

LIFE'S ULTIMATE MARTIAL ARTS ACADEMY



ADULT

GREEN BELT / 5TH 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 5TH Green Belt Requirements

1. Hours: (Class Participation on a regular basis) 30 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 Ethics 1-12
2. Steps for achieving Goals 1-8
3. ABC's of Success (A-Z)
4. History of Tang Soo Do (More In-Depth)
5. Meaning of Belt Color

Phase 2: Techniques: Blue Stripe

1. Attacking Techniques with Partner
 - A. Combinations
 - B. Blitzing
 - C. Rushing
 - D. Jamming
2. Kicking Techniques: (Offensive & Defensive)
 - A. Axe Kick
3. 8 Count Hand Drill
4. 12 Movements Moving: Phase 6
5. Required Combinations: Set 3

Phase 3: Self Defense: Green Stripe

1. Intermediate One Steps
2. Double Counters 1-6
3. Take Downs:
 - A. Leg Sweeps (Inside, Outside)
 - B. Double Leg Sweeps
 - C. 4 Basic Take Downs (O' Soto Gari, O' Uchi Gari, Ko Soto Gari, Ko Uchi Gari)
4. Creative Self Defense
5. 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 |

THE A B C'S OF SUCCESS

A	ATTITUDE	Keep it positive
B	BOLD	Dare to be
C	COMPETENCE	You can't do without it
D	DREAM	Never be afraid to
E	EFFORT	Give it your best
F	FUTURE	Is what counts
G	GOD	Keep Him with you
H	HELP	Ask for it
I	INITIATIVE	Take it often
J	JOB	Make life a successful one
K	KEEP	Keep on keeping on
L	LOVE	Give it and receive it
M	MENTOR	Life's easier with one
N	NETWORK	Whenever you can
O	OPPORTUNITY	When it knocks, grab it
P	POWER	Understand its value
Q	QUALITY	Keep it in all that you do
R	REALITY	Never stray from it
S	SELF	Believe in yourself
T	TOTAL	See the total picture
U	UNDERSTANDING	Always strive for it
V	VICTORY	It's yours when you claim it
W	WOMANHOOD	God's great creation
X	XEROX	Don't be a copy; be you
Y	YOUTH	It's in your heart; not age
Z	ZENITH	Aim for the top

STEPS FOR ACHIEVING GOALS

1. Decide what you want.
2. Write it down - be specific.
3. Set the date of accomplishment.
4. Read it 3 times daily.
5. Think of it often...see (image) yourself enjoying it.
6. Begin to develop a plan of action.
7. Don't give up. (don't be a quitter)
8. Act as though you've arrived! Act confident and successful and you will be.

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

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.

SINGLE COUNTERS

1. Attacker Jab: Left Knife Hand block (step up & out to right), and right reverse punch.
2. Attacker Reverse Punch: Left Palm block (slide up to left), and right reverse punch.
3. Attacker Front Kick front leg: Left Down Block (step up & out to right), and right reverse punch.
4. Attacker Front Kick back leg: Right Down Block (slide up to left), and left reverse punch.
5. Attacker Side Kick front leg: Left Down Block (step up & out to right), and right reverse punch.
6. Attacker Side Kick Back leg: Right Down Block (slide up to left), and left reverse punch.

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.

INTERMEDIATE 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 land with uppercut left hand/forward stance - elbow strike to face/forward stance - forearm smash with left forearm/forward stance (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 - left punch center/forward stance - phase four (4) front jump kick with left leg (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 - 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 - stepping sway with right leg side squat punch with left hand/straddle leg stance - spinning bottom fist with right hand/straddle leg stance - reverse punch/forward stance (KIAI) - Step away safe distance.
5. Stepping up 45° to left - execute low block with right hand/forward stance - Reverse punch high with left hand/forward stance - elbow strike with right elbow/forward stance - bottom fist with right hand/forward stance - reverse punch/forward stance (KIAI) - Step away safe distance.

MOVING 12 MOVEMENTS

PHASE SIX

JUN BI

1. Step out left & execute left high block/back stance - right reverse punch/forward stance - slide left leg back standing - left heel kick - left bottom fist/back stance - right under punch/forward stance - left elbow/back stance- left reverse chop/back stance - right reverse punch/forward stance.
2. Step out right & execute right high block/back stance - left reverse punch/forward stance -slide right leg back standing - right heel kick - right bottom fist/back stance - right under punch/forward stance - right elbow/back stance - right reverse chop/back stance - right reverse punch/forward stance.
3. Step out left & execute left inside chest block/back stance - right reverse punch/forward stance - slide left leg back standing - left heel kick - left bottom fist/back stance - right under punch/forward stance - left elbow/back stance- left reverse chop/back stance - right reverse punch/forward stance.
4. Step out right & execute right inside chest block/back stance - left reverse punch/forward stance - slide right leg back standing - right heel kick - right bottom fist/back stance - right under punch/forward stance - right elbow/back stance - right reverse chop/back stance - right reverse punch/forward stance.
5. Step out left & execute left outside chest block/back stance - right reverse punch/forward stance - slide left leg back standing - left heel kick - left bottom fist/back stance - right under punch/forward stance - left elbow/back stance- left reverse chop/back stance - right reverse punch/forward stance.
6. Step out right & execute right outside chest block/back stance - left reverse punch/forward stance - slide right leg back standing - right heel kick - right bottom fist/back stance - right under punch/forward stance - right elbow/back stance - right reverse chop/back stance - right reverse punch/forward stance.
7. Step out left & execute left down block/back stance - right reverse punch/forward stance - slide left leg back standing - left heel kick - left bottom fist/back stance - right under punch/forward stance - left elbow/back stance- left reverse chop/back stance - right reverse punch/forward stance.
8. Step out right & execute right down block/back stance - left reverse punch/forward stance - slide right leg back standing - right heel kick - right bottom fist/back stance - right under punch/forward stance - right elbow/back stance - right reverse chop/back stance - right reverse punch/forward stance.
9. Step out left & execute left knife hand block/back stance - right reverse punch/forward stance - slide left leg back standing - left heel kick - left bottom fist/back stance - right under punch/forward stance - left elbow/back stance- left reverse chop/back stance - right reverse punch/forward stance.
10. Step out right & execute right knife hand block/back stance - left reverse punch/forward stance - slide right leg back standing - right heel kick - right bottom fist/back stance - right under punch/forward stance - right elbow/back stance - right reverse chop/back stance - right reverse punch/forward stance.
11. Step out left (keeping left arm out as focus) & execute right center punch/forward stance - slide left leg back standing - left heel kick - left bottom fist/back stance - right under punch/forward stance - left elbow/back stance- left reverse chop/back stance - right reverse punch/forward stance - **KIAI**.
12. Step out right (keeping right arm out as focus) & execute left center punch/forward stance - slide right leg back standing - right heel kick - right bottom fist/back stance - right under punch/forward stance - right elbow/back stance - right reverse chop/back stance - right reverse punch/forward stance - **KIAI**.

Note: Don't forget your chambers for every block!