

Traditional Tang Soo Do Student Handbook



This handbook belongs to:

Name:

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Tang Soo Do History



-
- ✓ History of Self Defense
 - ✓ Early Tang Soo Do
 - ✓ Tang Soo Do in Modern Times

Early Self Defense

The theory of it's origin.

The exact origin of Tang Soo Do, as well as karate in general, is obscure. However, there are many equally reasonable theories. An argument continues to rage about the origin of both weapon using and

weaponless fighting techniques. Some Japanese karate experts insist that the art is of Japanese origin; some say it came from Okinawa; others say it began in China and spread from there. Although there are various theories and views explaining its history in Korea, we will consider the Moo Duk Kwan's assertion as described in Moo Duk Kwan's major text book **Soo Bahk Do Dae Kam** written by Grand Master Hwang Kee.

It is a well-known theory, mainly of Japanese stylists, that according to popular legend the Indian Zen priest Dahlma (called Daruma in Japan) is credited with its birth in the year 517 AD in China. From China it found its way to Okinawa and subsequently was modified and developed into many styles.

In his book, **Soo Bahk Do Dae Kam**, Grand Master Hwang Kee strongly rejects the theory that the priest Dahlma is the founder of the martial arts. Citing the **Muye Dobo Tong Ji** (a martial arts history book

written in the Yi dynasty in 1790). He says there was a record of Tang Soo Do-like martial art approximately two thousand years before Dahlma the monk.

Ancient People needed the arts of self defense.

The traditional name of Tang Soo Do was Soo Bahk, Taek Kyun, Hwa Soo and Kwon Bop. Keeping pace with the times, the theory and techniques have been changed and the method of use and the purpose of encouragement were different in every country and society. In fact, the history of Tang Soo Do is very long, but this martial art's founder, time and place of beginning are unknown or are not pointed out exactly in the materials of history. But no one doubts, and all agree with this ; that the self defense techniques began to develop and be used at the same time as the origin of the human race. That is, this art did not originate in any particular place with any specific intention. It developed as a primitive art of fighting with the purpose of self defense or offense with weapons, and also sometimes man had no means to defend himself except with his hands and feet. Thus through various styles and developments it has come to have merit in making it possible for man to use exercises to knock out their opponents without the use of weapons. There are many theories with little historical data to substantiate them, but to credit any one country or individual would be unfair. Lest we confuse fact with fiction, the best answer is that open hand fighting did not originate in any one country, but instead was a natural development which occurred in different areas as it was needed for self defense.

To avoid prejudice and misunderstanding, perhaps the best answer is that countless methods of development have differed according to place and time from the age of instinctive action approximately one million years ago, to the age of the flowering art, about two thousand years ago. This is, the place where this art originated is all areas of human evolution especially the plateau in the midst of the Asian continent. We know the time this art started was the same time the human race started.

It is best to look at it in a sincere and scientific manner. To analyze it, it would be best to study it's development. Generally, open hand fighting can be divided into four distinct phases.

1. Age of instinctive action

From the dawn of man, approximately one million years ago when no conscious action was involved in defense. Our ancestors fought with animals or same human race for food and survival. They fought like animals without any weapons.

2. Age of conscious action

From the stone age, about 500,000 years ago, to the end of the primitive era. During this time man acted consciously to develop methods of protecting his body and gathering daily needs. This plateau was in Asia and Europe. In this era, humans consciously used stone, sticks and any materials as weapons.

3. The early age of systemization

This was the iron age which covered the period from 10,000 to 2,000 years ago, at which time the self defense arts were consciously developed and systemized by civilized men.

4. The age of the flowering arts

This period begins about 2,600 years ago and is the period in which the art reached its fullest development in various systems in different parts of the world. This is the period of most interest to us.

Early Tang Soo Do

About 2000 years ago.

Two thousand years ago, we know that the martial arts had been all over the world through archaeological remains, vestiges of an ancient civilization, an evening story, and oral tradition. For example, about 2300 years ago, in the time of the Veluglese regime in Greece, there was a fight which was called **Bangulighon**. This fighting game was, with a bare hand, to attack in opposition an opponent with all resorts, except attacking, biting and pulling out the other's eyes. In the orient 1,970 years ago, there are some reports in materials of history that

fighting called **Soo Bahk** (Kwon Bop) was in being in the Aeje dynasty of the Han empire in China. In Korea 1,700 years ago, the early part of the Kokuryo dynasty, there was a grapple which was called Soo Bahk, Tack Kyun, Kwon Bop, and the facts still remain in many written sources, mural paintings, and the archaeological remains. Therefore, this manual art (simply self defense or instinctive reaction) was systemized as a contest 2,000 years ago.

In this period of time, the martial arts had spread over most oriental countries; China, India, Korea, Okinawa, Thailand and Japan. Also well known practitioners were priest Dahlma, Jang Sam Bong, Jang Sang Kye in China and Lee Yui Moon in Korea.

The Development in Korea.

Korean martial arts is one of the oldest in the world, and has had a colorful and rich history. The ancestry of Korean Martial arts can be traced back to the period of the three kingdoms founded more than two thousand years ago. Not long after its development in China, the early version of the art showed up in the Korean peninsula. This process of change started early in ancient times in what is now Korea. At that time Korea was divided into three separate kingdoms, and each of them developed Soo Bahk or Kwon Bop on their own. The kingdom of Koguryo ruled in the north, Silla in the southeast and Paickche in the southwest. After a long series of wars, Silla emerged victorious over it's neighbours in 668 AD.

The age of Koguryo Dynasty.

Buddhism was introduced into the northern kingdom of Koguryo in the fourth century as part of a general Chinese cultural invasion of the Korean peninsula. The buddhist monks were quick to adopt Kwon Bop fighting styles. As in China, the art flourished on temple grounds. The monks saw in Koguryo at the time a turbulent area, infested with bandits and wild beasts. The monks did a great deal of travelling, and to protect themselves they practiced Kwon Bop. They had time to train in the art and did refine many techniques. Living by themselves in the mountains, they could train quietly and with the intense concentration demanded by Buddhism. We know and recognize that Soo Bahk, Tae Kyun and Kwon Bop were the most popular martial arts in the Koguryo regime. There is documentary evidence of the existence of specialized hand and foot fighting even this far back. Ruins of royal tombs built during this period contain murals depicting scenes of unarmed combat practice. In 1934 a group of Japanese archaeologists discovered Muyong Chong and Kakchu Chong, two royal tombs dating back to the Koguryo dynasty. The tombs were located in Tungku, China, in the Tung-hun province of Manchuria where Koguryo had its capital. The ceiling of the Muyong Chong carried a painting portraying two unarmed men confronting each other. The mural painting of the Kakchu Chong shows two men wrestling. Since the construction of the two tombs mentioned took place between the years 300 and 427 AD. one may be surprised how old the art of Tang Soo Do is. The art was taught not only to the most powerful army at the time, but also to all civilians, like our manners and folk customs, becoming part of public games and fairs. Therefore Moo Duk Kwan decided to wear the same colored training clothes (Toe Bohk) as ancient warriors. Especially, the black belt coat of Toe Bahk was derived from ancient warriors clothing.

The age of Silla Dynasty.

Approximately 2,000 years ago in the southern part of the Korean peninsula, there was a small kingdom constantly under invasion and harassment from its two more powerful northern neighbors. To preserve themselves, the young aristocrat of the country formed a young officers' warriors corp, called Hwa Rang Dan. This was in the reign of Chin Heung, 24th king of the Silla Dynasty. The warrior corps trained themselves by practicing mental and physical discipline throughout the years in the wild mountains and along the rugged seashore. They trained and drove themselves unmercifully to prepare themselves for their task; to guide themselves and give purpose to their knighthood. They incorporated a five point code of conduct set forth by

their country's greatest monk, Won Kwang, and the code became our Tang Soo Do's basic principles even today.

1. Loyalty to Country.
2. Obedience to parents and elders.
3. Honor friendship.
4. No retreat in battle.
5. In fighting, choose with sense and honor.

The Hwa Rang Dan became known for their courage and skill in battle, gaining respect from even their most bitter foes. They derived strength from their respect for the code enabling them to attain feats of valor that became legendary. Through their feats, however, they inspired the people of Silla to rise and unite and eventually conquer the other two kingdoms. From the victory of Silla, the Korean peninsula became united for the first time in its history. During the time of the Hwa Rang Dan, the original primitive art of self defense called Hwa Rang Do was developed.

The vestiges of that age.

Two sculptures assuming postures of early Tang Soo Do stand guard outside a temple, named Sok Kul Am, at Toham mountain in Kyungju, this was the capital of Silla dynasty. The two sculptures are called Kum Kang Ryuk Sa, and the forms they are demonstrating could be considered the same as those of the Pal Chae and Sip soo form of today. The Suk Kul Am temple is a small Buddhist cavern temple going back to 751 AD. From this we know that the present method of Korean Fighting, known as Tang Soo Do, traces its lineage back to those early and troubled times. Also we see, the most important part of this training was to develop a fighting spirit to supplement the rigorous technical training.

The times of Koryo Dynasty

The greatest period of Tang Soo Do came after the establishment of the Koryo kingdom. In 935 AD the Silla kingdom was overthrown and the kingdom of Koryo founded. From Koryo comes the western name Korea. Founded by a warlord, the soldiers of the Koryo dynasty were among the finest the country has ever produced and their martial spirit and bravery has been an inspiration ever since. The kingdom was strictly militaristic in spirit, a fact necessitated by the need to defend the country against foreign enemies on many occasions. According to an old authoritative history book **Koryosa**, every may, the king of Koryo held a match for unarmed government posts. King Uijong, 16th of the Koryo dynasty, admired the excellence of Yi Ui Moon in Tang Soo Do and he was promoted to Dae Jung (General). Also, Jang Jung Boo, Sa Kang Sung were recorded as excellent Tang Soo Do winners. Thus the art, having its inception in religious discipline, received royal patronage, and became a permanent segment of national life.

The age of Yi dynasty.

After 475 years of rule, Koryo dynasty was defeated by Yi Sung Kye, who was the founder of the Yi dynasty. The Yi dynasty was started by him in 1392 AD. During the first part of the Yi dynasty the feudal lords put more emphasis on literature and this fighting art remained merely among the younger people. A small group of people continued to practice this technique and even to improve upon it. In earlier dynasties of the Korean peninsula, this fighting art was called Soo Bahk Ki and Taek Kyun. However, the people used both words without discrimination. A period of civil enlightenment set in during which time anything related to military training was frowned upon. In spite of its unpopularity in the Yi dynasty a most important record was made in this period. It is a fully illustrated martial arts record book called **Muye Dobo Tong Ji** written in 1790 which contains illustrations that substantiate the theory that Soo Bahk Ki quickly developed into a sophisticated form of combat techniques art. Even the pictures and statues mentioned earlier reveal expressions and postures quite advanced relative to similar arts at that time. There is no exact record but there are many legendary stories flowing from generation to generation among the people. Soo Bahk Ki or Tuck Kyun, Sippal Ki or Sansin Yuk Ki were well spread to the common people as very

frightening arts. Still the people of Korea say **Sansin Yuk Kyo Jul Hang Rang**, which means run away as soon as possible.

Tang Soo Do in Modern Times

The age of Japanese occupation. Due to the non military politics in the reign of Yi dynasty, the government was corrupted and conflicted by leading politicians, so when the strong Japanese military government invaded the Korean peninsula, the wael Yi dynasty could not rid itself of their invasion. In 1909 Japan occupied the Korean peninsula. Hence the martial arts met a final blow when the Korean people were forbidden to practice any martial art. In this time, known as Tack Kyun, martial arts secretly survived among a remnant of a handful of students. Meanwhile, many Koreans oppressed at home, emigrated from their country to study and work in other parts of the world, including China and Japan.

No restrictions on unarmed martial arts training existed in these countries, and for the first time in over a thousand years, Tack Kyun was exposed to other forms of unarmed self defense. This indeed proved to be an exciting development. Tack Kyun, not only survived, but ultimately prevailed over its rivals. Grand Master Hwang Kee, who founded Moo Duk Kwan Tang Soo Do techniques as well as the organization, was one of the exiles under the pressure of the Japanese government. He went to China in 1936. Previously he trained under an unknown Soo Bahk Ki master, starting his training at an early age, and at the time of his exile he was well known as a Soo Bahk Ki master, so naturally the Japanese government put him under their surveillance. In 36 years of Japanese occupancy, the Japanese introduced their so called Karate to Korea, however their restriction of Korean people to teaching their karate or training did not influence at all the Korean martial field. But some people may still think Korean karate was introduced by Japan. From the above history, it is a very wrong theory and concept.

Someone may say Korean Tang Soo Do or Tae Kwon Do came from Japan because the same type of hyungs or katas are trained in these arts. So some masters try to make new hyungs such as Chun Ju, Tan Kunts. As we all know the traditional forms - Hyung are universal, Japan, Korea, China - all these countries have the same hyungs. The mood of movements, rhythms, principals, emphasis, etc may vary in each style, but it is never owned by one style or country. Pyung Ahn Cho Dan, Bassai, Naihanchi Cho Dan, Jindo, Unsyoo, Kongsang Koon, for example, all were taught by Japanese, Chinese and Korean respectively. The hyungs' names may be called differently by each country or system, for example hyung Naihanchi is called in Japan Tekki, in Korea Chulki or Naihanchi, in China Naihanchi. As we strive

to continue this ancient tradition passed on to us from Hwa Rang Knights, let us work diligently to continue our martial culture and help to perpetuate the legacy of Tang Soo Do in a manner befitting its long and storied past. TANG SOO!



Chapter 2

Dojang Etiquette

Dojang Etiquette

1. Students should make every effort to arrive early for class. This will allow sufficient time to stretch and prepare. Consistent tardiness shows a lack of attention and discipline.
2. Upon arrival at the Dojang, students must acknowledge and bow to the instructor.
3. Proper respect should be displayed by the mutual bowing between students as they arrive for training. The "greeting" (Tang Soo!) should be initiated by the junior member and acknowledged by the senior member.
4. To bow properly, come to a complete stop and face the person. Stand erect with your shoulders back, and your arms at your side. Slowly bow from the waist to approximately a forty five degree angle, return to erect posture and continue

- through the dojang. Eye focus is downward and not at the eyes of your classmate.
5. Students must remove their shoes prior to walking on the dojang matted areas.
 6. Entrance into the instructor's office should only be done upon permission of the instructor. The student should remain standing at attention unless the instructor gives permission to be seated.

 7. All students entering the matted area of the dojang must come to attention, salute the flags and bow. Upon exiting the dojang the student must perform the same salutations. This displays proper respect and patriotism.
 8. Students must scan their membership card to record attendance at each class. Membership cards should then be returned to their proper place in the card files.
 9. When class is directed to line up, each student must quickly find the correct position in line according to their rank and seniority. Attention to seniority must be properly displayed during all training procedures.
 10. The first student to notice the entrance of the instructor to the matted training area must immediately call the class to attention. The senior student must then issue the commands to the class to bow to the instructor.
 11. The senior student will perform the class commands as directed by the instructor. The formality and the correctness to the beginning and end of class must not be taken lightly. The proper attention position should be demonstrated by all students. Saluting the flags should be done with pride.
 12. When sitting for meditation or other purposes, all students should wait for their seniors and any instructors to sit before they do unless otherwise directed by the instructor.
 13. When in line students must ask permission before leaving the line for any reason. To leave the line, the student must first

bow, then step backwards out of their position, never step forward, and never walk through a formed line of other students. The student must also ask permission before stepping back into line.

14. If a student arrives after class has started, they should first meditate and stretch. They are then required to ask the instructor's permission to join the class.
15. Master Arnold should be addressed as Sa Bom Nim, Master Glenn, or Master Arnold. Any black belts should be addressed as ma'am, sir or Mr. Mrs. Ms. Etc., followed by their last name.
16. Students with questions should first ask their senior to obtain answers. If they need further assistance, they should gain permission prior to approaching the instructor. The chain of command in training is an important learning tool, and must be maintained.
17. It is a privilege to have the opportunity to train and students must show proper respect and appreciation for the dojang. Students must make every effort to keep their training space neat and clean. Students should never eat or drink in the matted areas of the school.
18. Students must at all times maintain proper discipline with regard to posture. When speaking to a senior or instructor, stand at attention with your hands at your sides and feet together. When seated keep your back straight, legs crossed with hands on your knees. NEVER LOUNGE!
19. Students must display proper respect for their uniform. (dobok) Do not come to class with a dirty wrinkled uniform. This shows a disrespectful attitude to your classmates as well as yourself.
20. Appreciate your opportunity to train, show respect, pay attention, answer properly with spirit at all times.
21. Tang Soo Do manners and respect are required at home, school, and in general. Our goals are to use traditional Tang Soo Do as a means to improve and prolong our lives.

Terminology

The terms that have been listed below are basic phrases and commands used in Traditional Tang Soo Do classes. Please make yourself familiar with all of these terms.

Tang Soo Do

The name of our martial art. There are several interpretations of the Korean characters that represent our martial art.

The Way of The Worthy Hand

The Way of The China Hand

The Way of Butting and Kicking

The Way of Defense/Strike With the Worthy Hand

Moo Duk Kwan

Organization or "Military" brotherhood in training to prevent inner and outer. Literally – "Moo meaning military; Duk" meaning knowledge; "Kwan" meaning school.

Sa Bom Nim

Master Instructor, Senior Dan member 4th degree black belt or higher.

Title of high respect, indicated by a midnight blue belt with a red stripe that is through the center of the belt. Requires long and intense training.

Sun Beh

Senior Student

Hu Beh

Junior Student

Dan

Holder of midnight blue (black) belt

Ko Dan Ja

Senior Dan

Cho Dan Bo

Black Belt Candidate

Gup

Student holding belt ranking under midnight blue

Cho Ba Ja

Beginner

Dojang

Training Hall

Do bok

Uniform

Dee

Belt

Komapsumnida

Thank you very much (sir or ma'am)

Cha Ryut

Attention

Kuk Gi Bay Ray

Salute the flag

Ba Ro

Return

Anjoh

Sit

Muk Nyum

Meditation

Kyung Ret

Bow

Sahng Ho Kwan Ne Kyung Ret

Bow to Each Other

Shi Jock

Begin

Shio

Relax

Tora

Turn

Dwee Ro Tora

Turn to The Rear

Choon Bee

Ready Position

Kyo Deh

Change Position

Gi Cho

Basic

Hyung

Forms

Deh Ryun

Sparring

Ho Sin Sul

Self Defense

Kyok Pa

Breaking

Soo Gi

Hand Technique

Jok Gi

Foot Technique

Mahk Kee

Block

Kong Kyuk

Attack

Ha Dan

Low Part

Choong Dan

Middle Part

Sang Dan

High Part

Ahp

Front

Yup

Side

Dwi

Back

Cha Gi

Kick

Ki Hap

Spirit Breath / Yell

O Rin

Right

Wen

Left

Counting

Korea has two systems of counting The Korean system and the Sino Korean system. Each are used to count different things.

English	Sino – Korean	Korean
1	Il	Hana
2	E	Dul
3	Sam	Set
4	Sa	Net
5	O	Dasot
6	Yuk	Yosot
7	Ch'il	Ilgop
8	P'al	Yodul
9	Ku	Ahop
10	Sip	Yol
20	I-Sip	Samul
30	Sam-Sip	Sorhun
40	Sa – Sip	Ma hun
50	O – Sip	Swin

Tang Soo Do Principles

Responsibility

Sincerity

Justice

Guidance Policy of Tang Soo Do

Protect the art of Tang Soo Do with justice.

Cultivate personality and character through disciplined training.

Unity through sincerity and courtesy.

Ten Articles of Faith

Be Loyal To Your Country

Be Obedient To Your Parents

Be Loving Between Husband and Wife

Be Cooperative Between Brothers

Be Faithful Between Friends

Be Respectful to Your Elders

Be Faithful Between Teacher and Student

Know The Difference Between Good and Evil

Never Retreat in Battle

Always Finish What You Start

Testing Procedure

1. Students should arrive at least 15 minutes before the scheduled test.
2. Upon arrival, check in and change into and inspect your uniform.
3. During the test sit quietly at attention, back straight hands on knees. **No talking**
4. Expect to stay for the entire test. If you need to leave early you must obtain permission before the test begins.
5. If you need to be excused for any reason, ask permission from the instructor conducting your test.
6. Answer loudly when called upon or addressed.
7. If you make a mistake during a form, stop and ask permission to start over.
8. Notify the senior instructor of any injuries prior to testing.
9. Be serious and enthusiastic.
10. Plan to stay briefly afterwards to help in cleaning the dojang.

Testing Guidelines

Ranking	Time Period	Belt Color and Trim
10 th Gup	Upon Permission	White
9 th Gup	Upon Permission	Yellow
8 th Gup	Three Months	Orange
7 th Gup	Three Months	Orange / w/ green stripe
6 th Gup	Three Months	Green / Green lapel trim
5 th Gup	Three Months	Green / w/ red stripe
4 th Gup	Three Months	Green / 2 red stripes
3 rd Gup	Three Months	Red / Red lapel trim
2 nd Gup	Six Months	Red / 1 blue stripe
1 st Gup	Six Months	Red / 2 blue stripes
1 st Pre- Test (Cho Dan Bo)	Six Months	Royal Blue Belt no trim
2 nd Pre Test	Six Months	Royal Blue Belt no trim
Cho Dan	Upon Permission	Midnight Blue
E Dan	2 additional years	
Sam Dan	3 additional years	
Sa Dan	4 additional years (Must be 21)	

Testing Requirements

Hyung

<i>10th Gup to 9th Gup</i>	<i>Gi Cho Hyung Il Bu</i>
<i>9th Gup to 8th Gup</i>	<i>Gi Cho Hyung E Bu</i> <i>Gi Cho Hyung Sam Bu</i>
<i>8th Gup to 7th Gup</i>	<i>Pyong Ahn Cho Dan</i>
<i>7th Gup to 6th Gup</i>	<i>Pyong Ahn E Dan</i>
<i>6th Gup to 5th Gup</i>	<i>Pyong Ahn Sam Dan</i>
<i>5th Gup to 4th Gup</i>	<i>Pyong Ahn Sa Dan</i>
<i>4th Gup to 3rd Gup</i>	<i>Pyong Ahn O Dan</i>
<i>3rd Gup to Second Gup</i>	<i>Pal Che So</i>
<i>2nd Gup to 1st Gup</i>	<i>Pal Che Deh</i>
<i>1st and 2nd Pre Test</i>	<i>Gi Cho Hyung Il Bu through</i> <i>Keemah Hyung Cho Dan</i>
<i>1st Degree Black Belt</i>	<i>All previous forms plus Bong Hyung</i> <i>Cho Dan and Dan Gum Hyung Cho</i> <i>Dan</i>
<i>2nd Degree Black Belt</i>	<i>Sip Soo</i> <i>Keemah Hyung E Dan</i> <i>Jindo, Bong Hyung E Dan</i>
<i>3rd Degree Black Belt</i>	<i>Lo Hi, Keemah Hyung Sam Dan</i> <i>Bong Hyung Sam Dan</i>

Testing Requirements II Soo Sik and Children's Long Distance

<i>10th Gup to 9th Gup</i>	Adults - Basic 1&2 Hand Basic 1&2 Foot Children – Long Distance 1&2
<i>9th Gup to 8th Gup</i>	Adults - Basic 3&4 Hand Basic - 3&4 Foot Children – Long Distance 3&4
<i>8th Gup to 7th Gup</i>	Adults – Basic 5&6 Hand Basic 5&6 Foot Children – Long Distance 5&6
<i>6th Gup to 5th Gup</i>	Adults – Basic 7&8 Hand Basic 7&8 Foot Children - Long Distance 7&8
<i>5th Gup to 4th Gup</i>	Adults – Basic 9&10 Hand Basic 9&10 Foot Children – Long Distance 9&10
<i>4th Gup to 3rd Gup</i>	Adults - Basic 13,14,15 Hand Basic 13,14,15 Foot Children – Long Distance 1-10

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<i>3rd Gup to 2nd Gup</i>	Adults & Children Red Belt 1-4 Red Belt Basic Actions 1-12 Red Belt Long Distance 1-5
<i>2nd Gup to 1st Gup</i>	Adults & Children Red Belt 5-9 Red Belt Basic Actions 1-12 Red Belt Long Distance 1-5
<i>1st and 2nd Pre Test and Cho Dan Test</i>	Red Belt 1-9 Red Belt Basic Actions 1-12 Red Belt Long Distance 1-5
<i>1st Dan to 2nd Dan</i>	As Requested By Examiners Plus 1-8 Black Belt Basic Actions 1-4 Pyong Ahn Il Soo Sik
<i>2nd Dan to 3rd Dan</i>	As Requested By Examiners Plus 1-8 Black Belt Basic Actions 1-9 Pyong Ahn Il Soo Sik

Testing Requirements

Ho Sin Sul

10 th to 9 th Gup	Basic 1 & 2 Adults Only
9 th to 8 th Gup	Basic 3 & 4 Adults Only
8 th Gup to 7 th Gup	Basic 5 & 6 Adults Only
7 th Gup 6 th Gup	Basic 7 & 8 Adults Only
6 th Gup to 5 th Gup	Basic 9 & 10 Adults Only
5 th Gup to 4 th Gup	Basic 11 & 12 Adults Only
4 th Gup to 3 rd Gup	Basic 13,14,15 Adults Only
3 rd Gup to 2 nd Gup	Red Belt 1-4
2 nd Gup to 1 st Gup & Cho Dan Test	Red Belt 1-6 and as requested by examiners
Cho Dan to E Dan	Cho Dan Wrist Grabs and as requested by examiners
E Dan to Sam Dan	E dan Wrist Grabs and as requested by examiners

Testing Requirements Kyok Pa

<i>10th Gup to 9th Gup</i>	Not Required
<i>9th Gup to 8th Gup</i>	Adults – Outside to Inside Soo Do Children – Downward Kwan Do
<i>8th Gup to 7th Gup</i>	Men – Reverse Punch Women – Palm Strike Children – Soo Do
<i>7th Gup to 6th Gup</i>	Outside Inside Elbow Strike
<i>6th Gup to 5th Gup</i>	Jump Front Kick
<i>5th Gup to 4th Gup</i>	Jump Side Kick
<i>4th Gup to 3rd Gup</i>	Spinning Back Kick
<i>3rd Gup to 2nd Gup</i>	Spinning Hook Kick
<i>2nd Gup to 1st Gup</i>	Jump Round Kick
<i>1st & 2nd Pretest & Cho Dan</i>	Three Station Break
<i>Cho Dan to E Dan</i>	Double Jump Front Kick
<i>E Dan to Sam Dan</i>	Flying Side Kick over 5 peers
<i>Sam Dan to Sa Dan</i>	Six Boards Maximum three stations

Technical Requirements Children's Long Distance

Descriptions and Reference

Children's Long Distance	Belt level Requirement
<p>1. Open hand low block, back stance, reverse punch front stance, front kick, round kick, reverse punch, high punch. Return to starting point in back stance while counting. Hana, Dul</p>	<p>White Belt (10th Gup)</p>
<p>2. Open hand low block, back stance, reverse punch front stance, round kick, round kick, reverse punch, high punch. Return to starting point in back stance while counting. Hana, Dul</p>	<p>White Belt (10th Gup)</p>
<p>3. Open hand low block, back stance, reverse punch front stance, round kick, round kick, back kick, reverse punch, high punch, return to starting point while counting, Hana, Dul, Set</p>	<p>Yellow Belt (9th Gup)</p>
<p>4. Open hand low block back stance, reverse punch front stance, round kick, round kick, jump front kick, reverse punch, high punch, return to starting point while counting, Hana, Dul, Set, Net</p>	<p>Yellow Belt (9th Gup)</p>

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<p>5. Open hand low block back stance, reverse punch front stance, round kick, same leg jump side kick, back kick, reverse punch front stance, high punch, return to starting point while counting, Hana, Dul, Set, Net</p>	<p>Orange Belt (8th Gup)</p>
<p>6. Open hand low block back stance, reverse punch front stance, round kick, round kick, back kick, back kick, reverse punch front stance, high punch, return to starting point while counting, Hana, Dul, Set, Net</p>	<p>Orange Belt (8th Gup)</p>
<p>7. Open hand low block back stance, reverse punch front stance, outside to inside crescent kick, jump back kick, reverse punch, high punch, return to starting point while counting, Hana, Dul</p>	<p>Orange Belt (7th Gup)</p>
<p>8. Open hand low block back stance, reverse punch front stance, round kick, 360 round kick, reverse punch, high punch, return to starting point while counting, Hana, Dul, Set</p>	<p>Orange Belt (7th Gup)</p>

<p>9. Open hand low block back stance, reverse punch front stance, slide up round kick, switch feet, slide up round kick, reverse punch, high punch, return to starting point while counting Hana, Dul, Set</p>	<p>Green Belt (6th Gup) (5th Gup) (4th Gup)</p>
<p>10. Open hand low block back stance, reverse punch front stance, four round kicks same leg without placing kicking leg foot on ground before completion, hook kick, reverse punch, high punch, return to starting point while counting, Hana, Dul, Set, Net</p>	<p>Green Belt (6th Gup) (5th Gup) (4th Gup)</p>
<p>11. Open hand block back stance, reverse punch front stance, returning immediately to back stance, outside to inside crescent kick, spinning inside to outside crescent kick, reverse punch, high punch, returning to starting point while counting, Hana, Dul</p>	<p>Red Belt (3rd Gup) (2nd Gup) (1st Gup) Cho Dan Bo</p>
<p>12. Open hand block back stance, reverse punch front stance, returning immediately to back stance, front leg hook kick, spinning hook, reverse punch, high punch, returning to starting point while counting, Hana, Dul, Set</p>	<p>Red Belt (3rd Gup) (2nd Gup) (1st Gup) Cho Dan Bo</p>

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<p>13. Open hand block back stance, reverse punch front stance, returning immediately to back stance, back kick from ground, reverse punch, high punch, returning to starting point while counting, Hana, Dul, Set</p>	<p>Red Belt (3rd Gup) (2nd Gup) (1st Gup) Cho Dan Bo</p>
<p>14. Open hand block back stance, reverse punch front stance, returning immediately to back stance, reverse round kick, turning hook kick, reverse punch, high punch, returning to starting point while counting, Hana, Dul, Set</p>	<p>Red Belt (3rd Gup) (2nd Gup) (1st Gup) Cho Dan Bo</p>
<p>15. Open hand block back stance, reverse punch front stance, low side kick front leg, jump back kick, reverse punch, high punch, returning to starting point while counting Hana, Dul, Set</p>	<p>Red Belt (3rd Gup) (2nd Gup) (1st Gup) Cho Dan Bo</p>

Basic Il Soo Sik 1-15 Hand

<p>1. The defender evades attack by stepping 45 degrees inward with the right leg forming a horse stance. Chamber the hands at the right hip, simultaneously perform a inside to outside soo do block to the attacker's right wrist and punch to the area between the attacker's nose and upper lip.</p>	<p>White Belt (10th Gup)</p>
<p>2. The defender evades attack by stepping 45 degrees inward with the right leg forming a horse stance. Simultaneously chamber the hands on the left hip and perform a left hand middle punch, re-chamber the hands on the right hip and perform a inside to outside soo do block to the attacker's right wrist while punching his face between the upper lip and nose.</p>	<p>White Belt (10th Gup)</p>
<p>3. Defender steps back with left leg into back stance while performing an outside to inside open hand block to the attacker's right wrist. Defender then steps toward attacker crossing arms in front and striking attacker in the solar plexus while forming a horse stance.</p>	<p>Yellow Belt (9th Gup)</p>

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<p>4. Defender steps back with the left leg while performing an outside to inside open hand block to attacker's wrist in back stance. Defender then steps toward attacker crossing arms in front and striking the attacker in the solar plexus, defender then adjusts his back leg to form a lowered front stance and strikes attacker with a turning elbow.</p>	<p>Yellow Belt (9th Gup)</p>
<p>5. Defender steps back into fighting stance with the left leg while simultaneously performing a downward press block to the attacker's right wrist. Defender then steps into horse stance while performing a soo do strike to the attackers neck.</p>	<p>Orange Belt (8th Gup)</p>
<p>6. Defender steps 45 degrees to the left of the attacker while performing an inside to outside soo do block to the attackers right wrist in horse stance. Punch with the left hand to the attackers ribs and the right hand to the face area.</p>	<p>Orange Belt (8th Gup)</p>

<p>7. Defender steps 45 degrees inward to the right of the attacker, chamber hands above the shoulder and behind the head simultaneously performing an inside to outside soo do block to the attacker's right wrist and striking the attacker's temple with a soo do strike.</p>	<p>Orange Belt (7th Gup)</p>
<p>8. Step backward into fighting stance with the right leg, perform an inside to outside soo do block with the left hand, grab the attacker's wrist pulling him while stepping forward into horse stance and executing an elbow strike to the attacker's head.</p>	<p>Orange Belt (7th Gup)</p>
<p>9. Step back with the left leg into fighting stance while performing an outside to inside soo do block to the attacker's right wrist. Step toward the attacker forming horse stance while executing an elbow strike to the attacker's solar plexus, followed by a bottom fist to the groin and back fist to the face with the right hand.</p>	<p>Green Belt (6th Gup)</p>

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<p>10. Step back with the left leg into back stance while performing an inside to outside soo do block to the attacker's right wrist. Grab the attacker's wrist with the right hand while pushing up on the attacker's right elbow with the left hand. Step 45 degrees inward driving the attacker's arm into their mid section, and driving your left leg into the attacker's right leg executing a leg sweep.</p>	<p>Green Belt (6th Gup)</p>
<p>11. Step Back with the right leg into fighting stance while performing an inside to outside soo do block to the attacker's right wrist. Shift into front stance while grabbing the attacker's shoulders. Pull attacker forward while executing an upward knee strike to the solar plexus.</p>	<p>Green Belt (5th Gup)</p>
<p>12. Step Back with the right leg into fighting stance while performing an inside to outside soo do block to the attacker's right wrist. Shift into front stance grabbing the attacker by the back of the head and pulling the attacker forward while executing an upward knee strike to the head.</p>	<p>Green Belt (5th Gup)</p>

<p>13. Step back with the left leg into back stance executing an outside to inside open hand block to the attacker's right wrist. Step inward into horse stance while crossing arms in front of the body and executing a soo do strike to the attacker's temple followed by a spinning left knife hand to the attacker's temple.</p>	<p>Green Belt (4th Gup)</p>
<p>14. Defender steps back into front stance while executing a low x block stopping attacker's front kick. Defender opens hands and grabs attacker's leg while pulling attacker toward them, shift into half stance, then twist into front stance performing a reverse punch to the attacker's head.</p>	<p>Green Belt (4th Gup)</p>
<p>15. Defender steps inward on a 45 degree angle to the right of the attacker into a front stance. Catch the attacker's round kick with the left arm against the shoulder area. Twist 45 degrees to the left into front stance and execute a descending elbow to the attacker's knee.</p>	<p>Green Belt (4th Gup)</p>

Basic Il Soo Sik 1-15 Foot

<p>1. Step back with right leg into fighting stance, execute a mid level front kick then step forty five degrees to the right as you set down into a horse stance. Chamber hands at hip on the left side then execute a mid level punch with your left hand followed by a right hand high punch.</p>	<p>White Belt (10th Gup)</p>
<p>2. Step back with right leg into fighting stance, execute a mid level side kick then step forty five degrees to the right as you set down into a horse stance. Chamber hands at hip on the left side then execute a mid level punch with your left hand followed by a right hand high punch.</p>	<p>White Belt (10th Gup)</p>
<p>3. Step back with left leg into fighting stance, execute a mid level back kick, as you set down into front stance, perform an inside to outside soo do block to the attacker's right wrist then reverse punch to face level</p>	<p>Yellow Belt (9th Gup)</p>

<p>4. Step back into fighting stance with the right leg. Execute a right leg face level round kick, sit right leg down in horse stance 45 degrees inward and to the right side of the attacker. Chamber hands at the left hip and perform a left hand punch to the solar plexus followed by a right hand soo do to the temple.</p>	<p>Yellow Belt (9th Gup)</p>
<p>5. From Choon Bee jump to the attackers left 45 degrees inward, execute a side kick to attackers ribs, sit down behind the attacker in horse stance and execute a right hand soo do to the base of the neck.</p>	<p>Orange Belt (8th Gup)</p>
<p>6. From Choon Bee jump to the attackers left 45 degrees inward, execute a round kick to the attackers solar plexus, sit down behind the attacker in horse stance and execute a soo do strike to the base of the neck, move the right leg in front of the attacker into front stance and perform a reverse punch with the left hand to the attacker's ribs.</p>	<p>Orange Belt (8th Gup)</p>

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<p>7. Step back with the right leg into fighting stance and execute a turning side kick to the attackers chest followed by a side kick to the head before placing the foot on the ground</p>	<p>Orange Belt (7th Gup)</p>
<p>8. Step back into fighting stance while executing a inside to outside soo do block to the attacker's right wrist, perform a right leg round kick, sit down in back stance and back fist face level with right hand followed by a turning elbow to the attackers solar plexus.</p>	<p>Orange Belt (7th Gup)</p>
<p>9. Step back with the left leg into a fighting stance while executing an inside to outside block to the outside of the attacker's right wrist, push attacker's hand downward and execute a front leg hook kick to the head, sit down in back stance, perform a back fist to the face followed by a turning elbow to the solar plexus.</p>	<p>Green Belt (6th Gup)</p>

<p>10. Step back with the right leg into fighting stance, perform an inside to outside crescent kick with the right leg followed by a spinning hook kick with the left leg to the head of the attacker.</p>	<p>Green Belt (6th Gup)</p>
<p>11. Step inward forty five degrees to the left of the attacker forming a front stance left leg forward. Perform an inside to outside soo do block to the outside of the attacker's right wrist. Hold the attacker's wrist while executing a right leg side kick to the attacker's ribs.</p>	<p>Green Belt (5th Gup)</p>
<p>12. Step back with the right leg into fighting stance. Execute an outside to inside crescent kick with the right leg. Upon completion of the crescent kick, and before placing the foot on the ground, execute a mid level side kick.</p>	<p>Green Belt (5th Gup)</p>
<p>13. Step back with the right leg into fighting stance. Execute a turning round kick to the attacker's solar plexus, re-chamber the leg then execute a round kick to the attacker's head. Do not place the foot on the ground in between kicks.</p>	<p>Green Belt (4th Gup)</p>

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<p>14. From Choon Bee jump inward forty five degrees landing on one foot evade the attacker's punch, grab the attacker by the near and far shoulder execute a side kick to the knee.</p>	<p>Green Belt (4th Gup)</p>
<p>15. From Choon Bee jump inward forty five degrees landing on one foot evade the attacker's punch, grab the attacker by the near shoulder and hair, execute a side kick to the knee.</p>	<p>Green Belt (4th Gup)</p>

Red Belt Basic Actions

<p>1. Low block front stance, shift into half stance then back to front executing a reverse punch, shift into half stance then back to front executing a high block with the forward arm.</p>
<p>2. Middle punch front stance, shift into half stance then execute a reverse middle punch, shift again into half stance then perform an inside to outside block with the forward arm.</p>
<p>3. Middle side punch in horse stance, inside to outside block back stance, low two fist x block forward leg in front stance.</p>
<p>4. Two fist middle reinforced block front stance, immediately reverse punch without re-chambering, low knife hand block back stance.</p>
<p>5. Low knife hand block back stance, shift into front stance and perform a reverse mid level spear hand, then execute a temple level outside to inside soo do strike with the forward arm.</p>
<p>6. Outside inside block front stance, reverse outside inside block front stance, two fist mid level reinforced block back stance.</p>
<p>7. Inside to outside soo do block half stance followed immediately by a reverse punch in front stance, middle knife hand block back stance, then high block in front stance with the forward arm.</p>
<p>8. Start in back stance, back kick, high block front stance, Reverse middle punch front stance, low knife hand block back stance.</p>
<p>9. Start in front stance, execute a front kick, set down in back stance execute a round kick, set down in back stance execute a back kick, then finish in front stance.</p>
<p>10. Start in back stance, execute a turning side kick, back kick, then round kick, all finishing in fighting stance.</p>
<p>11. Start in back stance, perform a round kick, same leg performs jump front kick, followed by back kick, all finishing in back stance.</p>
<p>12. Starting in front stance, perform a front kick, followed by a jump side kick with the same leg, land in back stance, back kick then front stance.</p>

Black Belt Basic Actions

<p>1. Back stance, shift into front stance while simultaneously performing a passive soo do block and reverse punch, return to back stance and perform a temple height soo do , back leg outside to inside crescent kick placing leg in front, finish in back stance.</p>
<p>2. Low block front stance, short reverse punch back stance, spinning hook kick, finish in back stance.</p>
<p>3. Outside to inside block (closed fist) back stance, back kick, place foot down in back stance as you execute a high block.</p>
<p>4. Front kick back stance, place foot down in front stance while executing a reverse spear hand to the abdomen, finish with inside to outside block (closed fist) back stance.</p>
<p>5. Reverse two finger spear hand to the eyes, outside to inside block open hand, reverse round kick to the solar plexus, returning kicking leg to it's starting position.</p>
<p>6. Starting in back stance, jump inside to outside crescent kick with the front leg, low X block shifting into front stance as you land, then execute a descending elbow to the back of the head with the forward elbow in back stance.</p>

7. Outside to inside block (closed fist) horse stance, low round kick with the forward leg performed at knee height, jump back kick landing in back stance.
8. Starting in back stance perform a turning side kick mid level, as you place your kicking foot down, execute a low knife hand block followed by a mid level knife hand block, then execute a reverse descending ridge hand to the attacker's temple. Finish in back stance.
9. High block in front stance followed immediately by reverse punch. (no half stance) Face high front kick with the rear leg followed by reverse punch mid level.
10. From Back stance shuffle step with front leg then perform an inside to outside crescent kick, follow with a long spinning hook kick returning leg to it's starting point. Reverse punch front stance then snap back into fighting stance.
11. From fighting stance perform a spinning dragon tail sweep with the rear leg, pop up into fighting stance, perform a reverse punch front stance followed by closed fist outside block back stance then front leg mid level front kick.
12. From fighting stance roll, pop up into fighting stance, perform front leg hook sweep followed by back kick, reverse punch front stance then snap into fighting stance.

Basic Ho Sin Sool (Self Defense) 10th Gup – 4th Gup

1. The wrist is grabbed straight across: Step backward with the grabbed side leg into horse stance. Chamber your hands on the right side and perform a left hand back fist to the face while in horse stance. Shift into front stance and execute a right hand reverse punch. Finish in back stance.

2. Two hands grab one wrist straight across: Step backward with the grabbed side leg into horse stance. Free hand clasps the hand that has been grabbed to assist in the release. Chamber your hands on the right side and perform a left hand back fist to the face, while in horse stance. Shift into front stance and execute a right hand reverse punch. Finish in back stance.

3. The wrist is grabbed straight across: Turn palm upward and bring elbow to your side. Step inward into horse stance while executing an elbow strike to the head or solar plexus. Finish in back stance.

4. The wrist is grabbed straight across: Rotate the hand counter clockwise as the free hand applies pressure to the top of the attacker's hand. Step inward forty five degrees with the left foot into front stance. Execute wrist break. Finish in back stance.

5. The wrist is grabbed on the same side: turn hand upward, do not bring hand higher than the waist. Grab from underneath the attackers hand, apply pressure to the top of the hand while rotating counter clockwise. Finish in back stance.

6. Both wrists are grabbed straight across: Bring one hand under the other grabbing the attackers hand by the palm and rotating counter clockwise. Apply wrist break. Finish in back stance.

7. Bear Hug from Behind: Shift hip to the side and perform a hammer

fist to the groin, drop down and raise both arms to loosen attackers grip. Step out with the right foot into horse stance, perform a right arm elbow strike, then turning elbow strike followed by a mid level reverse punch. Finish in back stance.

8. Bear hug from the front: Grab attacker's belt and execute a knee to the groin. Drop down and raise both arms to loosen attackers grip. Step out with the right foot into horse stance, perform a right arm elbow strike, then turning elbow strike followed by a mid level reverse punch. Finish in back stance.

9. Shoulder is grabbed: Grab attacker's whole hand and rotate it clockwise. Keep attacker's hand pressed against your breast plate. Step inward into horse stance and perform a left hand elbow strike to break the arm. Finish in back stance.

10. Both shoulders are grabbed: Grab attacker's whole hand with both hands and rotate it clockwise. Keep attacker's hand pressed against your breast plate. Step inward into horse stance and perform a left hand elbow strike to break the arm. Finish in back stance.

11. Shoulder is grabbed: Rotate the arm of the grabbed shoulder counter clockwise under the attacker's arm applying pressure at the elbow. Execute a reverse punch to the face. Finish in back stance.

12. Both shoulders are grabbed: Cross arms and rotate both arms outward breaking free. Execute a double hammer fist to the ribs.

13. Hair is grabbed: secure attacker's hand by holding it against the head with both hands. Step backward into front stance executing a wrist break, then front kick to the groin. Finish in back stance.

14. Belt is Grabbed: Grab the attackers wrist with both hands. Turn slightly toward the attacker's arm, then strike the outside of the attacker's arm at the elbow with the top of your elbow. Finish in back stance.

15. Tackle from the front: Step to the side of attacker and grab the belt. Execute a knee to the solar plexus followed by a descending elbow to the base of the neck.

Red Belt Hol Sin Sol

1. Cross grip: (Right wrist is grabbed) Right foot steps toward attacker right foot forward into horse stance. As you step inward, bring right elbow to body step in and escape the wrist grab by rotating the right arm into an elbow strike position, cross right hand under left and perform a right hand soo do strike to the temple, shift into front stance and perform a palm heel to the chin followed by a palm strike to the groin. Finish in fighting stance.

2. Cross Grip: (Right wrist is grabbed) Right foot steps inward to the right side of attacker forty five degrees into front stance. Simultaneously release right hand while performing a left hand soo do strike to the temple. Pivot left into front stance and perform a palm heel to the chin, make half stance and groin strike with the palm then return to front stance. Finish in back stance.

3. Cross Grip: (Right wrist is grabbed) step inward toward attacker's right side, grab attacker's entire hand while rotating counterclockwise, pull attacker's arm across body to increase pressure and destabilize attacker. Execute an elbow strike to attacker's face. Finish in back stance.

4. Cross Grip: (Right wrist is grabbed) Use both hands to grab opponents right wrist. Left foot steps inward and across attacker's body, step under attacker's arm, apply pressure to the attacker's wrist and dislocate the attacker's shoulder. Make sure that you are inside of the attacker's elbow, then execute a head

butt to the attacker's nose. Finish in back stance.

5. Same side Grab: Right foot steps inward into horse stance, simultaneously execute an escape by rotating the elbow over the attacker's gripping hand. Perform a right hand hammer fist to the groin, then back fist the face, finish with ridge hand with the left hand to the temple area in front stance. Finish in back stance.

6. Same side Grab: Step inward forty five degrees into front stance on the right side of the attacker. Simultaneously rotate the attacker's wrist counter clockwise. Soo do chop attacker's neck then follow with a knee to the attacker's solar plexus. Finish in Back Stance.



1. Step forty five degrees inward and to the right into horse stance with both fists chambered on the right. Execute a simultaneous left hand soo do block and right hand face level reverse punch in horse stance. Jump straight up and perform a right leg face level jump front kick. Sit down in front stance right leg forward and perform a mid level reverse punch followed by a face level straight punch. Finish in Back stance.
2. Step forty five degrees inward and two the right into horse stance. Chamber both hands on the left hip and perform a left hand center punch, re-chamber hands on the right hip and execute a simultaneous left hand soo do block and right hand high punch to the face. Step back with the right leg into fighting stance, perform a mid level turning side kick, sit the right leg down in front stance then execute a left hand reverse punch and a right hand punch to the face. Finish in back stance.
3. Step back with the left leg into fighting stance and perform a right hand outside to inside block with an open hand. Step inward into horse stance while executing a right arm elbow strike to the solar plexus. Bring the right leg to the left leg and back kick mid level, sit down in front stance and left hand reverse punch to the solar plexus followed by a right hand punch to the face. Finish in back stance.
4. Step back with the left leg into fighting stance while executing an outside to inside open hand soo do block. Step inward into horse stance and perform a right arm elbow attack to the solar plexus followed by a turning elbow in lowered front stance. Step back into a right leg back fighting stance and execute a turning round kick to the head, sit down in front stance and perform a left hand reverse punch followed by a outside soo do strike to the temple. Shift your feet into front stance parallel to the attacker during the soo do strike. Finish in back stance.
5. Step back with the left leg into fighting stance while executing a

descending press block with your right hand. Step inward into horse stance and perform a temple height soo do with the right hand. Chamber the right leg and execute a right leg mid level side kick. Place the right leg down in front stance, and perform a mid level left hand reverse punch followed by a right hand face punch. Finish in back stance.

6. Stepping left and to the outside of the attacker's punch in horse stance execute an open hand soo do block to the attacker's right wrist, then punch with the left hand to the ribs and right hand to the face, step back slightly with the left foot to adjust distance, perform a right leg round kick to the solar plexus, sit the kicking foot down behind the attacker and execute a right hand soo do strike to the back of the neck, move the right foot in front of the attacker into front stance and perform a left hand reverse punch to the ribs.

7. Step forty five degrees inward and to the right into horse stance while chambering both hands over the right shoulder. Execute an inside outside soo do block with the left hand while simultaneously performing a right hand soo do strike to the temple. Grab the attacker's right wrist and left shoulder, step behind the attacker's right leg pushing the right thigh into the attacker's right thigh while pushing and pulling to take the attacker to the ground. Switch hands during the take down to arm bar the attacker's left arm, hold the arm while executing a descending reverse punch. Finish in Back Stance.

8. Step back with the right leg into back stance while executing an inside to outside soo do block at the inside of the attacker's right wrist. Step inward into horse stance maintaining control of the attacker's wrist and execute a face level elbow strike. Step back into fighting stance, slide the left foot back slightly and perform a face level round kick, sit kicking foot down behind the attacker's right foot as you simultaneously perform a right hand back fist to the face. Maintain control of the wrist while also grabbing the attacker's near shoulder. Foot sweep the attacker at the heel, maintain control of the wrist through the take down then perform a descending reverse punch to the face. Finish in back stance.

9. Step back with the left leg into fighting stance while simultaneously performing an outside to inside open hand soo

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do block. Step inward into horse stance and execute an elbow strike to the solar plexus followed by hammer fist to the groin and back fist to the face. (All with the right hand) Knock down the attacker's arm and execute a head level front leg hook kick, sit kicking foot down in back stance and perform a face level back fist with the right hand followed by reverse two finger attack to the eyes with the left hand in front stance. Finish in fighting stance.

Pyong Ahn Il Soo Sik / One Step Sparring

<p><u>Pyong Ahn Cho Dan 1</u></p> <p>Attacker:</p> <ol style="list-style-type: none"> 1. Right leg middle front kick 2. High block right side forward 3. Middle knife hand block stepping back with the right leg into fighting stance 	<p>Defender:</p> <ol style="list-style-type: none"> 1. Open hand low block with the right hand stepping back with the left leg into fighting stance 2. Over head hammer fist right hand 3. Stepping punch left hand 4. Right foot front kick 5. Right elbow to opponent's elbow stepping into horse stance
<p><u>Pyong Ahn Cho Dan 2</u></p> <p>Attacker:</p> <ol style="list-style-type: none"> 1. Right leg middle front kick 2. High punch right hand 3. Outside inside knife hand block stepping back with the right leg into fighting stance 4. Step back with right foot into fighting stance 	<p>Defender:</p> <ol style="list-style-type: none"> 1. Low outside inside knife hand block with the left hand stepping back right leg into fighting stance 2. Left hand mid level inside outside block remaining in fighting stance 3. Reverse high punch with the right hand while forming front stance with the left leg forward 4. Turning hook kick with the right leg

Pyong Ahn E Dan 1

<p>Attacker:</p> <ol style="list-style-type: none">1. Stepping punch right hand2. Reverse punch left hand in front stance3. Stepping back with the right leg into fighting stance execute a low knife hand defense	<p>Defender:</p> <ol style="list-style-type: none">1. Step back with the right leg into fighting stance executing a simultaneous right hand high block and left hand inside outside block palm out2. Left hand outside inside block mid level grabbing the opponent's left wrist or dobok3. While holding the opponent's arm, execute a right hand upper cut to the chin4. Left hand side punch moving into horse stance5. Step behind right foot while grabbing with the right hand under the neck turning the opponent backwards while stepping with the left foot and pulling the opponent to the ground
<p><u>Pyong Ahn E Dan 2</u></p> <p>Attacker:</p> <ol style="list-style-type: none">1. Stepping punch with right hand in front stance2. Inside outside soo do block with the left hand3. Grab opponent's dobok at the lapel and throw opponent to the ground	<p>Defender:</p> <ol style="list-style-type: none">1. Step 45 degrees in and to the left executing an inside outside soo do in front stance

Execute a right leg descending round kick to the face. Finish in fighting stance one knee on the ground

Grab the attackers wrist and execute a right leg front kick and reverse left hand punch to the face.

2. Grab the attackers wrist and shoulder and perform a left bottom foot sweep to the attacker's calf
3. Execute a downward reverse punch with the right hand while arm barring the attacker's right hand across your thigh

Pyong Ahn Sam Dan 1

Attacker:

1. Stepping into front stance execute a mid level right hand spear hand attack
2. Back turning overhead downward hammer fist with the left hand forming horse stance
3. Switching to front stance still left leg forward execute a right hand middle reverse punch
4. Execute a right foot inside outside crescent kick to opponent's face
5. Step with the left foot in front of opponent and place the left hand on opponent's neck while grabbing opponents wrist execute a sweep
6. Hold the opponent to the floor with the left hand on neck while chambering the right hand for punching

Defender:

1. Stepping back with the left leg into front stance, execute a defensive motion by trapping the spear hand attack using both palms to trap the attacker's spear hand
2. Step back with the right leg into front stance executing a left hand high block
3. Step back with the left leg and form a fighting stance, execute a right hand middle outside inside block

<p><u>Pyong Ahn Sam Dan 2</u></p> <p><i>Attacker:</i></p> <ol style="list-style-type: none">1. High stepping punch right hand2. Reverse middle punch left hand3. Execute a high open hand x block right leg still forward in front stance	<p><i>Defender:</i></p> <ol style="list-style-type: none">1. Step back right leg into horse stance with fists above the belt, and elbows in line with the stance2. Outside inside crescent kick right leg blocking attackers punch3. Outside inside block with the right elbow of attacker's reverse punch4. Over head hammer fist right hand5. Left hand reverse punch to solar plexus forming a front stance
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Pyong Ahn Sa Dan

Attacker:

1. Stepping forward right foot execute a right overhead hammer fist in front stance
2. Slide backward into back stance executing a low inside outside knife hand block with the right hand
3. Maintaining stance and position execute a mid level knife hand block with the right hand
4. Double hammer fist to opponent's temple while forming a right foot forward front stance

Defender:

1. Step back right leg into a front stance, simultaneously execute a open left hand high block and a right hand outside inside soo do to the attacker's temple
2. Front kick right leg
3. Jump forward landing on the right leg (cross leg stance) and executing a right hand inside outside block
4. Cross arms and step forward into a left foot forward front stance while executing a double inside outside block (palms out)
5. Grab Attacker's shoulders and execute a right leg knee to the solar plexus

Pyong Ahn O Dan

Attacker:

1. Right leg middle front kick
2. Overhead hammer fist with the right hand landing in a right leg forward front stance
3. Step back with the right foot and execute an open hand outside inside block in back stance
4. Drop to your knee and execute a right leg back kick to the groin

Defender:

1. Step back with the right leg into front stance while executing a low closed fist x block
2. Maintain stance and position and execute a high open hand x block
3. With the left hand grab the attacker's right wrist and detain while executing a high reverse punch
4. Jump to the right 45 degrees and execute an open hand inside outside block with the left hand while forming a right leg back fighting stance
5. Front kick with the right leg to the attacker's groin



Traditional Tang Soo Do Association Patch

The gold color in the outside ring represents the continuation of traditional training without end, and our ongoing quest for perfecting our art.

The fist in the center represents strength and endurance.

The white background symbolizes the purity of traditional training without the influence of sport or compromise.

The red berries are included to show the six continents of the world where Tang Soo Do is practiced.

The green olive leaves represent the desire to live a peaceful life by developed inner and outer strength.

Moo Duk Kwan is written in Sino Korean to show the importance of our kwan or school as a continuing branch of the original tree planted by the Hwarang Knights.

The letters of Moo Duk Kwan are written in midnight blue to show that we continue to grow and learn as students and as human beings.

Tang Soo!