

LIFE'S ULTIMATE MARTIAL ARTS ACADEMY



ADULT

YELLOW BELT / 10TH 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 Yellow Belt Requirements

1. Hours: (Class Participation on a regular basis) 18 hrs. / Minimum 6 Weeks
2. Clean uniform with school patch (All Tests)
3. Black Belt Excellence Sheets to be turned in every month (White Stripes)

Phase 1: Philosophy: Yellow Stripe

1. Code of Ethics 1-4
2. Terminology
 - A. Tang Soo Do
 - B. Sho
 - C. Charyut
 - D. Kyung Ne
 - E. Gup
 - F. Dan
 - G. Karate
 - H. Korean Counting 1-10
3. Student Creed / School Creed
4. Basic History of Tang Soo Do
5. Meaning of Belt Color

Phase 2: Techniques: Blue Stripe

1. 8 Basic Techniques
2. Striking Parts of Hand & Demonstrate
 - A. First Two Knuckles
 - B. Back Fist
 - C. Palm Heel
 - D. Ridge Hand
 - E. Spear Hand
 - F. Blade
3. Striking Parts of Foot & Demonstrate:
 - A. Ball of the Foot (Front Kick)
 - B. Blade (Side Kick)
 - C. Instep (Roundhouse Kick)
 - D. Heel (Back or Heel Kick)
4. Hand Techniques
 - A. Jab
 - B. Reverse Punch
 - C. Hooks (Left / Right)
 - D. Upper Cuts
5. Kicking Techniques:
 - A. Front Kick
 - B. Side Kick
 - C. Roundhouse kick
6. Blocking Techniques:
 - A. 12 Movements (Horse Stance)
 - B. 12 Movements Moving: Phase 1 (Forward and Backward)

- 7. Stances:
 - A. Forward/Front Stance
 - B. Back Stance
 - C. Horse Stance

- 8. Required Combinations: Set 1

Phase 3: Self Defense: Green Stripe

- A. Rotating Self Defense

Phase 4: Kata: Red Stripe

- Rotating Form
- A. Meaning of Form / History

Phase 5: Sparring:

- A. Rhythm Sparring
- B. Free Sparring

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.

KARATE CREED

In our practice of Karate, may we develop **PATIENCE, SINCERTY, HUMILITY**
BROTHERHOOD, COURAGE, WISDOM.

STUDENT CREED

I will develop myself in a positive manner and avoid anything that would reduce my mental growth or my physical health.

I will develop self-discipline in order to bring out the best in myself and others.

I will use what I learn in class constructively and defensively to help myself and my fellow man and never to be abusive or offensive.

SCHOOL CREED

This is a Black Belt School. I am Dedicated, I am Motivated, I am on a Quest to be my Best.
Winners Never Quit, Quitters Never Win, I Choose to be a Winner
Life's Ultimate Martial Arts. KIAH!

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

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 |

Sho.....At Ease (Relax)
 Charyut.....Attention
 Kyung Ne.....Bow
 Mokoso.....Close your eyes
 Kymokey.....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

Japanese Counting:

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

8 BASICS

(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)

MOVING 12 MOVEMENTS

PHASE ONE

JUN BI

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

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 you 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.

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.