



SOAR TANG SOO DO

(MR. ANDREW E. CALVERT, OWNER)



Study Sheet:

Brown Belt (4th Gup) testing for Senior Brown Belt (3th 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 (Knife hand defense and reverse punch, front stance)
- 5) Yuk Jin (Knife hand defense and reverse punch, fighting stance)

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

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)

2. Form (Hyung): Pyung Ahn Sah Dan

Bong Hyun Il Bu (Staff Form 1)

3. Sparring: One 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

- 13) Three and Three Again
- 14) Eleven to the Floor

B. Kicking

- 13) Earth–Up and Round
- 14) Earth–Front, Up & Round

C. Grabbing

- 13) Purse Snatch
- 14) The Pits

5. Breaking Ability:

A. 1 to 2 Boards utilizing hand or foot technique (children under 16 must use a foot technique)

B. 1 to 2 Boards utilizing a jumping foot technique

Knowledge

Brown Belt Meaning: Brown represents power, stability, agility, weight and wisdom. This stabilizing stage, both mentally and physically, is analogous to the plants which curtail their growth and prepare for flower in late summer.

14 Attitude Requirements to Master Tang Soo Do

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.

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

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

What is the Structure of a Training Class:

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

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

Brown Belt (4th Gup) testing for Senior Brown Belt (3th Gup)



$(\underline{\hspace{1cm}} + \underline{\hspace{1cm}}) \div 310 = \times 100 = \underline{\hspace{1cm}}\%$			
Correct	Bonus	Possible	Percent

Terminology (Translate into English) 82 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. Yup Cha Ki - _____
28. Choong Dan Hang Jin - _____
29. Bahl Poto Oly Ki - _____
30. Do Bohk - _____
31. Kwan Soo Kong Kyuck - _____
32. Chun Kul Ja Seh - _____
33. Soo Ki - _____
34. Bit Kwan Soo - _____

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

Name: _____.

Date: _____.

69. Il Soo Sik Dae Ryun - _____

76. Cho Bo Ja - _____

70. Ja Yu Dae Ryun - _____

77. Ku Ryung E Mat Cho So - _____

71. Ho Sin Sul - _____

78. Ku Ryun Up Shi - _____

72. Kyuck Pa - _____

79. Sa Ko Rip Ja Seh - _____

73. Ko Dan Ja - _____

80. Pahl Put Ki - _____

74. Yu Dan Ja - _____

81. Yuk Soo - _____

75. Yu Gup Ja - _____

82. Yuk Jin - _____

Brown Belt Meaning 31 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. _____

Pneumonics for One Steps 42 pts

Hands

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

Kicking

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

Grabbing

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

Name: _____.

Date: _____.

9. _____

9. _____

9. _____

10. _____

10. _____

10. _____

11. _____

11. _____

11. _____

12. _____

12. _____

12. _____

13. _____

13. _____

13. _____

14. _____

14. _____

14. _____

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 – _____

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 _____ 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 20 of the 28 Vital Points as listed in the Student Manual: 20 pts (8 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. (Bonus) _____
22. (Bonus) _____
23. (Bonus) _____
24. (Bonus) _____
25. (Bonus) _____
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

Brown Belt (4th Gup) testing for Senior Brown Belt (3th Gup)



(_____ + _____) ÷ 310 = x100 = _____ %
Correct Bonus Possible Percent

Terminology (Translate into English) 82 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
- 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
- Yup Cha Ki - Side Kick
- Choong Dan Hang Jin - Side Punch
- Bahl Poto Oly Ki - Front Stretch Kick
- Do Bohk - Uniform
- Kwan Soo Kong Kyuck - Spear Hand Attack
- Chun Kul Ja Seh - Front Stance
- Soo Ki - Hand Techniques
- 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
- Bandae Pahl Koop Kong Kyuck - 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
- 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
- Dwi Ro Tora - Turn to the Rear
- Chong Dan Yup Mah Ki - Side Defense
- 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
- Dee - Belt
- Sun Bae - Senior Member
- Sae Kye Tang Soo Do Hyup Hoi - WTSDA
- Shim Sa Kwan Nim - Examiner
- Hu Bae - Junior Member
- Kuk Gi - National Flag
- Hyup Hoi Ki - Association Flag
- Chop Bee Woon Dong - Warm-up Exercise

Name: _____.

Date: _____.

- 69. Il Soo Sik Dae Ryun - One Step Sparring
- 70. Ja Yu Dae Ryun - Free Sparring
- 71. Ho Sin Sul - Self-Defense
- 72. Kyuck Pa - Breaking
- 73. Ko Dan Ja - Senior Dan Holder
- 74. Yu Dan Ja - Dan Holder
- 75. Yu Gup Ja - Gup Holder

- 76. Cho Bo Ja - Beginner
- 77. Ku Ryung E Mat Cho So - By the Count
- 78. Ku Ryun Up Shi - Without the Count
- 79. Sa Ko Rip Ja Seh - Side Stance
- 80. Pahl Put Ki - Punch Exercise Horse Riding Stance
- 81. Yuk Soo - Knife hand defense & reverse punch, front stance)
- 82. Yuk Jin - Knife hand defense & reverse punch, fighting stance)

Brown Belt Meaning 31 pts (1pt/word): Brown represents power, stability, agility, weight and wisdom. This stabilizing stage, both mentally and physically, in analogous to the plants which curtail their growth and prepare for flower in late summer.

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 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 42 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

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

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

Name: _____.

Date: _____.

- | | | |
|----------------------------------|--|-----------------------------------|
| 9. <u>Down the line</u> | 9. <u>Through the Spine</u> | 9. <u>Elbow Throw</u> |
| 10. <u>Punch and 5 again</u> | 10. <u>Outside and Hook</u> | 10. <u>Side Headlock</u> |
| 11. <u>Knee to Heaven</u> | 11. <u>Air–Around the World</u> | 11. <u>Four from the Shoulder</u> |
| 12. <u>Head on a Shelf</u> | 12. <u>Fire–Strike the Match</u> | 12. <u>Tiny Circle</u> |
| 13. <u>Three and Three again</u> | 13. <u>Earth–Up and Round</u> | 13. <u>Purse Snatch</u> |
| 14. <u>Eleven to the Floor</u> | 14. <u>Earth–Front, Up & Round</u> | 14. <u>The Pits</u> |

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 –

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 20 of the 28 Vital Points as listed in the Student Manual: 20 pts (8 possible bonus points)
Each additional blank correctly filled in is worth 1 bonus point.**

- | | |
|--------------------------|------------------------|
| 1. <u>Skull</u> | 4. <u>Base of Nose</u> |
| 2. <u>Bridge of Nose</u> | 5. <u>Jaw</u> |
| 3. <u>Temple</u> | 6. <u>Side of Neck</u> |

Name: _____.

Date: _____.

7. Adam's Apple _____
8. Windpipe _____
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. (Bonus) Base of Neck _____
22. (Bonus) Upper Back _____
23. (Bonus) Center of Back _____
24. (Bonus) Kidney _____
25. (Bonus) 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?
