



SOAR TANG SOO DO

(MR. ANDREW E. CALVERT, OWNER)



Study Sheet:

Red Belt (2nd Gup) testing for Senior Red Belt (1st Gup)

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
- 5) 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): Bassai

Bong Hyun Il Bu (Staff Form 1)

3. Sparring:

One on One (MEDIUM contact)

Two on One (LIGHT contact – touch uniform only!)

Won-Hyong Dae-Ryun (Partner Sparring looping and focus Drill): 180 Hook Kick, Jump Switch Front Kick, Front punch, Sliding side kick

4. Defensive Ability:

A. Hands

- 17) Three Stooges
- 18) Chiny Chin Chin

B. Kicking

- 17) Spin and Hook
- 18) Spin Hook & Slap

C. Grabbing

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

5. Breaking Ability:

- 1 to 2 Boards utilizing hand or foot technique (children under 16 must use a foot technique)
- 1 to 2 Boards utilizing a jumping foot technique
- 1 Board Speed Break with hand or foot

Knowledge

Red Belt Meaning: Red represents blood, life, energy, attention and control. The student's power and techniques begin to bloom and ripen.

14 Attitude Requirements to Master Tang Soo Do

Meaning of South Korea's Flag

Meaning of the United States of America's Flag

Association Symbol - Insignia

- **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

Be able to define and provide examples of the Seven Tenets of Tang Soo Do

Meaning of Tang Soo Do: Student Manual, page 9

Brief History of Korea and Korean Martial Arts: Student Manual, pages 9-14

Who is our Founder: Student Manual, pages 17-19

Name the Vital Points: Student Manual, page 22-23

The Structure of a Training Class

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

Red Belt (2nd Gup) testing for Senior Red Belt (1st Gup)



$(\text{ } + \text{ }) \div 390 = \times 100 = \text{ } \%$			
Correct	Bonus	Possible	Percent

Terminology (Translate into English) 100 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 Kong Kyuck - _____
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 Ryung 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 - _____

Red Belt Meaning 18 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. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____
- 13. _____

Name: _____.

Date: _____.

14. _____

Pneumonics for One Steps 54 pts

Hands

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

Kicking

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

Grabbing

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

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? _____

Name: _____.

Date: _____.

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: _____

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)

Name: _____.

Date: _____.

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? _____

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. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Name: _____.

Date: _____.

7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____

18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____
26. (Bonus) _____
27. (Bonus) _____
28. (Bonus) _____

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

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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

Red Belt (2nd Gup) testing for Senior Red Belt (1st Gup)



(_____ + _____) ÷ 390 = x100 = _____ %
Correct Bonus Possible Percent

Terminology (Translate into English) 100 pts

1. Ki Cho - Basics
2. Ha Dan Mahk Ki - Low Block
3. Hu Kul Ja Seh - Fighting Stance
4. Sang Dan Kong Kyuck - High Punch
5. Pahl Koop Chi Ki - Elbow Strike
6. Ko Map Sum Ni Da - Thank You
7. Jok Ki - Foot Techniques
8. In Chong - Philtrum
9. Ha Dan Soo Do Mahk Ki - Low Knife Hand Block
10. Pahl Put Ki - Punch Exercise
11. Sah Bum Nim - Instructor
12. Mirro Yup Cha Ki - Thrusting/Stepping Side Kick
13. Choong Dan Kong Kyuck - Center Punch
14. Ssang Bahl Cha Ki - Twin Feet Kick (same time)
15. Yang Bahl Cha Ki - Twin Feet Kick (separate times)
16. Bahl Ba Dahk Chi Ru Ki - Push Kick w/ Bottom of Foot
17. Chok Do Chi Ru Ki - Push Kick w/ Outside Edge of Foot
18. Bandae - Reverse
19. Phakeso Ahnu Ro Mahk Ki - O/I Block
20. Sang Dan Mahk Ki - High Block
21. Soo Do Kong Kyuck - Knife Hand Strike
22. Soo Do Mahk Ki - Center Knife Hand Block
23. Cchick Ki - Axe Kick
24. Phakeso Ahnu Ro Cha Ki - O/I Crescent Kick
25. Dojang - Studio/Gym
26. Deah Cha Ki - Jumping Kick
27. Chit Pahl Ki - Stomp Kick
28. Mok - Neck
29. Yup Cha Ki - Side Kick
30. Choong Dan Hang Jin - Side Punch
31. Bahl Poto Oly Ki - Front Stretch Kick
32. Soo / Sohn - Hand
33. Do Bohk - Uniform
34. Kwan Soo Kong Kyuck - Spear Hand Attack
35. Chun Kul Ja Seh - Front Stance
36. Soo Ki - Hand Techniques
37. Bahl - Foot
38. Bit Kwan Soo - Diagonal Spear Hand
39. Ahneso Phaku Ro Cha Ki - I/O Crescent Kick
40. Kwang Chang Nim - Grandmaster
41. Jung Kwon - Forefist
42. Yuk Soo Do Kong Kyuck - Ridge Hand Strike
43. Cha Ryut - Attention
44. Bahl Doong Ahp Cha Ki - Instep Front Kick
45. Bit Cha Ki - Diagonal Kick
46. Chu Mok - Fist
47. Bandae Pahl Koop Kong Kyuck - Reverse Elbow Strike
48. Dwi Cha Ki - Back Kick
49. Kap Kwon - Back Fist
50. Tollyo Cha Ki - Roundhouse/Turning Kick
51. Yup Poto Oly Ki - Side Stretch Kick
52. Pahl Koop - Elbow
53. Ahp Cha Ki - Front Kick
54. Dwi Gum Chi - Heel
55. Jang Kwon - Heel of the Palm
56. Ssang Soo - Two Hand Defense
57. Yup Hu Ryo Cha Ki - Hook Kick
58. Dwi Hu Ryo Cha Ki - Wheel Kick
59. Ko Hwan - Groin
60. Dwi Ro Tora - Turn to the Rear
61. Chong Dan Yup Mah Ki - Side Defense
62. Da Ri - Leg
63. Ahneso Phaku Ro Mahk Ki - I/O Block
64. Choon Bee Ja Seh - Ready Stance
65. Kee Ma Ja Seh - Horse Riding Stance
66. Dwi Tollyo Cha Ki - Spinning Back Kick
67. Dan - Black Belt
68. 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

Red Belt Meaning 18 pts (1pt/word): Red represents blood, life, energy, attention and control. The student's power and techniques begin to bloom and ripen.

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.
9. Frequently inspect your own achievements.
10. Always follow a routine and training 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.

Name: _____.

Date: _____.

Pneumonics for One Steps 54 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 _____

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 _____

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) _____

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

Name: _____.

Date: _____.

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

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)

Name: _____.

Date: _____.

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 / 1790

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.

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> | 5. <u>Jaw</u> |
| 2. <u>Bridge of Nose</u> | 6. <u>Side of Neck</u> |
| 3. <u>Temple</u> | 7. <u>Adam's Apple</u> |
| 4. <u>Base of Nose</u> | 8. <u>Windpipe</u> |

Name: _____.

Date: _____.

9. Collarbone
10. Sternum
11. Arm Pit
12. Solar Plexus
13. Floating Ribs
14. Abdomen
15. Groin
16. Knee Joint
17. Shin
18. Instep

19. Inner Wrist
20. Base of Skull
21. Base of Neck
22. Upper Back
23. Center of Back
24. Kidney
25. Lower Back
26. (Bonus) Coccyx
27. (Bonus) Back of Knee
28. (Bonus) Achilles' Tendon

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

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