

White Belt



General Knowledge

What is the name of your studio?	Tri-County Tang So Doo
What is the name of the art we study?	Tang Soo Do
What is the name of the chief instructor?	Master Rick Panebianco
What is the chief instructor's rank?	4 th Dan Master
From what country does Tang Soo Do originate?	Korea
Tri-County TSD is part of what martial arts association?	World Tang Soo Do Association (WTSDA)
Who is the Grandmaster of the WTSDA?	Grandmaster Jae Chul Shin

What does white belt represent? White represents a primitive stage of achievement. White belt represents the seed as it lies dormant beneath the snows of winter.

How many minutes should you arrive before class? 15 minutes

Purpose of Tang Soo Do training:
Self-Defense
Health
Better Person

Terminology

Cho Bo Ja

Beginner

Form Knowledge

What does Sae Kye Hyung Il Bu mean?	World Form #1
Who created the form?	Grandmaster Shin
Where was the form originated?	Philadelphia, PA
When was the form originated?	1987
How many moves are in Sae Kye Hyung Il Bu?	20
What is the name of the block in Sae Kye Hyung Il Bu?	Ha Dan Mahk Ki (Low Block)
What is the name of the kick in Sae Kye Hyung Il Bu?	Ahp Cha Ki (Front Kick)

Orange Belt



General Knowledge

What does Orange Belt represent?
Count to ten in Korean.

Orange represents new growth, which appears in the spring.
Hana, Tul, Set, Net, Tasot, Yasot, Ilgup, Yodol, Ahop, Yol

Five Codes of Tang Soo Do:

Loyalty to Country

Obedience to Parents and Elders

Honor Friendship

No Retreat in Battle

In Fighting, Choose with Sense and Honor

Name the monk who wrote the Five Codes? Won Kwang

Terminology

Stances:

Choon Be Ja Seh

Hu Kul Ja Seh

Kee Ma Ja Seh

Ready Stance

Fighting Stance

Horse Riding Stance

Cha Ryut Ja Seh

Chun Kul Ja Seh

Sa Ko Rip Ja Seh

Attention Stance

Front Stance

Side Stance

Strikes:

Sang Dan Kong Kyuck

High Punch

Choon Dan Kong Kyuck

Center Punch

Blocks:

Phakeso Ahnu Ro Mahk Ki

Choong Dan Yup Mahk Ki

Ahneso Phaku Ro Mahk Ki

Outside to Inside Block

Center Side Defense

Inside to Outside Block

Sang Dan Mahk Ki

Ha Dan Mahk Ki

High Block

Low Block

Kicks:

Ahp Cha Ki

Yup Cha Ki

Dwi Tollyo Cha Ki

Mirro Yup Cha Ki

Front Kick

Side Kick

Spinning Back Kick

Stepping Side Kick

Cchick Ki

Tollyo Cha Ki

Dwi Cha Ki

Axe Kick

Roundhouse Kick

Back Kick

General:

Sah Bum Nim

DoBohk

Gup

Hyung

Ko Map Sum Ni Da

Tora

Kong Kyuck

Ku Ryung E Mat Cho So

Ki Hap

Instructor

Uniform

Color Belt

Form

Thank you, Sir/Ma'am

Turn

Attack

By the Count

Yell to focus one's
mind and energy

Kwan Chang Nim

Dee

Dan

Cha Ryut

Dojang

Dwi Ro Tora

Mirro

Ku Ryung Up Shi

Grandmaster

Belt

Black Belt

Attention

Training Studio

Turn to the Rear

Thrust

Without the Count

Orange Belt



Form Knowledge

What does Sae Kye Hyung E Bu mean?
How many moves are in Sae Kye Hyung E Bu?
Who created the form?
Where was the form created?
When was the form created?
What is the block in Sae Kye Hyung E Bu?
What is the kick in Sae Kye Hyung E Bu?

World Form #2
20
Grandmaster Shin
Philadelphia, PA
1987
Sang Dan Mahk Ki (High Block)
Yup Cha Ki (Side Kick)

What does Sae Kye Hyung Sam Bu mean?
How many moves are in Sae Kye Hyung Sam Bu?
Who created the form?
Where was the form created?
When was the form created?
What is the block in Sae Kye Hyung Sam Bu?
What is the kick in Sae Kye Hyung Sam Bu?

World Form #3
20
Grandmaster Shin
Philadelphia, PA
1987
Ahneso Phaku Ro Mahk Ki
(Inside to Outside Block)
Tollyo Cha Ki (Roundhouse Kick)

Green Belt



General Knowledge

- What does Green Belt represent? Green represents the speedy development of youth as summer arrives.
- Define Tang Soo Do Tang refers to the Tang Dynasty of China
Soo means hand but implies fist, punch or strike
Do means way of life or art
- How old is Tang Soo Do? 2000 years
- When did the WTSDA form? 1982
- When and where was the WTSDA Charter Convention? November 13 - 14, 1982 in Philadelphia, PA
- Explain the WTSDA Symbol:



- Six Stars: Represents the six inhabited (where people live) continents. The six inhabited continents are: North America, South America, Europe, Asia, Africa, and Australia.
- Um/Yang Symbol: Red and blue half circle symbol represents the universal concept of opposing but complimentary forces. It is also the central figure on the Korean flag and represents the Korean heritage of the art.
- Flying side Kick: Represents the special and unique character of Tang Soo Do as well as the "whole person" concept.
- Red Circle: Unity and Brotherhood
- Globe: The globe means our organization covers the world.
- Master's Belt: Represents the ultimate goal of all Tang Soo do students.
- Color Combination: Red, Blue and Black

Opening and Closing of Class : Seven Tenets of Tang Soo

Do:

Cha Ryut (Attention)

Kukgi Bae Rye (Salute the Flags)

Ba Ro (Return)

Ahn Jo (Sitting Position)

Muk Yum (Meditation)

Ba Ro (Return)

Kwan Chang Nim E Kyung Yet (Bow to the Grandmaster)

Sah Bum Nim e Kyung Yet (Bow to the Instructor)

Integrity

Concentration

Perseverance

Respect and Obedience

Self Control

Humility

Indomitable Spirit

Green Belt



Terminology

Blocks:

Sang Dan Soo Do Mahk Ki
Ha Dan Soo Do Mahk Ki
Choong Dan Soo Do Mahk Ki
Ahneso Phaku Ro Mahk Ki
Phakeso Ahnu Ro Mahk Ki

High Knife Hand Block
Low Knife Hand Block
Center Knife Hand Block
Inside to Outside Block
Outside to Inside Block

Strikes:

Kap Kwon
Choong Dan Hang Jin
Kwan Soo Kong Kyuck
Yuk Jin
Yuk Soo
Kwon Do
Banda Chi Ru Ki

Back Fist
Side Punch
Spear Hand Punch
Knife Hand Defense, Reverse Punch in Fighting Stance
Knife Hand Defense, Reverse Punch in Front Stance
Hammer Fist
Reverse Punch

Kicks:

Ahneso Phaku Ro Cha Ki
Phakeso Ahnu Ro Cha Ki
Dwi Hu Ryo Cha Ki
Yup Hu Ryo Cha Ki
E Dan Ahp Cha Ki
E Dan Yup Cha Ki
E Dan Tollyo Cha Ki
E Dan Dwi Tollyo Cha Ki

Inside to Outside Crescent Kick
Outside to Inside Crescent Kick
Wheel Kick
Hook Kick
Jump Front Kick
Jump Side Kick
Jump Roundhouse Kick
Jump Spinning Back Kick

General:

Shim Sa Testing
Ho Sin Sul Self Defense
Jok Ki Foot Techniques
Sang Dan High Part
Ahp Front
Dwi Back
Pahl Put Ki Punch Exercise in
 Horse Riding Stance

Hu Bae
Soo Ki
Ha Dan
Choong Dan
Yup
Banda
Teul Oh

Junior Member
Hand Techniques
Low Part
Middle Part
Side
Reverse
Method of Delivery
using a Twisting or
Extending Motion

Form Knowledge

What does Pyung Ahn mean?
Who created the Pyung Ahn Forms?
Where did the forms originate?
When were the Pyung Ahn Forms created?
How many moves are in Pyung Ahn Cho Dan?
How many moves are in Pyung Ahn E Dan?

Calm, peace of mind
Master Itos
Hunan Province, Southern China
1870
22
29

Brown Belt



General Knowledge

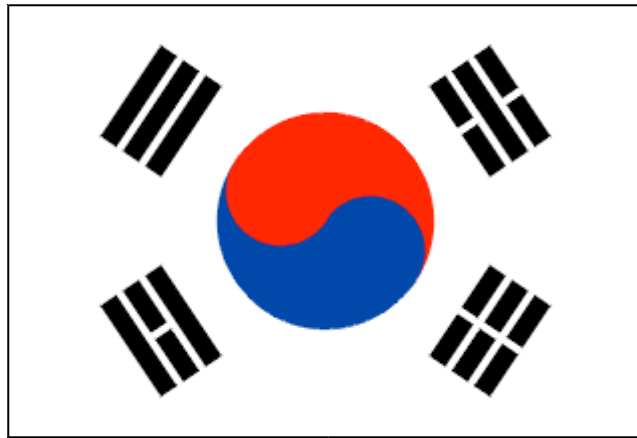
What does Brown Belt represent?

Brown represents power, stability, agility, weight and wisdom. The student's development is stabilizing, both mentally and physically, analogous to plants which curtail their growth and prepare to flower in late summer.

Name the three ancient kingdoms of Korea, their location and the year they were established.

Kogoryo	Northern Korea	37 B.C.
Silla	Southeast Peninsula	57 B.C.
Paekche	Southwest Peninsula	18 B.C.

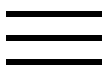
Explain the Korean Flag.



The flag is called the Tae Keuk Ki and the central symbol is called the Tae Keuk. The Tae Keuk symbol represents the theory of opposing forces within the universe. The upper red section is called Yang and represents day, light, activity and masculinity. The lower blue section is called Um and represents night, darkness, passivity and femininity. The theory of opposing forces is a central element of oriental culture and thought. Ancient oriental philosophers viewed the universe as a place in which harmony could be attained by the balancing of opposing forces.

The four symbols around the Tae Keuk are called Trigrams. Each trigram is made up of three horizontal lines. The solid line represents Yang and the broken line represents Um.

The meanings of the four symbols are:



Heaven



Fire



Water



Earth

Brown Belt



What year was Grandmaster Shin born?	1936
How old was Grandmaster Shin when he started martial arts?	12 years old
Who inspired Grandmaster Shin to study the martial arts?	An unknown monk
What year did Grandmaster Shin come to the USA?	1968
What association did Grandmaster Shin represent when he came to the United States?	The Korean Soo Bahk Do Association
What organization did Grandmaster Shin establish in 1968?	The Unites States Tang Soo Do Federation
Where was Grandmaster Shin's first school in the US?	Burlington, New Jersey
What is the historical name of Tang Soo Do?	Soo Bahk Ki

Terminology

Stances:

Kyo Cha Rip Ja Seh	Cross Leg Stance
Choi Ha Dan Chun Kul Ja Seh	Lowest Front Stance
Choi Han Dan Hu Kul Ja Seh	Lowest Fighting Stance

Blocks:

Hul Kul Sang Dan Mahk Ki	High Defense, Fighting Stance
Hul Kul Ha Dan Mahk Ki	Low Defense, Fighting Stance
Chun Kul Ssang Soo	Two Hand Defense, Front Stance
Hu Kul Ssang Soo	Two Hand Defense, Fighting Stance
Ssang Soo Sang Dan Mahk Ki	High Two Hand Cross Block
Ssang Soo Ha Dan Mahk Ki	Low Two Hand Cross Block
Choong Dan Yup Mahk Ki	Side Defense

Strikes:

Yuk Soo Do	Ridge Hand
Il Ji Kwan Soo	One Finger Spear Hand
E Ji Kwan Soo	Two Finger Spear Hand
Dwi Tollyo Kap Kwan	Spinning Back Fist
Pahl Koop Chi Ki	Elbow Strike
Bandae Pahl Koop Chi Ki	Reverse Elbow Strike

Kicks:

Bahl Poto Oly Ki	Front Stretch Kick	Yup Poto Oly Ki	Side Stretch Kick
Bit Cha Ki	Diagonal Kick	E Dan Dwi Tollyo Cha Ki	360 Jumping Spinning Back Kick
Moo Roop Cha Ki	Knee Kick		

Anatomy:

Pahl	Arm	Bahl	Foot	Chu Mok	Fist
Mok	Neck	Hur Ri	Waist	Da Ri	Leg
Soo	Hand	Pahl Koop	Elbow	Moo Roop	Knee
I Ma	Forehead	Tuck	Chin	Myung Chi	Solar Plexus
In Choong	Philtrum	Dan Jun	Lower Abdomen	Ko Hwan	Groin
Dwi Gum Chi	Heel	Jang Kwon	Heel of Palm		

Brown Belt



General:

Shim Sa Kwan Nim	Examiner	Kukgi	National Flag
Hyup Hoi Ki	Association Flag	Sun Bae	Senior Member
Ja Yu Dae Ryun	Free Sparring	Hu Ri Twil Ki	Waist Twisting
Choon Be Woon Dong	Warm Up Exercise	Shi Sun	Focus of Eyes
Chung Shim	Balance		

Form Knowledge

What does Pyung Ahn mean?	Calm, peace of mind
Who created the Pyung Ahn Forms?	Master Itos
Where did the forms originate?	Hunan Province, Southern China
When were the Pyung Ahn forms created?	1870
How many moves are in Pyung Ahn Sam Dan?	25
What is the kick in Pyung Ahn Sam Dan?	Phakeso Ahnu Ro Cha Ki
How many moves are in Pyung Ahn Sah Dan?	29
What are the three kicks in Pyung Ahn Sah Dan?	Yup Cha Ki, Ahp Cha Ki and Moo Roop Cha Ki
What does Bong Hyung Il Bu mean?	Staff Form #1
Who created the Bong Hyung Il Bu?	The WTSDA
Where was Bong Hyung Il Bu created?	Philadelphia, PA
When was the form created?	1987
How many moves are in Bong Hyung Il Bu?	23

Red Belt



General Knowledge

What does Red Belt represent?

Red represents blood, life, energy, attention and control. The students' power and techniques begin to bloom.

Which kingdom united the three kingdoms of Korea and in what year?

Silla, 668 A.D.

What is the name of the warriors who helped unify the three kingdoms?

Hwa Rang Dan
(Flower Youth)

What year did the Silla Dynasty get overthrown by the warlord Wang Kun?

918 A.D.

Name the two dynasties after that followed the Silla Dynasty and the years they were in power.

Koryo, 918 - 1392

Yi Dynasty, 1392 - 1910

Name the famous Korean martial arts book written in 1790.

Mooyae Dobo Tongi

14 Attitude Requirements to Master Tang So 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 direction of instructors or seniors.
8. Do not be overly ambitious.
9. Frequently inspect your own achievements.
10. Always follow a routine 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 being to feel idle, try to overcome this.
14. Cleanliness is required after training. Keep yourself and your surroundings clean.

Terminology

Blocks:

Bandae Ahneso Phaku Ro Mahk Ki

Reverse Inside to Outside Block

Choi Ha Dan Soo Do Mahk Ki

Lower Knife Hand Defense

Hul Kul Ssang Soo Ha Dan Mahk Ki

Two Hand Low Defense, Fighting Stance

Strikes:

Chi Ki

Blunt Strike

Chun Kul Bandae Chi Ru Ki

Reverse Punch, Front Stance

Kicks:

Chok Do Chi Ru Ki

Push Kick

Chit Pahl Ki

Stomp Kick

Ahp Mirro Cha Ki

Front Thrust Kick

Bahl Doong Ahp Cha Ki

Instep Front Kick

Bahl Doong Tollyo Cha Ki

Instep Round House Kick

Ssang Bahl Cha Ki

Twin Feet Kick at the same time

Yang Bahl Cha Ki

Twin Feet Kick at separate times

Red Belt



General:

Vital Points	Kup So	Nae Kong	Internal Power Exercise
Weh Kong	External Power Exercise	Shim Kong	Spiritual Power Exercise
Chung Shin Tong Il	Concentration	In Neh	Endurance
Kyum Son	Humility	Chon Kyung	Respect
Chu Ru Ki	Lunging or Thrusting	Hang Jin	Marching
Hu Ryo	Whip		

Form Knowledge

What does Pyung Ahn mean?	Calm, peace of mind
Who created the Pyung Ahn Forms?	Master Itos
Where did the forms originate?	Hunan Province, Southern China
When were the Pyung Ahn forms created?	1870
The Pyung Ahn forms are a reorganization of what form?	Jae Nam
How many moves are in Pyung Ahn Oh Dan?	27
What does Bassai mean?	Selecting the Best
What is the form's "old name?"	Pal Che
Who created the Bassai hyung?	Unknown
Where did the forms originate?	Hunan Province, Southern China
How old is the form?	Approximately 400 years old
How many moves are in Bassai?	52
The Pyung Ahn hyungs and Bassai are examples of what Chinese style of martial arts?	Weh Ka Ryu (Outer Family Style)
What does Bong Hyung E Bu mean?	Staff Form #2
Who created the Bong Hyung E Bu?	The WTSDA
Where was Bong Hyung E Bu created?	Philadelphia, PA
When was the form created?	1987
How many moves are in Bong Hyung E Bu?	28