



SOAR TANG SOO DO

(MR. ANDREW E. CALVERT, OWNER)



Study Sheet:

Senior Brown Belt (3rd Gup) testing for Red Belt (2nd Gup)

Physical Test

1. Basic Techniques

A. Hands:

- 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:

- 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 Oh Dan

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 back kick, Cross, Jab, Back hook punch

4. Defensive Ability:

A. Hands

- 15) Close line
- 16) Strike the Spleen

B. Kicking

- 15) Air-Out and Round
- 16) Wolverine

C. Grabbing

- 1) Standing Buddy
- 2) Double wrist

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

- **Tae Kuek Ki:** name of flag in Korean
- **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.
 - **Um:** The lower blue section. Soft, Cold Force.
 - **Yang:** The upper red section. Hard, Hot Force.
- **3 Solid Lines:** Upper Left - Heaven
- **3 Broken Lines:** Lower Right - Earth
- **1 Broken Center Line:** Lower Left - Fire
- **1 Solid Center Line:** Upper Right - Water

Meaning of the United States of America's Flag

- **Adopted:** originally 14 June 1777 by the Second Continental Congress. It has since gone through 26 modifications to produce the flag we have today.
- **Stars:** The star is a symbol of the heavens and the divine goal to which man has aspired from time immemorial. Fifty stars represent fifty states of the union.
- **Stripes:** The stripe is symbolic of the rays of light emanating from the sun. Thirteen stripes represent thirteen colonies that declared independence from Great Britain to form the United States of America.
- **Colors:** Red, White and Blue
 - **Red:** valor, bravery and sacrifice
 - **White:** purity, innocence and peace
 - **Blue:** vigilance, perseverance and justice

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

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

Senior Brown Belt (3rd Gup) testing for Red Belt (2nd Gup)



(_____ + _____) ÷ 359 = x100 = _____ %
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. Ha Dan Soo Do Mahk Ki - _____
9. Pahl Put Ki - _____
10. Sah Bum Nim - _____
11. Mirro Yup Cha Ki - _____
12. Choong Dan Kong Kyuck - _____
13. Ssang Bahl Cha Ki - _____
14. Yang Bahl Cha Ki - _____
15. Bahl Ba Dahk Chi Ru Ki - _____
16. Chok Do Chi Ru Ki - _____
17. Bandae - _____
18. Phakeso Ahnu Ro Mahk Ki - _____
19. Sang Dan Mahk Ki - _____
20. Soo Do Kong Kyuck - _____
21. Soo Do Mahk Ki - _____
22. Cchick Ki - _____
23. Phakeso Ahnu Ro Cha Ki - _____
24. Dojang - _____
25. Deah Cha Ki - _____
26. Chit Pahl Ki - _____
27. Mok - _____
28. Yup Cha Ki - _____
29. Choong Dan Hang Jin - _____
30. Bahl Poto Oly Ki - _____
31. Soo / Sohn - _____
32. Do Bohk - _____
33. Kwan Soo Kong Kyuck - _____
34. Chun Kul Ja Seh - _____

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

Name: _____.

Date: _____.

- 69. Shim Sa Kwan Nim - _____
- 70. Hu Bae - _____
- 71. Kuk Gi - _____
- 72. Hyup Hoi Ki - _____
- 73. Chop Bee Woon Dong - _____
- 74. Hur Ri - _____
- 75. Il Soo Sik Dae Ryun - _____
- 76. Ja Yu Dae Ryun - _____
- 77. Ho Sin Sul - _____
- 78. Kyuck Pa - _____
- 79. Ko Dan Ja - _____
- 80. Yu Dan Ja - _____
- 81. Yu Gup Ja - _____
- 82. Cho Bo Ja - _____
- 83. Ku Ryung E Mat Cho So - _____
- 84. Ku Ryun Up Shi - _____

- 85. Sa Ko Rip Ja Seh - _____
- 86. Pahl - _____
- 87. Yuk Soo - _____
- 88. Yuk Jin - _____
- 89. Chun Kul Ssang Soo - _____
- 90. Sang Soo Sang Dan Mahk Ki - _____
- 91. E Dan Dwi Tollyo Cha Ki - _____
- 92. Chung shin Tong Il - _____
- 93. In Neh - _____
- 94. Kyum Son - _____
- 95. Hu Kul Ssang Soo - _____
- 96. Choong Dan Yup Mahk Ki - _____
- 97. Chon Kyung - _____
- 98. E Dan Cha Ki - _____
- 99. Sang Soo Ha Dan Mahk Ki - _____
- 100. Moo Roope - _____

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. _____
- 14. _____

Name: _____.

Date: _____.

Pneumonics for One Steps 48 pts

Hands

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

Kicking

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

Grabbing

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

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? _____

Name: _____.

Date: _____.

Bonus: What does Red signify? _____

Bonus: What does White signify? _____

Bonus: What does Blue signify? _____

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

1. Integrity – _____

2. Concentration – _____

3. Perseverance – _____

4. Respect & Obedience – _____

5. Self-Control – _____

6. Humility – _____

7. Indomitable Spirit – _____

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? _____

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?

Name: _____.

Date: _____.

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. _____ | 15. _____ |
| 2. _____ | 16. _____ |
| 3. _____ | 17. _____ |
| 4. _____ | 18. _____ |
| 5. _____ | 19. _____ |
| 6. _____ | 20. _____ |
| 7. _____ | 21. _____ |
| 8. _____ | 22. _____ |
| 9. _____ | 23. _____ |
| 10. _____ | 24. _____ |
| 11. _____ | 25. _____ |
| 12. _____ | 26. (Bonus) _____ |
| 13. _____ | 27. (Bonus) _____ |
| 14. _____ | 28. (Bonus) _____ |

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

1. _____
2. _____
3. _____

Name: _____.

Date: _____.



SOAR TANG SOO DO

Written Test

Senior Brown Belt (3rd Gup) testing for Red Belt (2nd Gup)



(_____ + _____) ÷ 359 = 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. Ha Dan Soo Do Mahk Ki - Low Knife Hand Block
9. Pahl Put Ki - Punch Exercise
10. Sah Bum Nim - Instructor
11. Mirro Yup Cha Ki - Thrusting/Stepping Side Kick
12. Choong Dan Kong Kyuck - Center Punch
13. Ssang Bahl Cha Ki - Twin Feet Kick (same time)
14. Yang Bahl Cha Ki - Twin Feet Kick (separate times)
15. Bahl Ba Dahk Chi Ru Ki - Push Kick w/ Bottom of Foot
16. Chok Do Chi Ru Ki - Push Kick w/ Outside Edge of Foot
17. Bandae - Reverse
18. Phakeso Ahnu Ro Mahk Ki - O/I Block
19. Sang Dan Mahk Ki - High Block
20. Soo Do Kong Kyuck - Knife Hand Strike
21. Soo Do Mahk Ki - Center Knife Hand Block
22. Cchick Ki - Axe Kick
23. Phakeso Ahnu Ro Cha Ki - O/I Crescent Kick
24. Dojang - Studio/Gym
25. Deah Cha Ki - Jumping Kick
26. Chit Pahl Ki - Stomp Kick
27. Mok - Neck
28. Yup Cha Ki - Side Kick
29. Choong Dan Hang Jin - Side Punch
30. Bahl Poto Oly Ki - Front Stretch Kick
31. Soo / Sohn - Hand
32. Do Bohk - Uniform
33. Kwan Soo Kong Kyuck - Spear Hand Attack
34. Chun Kul Ja Seh - Front Stance
35. Soo Ki - Hand Techniques
36. Bahl - Foot
37. Bit Kwan Soo - Diagonal Spear Hand
38. Ahneso Phaku Ro Cha Ki - I/O Crescent Kick
39. Kwang Chang Nim - Grandmaster
40. Jung Kwon - Forefist
41. Yuk Soo Do Kong Kyuck - Ridge Hand Strike
42. Cha Ryut - Attention
43. Bahl Doong Ahp Cha Ki - Instep Front Kick
44. Bit Cha Ki - Diagonal Kick
45. Chu Mok - Fist
46. Bandae Pahl Koop Kong Kyuck - Reverse Elbow Strike
47. Dwi Cha Ki - Back Kick
48. Kap Kwon - Back Fist
49. Tollyo Cha Ki - Roundhouse/Turning Kick
50. Yup Poto Oly Ki - Side Stretch Kick
51. Ahp Cha Ki - Front Kick
52. Dwi Gum Chi - Heel
53. Jang Kwon - Heel of the Palm
54. Ssang Soo - Two Hand Defense
55. Yup Hu Ryo Cha Ki - Hook Kick
56. Dwi Hu Ryo Cha Ki - Wheel Kick
57. Dwi Ro Tora - Turn to the Rear
58. Chong Dan Yup Mah Ki - Side Defense
59. Da Ri - Leg
60. Ahneso Phaku Ro Mahk Ki - I/O Block
61. Choon Bee Ja Seh - Ready Stance
62. Kee Ma Ja Seh - Horse Riding Stance
63. Dwi Tollyo Cha Ki - Spinning Back Kick
64. Dan - Black Belt
65. Gup - Color Belt
66. Dee - Belt
67. Sun Bae - Senior Member
68. Sae Kye Tang Soo Do Hyup Hoi - WTSDA

Name: _____.

Date: _____.

- 69. Shim Sa Kwan Nim - Examiner
- 70. Hu Bae - Junior Member
- 71. Kuk Gi - National Flag
- 72. Hyup Hoi Ki - Association Flag
- 73. Chop Bee Woon Dong - Warm-up Exercise
- 74. Hur Ri - Waist
- 75. Il Soo Sik Dae Ryun - One Step Sparring
- 76. Ja Yu Dae Ryun - Free Sparring
- 77. Ho Sin Sul - Self-Defense
- 78. Kyuck Pa - Breaking
- 79. Ko Dan Ja - Senior Dan Holder
- 80. Yu Dan Ja - Dan Holder
- 81. Yu Gup Ja - Gup Holder
- 82. Cho Bo Ja - Beginner
- 83. Ku Ryung E Mat Cho So - By the Count
- 84. Ku Ryun Up Shi - Without the Count

- 85. Sa Ko Rip Ja Seh - Side Stance
- 86. Pahl - Arm
- 87. Yuk Soo - Knife hand defense & reverse punch, front stance
- 88. Yuk Jin - Knife hand defense & reverse punch, fighting stance
- 89. Chun Kul Ssang Soo - Two Hand Block, Front Stance
- 90. Sang Soo Sang Dan Mahk Ki - High X-Block
- 91. E Dan Dwi Tollyo Cha Ki - Jump Spinning Back Kick
- 92. Chung shin Tong Il - Concentration
- 93. In Neh - Endurance
- 94. Kyum Son - Humility
- 95. Hu Kul Ssang Soo - Two Hand Block, Fighting Stance
- 96. Choong Dan Yup Mahk Ki - Side Defense
- 97. Chon Kyung - Respect
- 98. E Dan Cha Ki - Jump Kick
- 99. Sang Soo Ha Dan Mahk Ki - Low X-Block
- 100. Moo Roope - Knee

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.

Pneumonics for One Steps 60 pts

Hands

- 1. One Elbow

Kicking

- 1. The FRONT

Grabbing

- 1. Same Side

Name: _____.

Date: _____.

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 _____

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 _____

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 _____

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

Name: _____.

Date: _____.

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 – _____

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 / 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 _____

Name: _____.

Date: _____.

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. <u>(Bonus) Coccyx</u> |
| 13. <u>Floating Ribs</u> | 27. <u>(Bonus) Back of Knee</u> |
| 14. <u>Abdomen</u> | 28. <u>(Bonus) Achilles' Tendon</u> |

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)

Name: _____.

Date: _____.

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?
