

Tang Soo Do

Students Manual



Mercia Tang Soo Do

Traditional Korean Martial Arts

This Manual Belongs to

Name: _____

Student Number: _____

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Welcome

Welcome to Mercia Tang Soo Do,



Thank you for choosing to join us to learn martial arts. In this student manual you will find all the information you need to begin your journey, it will help you to start to understand some of what goes on in martial arts and a brief insight to Tang Soo Do.

I Hope you enjoy training with us.

Tang Soo!!!

Master Martyn Hubbard

Chief Instructor

Mercia Tang Soo Do

Mercia Tang Soo Do prides itself on teaching traditional Tang Soo Do in a family friendly environment. As with any good martial arts club our students learn a variety of life skills including discipline, fitness and respect.

Mercia Tang Soo Do History.

Mercia Tang Soo Do began its life in September 2006 as Coventry North East Tang Soo Do. It was part of the World Tang Soo Do Association. It remained there until December 2013 when it became an Independent Club. In January 2015 we forged an alliance with the ITO Association which was formed by Grand Master Giacobbe who is an internationally recognized 9th Degree Black Belt.



ITO and Grandmaster Giacobbe



A direct student of Grandmaster Jae Chul Shin, Grandmaster Giacobbe, 9th Dan, began his training in Tang Soo Do in 1968. For several years, he also received special training from Grandmaster H. C. Hwang, son of the founder of Tang Soo Do, and Grandmaster C. S. Kim, founder of the International Tang Soo Do Federation.

During the late 60's and early 70's Grandmaster Giacobbe was a well-known, top tournament competitor on the East Coast.

In 1977 he travelled to Korea in order to refine his art and undertake the study of the ancient techniques of mind power derived from internal Chi energy. The skills he developed through meditation and special breathing exercises have not only set him apart as a martial artist, but also landed him on numerous television programs such as That's Incredible, Evening Magazine, Good Morning America, CNN, Entertainment Tonight and Sally Jessie Raphael.

His trademark feat, performed for the Guinness Book of World Records consists of hanging two buckets of water onto sharpened motorcycle spokes inserted in his arms, while holding a suspended weight with his teeth, all the time standing on two knife blades. A video of this performance can be seen below.

Grandmaster Giacobbe has been passionate about sports from a young age. He is nationally recognized as an expert in physical fitness, weight training, flexibility enhancement and exercise program development. In 1980, he began training members of the Philadelphia Eagles to improve their performance. In 1987, Coach Buddy Ryan assigned the entire Philadelphia Eagle defense to train with him off-season. He has personally trained NFL stars Reggie White and Mike Quick.

In boxing, he has been a special physical trainer in 15 World Championship bouts, working with Evander Holyfield, Pernell Whitaker and Sugar Ray Leonard.

Grandmaster Giacobbe has appeared on the covers of six martial arts magazines including Black Belt Magazine and Karate & Kung Fu Illustrated. In 1985 he won a Gold Medal in Japan at the World Super People festival, amazing the Japanese judges by standing on authentic razor sharp Japanese Samurai swords without getting cut.

The Governor of New Jersey honoured him for his Juvenile Offender Program, where troubled kids were put into martial arts training, and all them had positive results.

In 1983 he was presented the Excalibur Award from the American Cancer Society for his donation of over \$500,000.00 from the Fight for Cancer National Karate Championships, which he sponsors annually in Atlantic City.

In 2000, he was inducted into Black Belt Magazine Hall of Fame.

Grandmaster Giacobbe is president of the Intercontinental Tang Soo Do Organization through which he conducts seminars around the world on the traditional teachings of Tang Soo Do karate, philosophy, power meditation, Chi Breathing exercises and the Taoist meditation for healing.

Tang Soo Do

Origin

The exact origin of Tang Soo Do, as well as all other martial arts, is obscure, although there are a number of historical theories. The most traditional view is that martial arts did not originate in any one country, but evolved in all parts of the globe as a method of self-defence that was needed by primitive people.

Development in Early Years

The ancestral art of Korean Tang Soo Do can be traced back to the period when Korea was divided into three kingdoms: Koguryo was founded in 37 BC in northern Korea. The Silla Dynasty was founded in 57 BC in the southeast peninsula. The third kingdom, Paekche was founded in 18 BC.

Finally, after a long series of wars, the Silla Dynasty united the three kingdoms in 668 AD. During this period, the primitive martial arts were very popular as a method of self-defence in warfare. This is evidence in the many mural paintings, ruins, and remains, which depict Tang Soo Do in those days.

Among the three kingdoms, the Silla Dynasty was most famous for its development of martial arts. A corps composed of a group of young aristocrats who were called "Hwa Rang Dan" was the major force behind the development of the art. These warriors were instrumental in unifying the Korean peninsula under the new Silla Dynasty (668 AD - 935 AD). Many of the early leaders of that dynasty were originally members of the Hwa Rang Dan. Most Korean martial arts trace their spiritual and technical heritage to this group. In fact, the names of some martial arts such as Hwa Rang Do or Hwa Soo Do, still reflect this origination.



Medieval Development



The United Silla Kingdom was ultimately overthrown by a warlord, Wang Kun, in 918 AD. The new Kingdom, "Koryo", lasted for 475 years (918 AD - 1392 AD). In 1392, the Yi Dynasty succeeds the Koryo Kingdom. The Yi Dynasty remained intact for 500 years. During the 1000 year period of the Koryo Kingdom and the Yi Dynasty, what we today know as Tang Soo Do was increasingly popular with the military. More importantly however, the art also became very popular with the general public. During this period, Tang Soo Do was referred to as Kwon Bop, Tae Kyun, Soo Bahk, Tang Soo and others.

The first complete martial arts book was written at this time. This most important book is called "Mooyae Dobo Tangji". It was written in 1790 and contained illustrations that substantiated the

theory that Tang Soo Do (formally called "Soo Bahk Ki") had quickly developed into a very sophisticated art of combat techniques.

Modern History

The occupation of Korea by the Japanese military regime took place from 1909 to 1945. During this period, practicing and teaching of any martial arts was restricted in Korea. After World War II in 1945, this restriction was lifted. Several martial arts training schools were soon erected.

School Founders

Moon Duk Kwan -Hwang Kee
Chi Do Kwan- Kwai Byung, Yun
Chung Do Kwan- Kuk Sung, Son
Song Moo Kwan -Byung Jik, No
Chang Moo Kwan- Nam Suk, Lee
Yun Moo Kwan -Sang Sup, Chun



These founders started to organize their own groups respectively, and Master Hwang Kee organized the Korean Soo Bahk Do Association in November 9, 1945. In addition to the Soo Bahk Do Association in Korea, there were various other types of martial arts call "Kong Soo" or "Tae Soo". In 1965, all of these various systems united into one organization, called the "Korean Tae Kwon Do Association." The art was uniformly called "Tae Kwon Do."

As a Korean national sport, Tae Kwon Do initiated a new era. Instructors were dispatched throughout the world and international tournaments were held. In those days, Tang Soo Do and Tae Kwon Do were divided in principle, with Tang Soo Do striving to remain as a traditional martial art, while Tae Kwon Do held its world games and sports. Self-discipline and fitness are key aspects to our teaching.

Five Codes of Tang Soo Do

The Five Codes are a part of our Tang Soo Do heritage which was written by a monk called Won Kwang. Won Kwang was a renowned Buddhist monk, scholar and teacher of the Silla Kingdom during the reign of King Jinpyeong.

The five codes of Tang Soo Do apply to all members and are meant to guide the students throughout their training and private lives. All Members are required to memorise them and fully understand the meaning of the codes.

- Loyalty to country
- Obedience to parents
- Honour friendship
- No retreat in battle
- In fighting, choose with sense and honour

Seven Tenets of Tang Soo Do

The seven tenets of Tang Soo Do apply to all members and are meant to guide the Tang Soo Do Practitioner. All Members are required to memorise them and fully understand the meaning of the tenets.

- Integrity
- Concentration
- Perseverance
- Respect & Obedience
- Self-Control
- Humility
- Indomitable Spirit

Philosophy of the Belt System

Our Tang Soo Do Gup belt system in its progress from white to black represents the cycle of the seasons. Each colour stands for a specific stage of achievement. In this way, we realize an essential concept of oriental philosophy, i.e., that which is born must grow, reach maturity, die and leave behind seeds of a new birth.

Class Structure

Generally students are expected to arrive at the Do Jang approximately 15 minutes before the start of class so that all students can start warming up and stretching together.

After the warm up the class are lined up and we salute the flags and the instructor as a sign of respect and gratitude.

The lessons are never the same but we do start by practising basic kicks and hand techniques to help warm up to prepare for training.

Etiquette

What do we mean by etiquette? Etiquette describes how we conduct ourselves in and out of the Do Jang whether we are being watched by others or not. It extends from within the Do Jang to outside into our everyday lives. To help students improve themselves we have a set of basic codes to establish good etiquette.

Entering the Do Jang

When entering the Do Jang we Bow and say "Tang Soo". This is an acknowledgement that we are about to train, show respect to others within the hall and the hall itself. Unless the hall is clean and in good order then we are unable to train without the risk of injury so it is the responsibility of everyone to ensure that the floor is clean and equipment being used is in good order. In helping to sweep the floor and look after equipment we learn humility and how not to put ourselves above others.

After you have entered the Do Jang you should now approach your instructor and bow.

If you are in the hall when the instructor enters then a student will call "cha ryut, Sah Bum Nim E kyung Yet" (Attention, Bow to instructor) .

Before Class

If you are unable to attend a class then you must inform your instructor so that they are aware not to expect you. If you have forgotten any of your equipment then let your instructor know before the start of class.

Before the class fully begins everyone must stretch and warm up. You can do this individual but once circle off is called then you can join in and stretch and warm up as a group. At some point you may be asked to take the warm up. You should always show the person taking the warm up the same respect as you would your instructor.

Start of Class

To start the class all of the students must line up in rank order. Then the following commands are called out.

Korean	English
Cha Ryut	Attention
Kukgi Bae Rye	Salute the Flag
Ba Ro	Return
Muk Yum	Meditation
Ba Ro	Return
Sah Bum Nim E Kyung Yet	Bow to instructor

The class will now begin but throughout the class you should treat all instructors and students with respect just as you would like to be treated yourself. Your instructor will allow you from time to time to have a small break by calling out “**shio**” at which point you will say back “**Ko Map Sum Ni Da Sah Bum Nim**” which means “Thank You Instructor”.

At any point during the class if you need to adjust your Do Bohk you should bow, turn around, adjust your Do Bohk, turn back, bow and then continue with the training.

As martial artists we often bow in different situations or to various people. Bowing is a simple act which can mean different things in the context of where it is done and who it is done by. For instance a student may bow to say thank you for helping me and in the same situation the instructor may reply with a bow to say “you’re welcome” or even “thank you for listening”.

During grading’s, if asked to approach the panel the student should bow to the panel and stand in choon be. Before returning to their position in the line they should bow to the panel and then join back in.

End of Class

To finish the class all of the students will line up in rank order. Then the following commands are called out.

Korean	English
Cha Ryut	Attention
Kukgi Bae Rye	Salute the Flag
Ba Ro	Return
Muk Yum	Meditation
Ba Ro	Return
Sah Bum Nim E Kyung Yet	Bow to instructor

Outside of class

It is important that the lessons you learn within the class are maintained outside of the Do Jang into everyday life. In class we don't just learn how to defend ourselves, we also learn how to communicate and respect people and our surroundings around us.

Uniform

Your uniform is an important part of your equipment it is an important part of our tradition that is worn during training. It should always be clean and pressed, after training it should be folded and not just thrown into a bag. Your first impression often lasts. If you see someone in dirty, smelly and creased clothes then what is your impression of that person? Do they look after themselves, have self-respect, are they disciplined or would you even want them to train with you?

General Rules

Please arrive 15 minutes before class to allow time to get organised and warmed up.

If you are not attending class then please inform your instructor

No fizzy drinks should be brought to class.

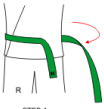
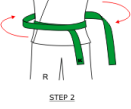





If you are late and the class has started then you should join the back row.

Keep the Do Jang Tidy

Responsibilities of Cho Dan Bo Members

- Maintain Tang Soo Do protocol and etiquette. Tang Soo Do protocol and etiquette has a long tradition starting with those of the Moo Duk Kwan. Failure to adhere to these would result in a degradation of the art. It is also the Dan's responsibility to pass these on to junior ranks.
- Remember that you are always a student. Continue to develop skills needed to become a future leader in the dojang and enhance the martial art of Tang Soo Do.
- Conduct yourself in a manner that is worthy of being Dan member and remember that junior students and others are always watching you and hold you in high regard and to a higher standard
- Always continue your training and study the history and traditions of Tang Soo Do and participate in as many Do Jang events as possible

How to Tie a Belt

 <p>STEP 1</p>	<p>Start by holding the label end of the belt across your abdomen, in front of you. It should hang a couple of inches longer than the length you want the belt to be when it is tied. Wrap the other end of the belt behind you and around your waist.</p>
 <p>STEP 2</p>	<p>Wrap the belt around your waist a second time while maintaining the position of the label end of the belt.</p>
 <p>STEP 3</p>	<p>Tuck the non-label end of the belt under both layers and up. Pull both ends to tighten the knot. The label end of the belt should still be on your left side.</p>
 <p>STEP 4</p>	<p>Fold down the non-label end of the belt.</p>
 <p>STEP 5</p>	<p>Tuck the label end of the belt under the other end and over to your right side.</p>
 <p>STEP 6</p>	<p>Loop the label end of the belt around the other end and through the knot.</p>
 <p>STEP 7</p>	<p>Pull to tighten the knot. If the belts ends are not the same length, untie the knot and adjust the length.</p>

Meaning of the Korean Flag



TAE KEUK KI, the Korean Flag, symbolizes much of the thought, philosophy and mysticism of the Orient. The symbol is called “TAE KEUK” and the flag itself is called “TAE KEUK KI.” In the center of the flag is a circle divided equally and in perfect balance.

The circle itself represents the absolute or the essential unity of all beings. The upper red section is called YANG and the lower blue section is called UM and is the ancient symbol of the creation of the universe, day and night, light and dark, construction and destruction, masculine and feminine, active and passive, hot and cold and so on.

The central thought is the TAE KEUK indicates that while there is a constant movement within the sphere of infinity, there is also balance and harmony. This thought of TAE KEK, called the UM-YANG philosophy, has influenced all the fields of oriental cultures such as philosophy, logic, science and military strategy along with martial arts.

The ancient oriental philosophers viewed the universe as a place in which harmony could be attained by the reconciliation of opposing forces. One such force, YANG, is associated with expansion and separation, and the other, UM, with contraction and assimilation.

These opposites continually balance and complement each other. This thought taught martial artists the wisdom of using nonviolence against violence, soft against hard, circle against straight line and so on.

The three bars at each corner also carry the ideas of opposition and balance.



The three unbroken lines in the upper left hand corner stand for heaven; the opposite three broken bars in the lower right hand corner represent the earth.



The bars in the lower left hand corner symbolize fire; the opposite bars in the upper right hand corner symbolize water.



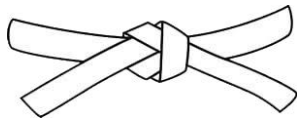
Grading Requirements

All grading's follow a similar format but as a student grades for each belt then they must show not only that they have learnt their new form for grading but also they have improved in all aspects of their martial arts training. Attitude, respect and dedication all count towards the final decision on the outcome of the grading.

A Typical grading format:-

- Fitness
- Hand Techniques
- Kicking Techniques
- Forms
- One step techniques
- Free Sparring
- Pad Work
- Breaking

White Belt – 10th Gup



White represents a primitive stage of achievement. Thus, the seed as it lies dormant beneath the snows of winter.

Minimum lessons required to grade: 24

Fitness: 20 Star Jumps, 20 Press ups, 15 Sit ups

Form: [Kee Cho Hyung IL Bu](#)

[Kee Cho Hyung E Bu](#)

Required Kicking Techniques for Grading: Front Kick, Side Kick, Roundhouse Kick

Required Hand Techniques for Grading: Low Block, High Block, Punch

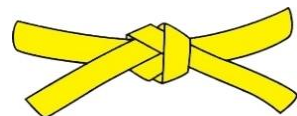
One Steps:

Hand Techniques: 1 – Soo do defence and punch to face
2 – Step 45, left hand punch, Soo do defence and punch to face

Kick Techniques: 1 – Front Kick to Face
2 – Hop, Front kick

Defence: 1 – Front Neck Grab

Yellow Belt- 9th Gup



Yellow represents the starting of change from a seed to fresh shoots as growth begins.

Minimum lessons required between grading: 24

Fitness: 20 Star Jumps, 20 Press ups, 15 Sit ups

Form: Kee Cho Hyung Sam Bu

Required Kicking Techniques for Grading: Spin Back Kick, Jump Front, Jump Roundhouse

Required Hand Techniques for Grading: Inside/Outside Block, Outside/Inside Block, Punch

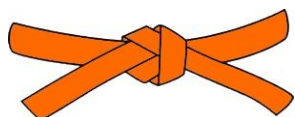
One Steps:

Hand Techniques: 3 – Outside to inside Block and Elbow
4 – Outside to inside Block, Elbow, Spin Elbow

Kick Techniques: 3 – Push Front Kick
4 – Roundhouse Kick to Face Defence:

Defence: 2 – Wrist Grab

Orange Belt – 8th Gup



Orange represents new growth which appears in spring. Our Tang Soo Do knowledge begins to reveal itself.

Minimum lessons required between grading: 30

Fitness: 20 Star Jumps, 20 Press ups, 15 Sit ups

Form: Pyung Ahn Cho Dan

Required Kicking Techniques for Grading: Hook Kick, Outside/Inside Kick, Inside/Outside Kick

Required Hand Techniques for Grading: Low/Mid/High Soo Do, Side Punch

One Steps:

Hand Techniques: 5 – Same Hand Palm Deflect and Chop to the Neck

6 – Outside to Inside Palm Deflect and Punch to Ribs

Kick Techniques: 5 – Duck, Kick, Sweep, Push and Punch

6 – Side Kick to Face

Defence: 3 – Double Wrist Grab

Orange Belt Tag – 7th Gup

Minimum lessons required between grading: 30

Fitness: 20 Star Jumps, 20 Press ups, 15 Sit ups

Form: Pyung Ahn Ee Dan

Required Kicking Techniques for Grading: Axe Kick, combinations of two kicks such as roundhouse, jump roundhouse.

Required Hand Techniques for Grading: double hand block, chop

One Steps:

Hand Techniques: 7 – Open Hand Defence and Chop to Temple

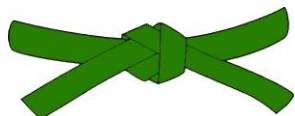
8 – Inside to Outside Block, Grab and Elbow Strike

Kick Techniques: 7 – Jump and Side Kick to Ribs

8 – Spin Back Kick to Head

Defence: 4 – Neck Grab From Behind

Green Belt – 6th Gup



Green represents the speedy development of youth as summer arrives.

Minimum lessons required between grading: 36

Fitness: 40 Star Jumps, 25 Press ups, 25 Sit ups

Form: Pyung Ahn Sam Dan

Weapon Form: Jang Bong Hyung IL Bu

Required Kicking Techniques for Grading: Jump Back Kick, Wheel Kick. Combinations of two kicks such as roundhouse, hook kick.

Required Hand Techniques for Grading: Back Fist, Spear Hand Knife Strike

One Steps:

Hand Techniques: 9 – Open hand block, Elbow Strike & Back Fist

10 – High So Do Block, Elbow push, Sweep and Take Down

Kick Techniques: 9 – 360 Spin back Kick

10 – Jump Side Kick

Defence: 5 – Double Wrist Grab from Behind

Green Belt Tag – 5th Gup

Minimum lessons required between grading: 36

Fitness: 40 Star Jumps, 25 Press ups, 25 Sit ups

Form: Pyung Ahn Sa Dan

Weapon Form: Jang Bong Hyung IL Bu

Required Kicking Techniques for Grading: Combinations of three kicks such as roundhouse, spin hook kick, step side kick

Required Hand Techniques for Grading: Ridge hand, Soo do defence and punch

One Steps:

Hand Techniques: 11 – Open Handed Inside to Outside Block, Shoulder Grab, Knee Strike to Body

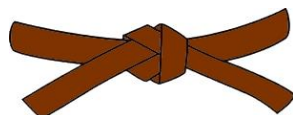
12 – Open Handed Inside to Outside Block, Head Grab, Knee Strike to Head

Kick Techniques: 11 – Axe kick

12 – Deflect, Punch to Ribs, Axe Kick to Arm

Defence: 6 – Bear Hug From Behind with Arms In

Brown Belt – 4th Gup



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

Minimum lessons required between grading: 42

Fitness: 40 Star Jumps, 25 Press ups, 25 Sit ups

Form: Pyung Ahn Oh Dan

Weapon Form: Jang Bong Hyung Ee Bu

Required Kicking Techniques for Grading: Combinations of three kicks such as front kick, jump roundhouse kick, spin hook kick

Required Hand Techniques for Grading: low X Block, high X block, two finger strike

One Steps:

Hand Techniques: 13 – Block Spin and Chop to neck

14 – Outside to Inside Block, Jump Behind, Grab shoulders, Take Down

Kick Techniques: 13 – Jump Front Kick

14 – Jump Roundhouse kick

Defence: 7 – Bear Hug From Back Arms Free

Brown Belt Tag – 3rd Gup

Minimum lessons required between grading: 42

Fitness: 40 Star Jumps, 25 Press ups, 25 Sit ups

Form: Bassai So

Weapon Form: Jang Bong Hyung Ee Bu

Required Kicking Techniques for Grading: Combinations of three kicks such as front kick, roundhouse kick same leg, hope side kick

Required Hand Techniques for Grading: hand techniques in different stances

One Steps:

Hand Techniques: 15 – Outside to Inside Block, Jump Behind , Grab Head/shoulder , Take Down

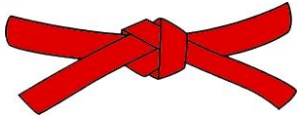
16 – Block, Elbow Strike to ribs

Kick Techniques: 15 – Hook Kick

16 – Inside to Outside Block, Grab Wrist and Hook Kick to the head

Defence: 8 – Hair Grab From Front

Red Belt – 2nd Gup



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

Minimum lessons required between grading: 60

Fitness: 60 Star Jumps, 40 Press ups, 30 Sit ups

Form: Bassai Dae

Weapon Form: Jang Bong Hyung Sam Bu

Knife Defence: 1 - Against front knife attack
 2 - Against down stabbing from front
 3 - Against cross slash knife attack
 4 - Against opposite side cross slash knife attack
 5 - Against collar grab and knife to throat

Required Kicking Techniques for Grading: Combinations of three kicks such as front kick off front leg, jump back kick, hope side kick

Required Hand Techniques for Grading: Combinations of three or more techniques

One Steps:

Hand Techniques: 17 – Block, Elbow to Ribs and Kidney(elbow strike front and back)
 18 – Block and Eye Strike

Kick Techniques: 17 – Spin Hook Kick to Face
 18 – Block Spin hook kick to solar plexus

Defence: 9 – Head Lock

Red Belt Tag – 1st Gup

Minimum lessons required between grading: 60

Fitness: 60 Star Jumps, 40 Press ups, 30 Sit ups

Form: None

Weapon Form: Jang Bong Hyung Sam Bu

Knife Defence: 1 - Against front knife attack
 2 - Against down stabbing from front
 3 - Against cross slash knife attack
 4 - Against opposite side cross slash knife attack
 5 - Against collar grab and knife to throat

Required Kicking Techniques for Grading: Combinations of three kicks such as outside to inside kick, spin jumping inside to outside kick, diagonal kick

Required Hand Techniques for Grading: Combinations of three or more techniques in various stances

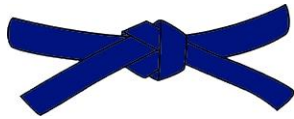
One Steps:

Hand Techniques: 19 – Block, Palm Strike to Chin and Take Down
 20 – Block, elbow Strike to Ribs and Take Down

Kick Techniques: 19 – Jump Front Kick off the Back Leg
 20 – Jump Hook Kick off the Front Leg

Defence: 10 – Double Lapel Grab

Dark Blue Belt



Dark Blue represents maturity, respect, and honor. Our dark blue belt is given to the Cho Dan Bo (Black Belt candidate). This is the final step towards attaining a black belt. He/she must now prepare mind and body for this final step needed to attain Black Belt.

Minimum lessons required between grading: 6 months minimum with 2 lessons a week

Fitness: 100 Star Jumps, 100 Press ups, 50 Sit ups

Form: Naihanchi Cho Dan

Weapon Form: [Short Knife Form](#)

Required Kicking Techniques for Grading: Combinations of four kicks such as front kick, jump front kick, 360 degree roundhouse kick, jump side kick

Required Hand Techniques for Grading: Combinations of four or more techniques in various stances

One Steps:

Hand Techniques: 21 – Grab punch, pull and chop to neck
22 – Cross block, grab wrist and reverse punch to face

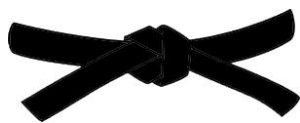
Kick Techniques: 21 – Outside to inside kick, spinning axe kick
22 – Outside to inside kick, spinning hook kick

Defence: None

Dan Grades

The fitness information for Dan grades is to be used as a guide line as this is subject to change on the day.

1st Dan Black Belt



Black represents mastery, calmness, dignity, and sincerity. Black Belt is the final stage of one life cycle and the beginning of the next. Thus, we see that it is not only the end of one stage but, more importantly, the beginning of a path which leads up through the ranks of the higher Black Belt to true mastery.

Minimum of 2 years before grading.

Fitness: 100 Star Jumps, 100 Press ups, 50 Sit ups

200 Punches = 1 min

2 mile run after testing

Form: Sip Soo

Naihanchi EE Dan

Naihanchi Sam Dan

[Chinte](#)

Weapon Form: [Short Knife Form](#)

2nd Dan Black Belt

Minimum of 3 years before grading.

Fitness: 100 Star Jumps, 100 Press ups, 50 Sit ups

250 Punches = 1 min

2 mile run after testing

Form: Jin Do

Sip Sae

Yuk Ro Cho Dan

Weapon Form: Dan Gum Hyung

Sword Hyung

3rd Dan Black Belt

Minimum of 4 years before grading

Fitness: 100 Star Jumps, 100 Press ups, 50 Sit ups

250 Punches = 1 min

2 mile run after testing

Form: Ro Hai

Kong Sang Koon

Yuk Ro E Dan

Weapon Form: Long Knife Hyung

Sword Hyung

Terminology

The easiest way to learn the terminology is to repeat the words in class as they are said and associate it with what is taking place at the time. It may seem strange and awkward trying but the more you practise the easier it will become.

Numbers

Numbers			
Hana	One	Il	1st
Tul	Two	E	2nd
Set	Three	Sam	3rd
Net	Four	Sah	4th
Tasot	Five	Oh	5th
Yosot	Six	Yuk	6th
Ilgop	Seven	Chil	7th
Yodol	Eight	Pal	8th
Ahop	Nine	Ku	9th
Yol	Ten	Sip	10th

Commands in Class

Commands in Class	
Cha Ryut	Attention
Kukgi Bae Rye	Salute Flag
Ba Ro	Return
Ahn Jo	Sit
Muk Yum	Meditation
Sah Bum Nim E Kyung	Bow to
Ko Map Sum Ni Da	Thank you
Choon Be	Ready
Shio	Relax
Shi Jak	Begin
Tora	Turn
Dwi Ro Tora	Turn to the Rear
Ku Ryung	Command
Ku Ryung E Mat Cho So	By the count
Ku Ryung Up Shi	Without the

Basic Kick Techniques

Basic Kick Techniques	
Bahl Poto Oly Ki	Front Stretch Kick
Ahp Cha Ki	Front Kick
Yup Cha Ki	Side Kick
Yup Poto Oly Ki	Side Stretch Kick
Tollyo Cha Ki	Round House Kick
Dwi Tollyo Cha Ki	Spinning Back Kick
Dwi Cha Ki	Straight Back Kick
Ahneso Phaku Ro Cha Ki	Crescent Kick, Inside/Outside
Phakeso Ahnuro Cha Ki	Crescent Kick, Outside/Inside
Dwi Hu Ryo Cha Ki	Wheel Kick
Yup Hu Ryo Cha Ki	Hook Kick
Cchik Ki	Axe Kick
Bit Cha Ki	Diagonal Kick
E Dan Ahp Cha Ki	Front Jump Kick
E Dan Tollyo Cha Ki	Jumping Round Kick
E Dan Dwi Tollyo Cha Ki	Jump Spinning Back Kick
E Dan Yup Cha Ki	Jump side kick

Basic Stances

Basic Stances	
Choon Bee Ja Seh	Ready Stance
Chun Kul Ja Seh	Front Stance
Hu Kul Ja Seh	Fighting Stance
Kee Ma Ja Seh	Horse Riding Stance
Sa Ko Rip Ja Seh	Side Stance
Phal Put Ki	Punch exercise horse riding stance

Basic Hand Techniques

Basic Hand Techniques	
Ki Cho Dong Jak	Basic Motion
Ha Dan Mahk Ki	Low Defense
Choong Dan Kong Kyuck	Middle Section Punch
Sang Dan Kong Kyuck	High Punch
Sang Dan Mahk Ki	High Defense
Ahneso Phaku Ro Mahk Ki	Inside/Outside Block
Phakeso Ahnu Ro Mahk Ki	Outside/Inside Block
Choong Dan Hang Jin	Side Punch
Chung Kul Ssang Soo	Two Hand Block/Front Stance
Hu Kul Ssang Soo	Two Hand Block/Fighting Stance
Hu Kul Sang Dan Mahk Ki	High Block/Fighting Stance
Ssang Soo Sang Dan Mahk Ki	High Two Hand X Block
Ssang Soo Ha Dan Mahk Ki	Low Two Hand X Block
Choong Dan Yup Mahk Ki	Side Defense
Sang Dan Soo Do Mahk Ki	High Knife Hand Block
Ha Dan Soo Do Mahk Ki	Low Knife Hand Block
Kwan Soo Kong Kyuck	Spear Hand Punch
Yuk Jin	Knife Hand Defense and Reverse Punch/Fighting Stance
Yuk Soo	Knife Hand Defense and Reverse Punch/Front Stance

Body Parts

Body Parts	
Pahl	Arm
Bahl	Foot
Chu Mok	Fist
Mok	Neck
Hur Ri	Waist
Da Ri	Leg
Soo or Sohn	Hand
Pahl Koop	Elbow
Moo Roop	Knee
I Ma	Forehand
Tuck	Chin
Myung Chi	Solar plexus
In Choong	Philtrum
Dan Jun	Low abdomen
Ko Hwan	Groin

General Terminology






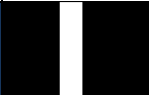


General Terminology	
Tang Soo Do	The art we study
Sah Bum Nim	Instructor
Kwan Chang Nim	Grandmaster
Dan	Black Belt
Gup	Color Belt
Dojang	Training hall or studio
Do Bohk	Uniform
Dee	Belt
Sun Bae	Senior Member
Shim Sa	Testing both Gup and Dan
Shim Sa Kwan Nim	Examiner
Hu Bee	Junior Member
Kukgi	National Flag
Hyung	Form (Pattern)
Choon Bee Woon Dong	Warm-up exercise
II Soo Sik Dae Run	One step sparring
Ja Yu Dae Run	Free Sparring
Ho Sin Sul	Self-defense
Kyuck Pa	Breaking
Ko Dan Ja	Senior Dan holder
Yu Dan Ja	Dan holder
Yu Gup Ja	Gup holder
Cho Bo Ja	Beginner
Nae Kong	Internal power exercise
Weh Kong	External power exercise
Shim Kong	Spiritual power exercise
Mahk Ki	Block
Kong Kyuck	Attack
Ki Hap	Yell (focus one's mind and energy)
Shi Sun	Focus of eyes
Chung Shim	Balance
Jung Kwon	Fore fist
Kap Kwon	Back fist
Jang Kwon	Heel of palm
Soo Do	Knife hand
Yuk Soo Do	Ridge hand
Kwan Soo	Spear hand
Soo Ki	Hand techniques
Jok Ki	Foot techniques
Cha Ki	Kick
Ha Dan	Low part
Choong Dan	Middle part
Sang Dan	High part
Ahp	Front
Yup	Side
Dwi	Back
Chung Shin Tong II	Concentration
In Neh	Endurance
Kyum Son	Humility
Chon Kyung	Respect

Grade Promotion Record

Belt	Gup	Testing Date
White Belt	10th	
Yellow Belt	9th	
Orange Belt	8th	
Orange Tag	7th	
Green Belt	6th	
Green Tag	5th	
Brown Belt	4th	
Brown Tag	3rd	
Red Belt	2nd	
Red Tag	1st	
Blue Belt	Cho Dan Bo	
1 st Dan Black Belt	Cho Dan	
2 nd Dan Black Belt	EE Dan	
3 rd Dan Black Belt	Sam Dan	

Belt and Form Chart

Gup	Belt	Belt	Hand Techniques	Kicking Techniques	Self Defence	Form	Weapons
10 th	White Belt		1 – Soo do defence and punch to face 2 – Step 45, left hand punch, Soo do defence and punch to face	1 – Front Kick to Face 2 – Hop, Front kick	1 – Front Neck Grab	Kee Cho Hyung IL Bu Kee Cho Hyung E Bu	N/A
9 th	Yellow Belt		3 – Outside to inside Block and Elbow 4 – Outside to inside Block, Elbow, Spin Elbow	3 – Push Front Kick 4 – Roundhouse Kick to Face	2 – Wrist Grab	Kee Cho Hyung Sam Bu	
8 th	Orange Belt		5 – Same Hand Palm Deflect and Chop to the Neck 6 – Outside to Inside Palm Deflect and Punch to Ribs	5 – Duck, Kick, Sweep, Push and Punch 6 – Side Kick to Face	3 – Double Wrist Grab	Pyung Ahn Cho Dan	
7 th	Orange Tag Belt		7 – Open Hand Defence and Chop to Temple 8 – Inside to Outside Block, Grab and Elbow Strike	7 – Jump and Side Kick to Ribs 8 – Spin Back Kick to Head	4 – Neck Grab From Behind	Pyung Ahn Ee Dan	
6 th	Green Belt		9 – Open hand block, Elbow Strike & Back Fist 10 – Block, Sweep and Take Down	9 – 360 Spin back Kick 10 – Jump Side Kick	5 – Double Wrist Grab from Behind	Pyung Ahn Sam Dan	Jang Bong Hyung IL Bu
5 th	Green Tag Belt		11 – Open Handed Inside to Outside Block, Shoulder Grab, Knee Strike to Body 12 – Open Handed Inside to Outside Block, Head Grab, Knee Strike to Head	11 – Axe kick 12 – Deflect, Punch to Ribs, Axe Kick to Arm	6 – Bear Hug From Behind with Arms In	Pyung Ahn Sa Dan	

Gup	Belt	Belt	Hand Techniques	Kicking Techniques	Self Defence	Form	Weapons
4 th	Brown Belt		13 – Block Spin and Chop to neck 14 – Outside to Inside Block, Jump Behind , Grab shoulders, Take Down	13 –Jump Front Kick 14 – Jump Roundhouse kick	7 –Bear Hug From Back Arms Free	Pyung Ahn Oh Dan	Jang Bong Hyung Ee Bu
3 rd	Brown Belt Tag		15 – Outside to Inside Block, Jump Behind , Grab Head/shoulder , Take Down 16 – Block, Elbow Strike to ribs	15 – Hook Kick 16 – Inside to Outside Block, Grab Wrist and Hook Kick to the head	8 – Hair Grab From Front	Bassai So	
2 nd	Red Belt		17 – Block, Elbow to Ribs and Kidney (elbow strike front and back) 18 – Block and Eye Strike	17 – Spin Hook Kick to Face 18 – Block Spin hook kick to solar plexus	9 – Head Lock	Bassai Dae	Jang Bong Hyung Sam Bu
1 st	Red Belt Tag		19 – Block , Palm Strike to Chin and Take Down 20 –Block, elbow Strike to Ribs and Take Down	19 – Jump Front Kick off the Back Leg 20 – Jump Hook Kick off the Front Leg	10 – Double Lapel Grab	None	1 - Against front knife attack 2 -Against down stabbing from front 3 - Against cross slash knife attack 4 - Against opposite side cross slash knife attack 5 - Against collar grab and knife to throat
	Cho Dan Bo		21 – Grab punch, pull and chop to neck 22 – Cross block, grab wrist and reverse punch to face	21 – Outside to inside kick, spinning axe kick 22 – Outside to inside kick, spinning hook kick	None	Naihanchi Cho Dan	Short Knife Form
	1 st Dan					Sip Soo Naihanchi EE Dan Naihanchi Sam Dan Chinte	Short Knife Form
	2 nd Dan					Jin Do Sip Sae Yuk Ro Cho Dan	Dan Gum Hyung Sword Hyung
	3 rd Dan					Ro Hai Kong Sang Koon Yuk Ro EE Dan	Long Knife Hyung Sword Hyung

Mercia Tang Soo Do Links and Contact Details

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<http://www.mercia-tangsoodo.co.uk/>

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https://www.youtube.com/channel/UCC4BZb_LJm8ZTZvgeGnBegA/featured

Associated Links

<http://www.atmakarate.com/> - ATMA Karate - Master Fisher Club

<http://www.tangsookarate.com/> - Grand Master DA Giacobbe

Grand Master DA Giacobbe's Books can easily be found on Amazon and other online bookshops.

