

LIFE'S ULTIMATE MARTIAL ARTS ACADEMY



ADULT

GREEN BELT / 6TH 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 6TH 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. Terminology
 - A. Korean Counting 1-10
 - B. Japanese Counting 1-10
4. ABC's of Success (A - Z)
5. Meaning of Belt Color
6. History of Tang Soo Do (More In-Depth)

Phase 2: Techniques: Blue Stripe

1. 12 Basic Techniques (Offensive & Defensive)
2. Hand Techniques:
 - A. 6 Point Elbow Drill with Application
 - B. Spinning Back Knuckle
 - C. Spinning Bottom Fist
3. Kicking Techniques:
 - A. Side Phase Kicks 1-6
4. 7 Count Hand Drill
5. 12 Movements Moving: Phase 5
6. Required Combinations: Set 3

Phase 3: Self Defense: Green Stripe

- A. 1-15
- B. Double Counters 1-6
- C. Creative Self Defense
- D. 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

STANDARDIZED JUMP KICKS

PHASE I - REAR LEG KICKING

A. Assume fighting stance...B. Jump up springing from both legs...C. Position body and fold with rear leg...D. Deliver Kick

PHASE II - FRONT LEG KICKING

A. Assume fighting stance ...B. Thrust rear knee up and forward (as a fake and for momentum)...C. Jump up - positioning body and fold for kick...D. Deliver kick.

PHASE III - REAR LEG KICKING

A. Assume fighting stance...B. Step through with rear leg...C. Thrust front leg up as a fake and for height...D. Jump up - positioning body and fold...E. Deliver kick.

PHASE IV - FRONT LEG KICKING

A. Assume fighting stance...B. Jump up springing from both legs...C. Position body and fold with front leg...D. Deliver kick.

PHASE V - REAR LEG KICKING

A. Assume fighting stance...B. Slide rear leg up and thrust front knee up and forward (as a fake and for momentum)...C. Jump up - positioning body and fold...D. Deliver kick.

PHASE VI - REAR LEG KICKING

A. Assume fighting stance...B. Stutter step your legs (do not switch guard or turn body)...C. Thrust front knee up and forward...D. Jump up - positioning body and fold...E. Deliver kick.

*****POINTERS*****

1. Practice the jump kicks by each step to insure an understanding of the chronological order of the moves.
2. Position the body and folds as you begin the jump (not as you reach your peak in the jump).
3. Thrust faking and kicking knees up forcefully.
4. Perform movements with authority and control.
5. Time your movements so your kick are executed at the peak of your jump.
6. All circular kicks will be performed on a target or striking pad during testing.

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 hand block, left reverse punch.

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.

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

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 FIVE

JUN BI

1. Step out left & execute left high block/back stance - right reverse punch/forward stance - slide left leg back standing - left side kick - left bottom fist/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 side kick - right bottom fist/back stance - left 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 side kick - left bottom fist/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 side kick - right bottom fist/back stance - left 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 side kick - left bottom fist/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 side kick - right bottom fist/back stance - left 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 side kick - left bottom fist/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 side kick - right bottom fist/back stance - left 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 side kick - left bottom fist/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 side kick - right bottom fist/back stance - left 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 side kick - left bottom fist/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 side kick - right bottom fist/back stance - left reverse punch/forward stance - **KIAI**.

***Alternative Phase Five replaces side kick with heel kick.**

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