



SOAR TANG SOO DO

(MR. ANDREW E. CALVERT, OWNER)



Study Sheet:

Green Belt (6th Gup) testing for Senior Green Belt (5th Gup)

Physical Test

1. Basic Techniques

A. Hands:

- 1) All learned hand techniques from Chun Kul Ja Seh and Hu Kul Ja Seh.
- 2) Required Two Hand Combinations
- 3) Center Knife Hand Block (Soo Do Mahk Ki)
- 4) Low Knife Hand Block (Ha Dan Soo Do Mahk Ki)
- 5) Spear Hand Punch (Kwan Soo Kong Kyuck)
- 6) Two Hand Defense (Ssang Soo)

B. Kicks:

- 1) Spinning Back Kick (Dwi Tollyo Cha Ki)
- 2) Axe Kick (Cchick Ki)
- 3) Hook Kick (Yup Hu Ryo Cha Ki)
- 4) Wheel Kick (Dwi Hu Ryo Cha Ki)
- 5) O/I Crescent Kick (Phakeso Ahnu Ro Cha Ki)
- 6) I/O Crescent Kick (Ahneso Phaku Ro Cha Ki)
- 7) Required Two Technique Combinations
- 8) 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 E 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

- 9) Down the Line
- 10) Punch and Five again

B. Kicking

- 9) Through the Spine
- 10) Outside and Hook

C. Grabbing

- 9) Elbow Throw
- 10) Side Headlock

5. Breaking Ability: 1 to 2 Boards utilizing hand or foot technique (children under 16 must use a foot technique)

Knowledge

Dojang Regulations: You may download the Dojang Regulations at soartsd.com/downloads/

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

14 Attitude Requirements to Master Tang Soo Do

7. Always listen to and follow the directions of instructors or seniors.
8. Do not be overly ambitious.
9. Frequently inspect your own achievements.

Meaning of South Korea's Flag

- **Tae Kuek Ki:** name of flag in Korean
- **Um Yang:** a circle divided equally and in perfect balance. It is the ancient symbol of the creation of the universe representing opposing yet complementary forces. Although in constant movement, balance and harmony are maintained.
 - **Um:** The lower blue section. Soft, Cold Force.
 - **Yang:** The upper red section. Hard, Hot Force.
- **3 Solid Lines:** Upper Left - Heaven
- **3 Broken Lines:** Lower Right - Earth
- **1 Broken Center Line:** Lower Left - Fire
- **1 Solid Center Line:** Upper Right - Water

Meaning of the United States of America's Flag

- **Adopted:** originally 14 June 1777 by the Second Continental Congress. It has since gone through 26 modifications to produce the flag we have today.
- **Stars:** The star is a symbol of the heavens and the divine goal to which man has aspired from time immemorial. Fifty stars represent fifty states of the union.
- **Stripes:** The stripe is symbolic of the rays of light emanating from the sun. Thirteen stripes represent thirteen colonies that declared independence from Great Britain to form the United States of America.
- **Colors:** Red, White and Blue
 - **Red:** valor, bravery and sacrifice
 - **White:** purity, innocence and peace
 - **Blue:** vigilance, perseverance and justice

Meaning of Tang Soo Do: Student Manual, page 7

Brief History of Korea and Korean Martial Arts: Student Manual, pages 7-10

World Tang Soo Do Association History: Student Manual, pages 10-11

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

Green Belt (6th Gup) testing for Senior Green Belt (5th Gup)



$(\underline{\hspace{1cm}} + \underline{\hspace{1cm}}) \div 202 = \times 100 = \underline{\hspace{1cm}}\%$			
Correct	Bonus	Possible	Percent

Terminology (Translate into English) 38 pts

Ha Dan Mahk Ki - _____

Hu Kul Ja Seh - _____

Sang Dan Kong Kyuck - _____

Pahl Koop Kong Kyuck - _____

Ko Map Sum Ni Da - _____

Ha Dan Soo Do Mahk Ki - _____

Sah Bu Nim - _____

Mirro Yup Cha Ki - _____

Choong Dan Kong Kyuck - _____

Phakeso Ahnu Ro Mahk Ki - _____

Sang Dan Mahk Ki - _____

Soo Do Kong Kyuck - _____

Soo Do Mahk Ki - _____

Cchick Ki - _____

Phakeso Ahnu Ro Cha Ki - _____

Dojang - _____

Yup Cha Ki - _____

Choong Dan Hang Jin - _____

Bahl Poto Oly Ki - _____

Do Bahk - _____

Kwan Soo Kong Kyuck - _____

Chun Kul Ja Seh - _____

Ahneso Phaku Ro Cha Ki - _____

Kwang Chang Nim - _____

Yuk Soo Do Kong Kyuck - _____

Cha Ryut - _____

Dwi Cha Ki - _____

Tollyo Cha Ki - _____

Yup Poto Oly Ki - _____

Ahp Cha Ki - _____

Ssang Soo - _____

Yup Hu Ryo Cha Ki - _____

Dwi Hu Ryo Cha Ki - _____

Chong Dan Yup Mah Ki - _____

Ahneso Phaku Ro Mahk Ki - _____

Choon Bee Ja Seh - _____

Kee Ma Ja Seh - _____

Dwi Tollyo Cha Ki - _____

Green Belt Meaning 10 pts (1pt/word): _____

14 Attitude Requirements to Master Tang Soo Do (write out the first nine): 52 pts (1pt/word)

1. _____

2. _____

Name: _____.

Date: _____.

3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Meaning of South Korea's Flag: 12 pts

What is the name of flag in South Korean? _____

What is Um Yang? _____

What does Um represent? _____

What does Yang represent? _____

What do the 3 solid lines represent and where is it located on the flag? _____

What do 3 broken lines represent and where is it located on the flag? _____

What does 2 solid lines with 1 broken center line represent and where is it located on the flag? _____

What does 2 broken lines and 1 solid center line represent and where is it located on the flag? _____

Meaning of the United States of America's Flag 5 pts (9 possible bonus points)

When was the USA flag adopted and by what body? _____

What do the Stars represent? _____

What do the Stripes represent? _____

What are the Colors of the flag? _____

Bonus: What does Red signify? _____

Bonus: What does White signify? _____

Bonus: What does Blue signify? _____

What are the three purposes and meanings of Tang Soo Do training? 6 pts (2pts/line)

1. _____
2. _____

Name: _____.

Date: _____.

3. _____

Pneumonics for One Steps 30 pts

Hands

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Kicking

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Grabbing

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Meaning of Tang Soo Do 7 pts (1pt/blank)

Literally translated, the word “Tang” refers to _____.

“Soo” means _____, but it implies _____, _____, _____, or _____.

“Do” means _____.

Brief History of Korea and Korean Martial Arts 16 pts (1pt/blank)

Tang Soo Do can be traced back to approximately _____ years.

The Silla Dynasty was founded in _____. (year)

Koguryo was founded in _____. (year)

Paekche was founded in _____. (year)

Which dynasty united the three kingdoms of Korea and in what year? Dynasty _____ Year _____

What is the name of the young aristocratic group credited with Korean martial arts development and instrumental in the Korean unification? _____

What years was Korea unified under the Silla dynasty? _____

Who originated the Five codes of Tang Soo Do? _____

In what year did Wang Kun overthrow Silla Dynasty dominance? _____

What was the name of the first complete martial arts book, and in what was it written? _____

What is the formal name of Tang Soo Do? _____

What nation occupied Korea between 1909 and 1945? _____

Who is the founder of “The Korean Soo Bahk Do Association” (Moo Duk Kwan) and Grandmaster Shin’s instructor?

Name: _____.

Date: _____.

In the year _____ all the various Korean martial arts systems united, save Moo Duk Kwan (Tang Soo Do), into one organization called _____.

World Tang Soo Do Association History 5 pts (1pt/blank)

What year did Grandmaster Jae Chul Shin come to the United States? _____ (year)

What organization was Grandmaster Shin representing? _____

What city was the United States Tang Soo Do Federation formed in? _____

The Charter Convention of the WTSDA that reorganized our organization was held on what day, month, and year? _____

What city did this reorganization take place? _____

Write the Korean phonetic and the (english meaning) for the opening of class. 14 pts (1pt/blank)

_____	(_____)
_____	(_____)
_____	(_____)
_____	(_____)
_____	(_____)
_____	(_____)
_____	(_____)
_____	(_____)

What are the Seven Tenets of Tang Soo Do 7 pts (1pt/blank)

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | |

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

Name: _____

Date: _____



SOAR TANG SOO DO

Written Test

Green Belt (6th Gup) testing for Senior Green Belt (5th Gup)



$\left(\frac{\text{Correct} + \text{Bonus}}{\text{Possible}} \right) \div 202 = \times 100 = \text{Percent} \%$	
Correct	Bonus
Possible	Percent

Terminology (Translate into English) 38 pts

Ha Dan Mahk Ki - Low Block

Hu Kul Ja Seh - Fighting Stance

Sang Dan Kong Kyuck - High Punch

Pahl Koop Kong Kyuck - Elbow Strike

Ko Map Sum Ni Da - Thank You

Ha Dan Soo Do Mahk Ki - Low Knife Hand Block

Sah Bu Nim - Instructor

Mirro Yup Cha Ki - Thrusting/Stepping Side Kick

Choong Dan Kong Kyuck - Center Punch

Phakeso Ahnu Ro Mahk Ki - O/I Block

Sang Dan Mahk Ki - High Block

Soo Do Kong Kyuck - Knife Hand Strike

Soo Do Mahk Ki - Center Knife Hand Block

Cchick Ki - Axe Kick

Phakeso Ahnu Ro Cha Ki - O/I Crescent Kick

Dojang - Studio/Gym

Yup Cha Ki - Side Kick

Choong Dan Hang Jin - Side Punch

Bahl Poto Oly Ki - Front Stretch Kick

Do Bahk - Uniform

Kwan Soo Kong Kyuck - Spear Hand Punch

Chun Kul Ja Seh - Fighting Stance

Ahneso Phaku Ro Cha Ki - I/O Crescent Kick

Kwang Chang Nim - Grandmaster

Yuk Soo Do Kong Kyuck - Ridge Hand Strike

Cha Ryut - Attention

Dwi Cha Ki - Back Kick

Tollyo Cha Ki - Roundhouse/Turning Kick

Yup Poto Oly Ki - Side Stretch Kick

Ahp Cha Ki - Front Kick

Ssang Soo - Two Hand Defense

Yup Hu Ryo Cha Ki - Hook Kick

Dwi Hu Ryo Cha Ki - Wheel Kick

Chong Dan Yup Mah Ki - Side Defense

Ahneso Phaku Ro Mahk Ki - I/O Block

Choon Bee Ja Seh - Ready Stance

Kee Ma Ja Seh - Horse Riding Stance

Dwi Tollyo Cha Ki - Spinning Back Kick

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 nine): 52 pts (1pt/word)

- Purpose of training should be enhancement of mental and physical betterment.
- Serious approach.
- All out effort
- Maintain regular and constant practice.
- Practice basic techniques all the time.
- Regularly spaced practice sessions.

Name: _____.

Date: _____.

7. Always listen to and follow the directions of instructors or seniors.
8. Do not be overly ambitious.
9. Frequently inspect your own achievements.

Meaning of South Korea's Flag: 12 pts (1pt/blank)

What is the name of flag in South Korean? Tae Kuek Ki

What is Um Yang? a circle divided equally and in perfect balance. It is the ancient symbol of the creation of the universe representing opposing yet complementary forces. Although in constant movement, balance and harmony are maintained.

What does Um represent? The lower blue section. Soft, Cold Force.

What does Yang represent? The upper red section. Hard, Hot Force.

What do the 3 solid lines represent and where is it located on the flag? Heaven - Upper Left

What do 3 broken lines represent and where is it located on the flag? Earth - Lower Left

What does 2 solid lines with 1 broken center line represent and where is it located on the flag? Fire - Lower Left

What does 2 broken lines and 1 solid center line represent and where is it located on the flag? Water - Upper Right

Meaning of the United States of America's Flag 5 pts (9 possible bonus points)

When was the USA flag adopted and by what body? 14 June 1777 by the Second Continental Congress.

What do the Stars represent? Fifty stars represent fifty states of the union. (sufficient)

3 Bonus Points: The star is a symbol of the heavens and the divine goal to which man has aspired from time immemorial.

What do the Stripes represent? Thirteen stripes represent thirteen colonies that declared independence from Great Britain to form the United States of America. (sufficient)

3 Bonus Points: The stripe is symbolic of the rays of light emanating from the sun.

What are the Colors of the flag? Red, White and Blue

Bonus: What does Red signify? valor, bravery and sacrifice

Bonus: What does White signify? purity, innocence and peace

Bonus: What does Blue signify? vigilance, perseverance and justice

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

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!

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

Name: _____.

Date: _____.

8. Ate my elbow _____

8. Ate my Roundhouse _____

8. Turning the Rainbow _____

9. Down the line _____

9. Through the Spine _____

9. Elbow Throw _____

10. Punch and 5 again _____

10. Outside and Hook _____

10. Side Headlock _____

What are the three purposes and meanings of Tang Soo Do training? 6 pts (2pts/line)

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. _____

Meaning of Tang Soo Do 7 pts (1pt/blank)

Literally translated, the word “Tang” refers to T’ang Dynasty of China, which reflects the shared cultural background between China and Korea (AD 617-907).

“Soo” means Hand, but it implies fist, punch, strike, or defense.

“Do” means the way of life or art.

Brief History of Korea and Korean Martial Arts 16 pts (1pt/blank)

Tang Soo Do can be traced back to approximately 2000 years.

The Silla Dynasty was founded in 57 BC. (year)

Koguryo was founded in 37 BC. (year)

Paekche was founded in 18 BC. (year)

Which dynasty united the three kingdoms of Korea and in what year? Dynasty Silla Year AD 668

What is the name of the young aristocratic group credited with martial art development and instrumental in the Korean unification? Hwa Rang Dan

What years was Korea unified under the Silla dynasty? AD 668 - 935

Who originated the Five codes of Tang Soo Do? Won Kwang

In what year did Wang Kun overthrow Silla Dynasty dominance? AD 918

What was the name of the first complete martial arts book, and in what was it written? Muye Dobo Tongji

What is the formal name of Tang Soo Do? Soo Bahk Ki

What nation occupied Korea between 1909 and 1945? Japan

Who is the founder of “The Korean Soo Bahk Do Association” (Moo Duk Kwan) and Grandmaster Shin’s instructor? Hwang Kee

In the year 1965 all the various Korean martial arts systems united, save Moo Duk Kwan (Tang Soo Do), into one organization called Korean Tae Kwon Do Association.

World Tang Soo Do Association History 5 pts (1pt/blank)

Name: _____.

Date: _____.

What year did Grandmaster Jae Chul Shin come to the United States? 1968 (year)

What organization was Grandmaster Shin representing? Korean Soo Bahk Do Association

What city was the United States Tang Soo Do Federation formed in? Burlington, New Jersey

The Charter Convention of the WTSDA that reorganized our organization was held on what day, month, and year? 13-14 November 1982

What city did this reorganization take place? Philadelphia, Pennsylvania

Write the Korean phonetic and the (english meaning) for the opening of class. 14 pts (1pt/blank)

Cha Ryut (Attention)

Kukgi Bae Rye (Salute the Flag)

Ba Ro (Return to Ready)

Muk Yum (Meditate/Prayer)

Ba Ro (Return to Ready)

Kwan Chang Nim E Kyung Yet (Bow to Grandmaster)

Sah Bum nim E Kyung Yet (Bow to Instructor)

What are the Seven Tenets of Tang Soo Do 7 pts (1pt/blank)

1. Integrity 2. Concentration

3. Perseverance 4. Respect & Obedience

5. Self-Control 6. Humility

7. Indomitable Spirit

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