



# SOAR TANG SOO DO

(MR. ANDREW E. CALVERT, OWNER)



## Study Sheet

### White Belt (10th Gup) testing for Black Stripe (9th Gup)

## Physical Test

### 1. Basic Techniques

#### A. Hands:

- 1) Low Block (Ha Dan Mahk Ki)
- 2) Center Punch (Choong Dan Kong Kyuck)
- 3) High Block (Sang Dan Mahk Ki)

#### B. Kicks:

- 1) Front Stretch Kick (Bahl Poto Oly Ki)
- 2) Side Stretch Kick (Yup Poto Oly Ki)
- 3) Front Kick (Ahp Cha Ki)
- 4) Side Kick (Yup Cha Ki)
- 5) Roundhouse Kick (Tollyo Cha Ki)
- 6) Back Kick (Dwi Cha Ki)

#### C. Stances:

- 1) Ready Stance (Choon Bee Ja Seh)
- 2) Attention (Cha Ryut)
- 3) Front Stance (Chun Kul Ja Seh)
- 4) Horse Riding Stance (Kee Ma Ja Seh)
- 5) Fighting Stance (Hu Kul Ja Seh)

### 2. Form (Hyung): Sae Kye Hyung Il Bu

### 3. Sparring: None

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

### 4. Defensive Ability:

#### A. Hands

1. One Elbow
2. Two Elbows

#### B. Kicking

1. The FRONT
2. SIDE of the king

#### C. Grabbing

1. Same side
2. Opposite side

### 5. Breaking Ability: None

## Knowledge

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

## 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

### White Belts (10th Gup) testing for Black Stripe (9th Gup)



#### Terminology (matching) 14 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

A. Ha Dan Mahk Ki

B. Hu Kul Ja Seh

C. Tollyo Cha Ki

D. Kee Ma Ja Seh

E. Yup Poto Oly Ki

F. Choong Dan Kong Kyuck

G. Cha Ryut

H. Sang Dan Mahk Ki

I. Ahp Cha Ki

J. Choon Bee Ja Seh

K. Yup Cha Ki

L. Chun Kul Ja Seh

M. Bahl Poto Oly Ki

N. Dwi Cha Ki

_____	÷ 69 = (x100) = _____ %
Correct	Possible      Percent

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

\_\_\_\_\_

#### The Five Codes of Tang Soo Do: 12 pts (1pt/word)

1. L\_\_\_\_\_ to C\_\_\_\_\_

2. O\_\_\_\_\_ to P\_\_\_\_\_

3. H\_\_\_\_\_ F\_\_\_\_\_

4. No R\_\_\_\_\_ in B\_\_\_\_\_

5. In F\_\_\_\_\_ C\_\_\_\_\_ with S\_\_\_\_\_ and H\_\_\_\_\_

#### Seven Tenants of Tang Soo Do: 10 pts (1pt/word)

1. I\_\_\_\_\_ 2. C\_\_\_\_\_

3. P\_\_\_\_\_

4. R\_\_\_\_\_ and O\_\_\_\_\_

5. S\_\_\_\_\_ -C\_\_\_\_\_

6. H\_\_\_\_\_

7. I\_\_\_\_\_ S\_\_\_\_\_



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

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



# SOAR TANG SOO DO

## Written Test

### White Belts (10th Gup) testing for Black Stripe (9th Gup)



#### Terminology (matching) 14 pts

\_A\_ Low Block

\_F\_ Center Punch

\_H\_ High Block

\_M\_ Front Stretch Kick

\_E\_ Side Stretch Kick

\_I\_ Front Kick

\_K\_ Side Kick

\_C\_ Roundhouse Kick

\_N\_ Back Kick

\_J\_ Ready Stance

\_G\_ Attention

\_L\_ Front Stance

\_D\_ Horse Riding Stance

\_B\_ Fighting Stance

A. Ha Dan Mahk Ki

B. Hu Kul Ja Seh

C. Tollyo Cha Ki

D. Kee Ma Ja Seh

E. Yup Poto Oly Ki

F. Choong Dan Kong Kyuck

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H. Sang Dan Mahk Ki

I. Ahp Cha Ki

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**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: 12 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 \_\_\_\_\_

#### Seven Tenants of Tang Soo Do: 10 pts (1pt/word)

1. Integrity \_\_\_\_\_

2. Concentration \_\_\_\_\_

3. Perseverance \_\_\_\_\_

4. Respect \_\_\_\_\_ and Obedience \_\_\_\_\_

5. Self -Control \_\_\_\_\_

6. Humility \_\_\_\_\_

7. Indomitable \_\_\_\_\_ Spirit \_\_\_\_\_

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

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

**Pneumonics for One Steps 6 pts**

**Hands**

1. One Elbow
2. Two Elbows

**Kicking**

1. The FRONT
2. SIDE of the King

**Grabbing**

1. Same Side
2. Opposite Side

**Hyung 2 pts**

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

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

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

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

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

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