



# 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