



# SOAR TANG SOO DO

MR. ANDREW E. CALVERT, OWNER  
andrew@soartsd.com



## General Knowledge and Dojang Regulations

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### Upon Entering The Dojang

Students entering, in either do bohk or street clothes, should salute the flags and bow to the instructor on the floor as soon as they enter the dojang. This will be done without exception. The student does not have to wait for the instructor to acknowledge the bow if the instructor is busy.

### Opening Class

Students line up according to rank and seniority. The higher ranking member will be on the right. The instructor will take a position in front of the class. The highest ranking member will open the class with the following command sequence:

- Cha Ryut (Attention)
- Kukgi Bae Rye (Salute the flag)
- Ba Ro (Return to ready)
- Ahn Jo (Kneel)
- Muk Yum (Meditate/pray)
- Ba Ro (Return to ready)
- Kwan Chang Nim E Kyung Yet (Bow to Grandmaster)
- Sunim Sah Bum Nim E Kyung Yet (Bow to Master)
- Sah Bum Nim E Kyung Yet (Bow to Instructor)

### Closing Class

As in the beginning of the class, students line up according to rank. The senior member gives the following commands:

- Cha Ryut (Attention)
- Kukgi Bae Rye (Salute the flag)
- Ba Ro (Return to ready)
- Ahn Jo (Kneel)
- Muk Yum (Meditate/pray)
- Ba Ro (Return to ready)
- Kwan Chang Nim E Kyung Yet (Bow to Grandmaster)
- Sunim Sah Bum Nim E Kyung Yet (Bow to Master)
- Sah Bum Nim E Kyung Yet (Bow to instructor)

When the command to bow to the instructor is given, all members say with clarity, "Ko Map Sum Ni Da" (Thank you) to the instructor.

The class instructor or the senior member then calls "Five Codes of Tang Soo Do." And then "Seven Tenet of Tang Soo Do." The entire class recites the Five Codes and Seven Tenets together loudly and clearly.

After giving comments to the class, the senior member arranges the class members for cleaning detail. The class closes when the Instructor says, "Your Attitude Determines Your Altitude." All members then call out "SOAR!" with right hand raised. Then he/she may dismiss the class.

# Rules and Procedures in the Dojang

## Rules in General

- Arrive at least fifteen minutes before the class is scheduled to start.
- Salute the flags when entering and leaving the dojang floor.
- Avoid taking part in loud conversational activities. Students should remain silent during training, unless otherwise instructed by the instructor.
- Warm up prior to class.
- Do not chew gum or smoke.
- Wear a clean white uniform with no marking except those permitted by WTSDA.
- Students and instructor should use Tang Soo Do terminology at all times.
- Observe the rules and codes of Tang Soo Do to the best of your ability.
- All students should take part in cleaning the dojang since a high degree of cleanliness must be maintained.
- Students should notify the instructor in advance of any absence.
- The student should not lose self-control, prudence or composure.
- Members should observe proper protocol and orderliness.
- The dojang should always be kept clean, in order and well ventilated.

## Equipment

1. Uniform
2. Protective Gear
3. Weapons as required by rank

## Purpose of Tang Soo Do Training

1. **Self-Defense:** We protect our lives and possessions from injustice and danger.
2. **Health:** We promote our physical and spiritual health and enjoy strong bodies and sound minds through rigorous training.
3. **Better Person:** We strive to be of better character through endurance and hard work.

## Five Codes of Tang Soo Do 당수도 오계

The Five Codes of Tang Soo Do apply to all members and are meant to guide the Tang Soo Do practitioner. All members are required to memorize them and fully understand the meaning of the codes.

1. Loyalty to Country – 국가충성
2. Obedience to Parents – 부모효도
3. Honor Friendship – 봉우유신
4. No Retreat in Battle – 임전무퇴
5. In Fighting Choose with Sense and Honor – 살생유택

## Seven Tenets of Tang Soo Do 당수도 칠계

1. Integrity – 성실
2. Concentration – 정신통일
3. Perseverance – 인내
4. Respect and Obedience – 복종
5. Self-Control – 극기
6. Humility – 박애
7. Indomitable Spirit – 불굴정신

## Fourteen 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.