



# SOAR TANG SOO DO

(MR. ANDREW E. CALVERT, OWNER)



## Study Sheet:

### 1st Dan Black Belt (Cho Dan) testing for 2nd Dan Black Belt (E Dan)

## Physical Test

### 1. Basic Techniques

#### A. Hands: (Continue to Refine)

- 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, Yuk Jin

#### B. Kicks: (Continue to Refine)

- 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
- 5) Flying Kicks

#### 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)
- 4) Side Stance (Sa Ko Rip Ja Seh)

### 2. Form (Hyung):

Pyung Ahn Cho Dan, E Dan, Sam Dan, Sah Dan, Oh Dan, Naihanchi Cho Dan, E Dan, Bassai, Sip Soo, Bong Hyung Il Bu, E Bu, Sam Bu

### 3. Sparring:

- One-on-One (MEASURED contact)
- Two+-on-One (MEASURED contact)

### 4. Defensive Ability:

#### A. Hands

- |                     |                       |
|---------------------|-----------------------|
| 21) Spines are Fun  | 25) Double Header     |
| 22) Dosie-Do        | 26) Break the Stick   |
| 23) Goal Posts      | 27) Ridge to Heaven   |
| 24) Three Stances   | 28) Lowest of the Low |
| 25) Double Header   | 29) Windmill          |
| 26) Break the Stick | 30) Back Breaker      |

#### B. Kicking

- |                          |                        |
|--------------------------|------------------------|
| 21) Beginning of the End | 26) 2nd Double Hand    |
| 22) First Double Hand    | (outside, R/H)         |
| (inside, R/sB)           | 27) Three from the End |
| 23) 360 Round (2x3=6)    | 28) Lowest of the Low  |
| 24) 180 Back (2/4=1/2)   | 29) Chaser             |
| 25) Easy Peasy (Axe)     | 30) End with a Flare   |

#### C. Grabbing

- |                         |                                       |
|-------------------------|---------------------------------------|
| 21) Stab - <b>Knife</b> | 26) Zombies Attack - <b>Grappling</b> |
| 22) Down                | 27) Goin' to the Movie                |
| 23) Outside             | 28) Minding my own Business           |
| 24) Inside              | 29) Zombies Attack Again              |
| 25) Throat              | 30) Arm Trap and Roll                 |

### 5. Breaking Ability:

- A. **POWER** 2 or 3 Boards utilizing hand or foot technique (children under 16 must use a foot technique)
- B. **TECHNICAL** 2 Boards utilizing a aerial foot technique

C. **SPEED** 1 Board Speed Break with hand or foot

D. **POWER, TECHNICAL, MENTAL** 3 Brick Tiles utilizing a hand techniques for candidates 16 years or older only.

### 6. Association Membership Requirements

- A. Instructor Certification - \$15 Annually
- B. Black Belt Membership
  - 1) \$40 for 3 years
  - 2) \$65 for 5 years
  - 3) Gold - \$250 for lifetime Membership

## Knowledge

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

**Blue Belt Meaning:** Dark Blue represents maturity, respect and honor. Our dark blue belt is given to the Cho Dan Bo (Black Belt candidate). He/She must now prepare mind and body for the final step needed to attain Black Belt.

**14 Attitude Requirements to Master Tang Soo Do:** Student Manual, page 19

**Meaning of South Korea's Flag:** Student Manual, page 24

**Meaning of the United States of America's Flag**

**Meaning of the Association Symbol - Insignia:** Student Manual, page 20

**Korean phonetic and the (english meaning) for the opening/closing of class:** Student Manual, page 23

**Describe the Seven Tenets of Tang Soo Do:** Student Manual, page 19

**Meaning of Tang Soo Do:** Student Manual, page 7

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

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

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

**The Structure of a Training Class**

**List the Purpose of Tang Soo Do:** Student Manual, page 18

**List the Five Codes of Tang Soo Do:** Student Manual, page 18

**Typed Essay:** Student Manual, page 44

## 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

### Blue Belt (Cho Dan Bo) testing for 1st Dan Black Belt (Cho Dan)



( _____ + _____ ) ÷ 481 = x100 = _____ %
Correct      Bonus      Possible      Percent

#### Terminology (Translate into English) 120 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. In Chong - \_\_\_\_\_
9. Ha Dan Soo Do Mahk Ki - \_\_\_\_\_
10. Pahl Put Ki - \_\_\_\_\_
11. Sah Bum Nim - \_\_\_\_\_
12. Mirro Yup Cha Ki - \_\_\_\_\_
13. Choong Dan Kong Kyuck - \_\_\_\_\_
14. Ssang Bahl Cha Ki - \_\_\_\_\_
15. Yang Bahl Cha Ki - \_\_\_\_\_
16. Bahl Ba Dahk Chi Ru Ki - \_\_\_\_\_
17. Chok Do Chi Ru Ki - \_\_\_\_\_
18. Bandae - \_\_\_\_\_
19. Phakeso Ahnu Ro Mahk Ki - \_\_\_\_\_
20. Sang Dan Mahk Ki - \_\_\_\_\_
21. Soo Do Kong Kyuck - \_\_\_\_\_
22. Soo Do Mahk Ki - \_\_\_\_\_
23. Cchick Ki - \_\_\_\_\_
24. Phakeso Ahnu Ro Cha Ki - \_\_\_\_\_
25. Dojang - \_\_\_\_\_
26. Deah Cha Ki - \_\_\_\_\_
27. Chit Pahl Ki - \_\_\_\_\_
28. Mok - \_\_\_\_\_
29. Yup Cha Ki - \_\_\_\_\_
30. Choong Dan Hang Jin - \_\_\_\_\_
31. Bahl Poto Oly Ki - \_\_\_\_\_
32. Soo / Sohn - \_\_\_\_\_
33. Do Bohk - \_\_\_\_\_
34. Kwan Soo Kong Kyuck - \_\_\_\_\_

35. Chun Kul Ja Seh - \_\_\_\_\_
36. Soo Ki - \_\_\_\_\_
37. Bahl - \_\_\_\_\_
38. Bit Kwan Soo - \_\_\_\_\_
39. Ahneso Phaku Ro Cha Ki - \_\_\_\_\_
40. Kwang Chang Nim - \_\_\_\_\_
41. Jung Kwon - \_\_\_\_\_
42. Yuk Soo Do Kong Kyuck - \_\_\_\_\_
43. Cha Ryut - \_\_\_\_\_
44. Bahl Doong Ahp Cha Ki - \_\_\_\_\_
45. Bit Cha Ki - \_\_\_\_\_
46. Chu Mok - \_\_\_\_\_
47. Bandae Pahl Koop Chi Ki - \_\_\_\_\_
48. Dwi Cha Ki - \_\_\_\_\_
49. Kap Kwon - \_\_\_\_\_
50. Tollyo Cha Ki - \_\_\_\_\_
51. Yup Poto Oly Ki - \_\_\_\_\_
52. Pahl Koop - \_\_\_\_\_
53. Ahp Cha Ki - \_\_\_\_\_
54. Dwi Gum Chi - \_\_\_\_\_
55. Jang Kwon - \_\_\_\_\_
56. Ssang Soo - \_\_\_\_\_
57. Yup Hu Ryo Cha Ki - \_\_\_\_\_
58. Dwi Hu Ryo Cha Ki - \_\_\_\_\_
59. Ko Hwan - \_\_\_\_\_
60. Dwi Ro Tora - \_\_\_\_\_
61. Chong Dan Yup Mah Ki - \_\_\_\_\_
62. Da Ri - \_\_\_\_\_
63. Ahneso Phaku Ro Mahk Ki - \_\_\_\_\_
64. Choon Bee Ja Seh - \_\_\_\_\_
65. Kee Ma Ja Seh - \_\_\_\_\_
66. Dwi Tollyo Cha Ki - \_\_\_\_\_
67. Dan - \_\_\_\_\_
68. Gup - \_\_\_\_\_

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

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

- 69. Dee - \_\_\_\_\_
- 70. Sun Bae - \_\_\_\_\_
- 71. Sae Kye Tang Soo Do Hyup Hoi - \_\_\_\_\_
- 72. Shim Sa Kwan Nim - \_\_\_\_\_
- 73. Hu Bae - \_\_\_\_\_
- 74. Kuk Gi - \_\_\_\_\_
- 75. Hyup Hoi Ki - \_\_\_\_\_
- 76. Chop Bee Woon Dong - \_\_\_\_\_
- 77. Hur Ri - \_\_\_\_\_
- 78. Tuck - \_\_\_\_\_
- 79. Il Soo Sik Dae Ryun - \_\_\_\_\_
- 80. Ja Yu Dae Ryun - \_\_\_\_\_
- 81. Ho Sin Sul - \_\_\_\_\_
- 82. Kyuck Pa - \_\_\_\_\_
- 83. Ko Dan Ja - \_\_\_\_\_
- 84. I Ma - \_\_\_\_\_
- 85. Yu Dan Ja - \_\_\_\_\_
- 86. Yu Gup Ja - \_\_\_\_\_
- 87. Cho Bo Ja - \_\_\_\_\_
- 88. Ku Ryung E Mat Cho So - \_\_\_\_\_
- 89. Ku Ryun Up Shi - \_\_\_\_\_
- 90. Sa Ko Rip Ja Seh - \_\_\_\_\_
- 91. Pahl - \_\_\_\_\_
- 92. Yuk Soo - \_\_\_\_\_
- 93. Myung Chi - \_\_\_\_\_
- 94. Yuk Jin - \_\_\_\_\_

- 95. Chun Kul Ssang Soo - \_\_\_\_\_
- 96. Sang Soo Sang Dan Mahk Ki - \_\_\_\_\_
- 97. E Dan Dwi Tollyo Cha Ki - \_\_\_\_\_
- 98. Chung shin Tong Il - \_\_\_\_\_
- 99. In Neh - \_\_\_\_\_
- 100. Kyum Son - \_\_\_\_\_
- 101. Hu Kul Ssang Soo - \_\_\_\_\_
- 102. Choong Dan Yup Mahk Ki - \_\_\_\_\_
- 103. Chon Kyung - \_\_\_\_\_
- 104. E Dan Cha Ki - \_\_\_\_\_
- 105. Sang Soo Ha Dan Mahk Ki - \_\_\_\_\_
- 106. Moo Roope - \_\_\_\_\_
- 107. Dan Jun - \_\_\_\_\_
- 108. Sang Dan Soo Do Mahk Ki - \_\_\_\_\_
- 109. Hu Kul Sang Dan Mahk Ki - \_\_\_\_\_
- 110. Ball Cha Ki Choon Bee - \_\_\_\_\_
- 111. Nae Kong - \_\_\_\_\_
- 112. Weh Kong - \_\_\_\_\_
- 113. Shim Kong - \_\_\_\_\_
- 114. Shi Sun - \_\_\_\_\_
- 115. Chung Shim - \_\_\_\_\_
- 116. Kukgi Bae Rye - \_\_\_\_\_
- 117. Ba Ro - \_\_\_\_\_
- 118. Ahn Jo - \_\_\_\_\_
- 119. Shio - \_\_\_\_\_
- 120. Shi Jak - \_\_\_\_\_

**Blue Belt Meaning 38 pts (1pt/word):** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**14 Attitude Requirements to Master Tang Soo Do (write out the first twelve): 99 pts (1pt/word)**

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

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

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

- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_
- 11. \_\_\_\_\_
- 12. \_\_\_\_\_
- 13. \_\_\_\_\_
- 14. \_\_\_\_\_

**Pneumonics for One Steps 90 pts**

**Hands**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_
- 11. \_\_\_\_\_
- 12. \_\_\_\_\_
- 13. \_\_\_\_\_
- 14. \_\_\_\_\_
- 15. \_\_\_\_\_
- 16. \_\_\_\_\_
- 17. \_\_\_\_\_
- 18. \_\_\_\_\_
- 19. \_\_\_\_\_
- 21. \_\_\_\_\_
- 21. \_\_\_\_\_
- 22. \_\_\_\_\_
- 23. \_\_\_\_\_
- 24. \_\_\_\_\_
- 25. \_\_\_\_\_
- 26. \_\_\_\_\_
- 27. \_\_\_\_\_
- 28. \_\_\_\_\_

**Kicking**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_
- 11. \_\_\_\_\_
- 12. \_\_\_\_\_
- 13. \_\_\_\_\_
- 14. \_\_\_\_\_
- 15. \_\_\_\_\_
- 16. \_\_\_\_\_
- 17. \_\_\_\_\_
- 18. \_\_\_\_\_
- 19. \_\_\_\_\_
- 20. \_\_\_\_\_
- 21. \_\_\_\_\_
- 22. \_\_\_\_\_
- 23. \_\_\_\_\_
- 24. \_\_\_\_\_
- 25. \_\_\_\_\_
- 26. \_\_\_\_\_
- 27. \_\_\_\_\_
- 28. \_\_\_\_\_

**Grabbing**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_
- 11. \_\_\_\_\_
- 12. \_\_\_\_\_
- 13. \_\_\_\_\_
- 14. \_\_\_\_\_
- 15. \_\_\_\_\_
- 16. \_\_\_\_\_
- 17. \_\_\_\_\_
- 18. \_\_\_\_\_
- 19. \_\_\_\_\_
- 20. \_\_\_\_\_
- 21. \_\_\_\_\_
- 22. \_\_\_\_\_
- 23. \_\_\_\_\_
- 24. \_\_\_\_\_
- 25. \_\_\_\_\_
- 26. \_\_\_\_\_
- 27. \_\_\_\_\_
- 28. \_\_\_\_\_

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

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

29. \_\_\_\_\_

29. \_\_\_\_\_

29. \_\_\_\_\_

30. \_\_\_\_\_

30. \_\_\_\_\_

30. \_\_\_\_\_

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

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? \_\_\_\_\_

**Association Symbol - Insignia: 8 pts (1pt/blank)**

Six Stars: \_\_\_\_\_

Um, Yang: \_\_\_\_\_

Flying Side Kick: \_\_\_\_\_

Red Circle: \_\_\_\_\_

Globe: \_\_\_\_\_

Bottom Belt: \_\_\_\_\_

Practitioner: \_\_\_\_\_

Color Combination: \_\_\_\_\_

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

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

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

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

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

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

**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 martial art 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? \_\_\_\_\_

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

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

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

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

**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 25 of the 28 Vital Points as listed in the Student Manual: 25 pts (3 possible bonus points)  
Each additional blank correctly filled in is worth 1 bonus point.**

- |           |           |
|-----------|-----------|
| 1. _____  | 12. _____ |
| 2. _____  | 13. _____ |
| 3. _____  | 14. _____ |
| 4. _____  | 15. _____ |
| 5. _____  | 16. _____ |
| 6. _____  | 17. _____ |
| 7. _____  | 18. _____ |
| 8. _____  | 19. _____ |
| 9. _____  | 20. _____ |
| 10. _____ | 21. _____ |
| 11. _____ | 22. _____ |

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

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

23. \_\_\_\_\_

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

24. \_\_\_\_\_

27. (Bonus) \_\_\_\_\_

25. \_\_\_\_\_

28. (Bonus) \_\_\_\_\_

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

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

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

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

4. \_\_\_\_\_

5. \_\_\_\_\_

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

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

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

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

**The Five Codes of Tang Soo Do (fill in the blank): 5 pts (1pt/blank)**

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

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

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

4. \_\_\_\_\_

5. \_\_\_\_\_

**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

### Blue Belt (Cho Dan Bo) testing for 1st Dan Black Belt (Cho Dan)



( _____ + _____ ) ÷ 481 = x100 = _____ %
Correct      Bonus      Possible      Percent

#### Terminology (Translate into English) 120 pts

- Ki Cho - Basics
- Ha Dan Mahk Ki - Low Block
- Hu Kul Ja Seh - Fighting Stance
- Sang Dan Kong Kyuck - High Punch
- Pahl Koop Chi Ki - Elbow Strike
- Ko Map Sum Ni Da - Thank You
- Jok Ki - Foot Techniques
- In Chong - Philtrum
- Ha Dan Soo Do Mahk Ki - Low Knife Hand Block
- Pahl Put Ki - Punch Exercise
- Sah Bum Nim - Instructor
- Mirro Yup Cha Ki - Thrusting/Stepping Side Kick
- Choong Dan Kong Kyuck - Center Punch
- Ssang Bahl Cha Ki - Twin Feet Kick (same time)
- Yang Bahl Cha Ki - Twin Feet Kick (separate times)
- Bahl Ba Dahk Chi Ru Ki - Push Kick w/ Bottom of Foot
- Chok Do Chi Ru Ki - Push Kick w/ Outside Edge of Foot
- Bandae - Reverse
- 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
- Deah Cha Ki - Jumping Kick
- Chit Pahl Ki - Stomp Kick
- Mok - Neck
- Yup Cha Ki - Side Kick
- Choong Dan Hang Jin - Side Punch
- Bahl Poto Oly Ki - Front Stretch Kick
- Soo / Sohn - Hand
- Do Bohk - Uniform
- Kwan Soo Kong Kyuck - Spear Hand Attack
- Chun Kul Ja Seh - Fighting Stance
- Soo Ki - Hand Techniques
- Bahl - Foot
- Bit Kwan Soo - Diagonal Spear Hand
- Ahneso Phaku Ro Cha Ki - I/O Crescent Kick
- Kwang Chang Nim - Grandmaster
- Jung Kwon - Forefist
- Yuk Soo Do Kong Kyuck - Ridge Hand Strike
- Cha Ryut - Attention
- Bahl Doong Ahp Cha Ki - Instep Front Kick
- Bit Cha Ki - Diagonal Kick
- Chu Mok - Fist
- Bandae Pahl Koop Chi Ki - Reverse Elbow Strike
- Dwi Cha Ki - Back Kick
- Kap Kwon - Back Fist
- Tollyo Cha Ki - Roundhouse/Turning Kick
- Yup Poto Oly Ki - Side Stretch Kick
- Pahl Koop - Elbow
- Ahp Cha Ki - Front Kick
- Dwi Gum Chi - Heel
- Jang Kwon - Heel of the Palm
- Ssang Soo - Two Hand Defense
- Yup Hu Ryo Cha Ki - Hook Kick
- Dwi Hu Ryo Cha Ki - Wheel Kick
- Ko Hwan - Groin
- Dwi Ro Tora - Turn to the Rear
- Chong Dan Yup Mah Ki - Side Defense
- Da Ri - Leg
- 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
- Dan - Black Belt
- Gup - Color Belt

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

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

- 69. Dee - Belt
- 70. Sun Bae - Senior Member
- 71. Sae Kye Tang Soo Do Hyup Hoi - WTSDA
- 72. Shim Sa Kwan Nim - Examiner
- 73. Hu Bae - Junior Member
- 74. Kuk Gi - National Flag
- 75. Hyup Hoi Ki - Association Flag
- 76. Chop Bee Woon Dong - Warm-up Exercise
- 77. Hur Ri - Waist
- 78. Tuck - Chin
- 79. Il Soo Sik Dae Ryun - One Step Sparring
- 80. Ja Yu Dae Ryun - Free Sparring
- 81. Ho Sin Sul - Self-Defense
- 82. Kyuck Pa - Breaking
- 83. Ko Dan Ja - Senior Dan Holder
- 84. I Ma - Forehead
- 85. Yu Dan Ja - Dan Holder
- 86. Yu Gup Ja - Gup Holder
- 87. Cho Bo Ja - Beginner
- 88. Ku Ryung E Mat Cho So - By the Count
- 89. Ku Ryun Up Shi - Without the Count
- 90. Sa Ko Rip Ja Seh - Side Stance
- 91. Pahl - Arm
- 92. Yuk Soo - Knife hand defense & reverse punch, front stance)
- 93. Myung Chi - Solar Plexus
- 94. Yuk Jin - Knife hand defense & reverse punch, fighting stance)

- 95. Chun Kul Ssang Soo - Two Hand Block, Front Stance
- 96. Sang Soo Sang Dan Mahk Ki - High X-Block
- 97. E Dan Dwi Tollyo Cha Ki - Jump Spinning Back Kick
- 98. Chung shin Tong Il - Concentration
- 99. In Neh - Endurance
- 100. Kyum Son - Humility
- 101. Hu Kul Ssang Soo - Two Hand Block, Fighting Stance
- 102. Choong Dan Yup Mahk Ki - Side Defense
- 103. Chon Kyung - Respect
- 104. E Dan Cha Ki - Jump Kick
- 105. Sang Soo Ha Dan Mahk Ki - Low X-Block
- 106. Moo Roope - Knee
- 107. Dan Jun - Lower Abdomen
- 108. Sang Dan Soo Do Mahk Ki - High Knife Hand Block
- 109. Hu Kul Sang Dan Mahk Ki - High Block, Fighting Stance
- 110. Ball Cha Ki Choon Bee - Ready for Kick
- 111. Nae Kong - Internal Power Exercise
- 112. Weh Kong - External Power Exercise
- 113. Shim Kong - Spiritual Power Exercise
- 114. Shi Sun - Focus of Eyes
- 115. Chung Shim - Balance
- 116. Kukgi Bae Rye - Salute the Flag
- 117. Ba Ro - Return
- 118. Ahn Jo - Sit
- 119. Shio - Relax or Rest
- 120. Shi Jak - Begin

**Blue Belt Meaning 38 pts (1pt/word):** Dark Blue represents maturity, respect and honor. Our dark blue belt is given to the Cho Dan Bo (Black Belt candidate). He/She must now prepare mind and body for the final step needed to attain Black Belt.

**14 Attitude Requirements to Master Tang Soo Do (write out the first twelve): 99 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.

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

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

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.
13. When you begin to feel idle, try to overcome this.
14. Cleanliness is required after training. Keep yourself and your surroundings clean.

### **Pneumonics for One Steps 90 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
13. Three and Three again
14. Eleven to the Floor
15. Close line
16. Strike the Spleen
17. Three Stooges
18. Chiny Chin Chin
19. First Arm Bar
20. Elbow & Sword Throw
21. Spines are Fun
22. Dosie-Do
23. Goal Posts/Broken "H"
24. Three Stances
25. Double Header
26. Break the Stick
27. Ridge to Heaven
28. Lowest of the Low
29. Windmill
30. Back Breaker

#### **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
13. Earth-Up and Round
14. Earth-Front, Up & Round
15. Air-Out and Round
16. Wolverine
17. Spin and Hook
18. Spin, Hook and Slap
19. Catch and Release
20. Eat 'em Up (E Dan Ahp)
21. Beginning of the End
22. First Double Hand (inside, R/sB)p
23. 360 Round (2x3=6)
24. 180 Back (2/4=1/2)
25. Easy Peasy (Axe)
26. 2nd Double Hand (outside, R/H)
27. Three from the End
28. Lowest of the Low (sweep)
29. Chaser
30. End with Flare

#### **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
13. Purse Snatch
14. The Pits
15. Standing Buddy
16. Double Wrist
17. Donkey Kick & Monkey Arms
18. Double Lapel (4 again)
19. Around the Waist
20. Bear Hug
21. Stab
22. Down
23. Outside
24. Inside
25. Throat
26. Zombies Attack
27. Goin' to the Movie
28. Minding my own Business
29. Zombies Attack Again
30. Arm Trap and Roll

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

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

**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

**Association Symbol - Insignia: 8 pts (1pt/blank)**

**Six Stars:** Represents the six inhabited continents and shows that Tang Soo Do is now worldwide.

**Um, Yang:** Red and Blue half circle symbol represents universal concept of opposing but complementary forces. It is also the central symbol of the Korean flag where Tang Soo Do originated.

**Flying Side Kick:** Represents the special and unique character of Tang Soo Do and the whole person concept.

**Red Circle:** unity and Brotherhood.

**Globe:** Means our organization covers the world.

**Bottom Belt:** Masters' Belt - Represents the ultimate goal of all Tang Soo Do students.

**Practitioner:** Mastering the Art of Tang Soo Do

**Color Combination:** Red, Blue and Black

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

Cha Ryut ( Attention )

Kukgi Bae Rye ( Salute the Flag )

Ba Ro ( Return to Ready )

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

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

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 \_\_\_\_\_ )

**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 – \_\_\_\_\_

4. Respect & Obedience – \_\_\_\_\_

5. Self-Control – \_\_\_\_\_

6. Humility – \_\_\_\_\_

7. Indomitable Spirit – \_\_\_\_\_

**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 \_\_\_\_\_.

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

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

**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 25 of the 28 Vital Points as listed in the Student Manual: 25 pts (3 possible bonus points)**

**Each additional blank correctly filled in is worth 1 bonus point.**

- |                          |  |
|--------------------------|--|
| 1. <u>Skull</u>          | 15. <u>Groin</u>                           |
| 2. <u>Bridge of Nose</u> | 16. <u>Knee Joint</u>                      |
| 3. <u>Temple</u>         | 17. <u>Shin</u>                            |
| 4. <u>Base of Nose</u>   | 18. <u>Instep</u>                          |
| 5. <u>Jaw</u>            | 19. <u>Inner Wrist</u>                     |
| 6. <u>Side of Neck</u>   | 20. <u>Base of Skull</u>                   |
| 7. <u>Adam's Apple</u>   | 21. <u>Base of Neck</u>                    |
| 8. <u>Windpipe</u>       | 22. <u>Upper Back</u>                      |
| 9. <u>Collarbone</u>     | 23. <u>Center of Back</u>                  |
| 10. <u>Sternum</u>       | 24. <u>Kidney</u>                          |
| 11. <u>Arm Pit</u>       | 25. <u>Lower Back</u>                      |
| 12. <u>Solar Plexus</u>  | 26. <b>(Bonus)</b> <u>Coccyx</u>           |
| 13. <u>Floating Ribs</u> | 27. <b>(Bonus)</b> <u>Back of Knee</u>     |
| 14. <u>Abdomen</u>       | 28. <b>(Bonus)</b> <u>Achilles' Tendon</u> |

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

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

**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

**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.

**The Five Codes of Tang Soo Do (fill in the blank): 5 pts (1pt/blank)**

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

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

\_\_\_\_\_