



SOAR TANG SOO DO

(MR. ANDREW E. CALVERT, OWNER)



Il Soo Sik - One-Step Mnemonics

Hands - Soo Ki

9th Gup (Sr. White)

1. One Elbow
2. Two Elbows

8th Gup (Orange)

3. Chop the Tree
4. Shut the Door

7th Gup (Sr. Orange)

5. Five-Oh
6. Breaking Sticks

6th Gup (Green)

7. Five again but open
8. Ate my Elbow

5th Gup (Sr. Green)

9. Down the Line
10. Punch and Five again

4th Gup (Brown)

11. Knee to Heaven
12. Head on a Shelf

3rd Gup (Sr. Brown)

13. Three and Three again
14. Eleven to the Floor

2nd Gup (Red)

15. Close line
16. Strike the Spleen

1st Gup (Sr. Red)

17. Three Stooges
18. Chiny Chin Chin

Cho Dan Bo (Blue)/Cho Dan (1st Deg)

19. First Arm Bar
20. Elbow & Sword Throw

E Dan (2nd Deg)

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 - Jok Ki

9th Gup (Sr. White)

1. The FRONT - **Right Back**
2. SIDE of the king

8th Gup (Orange)

3. is ROUND
4. Slam the Door

7th Gup (Sr. Orange)

5. Slide to the Side
6. Duck and Round

6th Gup (Green)

7. Sparta!
8. Ate my Roundhouse

5th Gup (Sr. Green)

9. Through the Spine
10. Outside and Hook

4th Gup (Brown)

11. Air-Around the World
12. Fire-Strike the Match

3rd Gup (Sr. Brown)

13. Earth-Up and Round
14. Earth-Front, Up & Round

2nd Gup (Red)

15. Air-Out and Round
16. Wolverine - **Right Forward**

1st Gup (Sr. Red)

17. Spin and Hook
18. Spin Hook & Slap

Cho Dan Bo (Blue)/Cho Dan (1st Deg)

19. Catch and Release
20. Eat 'em Up (E Dan Ahp)

E Dan (2nd Deg) - **Left Forward**

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 - Ho Sin Sul

9th Gup (Sr. White)

1. Same side - **Front**
2. Opposite side

8th Gup (Orange)

3. Snake in the tree
4. Ride the Rainbow

7th Gup (Sr. Orange)

5. Horse and Saddle/Respect
6. Belt - **Back**

6th Gup (Green)

7. Scruff
8. Turning the Rainbow

5th Gup (Sr. Green)

9. Elbow Throw
10. Side Headlock

4th Gup (Brown)

11. Four from the Shoulder - **Side**
12. Tiny Circle

3rd Gup (Sr. Brown)

13. Purse Snatch
14. The Pits

2nd Gup (Red)

15. Standing Buddy
16. Double wrist - **Doubles**

1st Gup (Sr. Red)

17. Donkey Kick & Monkey Arms
18. Double Lapel (4 again)

Cho Dan Bo (Blue)/Cho Dan (1st Deg)

19. Around the Waist
20. Bear Hug

E Dan (2nd Deg)

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