

LIFE'S ULTIMATE MARTIAL ARTS



JUNIOR

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 is the same as no belt. It signifies purity or a beginning. The white belt senses, with expectation, the first signs of learning. A white belt 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/her first ray of knowledge, opening their mind, from an instructor.

Purple Belt / 9th Gup - (Awareness) The purple belt symbolizes the richness of autumn, bringing the 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 symbolizes the sky, youth, 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 spring and growth. The student in the early stage of childhood in 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 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 student is developing a strong foundation of 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 turns 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 begun again.

Life's Ultimate Martial Arts
Junior 5TH Green Belt Requirements

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

Phase 1: Philosophy:

1. Code of Ethics 1-12
2. Steps for achieving Goals 1-8
3. ABC's of Success (A-Z)
4. History:
 - A. Founder of TSD
 - B. Year TSD founded
 - C. Meaning of TSD Triangle
5. Meaning of Belt Color

Phase 2: Techniques:

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:

1. 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. Rotating Self Defense

Phase 4: Kata: Rotating Kata

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	Sho.....	At Ease (Relax)
Tang.....	Knife, Worthy, China	Charyut.....	Attention
Soo.....	Hand	Kyung Ne.....	Bow
Do.....	Way of, Art of	Mokoso.....	Close your eyes
Kara.....	Empty	Kymokey.....	Open your eyes
Te.....	Hand	Nim.....	Term of respect "Honorable"
Karate.....	Empty Hand	Sah Bom.....	Instructor
Karateka.....	Karate Men	Sah Bom Nim.....	Chief Instructor
T'aegukki.....	Korean National Flag	Kuk Sah Nim.....	Grand Master
Gup.....	Rank below Black belt	Kwan Jung Nim...	Director of a Martial Art
Dan.....	Black Belt Rank		School, Style, or Organization.
Dojan (Dojo).....	Studio	Sensi.....	Master (Japanese)
Co Mop Sim Nee Dha.....	Thank You	Jeja.....	Student
Domo Arogato Gazamus ..	Thank you very much (Japanese)	Chul Sa.....	Line Up
Ahn Young Ha Say Yo.....	Good Morning, Good Afternoon	Say Jak.....	Begin
“ “	Good Evening, How are You, How do you do.	Go Mon.....	Stop
Toe Bok (Gi).....	Korean Uniform		
Kiai.....	Shout to attain maximum tension at Impact	Empi... ..	Elbow
Ki (Chi).....	Energy, life force,vital essential	Ju Mok.....	Fist
Kime.....	Focus	Chirigee.....	Punch
Hyung.....	Pattern (Form)	Makee.....	Block
Sul (Sool).....	Technique	Cha Gee.....	Kick
Jun Bi.....	Ready Position	Dora.....	Turn
Parro.....	Return to ready position	So Gee.....	Stance
An Jo.....	Sit Down	Kumite.....	Free Sparring
E La Sutt.....	Stand Up	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.

Basic History of..... Tang Soo Do

Translation of Tang Soo Do:

Korean's Alphabet did not match our Alphabet during translations of the martial arts. So there are actually several different translations to one part of the name of the art, (Tang).

- Martial means Military (Martial Arts / Military Arts)
- Soo means Hand
- Do means Way of
- Tang is translated from the Tang dynasty of China, Tang is translated as Worthy, Tang is translated as Knife.

Tang Soo Do - Art of the Knife hand or China hand way, is the most common translations in Kentucky. Our Studio Translation is Art of the Knife Hand.

Tang Soo Do Triangle Represents: Mind, Body, & Spirit. Mind & Body are the base as the Spirit is the Top.

Basic History:

Tang Soo Do is one of the oldest martial arts in Korea. The art of Tang Soo Do dates back to three different dates in Korea. The reason behind the three dates is that at that time Korea was divided into three kingdoms: Silla - 57 BC, Koguryo - 37 BC, Paekche - 18 BC. The most well known was the Silla Dynasty. How do we know it dates back that far? Artifacts, Drawings of the art, bodies uncovered (warriors).

Before the art was called Tang Soo Do it was known as Soo Bahk Do or Su Bahk Ki. During the World Wars (1 and 2) it was forbidden to teach the arts (martial arts were for military use only). After the wars were over in 1945 the restrictions lifted and instructors were dispatched around the world to teach the martial arts. In Korea two arts were born from the ancient arts Tae Kwon Do and Tang Soo Do. Tae Kwon Do (Way of Hand and Foot) became Korea's national sport, games and tournaments were held. Tang Soo Do (Art of the Knife Hand) still remained for military use in Korea, later emerging into the games and tournaments as well.

Founder / History of Tang Soo Do: (more in-depth)

Hwang Kee was born on November 9th, 1914. When Hwang Kee was seven years old, it was a time of a traditional holiday called "Dan O", which is the national May festival. During that time he happened to visit his neighboring village, where a variety of folk plays and festive activities were held. As he enjoyed seeing a variety of folk plays such as Ssirum (traditional wrestling), archery, and road races around the village, he happened to see a group of people in a tavern making noise that caused him to believe that some trouble was developing. He saw a group of seven or eight young men arguing with one man, and this argument soon progressed to physical fighting. The group of young men began to attempt to beat the man. The man was avoiding their attacks and countering with various kicks to the group of young men. Soon the group of men fell one by one as a result of the man's strange moves. After the attack ended, some onlookers said, "That is Tae Kyun", and some said, "That is Sip Pal Ki", as they were departing. Hwang Kee was so impressed by this man's performance that he decided to find out what his art was about. He followed the man at a distance and discovered where he lived.

Several days later, he approached the man's home and sat on a hill nearby and looked down at his house. He saw the man practicing some hand and foot movements with a partner. He watched their practice closely with great interest and he realized that these were the same techniques that the man had used facing the group of men at the May festival. Hwang Kee often went near the man's home to watch him practice, and he imitated and practiced what he saw from the man's techniques. One day he decided to learn these techniques and he asked the man to teach him. His request was refused because Hwang Kee was too young. Although disappointed, he would go to the man's home and watched him perform whenever he could and then practiced by himself what he had seen. This experience was a major influence leading Hwang Kee to become a Kwan Jang Nim (Director of a martial art school, style, organization), who would devote his entire life to Soo Bahk Do Moo Duk Kwan (style Hwang Kee founded before named as Tang Soo Do).

In the country of Korea some 70 years ago, the educational system differed significantly from the present. Few students became high school graduates. The Kwan Jang Nim entered elementary school at the age of 11 and graduated high school in March 1935. Founder / History of Tang Soo Do (Cont.)

Following his graduation, he went to Manchuria to work for the railroad company (May 1935). While there he and a friend Park Hyo Pil, had the opportunity to meet a Chinese Master, Master Yang, and to visit Master Yang's house. During the visit, he learned that Master Yang was teaching a handful of private students practicing a Chinese martial art in his home. Having never lost his dream of learning the depth of the martial arts for over 20 years practicing, however he never had any organized or structured lessons.

Mr. Hwang Kee was overwhelmed with happiness as if he were dreaming, knowing that he was at the home of Master Yang, who was highly renowned as a martial arts Master. Master Yang was a man with very gentle and healthy appearance with good energy, who looked to be about 50 years old. That same day, Mr. Kee humbly requested to be Master Yang's student. Master Yang refused his request gently, saying that "I am not good enough to teach you" Mr. Kee and his friend Mr. Park, could not speak Chinese well enough to present their sincere wishes to study at that time. That evening they had a good dinner at Master Yang's house, thanked the couple, (Yang and wife), and returned home.

That night Mr. Kee could not get to sleep because of the excitement that he had experienced being with Master Yang. He considered this to be once-in-a-lifetime opportunity to learn the martial art from the Master, if he were accepted. The next morning, Mr. Kee discussed things with his friend, Mr. Park, and they decided to visit Master Yang again and again until they were accepted. On their third visit, Master Yang finally accepted them as his students. Mr. Kee and four other students were training under Master Yang during this time. The training consisted of method of postures, method of steps, method of conditioning as their basic training.

In August of 1937, Mr. Kee had to leave Master Yang to return to Seoul Korea for personal reasons. During 1941, he went back to Manchuria for a short time to visit Master Yang for instruction. This was the last time he was able to enjoy Master Yang's instruction. He could not communicate with or visit his Master again once China became a Communist country in 1946. Upon his return to Seoul after leaving his instructor Master Yang, in 1937, Mr. Kee searched for an opportunity to continue his personal martial arts training and, possibly, teach. It was impossible at that time, for him to pursue his wishes in martial arts activity due to the strict Japanese influence on the Korean culture. (The country of Korea was occupied by the Japanese from 1910 to August 1945).

Mr. Kee started work at the Survey department in 1939. Although he earned a low salary at his employment, he was very comfortable with his working conditions. The building consisted of a lecture room, library, and various exercise rooms. He spent most of his time reading books from the library, on Karate, even though all the books were from Japan. (No other books were available from any other country at that time and this was the first modern form of martial arts books he had seen). Mr. Kee learned forms, "Kata's", from the books. The kata's practiced were Passai Hyungs. Later a series a kata's were formed from the Passai Hyungs by Master Hwang Kee the series were known as the Pyong Hyungs, still practiced in Tang Soo Do. Master Kee began to teach what he had learned in his experience of the martial arts (starting at age seven).

Since Japan annexed and occupied Korea as their territory, they placed a ban on all Korean martial arts (No training/teaching were allowed). In 1936, Hwang Kee was arrested, imprisoned and sentenced to death by the Japanese for violating Japanese Martial Law, by continuing to teach Soo Bahk Do. Later that year he escaped and traveled North, meeting and training with Chinese Master's. Several years later, the United States became involved in World War II following the bombing of Pearl Harbor, with Japan's surrender came the liberation of Korea. On November 9th, 1945 a new martial art arose from the ashes of the beaten and battered nation of Korea. The style was called Tang Soo Do. Master Kee returned from China and opened a martial arts school called 'Moo Duk Kwan' (Institute of Martial Virtue) where the refined martial art of Soo Bahk Do, called Tang Soo Do, was taught.

The origin of Tang Soo Do is still unknown but the style can be traced back well over 2000 years to the period of the Three Kingdoms: Koguryo (37 B.C.), the Paekche (18 B.C.), and the Silla (57 B.C.). The founder of our style.

The founder of our style, Hwang Kee (November 9th, 1914 - July 14, 2002), was a legend among the martial arts. Tang Soo Do is well balanced martial art using both hand and foot techniques equally. The art is not only physical training but spiritual as well. Here is what Grandmaster Hwang Kee said about his art: "It is not a sport. Though it is not essentially competitive, it has great combat applications. It is a classical martial art, and its purpose is to develop every aspect of the self, in order to create a mature personality who totally integrates his intellect, body, emotions, and spirit. This total integration helps to create a person who is free from inner conflict and who can deal with the outside world in a mature, intelligent, forthright, and virtuous manner."

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.

ONE STEP PUNCHING

1. Step to Left
Outside Block (right hand)
Round Kick to Mid Section
2. Step to Right
Inside Block (right hand)
Elbow Jab
3. Step Forward (left foot)
High Block (left hand)
Punch (right hand)
4. Step to Left
Knife Hand Block (right hand)
Side Kick to Leg
Round Kick to Mid Section
5. Step to Right
Knife Hand Block (left hand)
Right Hand Chop
Left Elbow
Right Hand Upper Cut
6. Step to Left
Knife Hand Block (right hand)
Round Kick to Mid Section
Arm Bar & Sweep
7. Step to Right
Inside Block (right hand)
Elbow Jab
Step through - Hook Arm & Push Back
Spin Around - with Bottom Fist
Reverse Punch
Front Kick
8. Step Forward (left foot)
High Block (left hand)
Reverse Punch & Sweep

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!