

# ***LIFE'S ULTIMATE MARTIAL ARTS ACADEMY***



## **ADULT**

## **BROWN BELT / 3<sup>rd</sup> 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/ 10<sup>th</sup> 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/ 9<sup>th</sup> Gup** – (Awareness) The purple belt symbolizes the richness of autumn, beginning stage to maturity

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

**Blue Belt/ 7<sup>th</sup> 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.

**6<sup>th</sup> Green/ 6<sup>th</sup> 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.

**5<sup>th</sup> Green/ 5<sup>th</sup> 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.

**4<sup>th</sup> Brown/ 4<sup>th</sup> 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.

**3<sup>rd</sup> Brown/ 3<sup>rd</sup> 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

**2<sup>nd</sup> Red/ 2<sup>nd</sup> 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.

**1<sup>st</sup> Red/ 1<sup>st</sup> 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/ 1<sup>st</sup> 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 3<sup>rd</sup> Brown 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. Code of Conduct 1-8
2. Success Formula
3. History: All Previous
4. Meaning of Belt Color

**Phase 2: Techniques: Blue Stripe**

1. Kicking Techniques:
  - A. Jump Spinning
    1. Back Kick
    2. Side Kick
    3. Outside Crescent
  4. Inside Crescent w/Fake
  5. Hook/Heel Kick
2. 9 Count Hand Drill
3. Moving 12 Movement 1-6
4. Multi-Directional Phase 1 & 2
5. Required Combinations: Set 4

**Phase 3: Self Defense: Green Stripe**

1. Double Counters 1-6
2. Judo Throws:
  - A. Drop Throws (3)
  - B. Hip Nagewaza
3. Creative Self Defense
4. 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   |

## CODE OF CONDUCT

- 1. SERVICE**  
orderly  
Give unselfish service by helping and encouraging other students, participating in service projects and showing pride in school by maintaining a clean place to train.
- 2. RESPECT**  
Students will not only show etiquette for the seniority system and honor senior members but show respect for self, other students and all human beings.
- 3. HONESTY**  
cheating, or  
Our personal, business, family lives will be conducted honestly. No lying, stealing.
- 4. SELF IMPROVEMENT**  
Develop a habit a life - long learning by studying books and tapes on success and self improvement and practicing the principles in daily life.
- 5. HEALTH**  
Protect our skills by avoiding harmful health practices such as smoking, drugs, and excessive use of alcohol.
- 6. LOYALTY**  
Support the Tang Soo Do system, your instructor, school and fellow students by word and action.
- 7. CHARACTER**  
Reflect honor and respect on the Martial Arts and our association by living a clean and upstanding life.
- 8. CONTROL**  
Beginners will mask emotions. Advanced students will control and discipline emotions and actions - act not react.

**SUCCESS FORMULA:     $SC + SE^2 + U - F = S$**

**SC = SELF CONTROL**

(Take responsibility for your actions {***Internal Control*** - take responsibility for your actions without blaming outside forces; ***External Control*** - blaming someone or something for your shortcomings}).

**$SE^2$  = SELF ESTEEM**

(how you feel about yourself - doubled because it's so important)!

**U = UNDERSTANDING**

(if you know what's expected of you there should be no reason to blame the other person if you fail to meet the standards).

**F = FEAR OF FAILURE**

(people are afraid they'll fail so therefore they don't try)!

**S = SUCCESS**

THE ULTIMATE GOAL!

## **PAD WORK DRILLS**

### **4 COUNT HAND DRILL**

1. Left Jab
2. Right Reverse
3. Left Hook
4. Right Uppercut

### **6 COUNT HAND DRILL**

1. Left Jab
2. Right Reverse
3. Left Hook
4. Right Uppercut
5. Left Cross
6. Right Cross

### **7 COUNT HAND DRILL**

1. Left Jab
2. Right Reverse
3. Left Hook
4. Left Backfist
5. Right Uppercut
6. Left Cross
7. Right Cross

### **8 COUNT HAND DRILL**

1. Left Jab
2. Right Reverse
3. Left Hook
4. Right Spinning Bottom Fist
5. Left Hook
6. Right Uppercut
7. Left Cross
8. Right Cross

### **9 COUNT HAND DRILL**

1. Left Jab
2. Right Reverse
3. Left Hook
4. Right Spinning Bottom Fist
5. Left Hook
6. Right Uppercut
7. Left Cross
8. Right Cross
9. Left Uppercut

## 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.

## **DOUBLE COUNTERS**

### **Attacker Wins**

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

## **ADVANCED ONE-STEP ATTACKING TECHNIQUES**

1. Stepping up 45° to left - execute knife hand 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.