

LIFE'S ULTIMATE MARTIAL ARTS ACADEMY



ADULT

ORANGE BELT / 8TH 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 Orange Belt Requirements

1. Hours: (Class Participation on a regular basis) 20 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 1-8
2. 15 Positive Words for Each Day
3. Terminology
 - A. Hyung
 - B. An Jo
 - C. E La Sutt
 - D. Chul Sa
 - E. Sah Bom
 - F. Sah Bom Nim
 - G. Jeja
 - H. Korean Counting 1-10
4. Basic History of Tang Soo Do
5. Meaning of Belt Color

Phase 2: Techniques: Blue Stripe

1. 12 Basic Techniques (Offensive & Defensive)
2. Hand Techniques:
 - A. San Ju Waza (1-30)
 - B. 6 Count Hand Drill
3. Foot Techniques:
 - A. Spinning Kick (Side Kick, Back Kick)
 - B. Outside Crescent
 - C. Inside Crescent
 - D. Hook/Heel Kick
 - E. Two Kick Combination By Command
 - F. Phase Kicks: 1-6 Front
4. 12 Movements Moving: Phase 3
5. Stances: Straddle Leg
6. Required Combinations: Set 2

Phase 3: Self Defense: Green Stripe

- A. Basic One Steps
- B. Rotating Self Defense

Phase 4: Kata: Red Stripe

- A. Rotating Form (All Previous Forms)
(Giecho Hyung Il Bu, Giecho Hyung Yi Bu, Giecho Hyung Sahm Bu)
- B. 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.

15 POSITIVE WORDS FOR EACH DAY

1. I AM PROUD OF YOU
2. YOU CAN DO IT
3. I LOVE YOU
4. THANK YOU
5. PLEASE

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 |

SAN JU WAZA (30 Movements)

Jun Bi

Right Hand Over Left (Crossed above head) - Left Leg Chambered in; Drop down Horse Stance.

1. Chamber right hand over left - left High block.
2. Chamber left hand over right - right High block.
3. Scope with right - chamber with left to left ear - Inside Chest block with left.
4. Scope with left - chamber with right to right ear - Inside Chest block with right.
5. Chamber right over left (both knuckles up) - left Outside Chest block with left.
6. Chamber left over right (both knuckles up) - right Outside Chest block with right.
7. Chamber left hand to right ear - (right hand chambers under left) - left Down block.
8. Chamber right hand to left ear - (left hand chamber under right) - right Down block.
9. Chamber left hand to right ear - (right hand chambers under left) - left Knife hand block.
10. Chamber right hand to left ear - (left hand chambers under right) - right Knife hand block.
11. Left center punch - **KIAI**
12. Right center punch - **KIAI**
13. Look right - short Side Punch with left.
14. Look left - short Side Punch with right.
15. Look over right shoulder - Left Punch over right shoulder.
16. Look over left shoulder - Right Punch over left shoulder.
17. Left Elbow strike to front - turning hips right to forward stance.
18. Right Elbow strike to front - turning hips left to forward stance.
19. Chamber left knife hand to right ear - left Knife hand to eyes.
20. Chamber right knife hand to left ear - right Knife hand to eyes.
21. Short left knife hand (Nikiti) to solar plexus - **KIAI**.
22. Short right knife hand (Nikiti) to solar plexus - **KIAI**.
23. Look left - Elbow strike to left.
24. Look right - grab back of head with right hand - pull head in & strike with left Elbow.
25. Look right - Elbow strike to right.
26. Look left - grab back of head with left hand - pull head in & strike with right Elbow.
27. Look over left shoulder - Elbow strike up and back.
28. Look over right shoulder - Elbow strike up and back.
29. Right over left (knife hand) reach forward - Grab.
30. Pull back to straddle leg stance - Head Butt - **KIAI**.

Bring left leg back - return to JUN BI

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.

12 BASIC TECHNIQUES

(Offensive & Defensive)

1. Jab; Lunging Jab
2. Reverse Punch; Lunging Reverse Punch
3. Standing Front Kick; Lead Leg Step - Slide up Front Kick
4. Stepping Front Kick (Back Leg); Lead Leg Step - Stepping Front Kick (Back Leg)
5. Standing Side Kick; Lead Leg Step - Slide up Side Kick
6. Stepping Side Kick (Back Leg); Lead Leg Step - Stepping Side Kick (Back Leg)
7. Standing Round Kick; Lead Leg Step - Slide up Round Kick
8. Stepping Round Kick (Back Leg); Lead Leg Step - Stepping Round Kick (Back Leg)
9. Standing Outside Crescent Kick; Lead Leg Step - Slide up Outside Crescent Kick
10. Stepping Outside Crescent Kick (Back Leg); Lead Leg Step - Stepping Outside Crescent Kick (Back Leg)
11. Standing Heel Kick; Lead Leg Step - Slide up Heel Kick
12. Stepping Heel Kick (Back Leg); Lead Leg Step - Stepping Heel Kick (Back Leg)

MOVING 12 MOVEMENTS

PHASE THREE

JUN BI

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

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.

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

BASIC 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 (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 (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 (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 (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 (KIAI) - Step away safe distance.

15 BASIC SELF DEFENSE TECHNIQUES

1. CHOKE #1 - Tighten neck and drop chin. Bring right arm up and over attackers arms as you swiftly turn entire body to the left breaking the hold. Rock back with right elbow to knockout area. KIAI
2. CHOKE #2 - Tighten neck and drop chin. Bring right arm up and over attackers arms as you swiftly turn entire body to left. Spin body 360 degrees to left and execute left elbow to knockout area. KIAI
3. CHOKE #3 - Tighten neck and drop chin. Bring arms inside attackers. Right hand goes under the chin as the left arm wraps the attackers right arm. Turn the attackers chin as you step right leg behind attacker's right leg and turn body to the left. Take down, right reverse punch to knockout area. KIAI.
4. BEAR HUG #1 - Drop down as you bring your arms out and your bottom into their stomach at the same time. Reinforced elbow to ribs. Wrap and execute Ippon Seoi Nage. Right reverse punch to knockout area. KIAI.
5. BEAR HUG #2 - Head butt, stomp foot, clear arms. Reach between your legs and pull attackers leg up. Stomp to groin. KIAI.
6. BEAR HUG #3 - Step left leg out, strike to groin, slide right leg behind attackers left, thrust elbow up and backward knocking attacker to ground. Stomp to body. KIAI
7. HAIR GRAB - Bring both of your hand up and execute aikido wrist technique toward outside. Take down and execute reverse punch to knockout area.
8. ONE HAND CHOKE - Tighten neck and drop chin. Bring your hand up and over attackers. Execute aikido wrist technique and take down. Place your free arm between yours and attackers. As you grab your own arm pull back executing snake technique.
9. ONE ARM LAPEL GRAB - Bring your hand up and over attackers. Execute aikido wrist technique and take down. Stomp to face. KIAI.
10. TWO ARM LAPEL GRAB - Bring both hand up grabbing attackers thumbs, Execute aikido wrist technique and take down. Stomp to face. KIAI.
11. HEAD LOCK - Turn chin into attackers ribs, trapping attackers free hand with your outside hand. Bring arm behind attackers shoulder and around face pushing back and downward under attackers nose, knocking attacker to ground. Stomp to body. KIAI

Ground Fighting:

12. Hook your left instep behind attackers right heel. Bring right foot up and stomp to attackers right knee. Push attacker down and execute stomp to groin. KIAI.
13. Left instep to attackers right instep. Bring your right leg around and place your heel behind the attackers right knee. Take down and execute ax kick to back. KIAI.
14. Bring your left instep to attackers right instep knocking attacker off balance. Bring your right instep to attackers left instep knocking attacker off balance. Immediately bring your right instep up to groin. KIAI.
15. Bring your left instep to attackers right instep knocking attacker off balance. Bring your right instep to attackers left instep knocking attacker off balance. Immediately bring your right instep to the groin. Wrap your right leg behind their right knee and take down. Ax kick to back. KIAI.