



SOAR TANG SOO DO

(MR. ANDREW E. CALVERT, OWNER)



Study Sheet:

Black Stripe (9th Gup) testing for Orange Belt (8th Gup)

Physical Test

1. Basic Techniques

A. Hands:

- 1) Side Punch (Choong Dan Hang Jin)
- 2) Side Defense (Chong Dan Yup Mah Ki)
- 3) O/I Block (Phakeso Ahnu Ro Mahk Ki)
- 4) I/O Block (Ahneso Phaku Ro Mahk Ki)
- 5) High Punch (Sang Dan Kong Kyuck)

B. Kicks:

- 1) Front Kick (Ahp Cha Ki)
- 2) Side Kick (Yup Cha Ki)
- 3) Roundhouse Kick (Tollyo Cha Ki)
- 4) Stepping Side Kick (Mirro Yup Cha Ki)
- 5) Axe Kick (Cchick Ki)
- 6) Back Kick (Dwi Cha Ki)
- 7) ALL WITH JUMPING

C. Stances:

- 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): Sae Kye Hyung E Bu

3. Sparring: Free Sparring

Won-Hyong Dae-Ryun (Partner Sparring looping and focus Drill): Jab, Cross, Front Kick

4. Defensive Ability:

A. Hands

- 3) Chop the Tree
- 4) Shut the Door

B. Kicking

- 3) is ROUND
- 4) Slam the Door

C. Grabbing

- 3) Snake in the tree
- 4) Chicken wing/Ride the Rainbow

5. Breaking Ability: None

Knowledge

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

White Belt Meaning: Beginner's belt color. White represents a primitive stage of achievement; thus, the seed as it lies dormant beneath the snows of winter.

Five Codes of Tang Soo Do:

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

Seven Tenants of Tang Soo Do:

- Integrity
- Concentration
- Perseverance
- Respect and Obedience
- Self-Control
- Humility
- Indomitable Spirit

Martial Arts Identification

- Our organization: World Tang Soo Do Assoc.
- Our style: Tang Soo Do
- Our studio: Soar Tang Soo Do
- Our studio motto: You Attitude Determines Your Altitude - SOAR!
- Name and Rank of your Instructor:
Mr. Andrew Calvert, 1st Dan
- Our Grandmasters:
Grandmaster Jae Chul Shin (9th Dan, 2012)
Grandmaster Robert E. Beaudoin (8th Dan, 2012)
Grandmaster William R. Strong (8th Dan, 2014)

Terminology

- Sah Bu Nim (Instructor)
- Kwang Chang Nim (Grandmaster)
- Do Bahk (Uniform)
- Dojang (gym/studio)
- ALL TERMINOLOGY OF LEARNED TECHNIQUES

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

Black Stripe (9th Gup) testing for Orange Belt (8th Gup)

Terminology (matching) 25 pts

- ___ Low Block
- ___ Center Punch
- ___ High Block
- ___ Front Stretch Kick
- ___ Side Stretch Kick
- ___ Front Kick
- ___ Side Kick
- ___ Roundhouse Kick
- ___ Back Kick
- ___ Ready Stance
- ___ Attention
- ___ Front Stance
- ___ Horse Riding Stance
- ___ Fighting Stance
- ___ Side Punch
- ___ Side Defense
- ___ O/I Block
- ___ I/O Block
- ___ High Punch
- ___ Stepping Side Kick
- ___ Axe Kick
- ___ Instructor
- ___ Grandmaster
- ___ Uniform
- ___ Gym/studio

- A. Ha Dan Mahk Ki
- B. Hu Kul Ja Seh
- C. Sang Dan Kong Kyuck
- D. Sah Bu Nim
- E. Mirro Yup Cha Ki
- F. Choong Dan Kong Kyuck
- G. Phakeso Ahnu Ro Mahk Ki
- H. Sang Dan Mahk Ki
- I. Cchick Ki
- J. Dojang
- K. Yup Cha Ki
- L. Choong Dan Hang Jin
- M. Bahl Poto Oly Ki
- N. Do Bahk
- O. Chun Kul Ja Seh
- P. Kwang Chang Nim
- Q. Cha Ryut
- R. Dwi Cha Ki
- S. Tollyo Cha Ki
- T. Yup Poto Oly Ki
- U. Ahp Cha Ki
- V. Chong Dan Yup Mah Ki
- W. Ahneso Phaku Ro Mahk Ki
- X. Choon Bee Ja Seh
- Y. Kee Ma Ja Seh

_____	÷ 98 = (x100) = _____%
Correct	Possible Percent
3 possible Bouns points	

White Belt Meaning 22 pts (1pt/word): _____

The Five Codes of Tang Soo Do (fill in the blank): 13 pts (1pt/word)

1. _____ to _____
2. _____ to _____
3. _____
4. _____ in _____
5. In _____ with _____ and _____

Name: _____.

Date: _____.

Seven Tenants of Tang Soo Do: 8 pts

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

Pneumonics for One Steps 15 pts

Hands

Kicking

Grabbing

- | | | |
|----------|----------|----------|
| 1. _____ | 1. _____ | 1. _____ |
| 2. _____ | 2. _____ | 2. _____ |
| 3. _____ | 3. _____ | 3. _____ |
| 4. _____ | 4. _____ | 4. _____ |

Hyungs 4 pts

What does Sae Kye Hyung Il Bu mean? _____

How many moves are in Sae Kye Hyung Il Bu? _____

What does Sae Kye Hyung E Bu mean? _____

How many moves are in Sae Kye Hyung E Bu? _____

What are the three purpose of Tang Soo Do training? 3 pts

- 1. _____
- 2. _____
- 3. _____

Martial Arts Identification 8 pts

What is the name of our organization: _____

What is the name of our style: _____

What is the name of our studio: _____

What is the motto of our studio: _____

What is the name and rank of your Instructor: _____

What are the names of the Grandmasters: _____

Provide dan rank and year attained for a possible 3 additional bonus points.

Name: _____

Date: _____



SOAR TANG SOO DO

Written Test

Black Stripe (9th Gup) testing for Orange Belt (8th Gup)

$\frac{\text{Correct}}{\text{Possible}} \times 100 = \text{Percent}$

3 possible Bouns points

Terminology (matching) 25 pts

- | | |
|---|----------------------------|
| <input type="checkbox"/> A_ Low Block | A. Ha Dan Mahk Ki |
| <input type="checkbox"/> F_ Center Punch | B. Hu Kul Ja Seh |
| <input type="checkbox"/> H_ High Block | C. Sang Dan Kong Kyuck |
| <input type="checkbox"/> M_ Front Stretch Kick | D. Sah Bu Nim |
| <input type="checkbox"/> T_ Side Stretch Kick | E. Mirro Yup Cha Ki |
| <input type="checkbox"/> U_ Front Kick | F. Choong Dan Kong Kyuck |
| <input type="checkbox"/> K_ Side Kick | G. Phakeso Ahnu Ro Mahk Ki |
| <input type="checkbox"/> S_ Roundhouse Kick | H. Sang Dan Mahk Ki |
| <input type="checkbox"/> R_ Back Kick | I. Cchick Ki |
| <input type="checkbox"/> X_ Ready Stance | J. Dojang |
| <input type="checkbox"/> Q_ Attention | K. Yup Cha Ki |
| <input type="checkbox"/> O_ Front Stance | L. Choong Dan Hang Jin |
| <input type="checkbox"/> Y_ Horse Riding Stance | M. Bahl Poto Oly Ki |
| <input type="checkbox"/> B_ Fighting Stance | N. Do Bahk |
| <input type="checkbox"/> L_ Side Punch | O. Chun Kul Ja Seh |
| <input type="checkbox"/> V_ Side Defense | P. Kwang Chang Nim |
| <input type="checkbox"/> G_ O/I Block | Q. Cha Ryut |
| <input type="checkbox"/> W_ I/O Block | R. Dwi Cha Ki |
| <input type="checkbox"/> C_ High Punch | S. Tollyo Cha Ki |
| <input type="checkbox"/> E_ Stepping Side Kick | T. Yup Poto Oly Ki |
| <input type="checkbox"/> I_ Axe Kick | U. Ahp Cha Ki |
| <input type="checkbox"/> D_ Instructor | V. Chong Dan Yup Mah Ki |
| <input type="checkbox"/> P_ Grandmaster | W. Ahneso Phaku Ro Mahk Ki |
| <input type="checkbox"/> N_ Uniform | X. Choon Bee Ja Seh |
| <input type="checkbox"/> J_ Gym/studio | Y. Kee Ma Ja Seh |

White Belt Meaning 22 pts (1pt/word): Beginner's belt color. White represents a primitive stage of achievement; thus, the seed as it lies dormant beneath the snows of winter.

The Five Codes of Tang Soo Do (fill in the blank): 13 pts (1pt/word)

1. Loyalty to Country
2. Obedience to Parents
3. Honor Friendship
4. No Retreat in Battle
5. In Fighting Choose with Sense and Honor

Name: _____.

Date: _____.

Seven Tenants of Tang Soo Do: 10 pts

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

Pneumonics for One Steps 15 pts

Hands

1. One Elbow
2. Two Elbows
3. Chop the Tree
4. Shut the Door

Kicking

1. The FRONT
2. SIDE of the King
3. is ROUND
4. Slam the Door

Grabbing

1. Same Side
2. Opposite Side
3. Snake in the Tree
4. Chicken Wing/Ride the Rainbow

Hyungs 4 pts

What does Sae Kye Hyung Il Bu mean? World Form #1

How many moves are in Sae Kye Hyung Il Bu? 20

What does Sae Kye Hyung E Bu mean? World Form #2

How many moves are in Sae Kye Hyung E Bu? 20

What are the three purpose of Tang Soo Do training? 3 pts

1. Self-Defense
2. Health
3. Better Person

Martial Arts Identification 8 pts

What is the name of our organization: World Tang Soo Do Association

What is the name of our style: Tang Soo Do

What is the name of our studio: Soar Tang Soo Do

What is the motto of our studio: Your Attitude Determines Your Altitude - SOAR!

What is the name and rank of your Instructor: Mr. Andrew E. Calvert, 1st Dan

What are the names of the Grandmasters: GM Jae Chul Shin (9th Dan - 2012, Founder)

Provide dan rank and year
attained for a possible 3
additional bonus points.

GM Robert E. Beaudoin (8th Dan, 2012)

GM William R. Strong (8th Dan, 2014)

Name: _____.

Date: _____.

How has studying martial arts at Soar Tang Soo Do changed/improved/helped you?