.
11		Step forward into a right front stance and execute a right center punch. KIHAP
12	8	Turn 180° to the left and bring left foot back to the right while bringing both fists into ribs just above the belt. (first two knuckles touch ribs)
13	9	Execute a right outside inside crescent kick.

Move	Count	Description
14		Land into a right horseback stance keeping fists on ribs and execute a right elbow block by twisting the waist.
15		Execute a right back fist strike.
16		Pull right fist back to the ribs.
17	10	Execute a left outside inside crescent kick.
18		Land into a left horseback stance keeping fists on ribs and execute a left elbow block by twisting the waist.
19		Execute a left back fist strike.
20		Pull left fist back to the ribs.
21	11	Execute a right outside inside crescent kick.
22		Land into a right horseback stance keeping fists on ribs and execute a right elbow block by twisting the waist.
23		Execute a right back fist strike.
24	12	Step forward into a left front stance and execute a left center punch.
25	13	Slowly bring right foot to left and step sideways into a horseback stance.
26	14	Turn 180° to the left into a left horseback stance and execute a simultaneous left elbow strike with left hand chambered to the ribs and a right punch over the left shoulder.
27		Jump one stance length to the right and land in a horseback stance while executing a simultaneous right elbow strike with the right hand chambered to the rib cage and a left punch over the right shoulder. KIHAP Baro with left foot

PYUNG AHN SA DAN

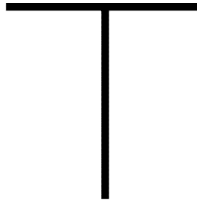


Move	Count	Description
		Choon Bee with left foot
1	1	Turn 90° to the left into a left back stance and execute a simultaneous left high knife hand block and a right open hand high block.
2	2	Turn 180° to the right into a right back stance and execute a simultaneous right high knife hand block and a left open hand high block.
3	3	Turn 90° to the left into a left front stance and execute a low X block.
4	4	Step forward into a right back stance and execute a two hand block.
5	5	Bring left foot to the right with hands chambered on the left with left fist on left ribcage and right arm in front of chest with facing palm down and quickly switch chamber to the right side with right fist on right ribcage an left arm in front of chest with palm facing down while chambering the left foot to the right knee. (focus is to the left side)
6	6	Execute a left side kick with left arm extended palm down.
7		Land into a left front stance and execute a right elbow strike to the left palm.
8	7	Pivot 180° to the right into a right back stance and chamber hands to the left side with left fist on left ribcage and right arm in front of chest with palm facing inward.
9		Bring left foot to the right and chamber hands to the right with right fist on right ribcage and left arm in front of chest with palm facing down and quickly switch chamber to the left side with left fist on left ribcage and right arm in front of chest with palm facing down while chambering the right foot to the left knee.
10	8	Execute a right side kick with right arm extended palm down.
11		Land into a right front stance and execute left elbow strike to the right palm.

Move	Count	Description
12	9	Pivot 90° to the left and execute a simultaneous right high outside inside knife hand strike and a left open hand high block.
13	10	Execute a right front kick.
14	11	Hop forward into a right cross leg stance and execute a right back fist. KIHAP
15	12	Turn 135° to the left into a left front stance with wrists crossed in front of chest and hands opened with left hand on top. Make hands into fists and rotate palms down and twist right palm up.
16		Execute a right front kick while extending left arm and chambering right hand to ribs.
17		Land into a right front stance and execute a right center punch.
18		Immediately execute a left center punch.
19	13	Turn 90° to the right into a right front stance with wrists crossed in front of chest and hands opened with right hand on top. Make hands into fists and rotate palms down and twist left palm up.
20	14	Execute a left front kick while extending right arm and chambering left hand to ribs.
21		Land into a left front stance and execute a left center punch.
22		Immediately execute a right center punch.
23	15	Turn 45° to the left into a left back stance and execute a two handed block.
24	16	Step forward into a right back stance and execute a two handed block.
25	17	Step forward into a left back stance and execute a two handed block.
26		Shift forward into a left front stance and extend open hands with palms facing down at the shoulder level
27	18	Execute a right knee strike pull both fists down past knee. KIHAP
28		Turn 135° to the left into a left back stance and execute a left high knife hand block.

Move	Count	Description
29	19	Turn 90° to the right into a right back stance and execute a right high knife hand block. Baro with right foot

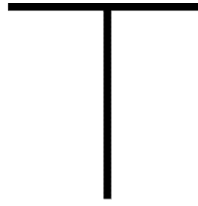
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Move	Count	Description
		Choon Bee with left foot
1.	1	Turn 90° to the left into a left back stance and execute a left side block.
2.		Twist into a right $\frac{3}{4}$ punch.
3.	2	Bring right foot to the left and chamber hands to the left side with left fist on left ribs and right fist facing palm down immediately switch chamber to the right side with right fist on right ribs and left fist facing palm down. Focus is forward.
4.	3	Turn 90° to the right into a right back stance and execute a right side block.
5.		Execute a left $\frac{3}{4}$ punch.
6.	4	Bring left foot to the right and chamber hands to the right side with right fist on right ribs and left fist facing palm down immediately switch chamber to the left side with left fist on left ribs and right fist facing palm down. Focus is forward
7.	5	Step forward into a right front stance and execute a two hand block.
8.	6	Step forward into a left front stance and execute a low X block.
9.		From same position immediately execute a high X block.
10.	7	Rotate open hands to the right side with left palm on top of the right palm while lifting right foot to the left knee.
11.		Immediately execute a left high knife hand strike.
12.		Step forward into a right front stance and execute a right center punch.
		KIHAP
13.	8	Turn 180° to the left leading with the right arm and execute a right outside inside crescent kick.

Move	Count	Description
14.		Land in a right horseback stance and execute a right low block.
15.		Look 180° to the left and execute a left backhand strike with arm extended.
16.	9	Execute a right outside inside crescent kick to the left palm.
17.		Land into a right horseback stance and execute a right elbow strike to the left palm.
18.	10	Look 90° to the right and step with left leg behind right into a cross leg stance and execute a two hand block.
19.		Look 180° to the left and step into a left back stance and execute a right uppercut with hand still in previous position.
20.	11	Jump forward and land into a right low cross leg stance and execute a low X block. KIHAP
21.	12	Step forward into a right front stance and execute a right two hand block.
22.	13	Turn 180° to the left into a left front stance and execute a right low spear hand strike with the left open hand in front of the right shoulder.
23.		Shift back into a left back stance and execute a simultaneous left low block and right inside outside block to the rear.
24.	14	Bring left foot to the right keeping the hands in same position. This movement is done with controlled breathing.
25.	15	Twist 180° into a cross leg stance and execute a simultaneous double inside outside block to the sides.
26.	16	Step forward into a right front stance and execute a left low spear hand strike with the right open hand in front of the left shoulder.
27.		Shift back into a right back stance and execute a simultaneous right low block and left inside outside block to the rear.
		Baro with right foot

BASSAI



Move Count Description

Choon Bee with left foot

Bassai Choon Bee with left foot. Wrap right fist around left thumb at first knuckle. Left hand grasps right fist. Extend arms downward in front of belt.

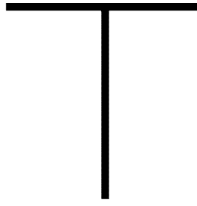
- | | | |
|----|---|--|
| 1 | 1 | Slowly turn to the left and fall forward into a right cross leg stance and execute a right inside outside block with the left palm pressed against the wrist and knife edge of the fist. |
| 2 | 2 | Turn 180° to the left into a left front stance and execute a left inside outside block |
| 3 | | Immediately execute a right reverse inside outside block. |
| 4 | 3 | Turn 180° to the right into a right into a right front stance and execute a left reverse outside inside block. |
| 5 | | Immediately execute a right inside outside block. |
| 6 | 4 | Look 90° to the right and lift right knee high while executing a right low block. |
| 7 | | Step 90° to the right into a right front stance and execute a right outside inside block |
| 8 | | Immediately execute a left reverse inside outside block. |
| 9 | 5 | Turn 90° to the left, pull the left leg back into a horseback stance and chamber right hand to right ribcage and left arm across chest with palm facing down. |
| 10 | 6 | Execute a left high inside outside knife hand strike. |

Move	Count	Description
11		From same position immediately execute a right center punch.
12		Twist 45° to the left into a left front stance and execute a right reverse inside outside block to the front.
13		Shift back to the front in a horseback stance and execute a left center punch..
14		Twist 45° to the right into a right front stance and execute a left reverse inside outside block.
15	7	Step forward to the center line with the left foot and then with the right leg into a right back stance and execute a right high knife hand block.
16	8	Step forward into a left back stance and execute a left high knife hand block.
17	9	Step forward into a right back stance and execute a right high knife hand block.
18		Immediately step back into a left back stance and execute a left high knife hand block.
19	10	Twist to the left into a left cross leg stance and execute a double block. The left hand executes a high block with an open hand and the right hand executes a high block with open hand into the left palm.
20	11	Execute a right side kick while pulling both hands to the left hip. KIHAP.
21		Turn 180° to the left rear and land in a left back stance and execute a left high knife hand block.
22	12	Step forward into a right back stance and execute a right high knife hand block.
23	13	Pull the right foot back to the left foot and place hands at 45° to the sides of the body (hands remain open), bring hands into center of the body and execute a double high block.
24	14	Pull fists apart.

Move	Count	Description
25		Step forward into a right front stance and execute a double outside inside hammer fist strike to the ribcage.
26	15	Jump forward keeping the same stance and execute a right center punch. KIHAP
27	16	Turn 180° to the left rear into a left front stance and execute a right reverse low spear hand strike with left open hand chambered in front of right shoulder.
28		Shift back into a left back stance and execute a simultaneous left low block and right inside outside block to the rear.
29	17	Pull left foot back to the right foot with controlled breathing.
30	18	Turn 180° to the left leading with the right arm and execute a right outside inside crescent kick.
31		Land in a right horseback stance and execute a right low block.
32		Look 180° to the left and execute a left backhand strike with arm extended.
33	19	Execute a right outside inside crescent kick to the left palm.
34		Land into a right horseback stance and execute a right elbow strike to the left palm.
35		Execute a right low punch with left palm facing right shoulder.
36	20	Execute a left low punch with right fist in front of left shoulder.
37		Execute a right low punch with left fist in front of right shoulder.
38	21	Turn 90° to the right into a right front stance and block in front over chest with right arm and fist palm facing towards body. The left fist is chambered at the ribcage.
39	22	Execute a U Punch with the left hand on top.
40	23	Pull the right foot back to the left foot and chamber hands on the left side with the left fist on the left ribcage and right arm in front of chest with palm facing down. Switch hands to opposite side.

Move	Count	Description
41	24	Execute a left outside inside crescent kick
42		Land into a left front stance and execute a U Punch with right hand on top.
43	25	Pull the left foot back to the right foot and chamber hands on the right side with the right fist on the right ribcage and left arm in front of chest with palm facing down. Switch hands to the opposite side.
44	26	Execute a right outside inside crescent kick
45		Land into a right front stance and execute a U Punch with left hand on top.
46	27	Turn 270° to the left into a low left front stance with right knee bent and just off the floor. Execute a right reverse inside outside block with the back of the fist facing the floor.
47		Turn 180° to the right into a low right front stance with left knee bent just off the floor. Execute a left reverse inside outside block with back of the fist facing the floor.
48	28	Step forward to the center line with the left foot and then with the right foot into a right back stance and execute a right high knife hand block.
49	29	Turn 90° to the right into a right back stance and execute a right high knife hand block.
50	30	Step to the centerline with the right foot and then the left foot into a left back stance and execute a left high knife hand block. KIHAP. Baro with left foot into Bassai Choon Bee Baro with left foot

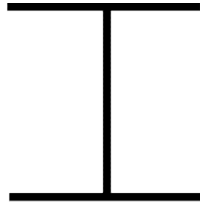
BONG HYUNG IL BU



Move	Count	Description
		Choon Bee with left foot
1	1	Step forward into a left front stance and execute a left low block.
2	2	Step forward into a right front stance and execute a right high strike.
3	3	Step forward into a left front stance and execute a left low block
4		From same position immediately execute a left high strike.
5		From same position immediately execute a high block.
6	4	Execute a right front kick. KIHAP
7		Land forward into a right front stance and execute a right low block.
8	5	Turn 180° to the left into a left front stance and execute a left low block.
9	6	Step forward into a right front stance and execute a right high strike.
10	7	Step forward into a left front stance and execute a left low block
11		From same position immediately execute a left high strike.
12		From same position immediately execute a high block.
13	8	Execute a right front kick. KIHAP
14		Land forward into a right front stance and execute a right low block.
15	9	Turn 270° to the left into a left back stance and execute a left low block.
16		From same position immediately execute a high block.
17	10	Turn 180° to the right into a right back stance and execute a right low block.
18		From same position immediately execute a high block
19	11	Turn 90° to the left into a left front stance and execute a left low block

Move	Count	Description
20		From same position immediately execute a high block
21	12	Execute a right front kick KIHAP
22		Return to a left front stance and execute a left punch
23		From same position immediately execute a right punch Baro with left foot

BONG HYUNG E BU



Move	Count	Description
		Choon Bee with left foot
1	1	Step forward with left leg into a one knee stance and execute a left low block.
2		Jump up in place into a right front stance and execute a high block.
3	2	From same position execute a right punch
4		Followed immediately by a left punch
5	3	Step forward into a left front stance and execute a left low block.
6	4	Step forward into a right horseback stance and execute a right high strike
7	5	Spin 360° into a left front stance and execute a left low block
8		From same position execute a high block
9	6	Execute a right front kick.
10		Hop forward into a right cross leg stance and execute a right center thrust. KIHAP.
11	7	Turn 270° to the left into a left front stance and execute a left low block.
12		From same position execute a high block.
13	8	Execute a right front kick
14		Step forward into a right front stance and execute a left punch.
15		Immediately follow with a right punch
16	9	Turn 180° to the right into a right front stance and execute a right low block

Move	Count	Description
17		From same position execute a high block.
18	10	Execute a left front kick moving forward.
19		Step forward into a left front stance and execute a right punch.
20		Immediately follow with a left punch
21	11	Turn 90° to the left into a left back stance and execute a left low block
22	12	Execute a forward figure 8 stepping forward with the right foot
23		Execute a left side kick
24		Land into a left horseback stance and execute a left thrust
25		From same position execute a left low block
26	13	Spin 360° to the right into a right horseback stance and execute right low block.
27		Hop forward into a horseback stance and execute a right high strike. KIHAP
28	14	Turn 270° to the left into a left back stance and execute a left low block
29		Shift into a left front stance and execute a right punch
30	15	Pivot 180° into a right back stance and execute a right low block.
31		Shift into a right front stance and execute a left punch
32	16	Turn 90° to the left into a left front stance and execute a low block.
33		From same position execute a high block
34		From same position execute a downward block
35		From same position execute a left punch
36		From same position execute a right punch
37		Execute a right side kick
38		Land into a right horseback stance and execute a right thrust KIHAP Baro with right foot

