

LIFE'S ULTIMATE MARTIAL ARTS ACADEMY



ADULT

RED BELT / 1st GUP

REQUIREMENTS

Every belt of the martial arts is given a meaning for the practitioners, to get a better understanding of the growth and knowledge in which one obtains throughout training of the arts.

Tang Soo Do Belt Ranking and Meaning

White Belt – (Birth/ Beginning) The white belt symbol in the same as no belt. It signifies purity or a beginning. The white belt senses, with expectation, the first signs of learning. A white student is a beginner searching for knowledge of the art.

Yellow Belt/ 10th Gup – (Awakening) The yellow belt signifies the first beam of sunlight which shines upon the seed giving it new strength with the beginning of new life. A yellow belt student is given his/ hers first ray of knowledge, opening their mind, from an instructor.

Purple Belt/ 9th Gup – (Awareness) The purple belt symbolizes the richness of autumn, beginning stage to maturity

Orange Belt/ 8th Gup – (Strength) The orange belt symbolizes the sun's continuous rise, spring time, growing and continued development towards maturity.

Blue Belt/ 7th Gup – (Passion/Understanding) The blue belt symbolized the sky, youth, and ambition. Certain of direction, disciplined in action, blue belt begins to understand the true meaning of the art.

6th Green/ 6th Gup – (Growth) The green belt symbolizes the color of the spring and growth. The student in the early stage of childhood is growth from the seed. The plant has grown and is trying to reach the light.

5th Green/ 5th Gup – (Penetration) The senior green belt symbolizes leaving childhood. The student is growing in strength and character. Now understanding discipline, the student begins to refine coordination, confidence, and self esteem.

4th Brown/ 4th Gup – (Maturity) The brown belt signifies the season of autumn maturing all of the plants that are ready for harvest. A brown belt must be mature mentally and physically while demonstrating discipline and confidence.

3rd Brown/ 3rd Gup – (Achievement) The senior brown belt symbolizes the beginning of the ripeness and the understanding of maturity. The senior brown belt is now close to completing the circle, striving for a strong mind and body

2nd Red/ 2nd Gup – (Confidence) The red belt symbolizes the color of the sun. The students developing a strong foundation for their body and nature. Red also signifies a warning for danger of ripeness of maturity. The students are now learning to express themselves while giving to others.

1st Red/ 1st Gup – (Ripeness) The senior red belt symbolizes the drawing of energy from the sun. Having completed the beginning stages, the senior red belt is ready to display the knowledge bestowed upon them. As the belt turn black, the student matures and is now ready to move forward with confidence while thirsting for new knowledge.

Black Belt/ 1st Dan – (Completion/ Rebirth) The black belt symbolizes the color of mastery. No color added to this color can change or improve it. This completes a cycle that is now beginning again.

Life's Ultimate Martial Arts Academy
Adult 1st Red Belt Requirements

1. Hours: (Class Participation on a regular basis) 34 hrs.
2. Clean uniform with school patch (All Tests)
3. Black Belt Excellence Sheets to be turned in every month (3 White Stripes)

Phase 1: Philosophy: Yellow Stripe

1. Gifts You Can Give All Year Long 1-6
2. History of TSD
3. Meaning of Belt Color

Phase 2: Techniques: Blue Stripe

1. Hand Techniques:
 - A. All Previous By Command
 - B. Phase Reverse Punches
2. Kicking Techniques:
 - A. All Previous By Command
 - B. Kicking/Jump Kicking/Spin Kicking/Jump Spin Kicking
3. Moving 12 Movements 1-6
4. Multi-Directional Phase 2
5. Required Combinations: Set 1-5
6. Board Breaking By Command / By Discretion of Master Snipes

Phase 3: Self Defense: Green Stripe

1. Triple Counters 1-6
2. Judo Throws: By Command
3. Aikido Locks: By Command
4. Self Defense By Command
5. Creative Self Defense
6. Rotating Self Defense

Phase 4: Kata: Red Stripe

Rotating Form

- A. Meaning of Form / History

Phase 5: Sparring

Phase All: *ALL PREVIOUS MATERIAL

CODE OF ETHICS

1. I will look for the good in all people and make them feel worthwhile.
2. I will always be in a positive frame of mind and convey this feeling to every person I meet.
3. I will give so much time to the improvement of myself that I have no time to criticize others.
4. If I have nothing good to say about a person, I will say nothing.
5. I shall continually work at developing love, happiness, and loyalty in my family and acknowledge that no other success can compensate for failure in the home.
6. I shall develop myself to the maximum of my potential in all ways.
7. I will always remain loyal to my country and obey the laws of the land.
8. I will be as enthusiastic about the success of others as I am about my own.
9. I will forget the mistakes of the past and press on to greater achievements in the future.
10. I will maintain an attitude of open-mindedness toward another persons viewpoint while still holding fast to that I know to be true and honest.
11. I will maintain respect for those in authority and demonstrate this respect at all times.
12. I will become and remain highly goal-oriented throughout my life.

TERMS

Tang Soo Do.....Art of the Knife Hand
Tang.....Knife, Worthy, China
Soo.....Hand
Do.....Way of, Art of
Kara.....Empty
Te.....Hand
Karate.....Empty Hand
Karateka.....Karate Men
T'aegukki.....Korean National Flag
Gup.....Rank below Black belt
Dan.....Black Belt Rank
Dojan (Dojo).....Studio
Co Mop Sim Nee Dha.....Thank You
Domo Arogato Gazamus ..Thank you very much (Japanese)
Ahn Young Ha Say Yo.....Good Morning, Good Afternoon
“ “ Good Evening, How are You, How do you do.
Toe Bok (Gi).....Korean Uniform

Kiai.....Shout to attain maximum tension at Impact
Ki (Chi).....Energy, life force,vital essential
Kime.....Focus
Hyung.....Pattern (Form)
Sul (Sool).....Technique
Jun Bi.....Ready Position
Parro.....Return to ready position
An Jo.....Sit Down
E La Sutt.....Stand Up

Sho.....At Ease (Relax)
Charyut.....Attention
Kyung Ne.....Bow
Mokoso.....Close your eyes
Kymoke.....Open your eyes
Nim.....Term of respect “Honorable”
Sah Bom.....Instructor
Sah Bom Nim.....Chief Instructor
Kuk Sah Nim.....Grand Master
Kwan Jung Nim...Director of a Martial Art
School, Style, or Organization.
Sensi.....Master (Japanese)
Jeja.....Student
Chul Sa.....Line Up
Say Jak.....Begin
Go Mon.....Stop

Empi... ..Elbow
Ju Mok.....Fist
Chirigee.....Punch
Makee.....Block
Cha Gee.....Kick
Dora.....Turn
So Gee.....Stance
Kumite.....Free Sparring
Dare Ee On.....Sparring

Korean Counting:

- | | |
|----------|------------|
| 1. Hana | 6. Yasut |
| 2. Dool | 7. Eel gop |
| 3. Set | 8. Yuh dul |
| 4. Net | 9. Ah hap |
| 5. Dasut | 10. Yul |

Japanese Counting:

- | | |
|---------|----------|
| 1. Ichi | 6. Rocku |
| 2. Ni | 7. Sichi |
| 3. Son | 8. Huchi |
| 4. She | 9. Ku |
| 5. Go | 10. Ju |

GIFTS YOU CAN GIVE ALL YEAR LONG

THE GIFT OF PRAISE

Appropriate mention right in front of the other fellow, of superior qualities, or of a job or deeds well done.

THE GIFT OF CONSIDERATION

Being careful of the other person's feelings. This includes seeing his or her viewpoint and having the humility to say "you're right and I'm wrong."

THE GIFT OF GRATITUDE

Never forgetting to say "thank you" and never failing to mean it.

THE GIFT OF ATTENTION

When the other person speaks, listen attentively. If his or her words are directed to you personally, meet squarely eye-to-eye. Above all, don't keep looking at the clock.

THE GIFT OF PRESENCE

In sickness, trouble, or in a day of great joy, there is nothing quite equal to your personal expression of sympathy or congratulations.

THE GIFT OF INSPIRATION

Plant seeds of courage and action in the other person's heart. Help to strive for greater accomplishment and lasting satisfaction.

REQUIRED BELT COMBINATIONS FOR ALL BELTS

(Set #1)

1. Front punch, reverse punch, front ridge hand.
2. Front punch, front - front kick, reverse punch.
3. Front punch, front side kick, reverse punch.
4. Front punch, front round kick, back ridge hand.

(Set #2)

1. Back front kick, back round kick, reverse punch.
2. Front round kick, offensive side kick, reverse punch.
3. Back round kick, spinning side kick, back ridge hand.

(Set #3)

1. Front punch, front lunge punch, step through spinning side kick, reverse punch.
2. Front hook kick, back round kick, spinning side kick, reverse punch.
3. Front round kick, back spinning side kick, back round kick, back ridge hand.

(Set #4)

1. Back spinning hook kick, back round kick, reverse punch.
2. Front hook kick, back front kick, spinning hook kick, reverse punch.
3. Back round kick, front spinning crescent kick, back spinning hook kick, back ridge hand.

(Set #5)

1. Back spinning crescent kick, reverse punch, back round kick, reverse punch.
2. Front side kick, jumping front side kick, reverse punch.
3. Jumping back round kick, back spinning hook kick, back ridge hand.

ADVANCED ONE-STEP ATTACKING TECHNIQUES

1. Stepping up 45° to left - execute knifehand block with right hand/forward stance - Instep roundhouse kick to mid-section with right leg - rechamber and execute arm break as right foot lands on floor/forward stance - leg sweep with left leg and side kick with left leg (KIAI) - Step away safe distance.
2. Stepping back 45° to right - execute outside chest block with left hand/back stance - Palm heel strike with right hand to nose/forward stance - step behind opponent's right leg with right leg- arm bar - right reverse punch (KIAI) - Step away safe distance.
3. Stepping back with right leg - execute a high block with left hand/back stance - Reverse punch center with right hand/forward stance - standing side kick with left leg - jump spinning back kick (KIAI) - Step away safe distance.
4. Stepping back with left leg - execute an inside chest block with right hand/straddle leg stance - Bottom fist with right hand to temple/straddle leg stance - head thrust as you walk back - ax kick with left (KIAI) - Step away safe distance.
5. Stepping up 45° to left - execute low block with right hand/forward stance - right reverse punch/forward stance - roundhouse kick to solar plexus with right leg - scissors takedown - ax kick with right leg (KIAI) - Step away safe distance.

PHASE REVERSE PUNCHES

1. Regular reverse punch.
2. Touch and go.
3. Left back fist & reverse punch.
4. Lunge reverse punch.
5. Dive bomb (left hand to forehead).
6. Defense reverse punch (left fist to right ear), step left.
7. Fake with front leg, skip and reverse punch.
8. Sweep with front - touch and go.
9. Hook right behind left, pull and lunge reverse punch.
10. Jumping reverse punch.

ONE STEP PUNCHING

1. Step to Left
Outside Block (right hand)
Round Kick to Mid Section
2. Step to Right
Inside Block (right hand)
Elbow Jab
3. Step Forward (left foot)
High Block (left hand)
Punch (right hand)
4. Step to Left
Knife Hand Block (right hand)
Side Kick to Leg
Round Kick to Mid Section
5. Step to Right
Knife Hand Block (left hand)
Right Hand Chop
Left Elbow
Right Hand Upper Cut
6. Step to Left
Knife Hand Block (right hand)
Round Kick to Mid Section
Arm Bar & Sweep
7. Step to Right
Inside Block (right hand)
Elbow Jab
Step through - Hook Arm & Push Back
Spin Around - with Bottom Fist
Reverse Punch
Front Kick
8. Step Forward (left foot)
High Block (left hand)
Reverse Punch & Sweep

TRIPLE COUNTERS

Attacker

1. Offensive jab, left knife hand block, right reverse punch, left knife hand block, right reverse punch.
2. Offensive reverse punch, left palm block, right reverse punch, left palm block, right reverse punch.
3. Offensive front leg with front kick, left knife hand block, right reverse punch, left knife hand block, right reverse punch.
4. Offensive front kick off back leg, right knife hand block, left reverse punch, right knife hand block, left reverse punch.
5. Offensive front leg side kick, left knife hand block, right reverse punch, left knife hand block, right reverse punch.
6. Offensive side kick off back leg, right knife hack block, left reverse punch, right knife hand block, left reverse punch.

TRIPLE COUNTERS

Defender

1. Left knife hand block, right reverse punch, left knife hand block, right reverse punch.
2. Left palm block, right reverse punch, left palm block, right reverse punch.
3. Left down block, right reverse punch, left knife hand block, right reverse punch.
4. Right down block, left reverse punch, right knife hand block, left reverse punch.
5. Left down block, right reverse punch, left knife hand block, right reverse punch.
6. Right down block, left reverse punch, right knife hand block, left reverse punch.