



# SOAR TANG SOO DO

(MR. ANDREW E. CALVERT, OWNER)



## Study Sheet:

### Senior Green Belt (5th Gup) testing for Brown Belt (4th Gup)

## Physical Test

### 1. Basic Techniques

#### A. Hands:

- 1) All learned techniques from Chun Kul Ja Seh and Hu Kul Ja Seh.
- 2) Required Two to Three Hand Combinations (connecting and simultaneous)
- 3) Link Combinations of Hand and Foot Techniques
- 4) Yuk Soo (Knife hand defense and reverse punch, front stance)
- 5) Yuk Jin (Knife hand defense and reverse punch, fighting stance)

#### B. Kicks:

- 1) Required Two to Three Technique Combinations
- 2) Link Combinations of Hand and Foot Techniques
- 3) Double Leg Kicking (Same and Separate Techniques; Legs Together and Separated)
- 4) ALL KICKS WITH JUMPING

#### C. Stances: (Continue to Refine)

- 1) Front Stance (Chun Kul Ja Seh)
- 2) Horse Riding Stance (Kee Ma Ja Seh)
- 3) Fighting Stance (Hu Kul Ja Seh)

### 2. Form (Hyung): Pyung Ahn Sam Dan

### 3. Sparring: One on One (LIGHT contact – touch uniform only!)

**Won-Hyong Dae-Ryun** (Partner Sparring looping and focus Drill): Low/High Roundhouse, Skip Sidekick, Side Punch from Horse stance

### 4. Defensive Ability:

#### A. Hands

- 11) Knee to Heaven
- 12) Head on a Shelf

#### B. Kicking

- 11) Air–Around the World
- 12) Fire–Strike the Match

#### C. Grabbing

- 11) Four from the Shoulder
- 12) Tiny Circle

### 5. Breaking Ability:

- 1 to 2 Boards utilizing hand or foot technique (children under 16 must use a foot technique)
- 1 to 2 Boards utilizing a jumping foot technique

## Knowledge

**Dojang Regulations:** You may download the Dojang Regulations at [soartsd.com/downloads/](http://soartsd.com/downloads/)

**Green Belt Meaning:** Green represents the speedy development of youth as summer arrives.

### 14 Attitude Requirements to Master Tang Soo Do

10. Always follow a routine and truing schedule.
11. Repeatedly practice all techniques already learned.
12. When you learn new techniques, learn thoroughly the theory and philosophy as well.

**Who is the Grandmaster:** Student Manual, pages 15-17

**Name the Vital Points:** Student Manual, page 31

### What is the Structure of a Training Class:

1. Open Class
2. Pep Talk
3. Warm-Up (possibly forms) and stretching
4. Basics and Fundamentals (appropriate to belt level)
5. Pad and Target Work (feel the force)
6. Forms/One-Steps
7. Aerials/Jumping
8. Sparring (One-Steps, Focus Drill, free sparring)
9. Verbal Applications or Mat Chat
10. Close Class

## Written Test

The written test will be administered one week prior to the physical test. You must pass the written test to participate in the physical test.

Name: \_\_\_\_\_.

Date: \_\_\_\_\_.



# SOAR TANG SOO DO

## Written Test

### Senior Green Belt (5th Gup) testing for Brown Belt (4th Gup)



$(\frac{\text{Correct}}{228} + \frac{\text{Bonus}}{\text{Possible}}) \times 100 = \text{Percent}$
---

#### Terminology (Translate into English) 58 pts

1. Ki Cho - \_\_\_\_\_
2. Ha Dan Mahk Ki - \_\_\_\_\_
3. Hu Kul Ja Seh - \_\_\_\_\_
4. Sang Dan Kong Kyuck - \_\_\_\_\_
5. Pahl Koop Chi Ki - \_\_\_\_\_
6. Ko Map Sum Ni Da - \_\_\_\_\_
7. Jok Ki - \_\_\_\_\_
8. Ha Dan Soo Do Mahk Ki - \_\_\_\_\_
9. Pahl Put Ki - \_\_\_\_\_
10. Sah Bu Nim - \_\_\_\_\_
11. Mirro Yup Cha Ki - \_\_\_\_\_
12. Choong Dan Kong Kyuck - \_\_\_\_\_
13. Ssang Bahl Cha Ki - \_\_\_\_\_
14. Yang Bahl Cha Ki - \_\_\_\_\_
15. Bahl Ba Dahk Chi Ru Ki - \_\_\_\_\_
16. Chok Do Chi Ru Ki - \_\_\_\_\_
17. Bandae - \_\_\_\_\_
18. Phakeso Ahnu Ro Mahk Ki - \_\_\_\_\_
19. Sang Dan Mahk Ki - \_\_\_\_\_
20. Soo Do Kong Kyuck - \_\_\_\_\_
21. Soo Do Mahk Ki - \_\_\_\_\_
22. Cchick Ki - \_\_\_\_\_
23. Phakeso Ahnu Ro Cha Ki - \_\_\_\_\_
24. Dojang - \_\_\_\_\_
25. Deah Cha Ki - \_\_\_\_\_
26. Chit Pahl Ki - \_\_\_\_\_
27. Yup Cha Ki - \_\_\_\_\_
28. Choong Dan Hang Jin - \_\_\_\_\_
29. Bahl Poto Oly Ki - \_\_\_\_\_

30. Do Bahk - \_\_\_\_\_
31. Kwan Soo Kong Kyuck - \_\_\_\_\_
32. Chun Kul Ja Seh - \_\_\_\_\_
33. Soo Ki - \_\_\_\_\_
34. Bit Kwan Soo - \_\_\_\_\_
35. Ahneso Phaku Ro Cha Ki - \_\_\_\_\_
36. Kwang Chang Nim - \_\_\_\_\_
37. Jung Kwan - \_\_\_\_\_
38. Yuk Soo Do Kong Kyuck - \_\_\_\_\_
39. Cha Ryut - \_\_\_\_\_
40. Bahl Doong Ahp Cha Ki - \_\_\_\_\_
41. Bit Cha Ki - \_\_\_\_\_
42. Bandae Pahl Koop Chi Ki - \_\_\_\_\_
43. Dwi Cha Ki - \_\_\_\_\_
44. Kap Kwan - \_\_\_\_\_
45. Tollyo Cha Ki - \_\_\_\_\_
46. Yup Poto Oly Ki - \_\_\_\_\_
47. Ahp Cha Ki - \_\_\_\_\_
48. Dwi Gum Chi - \_\_\_\_\_
49. Jang Kwan - \_\_\_\_\_
50. Ssang Soo - \_\_\_\_\_
51. Yup Hu Ryo Cha Ki - \_\_\_\_\_
52. Dwi Hu Ryo Cha Ki - \_\_\_\_\_
53. Dwi Ro Tora - \_\_\_\_\_
54. Chong Dan Yup Mah Ki - \_\_\_\_\_
55. Ahneso Phaku Ro Mahk Ki - \_\_\_\_\_
56. Choon Bee Ja Seh - \_\_\_\_\_
57. Kee Ma Ja Seh - \_\_\_\_\_
58. Dwi Tollyo Cha Ki - \_\_\_\_\_

Name: \_\_\_\_\_.

Date: \_\_\_\_\_.

**Green Belt Meaning 10 pts (1pt/word):** \_\_\_\_\_

**14 Attitude Requirements to Master Tang Soo Do (write out the first twelve): 78 pts (1pt/word)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_

**Pneumonics for One Steps 36 pts**

**Hands**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_

**Kicking**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_

**Grabbing**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_

**List and briefly describe the Seven Tenets of Tang Soo Do. 14 pts (2pts/blank)**

1. \_\_\_\_\_
2. \_\_\_\_\_

Name: \_\_\_\_\_.

Date: \_\_\_\_\_.

- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_

**Grandmaster Jae Chul Shin 12 pts (1pt/blank)**

- 1. When was Grandmaster Shin born? \_\_\_\_\_
- 2. At what age and by whom was Grandmaster Shin inspired to begin training in the martial arts?  
\_\_\_\_\_
- 3. Who was Grandmaster Shin's instructor? \_\_\_\_\_
- 4. What year was Grandmaster Shin inducted into the Korean Air Force? \_\_\_\_\_
- 5. When Grandmaster Shin immigrated to the United States, in \_\_\_\_\_, he established the Tang Soo Do Federation and opened his first school in \_\_\_\_\_.
- 6. The Tang Soo Do Federation was restructured into the World Tang Soo Do Association in what year? \_\_\_\_\_
- 7. What year did Grandmaster Shin accept his promotion to 9th Dan Grandmaster? \_\_\_\_\_
- 8. What are the three circumstances that led Grandmaster Shin to accept the promotion?
  - A. \_\_\_\_\_
  - B. \_\_\_\_\_
  - C. \_\_\_\_\_

**Name at least 10 of the 28 Vital Points as listed in the Student Manual: 10 pts (18 possible bonus points)  
Each additional blank correctly filled in is worth 1 bonus point.**

- |           |                   |
|-----------|-------------------|
| 1. _____  | 11. (Bonus) _____ |
| 2. _____  | 12. (Bonus) _____ |
| 3. _____  | 13. (Bonus) _____ |
| 4. _____  | 14. (Bonus) _____ |
| 5. _____  | 15. (Bonus) _____ |
| 6. _____  | 16. (Bonus) _____ |
| 7. _____  | 17. (Bonus) _____ |
| 8. _____  | 18. (Bonus) _____ |
| 9. _____  | 19. (Bonus) _____ |
| 10. _____ | 20. (Bonus) _____ |





Name: \_\_\_\_\_.

Date: \_\_\_\_\_.



# SOAR TANG SOO DO

## Written Test

### Senior Green Belt (5th Gup) testing for Brown Belt (4th Gup)



( _____ + _____ ) ÷ 228 = x100 = _____ %
Correct      Bonus      Possible      Percent

#### Terminology (Translate into English) 58 pts

1. Ki Cho - Basics
2. Ha Dan Mahk Ki - Low Block
3. Hu Kul Ja Seh - Fighting Stance
4. Sang Dan Kong Kyuck - High Punch
5. Pahl Koop Chi Ki - Elbow Strike
6. Ko Map Sum Ni Da - Thank You
7. Jok Ki - Foot Techniques
8. Ha Dan Soo Do Mahk Ki - Low Knife Hand Block
9. Pahl Put Ki - Punch Exercise
10. Sah Bu Nim - Instructor
11. Mirro Yup Cha Ki - Thrusting/Stepping Side Kick
12. Choong Dan Kong Kyuck - Center Punch
13. Ssang Bahl Cha Ki - Twin Feet Kick (same time)
14. Yang Bahl Cha Ki - Twin Feet Kick (separate times)
15. Bahl Ba Dahk Chi Ru Ki - Push Kick w/ Bottom of Foot
16. Chok Do Chi Ru Ki - Push Kick w/ Outside Edge of Foot
17. Bandae - Reverse
18. Phakeso Ahnu Ro Mahk Ki - O/I Block
19. Sang Dan Mahk Ki - High Block
20. Soo Do Kong Kyuck - Knife Hand Strike
21. Soo Do Mahk Ki - Center Knife Hand Block
22. Cchick Ki - Axe Kick
23. Phakeso Ahnu Ro Cha Ki - O/I Crescent Kick
24. Dojang - Studio/Gym
25. Deah Cha Ki - Jumping Kick
26. Chit Pahl Ki - Stomp Kick
27. Yup Cha Ki - Side Kick
28. Choong Dan Hang Jin - Side Punch
29. Bahl Poto Oly Ki - Front Stretch Kick

30. Do Bahk - Uniform
31. Kwan Soo Kong Kyuck - Spear Hand Attack
32. Chun Kul Ja Seh - Fighting Stance
33. Soo Ki - Hand Techniques
34. Bit Kwan Soo - Diagonal Spear Hand
35. Ahneso Phaku Ro Cha Ki - I/O Crescent Kick
36. Kwang Chang Nim - Grandmaster
37. Jung Kwan - Forefist
38. Yuk Soo Do Kong Kyuck - Ridge Hand Strike
39. Cha Ryut - Attention
40. Bahl Doong Ahp Cha Ki - Instep Front Kick
41. Bit Cha Ki - Diagonal Kick
42. Bandae Pahl Koop Chi Ki - Reverse Elbow Strike
43. Dwi Cha Ki - Back Kick
44. Kap Kwan - Back Fist
45. Tollyo Cha Ki - Roundhouse/Turning Kick
46. Yup Poto Oly Ki - Side Stretch Kick
47. Ahp Cha Ki - Front Kick
48. Dwi Gum Chi - Heel
49. Jang Kwan - Heel of the Palm
50. Ssang Soo - Two Hand Defense
51. Yup Hu Ryo Cha Ki - Hook Kick
52. Dwi Hu Ryo Cha Ki - Wheel Kick
53. Dwi Ro Tora - Turn to the Rear
54. Chong Dan Yup Mah Ki - Side Defense
55. Ahneso Phaku Ro Mahk Ki - I/O Block
56. Choon Bee Ja Seh - Ready Stance
57. Kee Ma Ja Seh - Horse Riding Stance
58. Dwi Tollyo Cha Ki - Spinning Back Kick

Name: \_\_\_\_\_.

Date: \_\_\_\_\_.

**Green Belt Meaning 10 pts (1pt/word):** \_\_\_\_\_ Green represents the speedy development of youth as summer arrives.

---

**14 Attitude Requirements to Master Tang Soo Do (write out the first twelve): 78 pts (1pt/word)**

1. Purpose of training should be enhancement of mental and physical betterment.
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 to and follow the directions of instructors or seniors.
8. Do not be overly ambitious.
9. Frequently inspect your own achievements.
10. Always follow a routine and truing schedule.
11. Repeatedly practice all techniques already learned.
12. When you learn new techniques, learn thoroughly the theory and philosophy as well.

**Pneumonics for One Steps 45 pts**

**Hands**

1. One Elbow
2. Two Elbows
3. Chop the Tree
4. Shut the Door
5. 5-Oh
6. Breaking Sticks
7. Five again but open
8. Ate my elbow
9. Down the line
10. Punch and 5 again
11. Knee to Heaven
12. Head on a Shelf

**Kicking**

1. The FRONT
2. SIDE of the King
3. is ROUND
4. Slam the Door
5. Slide to the Side
6. Duck and Round
7. Sparta!
8. Ate my Roundhouse
9. Through the Spine
10. Outside and Hook
11. Air-Around the World
12. Fire-Strike the Match

**Grabbing**

1. Same Side
2. Opposite Side
3. Snake in the Tree
4. Chicken Wing/Ride the Rainbow
5. Horse and Saddle/Respect
6. Belt
7. Scruff
8. Turning the Rainbow
9. Elbow Throw
10. Side Headlock
11. Four from the Shoulder
12. Tiny Circle

**List and briefly describe the Seven Tenets of Tang Soo Do. 14 pts (2pts/blank)**

1. Integrity – \_\_\_\_\_ As long as it makes sense, the student's answer is good.
2. Concentration – \_\_\_\_\_
3. Perseverance – \_\_\_\_\_



Name: \_\_\_\_\_.

Date: \_\_\_\_\_.

4. Respect & Obedience –
5. Self-Control –
6. Humility –
7. Indomitable Spirit –

**Grandmaster Jae Chul Shin 12 pts (1pt/blank)**

1. When was Grandmaster Shin born? 1936
2. At what age and by whom was Grandmaster Shin inspired to begin training in the martial arts?  
Age 12 by an unknown Monk
3. Who was Grandmaster Shin's instructor? Grandmaster Hwang Kee
4. What year was Grandmaster Shin inducted into the Korean Air Force? 1958
5. When Grandmaster Shin immigrated to the United States, in 1968, he established the Tang Soo Do Federation and opened his first school in Burlington, New Jersey.
6. The Tang Soo Do Federation was restructured into the World Tang Soo Do Association in what year? 1982
7. What year did Grandmaster Shin accept his promotion to 9th Dan Grandmaster? 2010
8. What are the three circumstances that led Grandmaster Shin to accept the promotion?
  - A. His instructor Hwang Kee had passed away
  - B. The permanent headquarters was established in Burlington, North Carolina
  - C. Over 100,000 WTSDA students signed a petition for him to accept the promotion

**Name at least 10 of the 28 Vital Points as listed in the Student Manual: 10 pts (18 possible bonus points)**  
**Each additional blank correctly filled in is worth 1 bonus point.**

- |                          |                                  |
|--------------------------|----------------------------------|
| 1. <u>Skull</u>          | 11. <u>(Bonus) Arm Pit</u>       |
| 2. <u>Bridge of Nose</u> | 12. <u>(Bonus) Solar Plexus</u>  |
| 3. <u>Temple</u>         | 13. <u>(Bonus) Floating Ribs</u> |
| 4. <u>Base of Nose</u>   | 14. <u>(Bonus) Abdomen</u>       |
| 5. <u>Jaw</u>            | 15. <u>(Bonus) Groin</u>         |
| 6. <u>Side of Neck</u>   | 16. <u>(Bonus) Knee Joint</u>    |
| 7. <u>Adam's Apple</u>   | 17. <u>(Bonus) Shin</u>          |
| 8. <u>Windpipe</u>       | 18. <u>(Bonus) Instep</u>        |
| 9. <u>Collarbone</u>     | 19. <u>(Bonus) Inner Wrist</u>   |
| 10. <u>Sternum</u>       | 20. <u>(Bonus) Base of Skull</u> |

Name: \_\_\_\_\_.

Date: \_\_\_\_\_.

21. (Bonus) Base of Neck \_\_\_\_\_

25. (Bonus) Lower Back \_\_\_\_\_

22. (Bonus) Upper Back \_\_\_\_\_

26. (Bonus) Coccyx \_\_\_\_\_

23. (Bonus) Center of Back \_\_\_\_\_

27. (Bonus) Back of Knee \_\_\_\_\_

24. (Bonus) Kidney \_\_\_\_\_

28. (Bonus) Achilles' Tendon \_\_\_\_\_

**What is the Structure of a Training Class: 10 pts (1pt/blank)**

1. Open Class \_\_\_\_\_

2. Pep Talk \_\_\_\_\_

3. Warm-Up (possibly forms) and stretching \_\_\_\_\_

4. Basics and Fundamentals (appropriate to belt level) \_\_\_\_\_

5. Pad and Target Work (feel the force) \_\_\_\_\_

6. Forms/One-Steps \_\_\_\_\_

7. Aerials/Jumping \_\_\_\_\_

8. Sparring (One-Steps, Focus Drill, free sparring) \_\_\_\_\_

9. Verbal Applications or Mat Chat \_\_\_\_\_

10. Close Class \_\_\_\_\_

**How has studying martial arts at Soar Tang Soo Do changed/improved/helped you since your last belt test?**

\_\_\_\_\_