



SOAR TANG SOO DO

(MR. ANDREW E. CALVERT, OWNER)



Study Sheet:

Senior Green Belt (5th Gup) testing for Brown Belt (4th 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 Sam Dan

3. Sparring: One on One (LIGHT contact – touch uniform only!)

Won-Hyong Dae-Ryun (Partner Sparring looping and focus Drill): Low/High Roundhouse, Skip Sidekick, Side Punch from Horse stance

4. Defensive Ability:

A. Hands

- 11) Knee to Heaven
- 12) Head on a Shelf

B. Kicking

- 11) Air–Around the World
- 12) Fire–Strike the Match

C. Grabbing

- 11) Four from the Shoulder
- 12) Tiny Circles

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

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

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.

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

Senior Green Belt (5th Gup) testing for Brown Belt (4th Gup)



(_____ + _____) ÷ 249 = x100 = _____ %
Correct Bonus Possible Percent

Terminology (Translate into English) 58 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 Bu 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 Bahk - _____
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 Kwan - _____
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 Kwan - _____
45. Tollyo Cha Ki - _____
46. Yup Poto Oly Ki - _____
47. Ahp Cha Ki - _____
48. Dwi Gum Chi - _____
49. Jang Kwan - _____
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 - _____

Name: _____.

Date: _____.

Brown Belt Meaning 31 pts (1pt/word): _____

14 Attitude Requirements to Master Tang Soo Do (write out the first twelve): 78 pts (1pt/word)

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

Pneumonics for One Steps 36 pts

Hands

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

Kicking

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

Grabbing

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

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

1. _____
2. _____

Name: _____.

Date: _____.

- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____

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 10 of the 28 Vital Points as listed in the Student Manual: 10 pts (18 possible bonus points)
Each additional blank correctly filled in is worth 1 bonus point.**

- | | |
|-----------|-------------------|
| 1. _____ | 11. (Bonus) _____ |
| 2. _____ | 12. (Bonus) _____ |
| 3. _____ | 13. (Bonus) _____ |
| 4. _____ | 14. (Bonus) _____ |
| 5. _____ | 15. (Bonus) _____ |
| 6. _____ | 16. (Bonus) _____ |
| 7. _____ | 17. (Bonus) _____ |
| 8. _____ | 18. (Bonus) _____ |
| 9. _____ | 19. (Bonus) _____ |
| 10. _____ | 20. (Bonus) _____ |

Name: _____

Date: _____



SOAR TANG SOO DO

Written Test

Senior Green Belt (5th Gup) testing for Brown Belt (4th Gup)



(_____ + _____) ÷ 249 = x100 = _____ %
Correct Bonus Possible Percent

Terminology (Translate into English) 58 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 Bu 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. Yup Cha Ki - Side Kick
28. Choong Dan Hang Jin - Side Punch
29. Bahl Poto Oly Ki - Front Stretch Kick
30. Do Bahk - Uniform
31. Kwan Soo Kong Kyuck - Spear Hand Attack
32. Chun Kul Ja Seh - Front Stance
33. Soo Ki - Hand Techniques
34. Bit Kwan Soo - Diagonal Spear Hand
35. Ahneso Phaku Ro Cha Ki - I/O Crescent Kick
36. Kwang Chang Nim - Grandmaster
37. Jung Kwan - Forefist
38. Yuk Soo Do Kong Kyuck - Ridge Hand Strike
39. Cha Ryut - Attention
40. Bahl Doong Ahp Cha Ki - Instep Front Kick
41. Bit Cha Ki - Diagonal Kick
42. Bandae Pahl Koop Kong Kyuck - Reverse Elbow Strike
43. Dwi Cha Ki - Back Kick
44. Kap Kwan - Back Fist
45. Tollyo Cha Ki - Roundhouse/Turning Kick
46. Yup Poto Oly Ki - Side Stretch Kick
47. Ahp Cha Ki - Front Kick
48. Dwi Gum Chi - Heel
49. Jang Kwan - Heel of the Palm
50. Ssang Soo - Two Hand Defense
51. Yup Hu Ryo Cha Ki - Hook Kick
52. Dwi Hu Ryo Cha Ki - Wheel Kick
53. Dwi Ro Tora - Turn to the Rear
54. Chong Dan Yup Mah Ki - Side Defense
55. Ahneso Phaku Ro Mahk Ki - I/O Block
56. Choon Bee Ja Seh - Ready Stance
57. Kee Ma Ja Seh - Horse Riding Stance
58. Dwi Tollyo Cha Ki - Spinning Back Kick

Name: _____.

Date: _____.

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): 78 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. _____

Pneumonics for One Steps 45 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 _____

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 _____

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 Circles _____

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 – _____

Name: _____.

Date: _____.

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 10 of the 28 Vital Points as listed in the Student Manual: 10 pts (18 possible bonus points)
Each additional blank correctly filled in is worth 1 bonus point.**

- | | |
|--------------------------|----------------------------------|
| 1. <u>Skull</u> | 11. <u>(Bonus) Arm Pit</u> |
| 2. <u>Bridge of Nose</u> | 12. <u>(Bonus) Solar Plexus</u> |
| 3. <u>Temple</u> | 13. <u>(Bonus) Floating Ribs</u> |
| 4. <u>Base of Nose</u> | 14. <u>(Bonus) Abdomen</u> |
| 5. <u>Jaw</u> | 15. <u>(Bonus) Groin</u> |
| 6. <u>Side of Neck</u> | 16. <u>(Bonus) Knee Joint</u> |
| 7. <u>Adam's Apple</u> | 17. <u>(Bonus) Shin</u> |
| 8. <u>Windpipe</u> | 18. <u>(Bonus) Instep</u> |
| 9. <u>Collarbone</u> | 19. <u>(Bonus) Inner Wrist</u> |
| 10. <u>Sternum</u> | 20. <u>(Bonus) Base of Skull</u> |

Name: _____.

Date: _____.

21. (Bonus) Base of Neck _____

25. (Bonus) Lower Back _____

22. (Bonus) Upper Back _____

26. (Bonus) Coccyx _____

23. (Bonus) Center of Back _____

27. (Bonus) Back of Knee _____

24. (Bonus) Kidney _____

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?
