

BRIEF HISTORY

ORIGIN

The exact origin of Tang Soo Do, as well as any martial art in general, is obscure, although there are a number of historical theories. However, the most credible and traditional view is that martial arts originated not in any one country but in almost all parts of the globe, as they were needed by primitive people.

DEVELOPMENT IN EARLY AGES

The ancestral art of Korean Tang Soo Do can be traced back to the period of the three kingdoms. At that time, Korea was divided into three kingdoms.

Koguryo was founded 37 BC in northern Korea. The Silla Dynasty was founded in 57 BC in the southeast peninsula, and Paekche was founded in 18 BC.

After a long series of wars, the Silla Dynasty united the three kingdoms in 668 AD. During this period of time, the primitive martial arts were very popular in warfare. This is evident by mural paintings, ruins, and remains which depicted Tang Soo Do in those days.

Among the three kingdoms, the Silla Dynasty was most famous for its development of martial arts. A corps formed by young aristocrats, called "Hwa Rang Dan," was the major group who developed those arts. These warriors were instrumental in unifying the peninsula as the new Silla Dynasty (668 AD - 935 AD) and furnished many of the early leaders of that dynasty. Most Korean martial arts trace their spiritual and technical heritage to this group. The names of some groups and arts reflect this, such as Hwa Rang Do or Hwa Doo Do.

MEDIEVAL DEVELOPMENT

The Unified Silla Kingdom was overthrown by a warlord, Wang Kun, in 918 AD, and a new kingdom called "Koryo" lasted for 475 years. In 1392 AD, the new kingdom, Yi Dynasty, succeeded and lasted about 500 years. Approximately a thousand year period elapsed between the two dynasties. Tang Soo Do became very popular among the military society. However, most importantly, this art also became very popular with the general public. In those days it was called Kwon Bop, Tae Kyun, Soo Bahk, Tang Soo, etc.

The very first complete martial arts book was written at this time. This most important book is called "Mooyae Dobo Tongji." It was written in 1790 AD and contained illustrations that substantiate the theory that "Soo Bahk Ki," the formal name of Tang Soo Do, had quickly developed into a sophisticated art of combat techniques.

MODERN HISTORY

The subsequent occupation of Korea by the Japanese military regime took place from 1909 to 1945. During this period, practicing and teaching of martial arts was restricted.

After World War II, 1945, this restriction was lifted. Several martial arts training schools were erected at that time as follows:

Moo Duk Kwan	~	by Hwang Kee
Chi Do Kwan	~	by Kwai Byung, Yun
Chung Do Kwan	~	by Duk Sung, Son
Song Moo Kwan	~	by Byung Jik, No
Chang Moo Kwan	~	by Nam Suk, Lee
Yun Moo Kwan	~	by Sang Sup, Chun

The founders started to organize their own organizations respectively, and Master Hwang Kee organized the “Korean Soo Bahk Do Association on November 9, 1945.

Besides the Soo Bahk Do Association’s existence in Korea, there were various types of other martial arts called “Kong Soo” or “Tae Soo.” In 1965 all of these various systems were united into one organization called the “Korean Tae Kwon Do Association,” and the art was called “Tae Kwon Do” uniformly.

As a Korean national sport, Tae Kwon Do initiated a new era and instructors were dispatched throughout the world, and international tournaments were held. In those days, Tang Soo Do and Tae Kwon Do were divided with Tang Soo Do striving to remain as a traditional martial art while Tae Kwon Do held its world games and sports.

TANG SOO DO COURTESY

ENTERING DO JANG

Upon entering the Do Jang, pause by the entrance, face the flags and salute by holding the right open hand across the chest with palm facing the heart and bow in the direction of the flags. This demonstrates respect and appreciation for our country, our style, our training, and the country that produced the development of our style. You should perform this discipline upon entering and leaving the Do Jang.

GENERAL RULES FOR CLASS

1. Upon entering the training hall, students should salute the flags and bow to the instructor on the floor. Students do not have to wait for the instructor to acknowledge the bow.
2. Starting Class
 - a) Students should line up according to rank and seniority with the highest ranking member to the right.
 - b) The highest ranking member in the class will call the commands.
 - i) Turn to salute the flag
 - ii) Turn to bow to the instructor
 - iii) Meditation
3. During class, proper respect and discipline shall be maintained at all times, and Tang Soo Do ritual should be followed in a uniform manner.
 - a) When the chief instructor enters the training hall, the highest ranking member in the class should call the class to attention and have the class bow. After respect has been paid, the class should return to training or warming up, whichever the case may be.
 - b) When a student comes to class late, he should wait until he is recognized by the instructor, then approach him, bow, and get permission to join the class.
 - c) When a student must leave the training hall during training, he should first receive permission from the instructor.
 - d) If a student has to ask the instructor anything, he must first approach a senior member to gain permission. A chain of command should be instituted and not breached for any reason. A member should never approach an instructor directly.
4. Dismissing class
 - a) Students should line up by seniority and rank, and the highest ranking member should call the commands.

5. There should be an absence of unnecessary noise in the training hall. Students should remain silent, try to quiet yourself mentally and physically. Turn your thoughts to training, create an atmosphere of Jung Sook (internal peace).
6. **Salutation** - Much importance should be attached to salutation. It is an integral part of Tang Soo Do. While training, one should esteem and pay respect to one's instructor, senior members, and opponents. One should not lose prudence, self-control, patience or composure. Before and after exercise or contests, the participants should turn around, adjust their Do Bawks, and make a correct salutation to their opponent or instructor.
7. While seated on the floor, members should keep a proper posture conducive to health. Hands should be placed on the knees with the back straight, and legs should be crossed in front with the feet tucked beneath thighs.
8. During practice, members should observe decorum and orderliness. The training hall should always be kept clean, in order, and well ventilated.
9. Do Bawks should be clean and pressed at all times. It is important to give a good impression of our art and a neat appearance is important in this respect. A high degree of cleanliness should also be maintained among members. Members should take care to pay respect to their bodies and keep themselves clean. Fingernails and toenails should be clipped and kept short to prevent injury while fighting.
10. Warm-up exercises should be practiced by member prior to training in order to prepare the body and mind. An unprepared body could be strained under the rigorous Tang Soo Do exercises. When training is terminated, students should relax themselves with a series of exercises to help them return to a calm and normal state.
11. **Basic Actions** - In order to promote improvement in skill, one must learn the basic actions and practice them constantly until they are perfected. Concentration and work must also be expended by students to master the various forms in order to promote themselves. Through forms and basic actions, precise and accurate techniques will result. It should be remembered all Tang Soo Do techniques depend on basic actions and forms; learn them properly and apply them in your free-fighting

ENTRANCE OF A SA BOM NIM

During the class, upon the entrance of the Sa Bom Nim or the chief instructor, the most senior member of the class will call the class to attention “Cha Ryut” and command **“Kyong Ret.”* The class will then recognize the Sa Bom Nim with a bow.

A respectful relationship between instructor and student or between senior members and junior members is always maintained regardless of location (in or out of Do Jang) or dress (in or out of Do Balk).

* *“Kyong Ret”* always means to bow from the attention position.

ENTERING THE SA BOM/KYO SA NIM’S OFFICE

- A. Never walk into your instructor’s office unannounced. Always knock first at the door and wait for instructions.
- B. Upon seeing the instructor, the student bows from the attention position.
- C. Student stands until recognized by the instructor (if asked to be seated, the student may sit) then student begins conversation.
- D. Student remains standing at attention during conversation unless otherwise instructed by the Sa Bom/Kyo Sa.
- E. It is the instructor’s responsibility to show respect to his student by extending the courtesy to him to be seated before the conversation begins.
- F. When the conversation is concluded, the student thanks the instructor and proceeds to walk backward (not showing his back to the instructor) until he reaches the door. The student bows before exiting.
- G. No student should seat himself at the instructor’s desk at any time (whether in the presence or absence of the instructor).
- H. The conversation between the instructor and the student should always maintain a tone of respect, and the words “Sir/Madam” should be used regardless if you are in or out of your Do Balk.

AT A SOCIAL EVENT (Restaurant)

- A. The student should be in the restaurant earlier than the expected arrival of the Instructor.
- B. When the Instructor arrives, all students should rise and greet the Instructor with a bow.
- C. The Instructor should be seated first, and the students should begin to be seated according to seniority--seniors sit down first and others follow. If already seated, the student should rise and remain standing until all his seniors are seated.
- D. Placement of seating is flexible. However, it is usual for the seniors to be placed next to the Instructor. (This is not a rigid rule.)
- E. Students should not smoke or drink alcohol while the Instructor is present unless the Instructor gives his prior permission.
- F. When the food is served, the student should wait until the instructor starts to eat first and then the student may begin.
- G. If a student has the opportunity to be in the presence of the Grandmaster, proper attire must be worn (suits and ties for men and dresses, suits, and appropriate pant outfits for women).

COMMUNICATION THROUGH TELEPHONE

- A. Continuation of class manners and discipline should be extended when talking over the phone to your Instructor.
- B. Students should use "Sir/Madam."

COMMUNICATION BY LETTER

1. Addressing the letter - When addressing the letter, always include the title of the person you are writing to whether he is your senior or junior. If he has no title, use the title Mr., Mrs., Miss, or Ms.
 - a) Seniors writing to juniors: Do not include the "Nim"

Example: Kyo Sa John Doe
 - b) Juniors writing to seniors: Include the "Nim"

Example: Sa Bom Nim John Doe

2. Salutations

- a) Seniors writing to juniors: Include the official title but do not use “Nim,” and add the proper name.

Example: Dear Kyo Sa John Doe

- i) Seniors writing to juniors (if the relationship warrants) may also use the first name.

Example: Dear John

- ii) The proper name with no title except Mr., Mrs., Miss, or Ms. may also be used.

Example: Dear Mrs. Smith

- b) Juniors writing to seniors: Always use the official title (including “Nim”) and the proper name.

Example: Dear Sa Bom Nim John Doe

3. Closing or signing the letter - When writing to a senior, no matter how high your rank, you sign just your name and not your rank or position.

Example: Sincerely,
John Doe

A junior shows disrespect to a senior by signing a letter as “Master John Doe” or “Kyo Sa John Doe.” It is better to be humble and not flaunt your title.

- a) Senior writing to his junior - Never use Master, Mr., Sa Bom, or Kyo Sa in front of name. As a courtesy, he may give an official title or position such as “Chairman” or school name.

Example: Sincerely,
John Doe
Chairman

OR

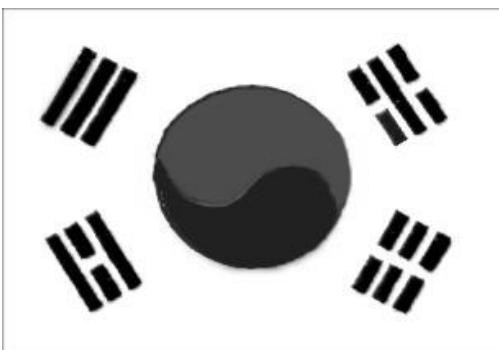
Sincerely,
John Doe
Doe’s Tang Soo Do

- b) Junior writing to his senior - No rank, title, or position may be given but an example of your relationship as a student or junior may be given.

Example: Sincerely,
John Doe
Your Student

AS IN ALL TANG SOO DO RELATIONS, BASIC COURTESY MUST BE MAINTAINED AS WELL AS A HEALTHY RESPECT FOR ALL PEOPLE.

TAE KUK GI THE NATIONAL FLAG OF KOREA



The Korean flag symbolizes much of the thought, philosophy, and mysticism of the Orient. The symbol, and sometimes the flag itself, is called Tae Geuk.

Depicted on the flag is a circle divided equally and in perfect balance. The upper (red) section represents the Yang, and the lower (blue) section represents the Um, an ancient symbol of the universe originating in China. These two opposites express the dualism of the cosmos: Fire and water, day and night, dark and light, construction and destruction, masculine and feminine, active and passive, hot and cold, plus and minus, and so on.

The central thought in the Tae Geuk indicates that while there is a constant movement within the sphere of infinity there is also balance and harmony.

The ancient Oriental philosophers viewed the universe as a place in which harmony could be attained by the reconciliation of opposing forces. One such force, Yang, is associated with expansion and separation; the other, Um, with contraction and assimilation. These opposites continually balance and complement each other. This thought taught the martial arts the wisdom of using non-violence against violence, soft against hard, circle against straight line, and so on.

Three bars at each corner also carry the ideas of opposition and balance. The three unbroken lines stand for heaven; the opposite three broken lines represent the Earth. At the lower left corner of the flag are two lines with a broken line between. This symbolizes fire. The opposite is the symbol of water.

KWAN GI - TANG SOO DO SCHOOL FLAG



The *Kwan Gi* is the flag or symbol that represents a particular school, style, or federation. The *Kwan Gi* pictured above represents the Tang Soo Do Karate College.

Similar to the Tae Kuk Gi, the individual elements that make up the *Kwan Gi* have significant meaning to the art of Tang Soo Do and the Tang Soo Do Karate College.

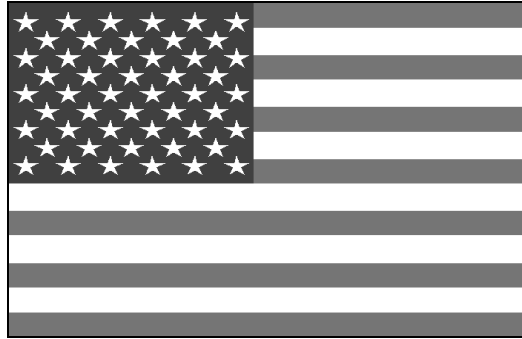
The *fist* symbolizes justice, the authority and power to uphold what is right and fair.

The *laurels* encircling the fist are comprised of fourteen leaves per side and a total of six berries, three per side. The leaves represent the fourteen original colonies or provinces of Korea. The six berries represent the six inhabited continents (North America, South America, Europe, Asia, Africa, and Australia) where Tang Soo Do is taught today.

Below the fist are three Korean characters. The characters left and right of center are “Tang” and “Soo” respectively. The character in the center is “Moo.” Moo translates as “to stop conflict or aggression.” Moo may also translate as “military,” representing the force used to stop aggression.

Tang Soo Do in blue is the name of the art or style we study, and *Moo Duk Kwan* in red is the name of the organization.

UNITED STATES OF AMERICA FLAG



The Stars and Stripes is the most popular name for the red, white, and blue flag of the United States. (No one knows exactly where this name came from.) The United States flag has several other names such as *Star-Spangled Banner* and *Old Glory*.

The Stars and Stripes stands for the land, the people, and government, and the ideals of the United States.

STARS: The Stars represent all the states. Every time a new state joined, another star was added.

STRIPES: They represent the 13 original states or colonies. They alternate all 13 stripes going red then white.

COLORS:

Red represents hardiness and courage.

White represents purity and innocence.

Blue represents vigilance, perseverance, and justice.

FIVE REQUISITES AND ELEVEN POINTS OF EMPHASIS ON MENTAL TRAINING

REQUISITES

1. Oneness with nature
2. Complete awareness of environment
3. Experience
4. Conscience
5. Culture

EMPHASIS

1. Reverence for nature
2. Physical control (Ki-Aup)
3. Courtesy
4. Modest heart
5. Thankful heart
6. Self-sacrifice
7. Cultivate courage
8. Chastity
9. Be strong inside and mild outside
10. Endurance
11. Reading ability

FIVE REQUISITES AND TEN POINTS OF EMPHASIS ON PHYSICAL DEVELOPMENT

REQUISITES

1. Contact with natural surroundings
2. Contact with diverse physical conditions
3. Suitable nourishment
4. Suitable exercise
5. Suitable rest

EMPHASIS

1. Vocal exhalation for thoracic strength (Ki-Aup)
2. Eye-line of site (glance)
3. Continuous balance during movements
4. Flexibility of body
5. Correct muscle tones for maximum power
6. High and low speed techniques
7. Exactness of techniques
8. Adjustment for proper distance
9. Proper breathing for endurance
10. Conditioning hands and feet

THE CHARTER OF MOO DUK KWAN

Reverence for life is as important as offense and defense within the Moo Duk Kwan.

Our basic charter charges all members to protect life, even that of an enemy. Developing reverence for nature, with emphasis on beauty, speed, and rightness of action, are training goals held forth by the charter.

MATTERS THAT DEMAND SPECIAL ATTENTION WHILE TRAINING IN TANG SOO DO (SOO BAHK DO)

- ◆ Purpose of training should be enhancement of the mental and physical self
- ◆ Sincerity is necessary
- ◆ Effort is necessary
- ◆ Consistent schedule during practice
- ◆ Do one's best when training
- ◆ It is necessary to train in the basic spirit of Tang Soo Do
- ◆ Regularly spaced practice sessions
- ◆ Obey without objection the word of instructors or seniors--look and learn
- ◆ Don't be overly ambitious
- ◆ Pay attention to every aspect of your training
- ◆ Get instruction step by step in new forms and techniques
- ◆ Try to conquer when you feel idleness
- ◆ Cleanliness is desired after practice is finished

CHARACTERISTICS OF SOO BAHK DO (TANG SOO DO)

- ◆ It is natural and reasonable to practice Tang Soo Do as a martial art
- ◆ It combines civil and military arts which are strong and submissive
- ◆ It is good practice for mental and physical well being
- ◆ You can practice anywhere, and it is inexpensive
- ◆ You can practice as an individual or group
- ◆ Anyone can learn with a little effort and faith
- ◆ It develops your body and sense of balance

KEY CONCEPTS IN TANG SOO DO

Yong Gi	Courage
Chung Shin Tong Il	Concentration
In Neh	Endurance
Chung Jik	Honesty
Kyum Son	Humility
Him Cho Chung	Control of Power
Shin Chook	Tension and Relaxation
Wan Gup	Speed Control

GENERAL TERMINOLOGY

Tang Soo Do	Name of the art we study
Moo Duk Kwan	Name of organization
Soo Bahk Do	Ancient name of the Korean martial art
Kwan Jang (Nim)	Grandmaster
Sa Bom (Nim)	Instructor
Nim	A term of respect similar to “Sir” or “Honorable”
Sun Beh	Senior member
Hu Beh	Junior member
Dan	Degree, holder of midnight blue color
Gup	Grade, holder of color belt
Ko Dan Ja	Senior dan holder
Yu Dan Ja	Dan holder
Yu Gup Ja	Gup holder
Kwan Won	Student member
Cho Bo Ja	Beginner
Do Jang	Training hall/studio
Do Bahk	Uniform
Dee	Belt
Kuk Gi	National flag of Korea
Kwan Gi	Tang Soo Do flag
Gi Cho	Basic
Hyung	Form
Deh Ryun	Sparring
Ho Sin Sul	Self-defense
Kyuck Pa	Breaking
Soo Gi	Hand techniques
Jok Gi	Foot techniques
Neh Gung	Internal power or control in exercise
Weh Gung	External power or control in exercise
Shim Gung	Spiritual power or control in exercise

GENERAL TERMINOLOGY (continued)

Mahk Kee	Block
Kong Kyuck	Attack
Ha Dan	Low part
Choong Dan	Middle part
Sang Dan	High part
Ahp	Front
Yup	Side
Dwi	Back
Cha Gi	Kick
Ki Hap	Yell (focus mind/energy)
Shi Sun	Focus of eyes
Choong Shim	Balance
Chung Kwon	Forefist
Cap Kwon	Backfist
Soo Do	Knifehand
Yuk Soo Do	Ridgehand
Kwan Soo	Spearhand
Jung Kwon	Heal of Palm
Kwon Do	Bottom of fist
O Rin Jok	Right
Wen Jok	Left

COMMANDS IN TRAINING

Ku Ryung	Count
Ky Ryung E Mat Cho So	By the count
Ku Ryung Up Shi	Without count
Cha Ryut	Attention
Kyung Ret	Bow
Choon Be	Ready
Shi-Jook	Begin
Ba-Ro	Return
Shio	Relax/Rest
Gu Man	Stop
Tora	Turn
Dwi Ro Tora	Turn to rear
Bal Cha Gi Choon Bee	Ready to kick
Ko Map Sum Ni Da	Thank you
Cho Man E Oh	You are welcome

COMMANDS IN TRAINING (continued)

<i>For Cadance</i>	<i>Numbers</i>	<i>For Ranking Order</i>
Hana	One	Il
Dool	Two	E
Set	Three	Sam
Net	Four	Sa
Da Sot	Five	O
Yuh Sot	Six	Yook
IL Gop	Seven	Chil
Yo Dull	Eight	Pal
Ah-Hope	Nine	Koo
Yohl	Ten	Ship
Sumul	Twenty	E-Ship
Sorun	Thirty	Sam-Ship
Mahun	Fourty	Sa-Ship
Shwin	Fifty	O-Ship
Yesun	Sixty	Yook-Ship
Irun	Seventy	Chil-Ship
Yodun	Eighty	Pay-Ship
Ahun	Ninety	Koo-Ship
Paek	One Hundred	Il-Paek
Chon	One Thousand	Il-Chon

Basically, numbers above ten are formed simply by adding the numbers one to nine to the words meaning “ten,” “twenty,” “thirty,” etc. For example, 11 is “Yohl Hana.”

COMMANDS IN STARTING AND CLOSING CLASS

Cha Ryut	Attention
Kuk Gi Bay Ray	Bow to flag
Ba-Ro	Return
Ahn Jo	Sit
Muk Nyum	Meditation
Ba-Ro	Return
Cha Ryut	Attention
Sa Bom Nim Kay Kyung Ret	Bow to instructor
Shim Sa Kwan Nim Kyung Ret	Bow to judge or examiner
Kwan Jang Nim Kay Kyung Ret	Bow to grandmaster

When the command to bow to the Instructor is given, all members say with clarity, “Ko Map Sum Ni Da” (thank you sir) to the Instructor.

ANATOMY

Pahl	Arm
Bahl	Foot
Chu Mok	Fist
Mok	Neck
Hur Ri	Waist
Da Ri	Leg
Sohn	Hand
Pal Coop	Elbow
Moo Roop	Knee
Eema	Forehead
Tuck	Chin
Myung Chi	Solar plexis
In Choong	Between mouth and nose
Dan Jun	Low abdomen
Ko Hwan	Groin

BASIC STANCE (Gi Cho Ja Seh)

Choon Bee Ja Seh	Ready stance
Chun Gul Ja Seh	Front stance
Hu Gul Ja Seh	Back stance
Kee Mah Ja Seh	Horse stance
Sa Ko Rip Ja Seh	Side stance

BASIC HAND MOVEMENTS

Pahl Put Kee	Punch Exercise, Horse Stance
Ha Dan Mahk Kee	Low Block, Front Stance
Choong Dan Kong Kyuck	Middle Punch, Front Stance
Sang Dan Kong Kyuck	High Punch, Front Stance
Sang Dan Mahk Kee	High Block, Front Stance
Ahneso Phaku Ro Mahk Kee	Inside/Outside Block, Front Stance
Phakeso Ahnu Ro Mahk Kee	Outside/Inside Block, Front Stance
Chun Gul Ssang Soo Mahk Kee	Two Fist Middle Block, Front Stance
Kwan Soo Kong Kyuck	Spear Hand Attack, Front Stance
Yuk Soo	Knifehand Defense and Reverse Punch
Ssang Soo Ha Dan Mahk Kee	Two Fist Low X Block, Front Stance
Wheng Jin Kong Kyuck	Side Punch, Horse Stance
Hu Gul Ha Dan Mahk Kee	Low Block, Back Stance
Hu Gul Sang Dan Mahk Kee	High Block, Back Stance
Hu Gul Yup Mahk Kee	Side Block, Back Stance
Hu Gul Ssang Soo	
Ha Dan Mahk Kee	Two Fist Low Block, Back Stance
Hu Gul Ssang Soo Mahk Kee	Two Fist Middle Block, Back Stance
Ha Dan Soo Do Mahk Kee	Low Knifehand Block, Back Stance
Choong Dan Soo Do Mahk Kee	Middle Knifehand Block, Back Stance
Sang Dan Soo Do Mahk Kee	High Knifehand Block, Back Stance
Yuk Jin Kong Kyuck	Reverse Punch, Back Stance

BASIC KICKING MOVEMENTS

Ahp Podo Oil Ri Gi	Front Stretch Kick
Ahp Cha Nut Gi	Front Snap Kick
Yup Cha Gi	Stepping Side Kick
Dull Ryo Yup Cha Gi	Turning Side Kick
Dull Ryo Cha Gi	Round-House Kick
Dwi Cha Gi	Back Kick
Dwi Dull Ryo Cha Gi	Spinning Back Wheel Kick
Ahneso Phaku Ro Cha Gi	Inside/Outside Crescent Kick
Phakeso Ahnero Cha Gi	Outside/Inside Crescent Kick
Yup Hu Ri Gi	Stepping Wheel Kick
Ahp Me Ro Cha Gi	Front Pushing Kick
Moo Roop Cha Gi	Knee Kick
Pi Cha Gi	45 Degree Kick In or Out
E Dan Ahp Cha Gi	Jump Front Kick
E Dan Yup Cha Gi	Jump Side Kick
E Dan Dull Ryo Cha Gi	Jump Round-House Kick
E Dan Dwi Cha Gi	Jump Back Kick
E Dan Dull Ryo Dwi Cha Gi	Jump 360 Back Kick
E Dan Dwi Dull Ryo Cha Gi	Jump Back Wheel Kick

SPARRING (DEH RYUN)

Sam Soo Sik Deh Ryun	Three-Step Sparring
Il Soo Sik Deh Ryun	One-Step Sparring
Ja Yu Deh Ryun	Free Sparring
Jua Deh Ryun	Sparring In Sitting Position
Wa Deh Ryun	Sparring in Lying Down Position
Bong Deh Ryun	Stick Sparring
Da Soo In Deh Ryun	Sparring Against Two or More
Kyo Deh	Change Positions or Assume Partner's Position
Took Soo Deh Ryun	Special Sparring
Dan Do Deh Ryun	Short Knife Sparring
Sil Chay Deh Ryun	Full Contact Sparring
Gun Nuhn Deh Ryun	No Contact Sparring

REQUIREMENTS FOR PROMOTION TESTING

10th Gup to 9th Gup

Basics (hand and foot) - Requisites of Examining Board

Hyung

Hyung Il Bu

Hyung E Bu

Il Soo Sik - Hand

1. Pull hands to right hip, step with right leg at 45 degree angle horse stance, left hand in/out block open hand, right hand punch to face (same time).
2. Pull hands to left hip, step with right leg at 45 degree angle horse stance, left hand punch to stomach, pull hands to right hip, left hand in/out block, right hand punch to face (same time).

Il Soo Sik - Foot

1. Right leg back fighting stance ~ front snap kick right leg, come down 45 degree angle in horse stance left hand punch stomach, right hand punch face.
2. Right leg back fighting stance ~ right leg turning side kick, come down 45 degree angle in horse stance, left hand punch stomach, right hand punch face.

Ho Sin Sul - Self Defense

1. Twist, step into fighting stance, pull out and downward, (same time) step into horse stance, back fist to temple, step out to front stance and reverse punch to solar plexis.
2. Grab your fist, pull twist, and step into fighting stance, (same time) step into horse stance, backfist to temple, step out into front stance and reverse punch to solar plexis.

Breaking

None

Jae Yu Deh Run

Sparring

NOTE: All hand and foot techniques are to be done left side as well as right. To perform the left side, follow same directions--just use the opposite hand and foot.

9th Gup to 8th Gup

Basics (hand and foot) - Requisites of Examining Board

Hyung

Hyung E Bu

Hyung Sam Bu

Il Soo Sik - Hand

3. Step back with left leg fighting stance, outside inside block with right hand, cross hands, step forward into horse stance right leg and right arm elbow to solar plexis.
4. Step back with left leg fighting stance, outside inside block, right hand cross and step forward into horse stance right leg and elbow with right hand, pivot backwards and elbow with left arm.

Il Soo Sik - Foot

3. Left leg step back fighting stance ~ left leg turning back kick, come down in a front stance, right hand face punch.
4. Right leg back fighting stance ~ right leg round house, come down 45 degree angle in horse stance, left hand punch to stomach, right hand knife hand to neck.

Ho Sin Sul - Self Defense

3. Grab their hand by the pinky, pull over and into your chest, slide opposite hand down, apply pressure to elbow, keep your shoulders up.
4. Come up and in, grab the thumb area, step out to side, apply pressure to the wrist.

Breaking

Children
Adult

Hammerfist
Soo Do

Jae Yu Deh Run

Sparring

NOTE: All hand and foot techniques are to be done left side as well as right. To perform the left side, follow same directions--just use the opposite hand and foot.

8th Gup to 7th Gup

Basics (hand & foot) - Requisites of Examining Board

Hyung

Hyung Sam Bu

Pyung Ahn Cho Dan

Il Soo Sik - Hand

5. Step back with left leg fighting stance, outside/inside block with right hand, step into horse stance right leg and soo do with right hand to neck.
6. Left leg step outside of punch in horse stance, right hand inside/outside block, left hand punch kidneys, right hand punch face. (Twist waist not feet; stay in horse stance.)

Il Soo Sik - Foot

5. Left leg jump to outside ~ right leg side kick to kidneys, come down in horse stance right hand soo do to neck.
6. Left leg jump to outside ~ right leg round house kick to stomach, come down in horse stance right hand soo do to neck, change stance to front stance, left hand punch to kidneys.

Ho Sin Sul - Self-Defense

5. Grab the thumb area, walk through to open side, finish stepping through, and apply pressure to hand.
6. Two hand grab, come up and grab the thumb area, step out to the side, apply pressure to the wrist.

Breaking

Children

Soo Do

Adult

Reverse Punch

Jae Yu Deh Run

Sparring

NOTE: All hand and foot techniques are to be done left side as well as right. To perform the left side, follow same directions--just use the opposite hand and foot.

7th Gup to 6th Gup

Basics (hand and foot) - Requisites of Examining Board

Hyung

Pyung Ahn Cho Dan

Pyung Ahn E Dan

Il Soo Sik - Hand

7. Pull hands to right side, right leg step 45 degree angle horse stance, left hand in/out block punch, right hand knife hand to neck (same time - like #1).
8. Step back with right leg fighting stance, left hand inside/outside block, step forward horse stance right leg and right arm elbow past (through) head.

Il Soo Sik - Foot

7. Right leg step back fighting stance ~ right leg double side kick, stomach then face. (Do not put foot down.)
8. Step back right leg fighting stance ~ left hand side outside block, and grab, right leg round house kick, come down in horse stance, right hand back fist, left hand pivot backwards and elbow.

Ho Sin Sul - Self-Defense

7. Front bear hug - knee to groin, elbow up to release hold, double elbow to the ribs, and step back into front stance, and reverse punch to solar plexus.
8. Back bear hug - hammerfist to groin, elbows up to release hold, double elbow to ribs, and turn around, and reverse punch.

Breaking

Jump Front Kick

Jae Yu Deh Run

Sparring

NOTE: All hand and foot techniques are to be done left side as well as right. To perform the left side, follow same directions--just use the opposite hand and foot.

6th Gup to 5th Gup

Basics (hand and foot) - Requisites of Examining Board

Hyung

Pyung Ahn E Dan

Pyung Ahn Sam Dan

Il Soo Sik - Hand

9. Step back left leg fighting stance, right hand outside/inside block, step in horse stance right elbow with right hand, same hand snap down and groin attack, and cross hands and right hand snap up and backfist to face.
10. Step back fighting stance (left), right hand inside/outside block, step forward horse stance left leg, left hand grab under elbow and push the person downward, manipulating the elbow, while left leg sweeps their leg.

Il Soo Sik - Foot

9. Step back left leg fighting stance ~ right hand inside outside, grab, hook kick right leg, come down in horse stance release hand and back fist to face right hand, left hand pivot and elbow.
10. Left leg back fighting stance ~ left leg outside/inside kick, block hand with kick, then do a spinning back hook kick with the right leg.

Ho Sin Sul - Self-Defense

9. Single lapel - grab thumb, keep hand in chest, twist hand and step to apply pressure to wrist.
10. Double lapel - grab opposite hands, step and twist arms, and lock their arms up, elbow to face.

Breaking

Jump Side Kick

Jae Yu Deh Run

Sparring

NOTE: All hand and foot techniques are to be done left side as well as right. To perform the left side, follow same directions--just use the opposite hand and foot.

5th Gup to 4th Gup

Basics (hand and Foot) - Requisites of Examining Board

Hyung

Pyung Ahn Sam Dan

Pyung Ahn Sa Dan

Il Soo Sik - Hand

11. Right leg step back front stance, block with left hand (inside/outside) grab shoulders, right leg knee to stomach.
12. Right leg step back front stance, block, with right hand (inside/outside), grab head, right leg knee to head.

Il Soo Sik - Foot

11. Right leg back fighting stance ~ outside/inside kick, block hand, don't put foot down, and side kick same leg.
12. Left leg pivot into horse stance ~ right hand block and grab hand, right leg side kick. (Pull them into the kick with your hand.)

Ho Sin Sul - Self-Defense

11. Side shoulder - twist arm up and over, lock under and behind their elbow apply pressure to elbow, and punch to face.
12. Double shoulder grab from behind - swing arms up and over both hands, lock up arms, and upper cut to solar plexis.

Breaking

Jump Back Kick

Jae Yu Deh Run

Sparring

NOTE: All hand and foot techniques are to be done left side as well as right. To perform the left side, follow same directions--just use the opposite hand and foot.

4th Gup to 3rd Gup

Basics (hand and foot) - Requisites of Examining Board

Hyung

Pyung Ahn Sa Dan

Pyung Ahn O Dan

Il Soo Sik - Hand

13. Left leg step back into fighting stance, block right hand (outside/inside), step into horse stance right leg and soo do to neck right hand, pivot and soo do with left hand to other side.
14. Attacker: right leg front snap kick. Two hand X block fighting stance right leg, grab leg, pull them in and reverse punch to face front stance. (Make sure punch goes past side of the face.)
15. Attacker: right leg side kick. Two hand X block fighting stance right leg, grab leg, pull them in and reverse punch to face front stance. (Make sure punch goes past side of the face.)

Il Soo Sik - Foot

13. Right leg back fighting stance ~ double round house kick, stomach then face. (Don't put foot down.)
14. Left leg step to side front stance ~ right hand in/out block, reach and grab shoulders, side kick to knee.
15. Left leg step to side front stance ~ right hand in/out block, reach and grab shoulder and hair, side kick to knee.

Ho Sin Sul - Self-Defense

13. Hair grab - place hands on theirs, step back, and snap their wrist downward, breaking the wrist.
14. Belt grab - grab wrist with both your hands, do a double elbow hit to their elbow, breaking it on the second hit. (First hit fake to inside of arm.)
15. Tackle - catch on shoulders, and step back, knee to stomach, elbow to back.

Breaking

Back Wheel Kick

Jae Yu Deh Run

Sparring

NOTE: All hand and foot techniques are to be done left side as well as right. To perform the left side, follow same directions--just use the opposite hand and foot.

3rd Gup to 2nd Gup

Basics (hand and foot) - Requisites of Examining Board

Hyung

Pyung Ahn O Dan

Chil Song Ilo

Il Soo Sik - Hand and Foot

1. Step right ~ knifehand block with left hand ~ punch middle with right hand ~ punch high with left hand ~ left leg back ~ roundkick high with right leg.
2. Step right ~ inside block with right hand ~ punch middle with left hand ~ punch high with right hand ~ left leg back ~ sidekick middle/high with right leg.
3. Begin with right leg back in kicking stance ~ frontkick middle with right leg ~ set leg in front ~ inside block with right hand ~ punch high with left hand ~ inside outside kick high with left leg.

Ho Sin Sul - Advanced Self-Defense

CROSS HANDS

1. Right leg step forward right hand elbow, right hand soo do to neck, left hand palm punch to face, shift to front stance at an angle, right hand spear attack to groin, while pivoting your front stance.
2. Right leg shift to side in front stance, left hand soo do to neck at the same time as right hand pulls out, right hand palm punch to face, while pivoting the front stance and left hand spear attach to groin.
3. Bring hand inside, and grab underneath, twist wrist to the side, step into horse stance right leg and elbow to face with right arm.
4. Grab the back of their hand, step all the way through to the open side, in fighting stance, manipulating elbow downward, and head but to face.

Breaking

Jump Spinning Back Kick

Jae Yu Deh Run

Sparring

2nd Gup to 1st Gup

Basics (hand and foot) - Requisites of Examining Board

Hyung

Pyung Ahn O Dan

Bassai

Il Soo Sik - Hand and Foot

4. Begin with right leg back in kicking stance ~ outside inside block with right leg ~ side kick middle with same hand and pull down towards you ~ same time knee strike middle with left leg ~ arm high then brought straight down applying elbow strike to the base of the neck with right arm.
5. Begin with right leg back in kicking stance ~ frontkick middle with right leg ~ recock and set leg back in original position ~ spin back thrustkick middle with same leg ~ knifehand block with right hand ~ punch high with left hand ~ slide forward arm high and come down with palm heel strike to side of the head with right hand.
6. Begin with left leg back in kicking stance - frontkick middle with left leg - set leg down next to right - roundkick high with right leg - set leg down next to left - spin inside outside kick high with left leg - set leg in back - lung forward punch middle/high with left hand.

Ho Sin Sul - Advanced Self-Defense

SAME HAND

1. Right hand punch down while right leg steps in, right hand back fist to face and then hammerfist to groin, pivot into front stance and ridge hand to neck with left hand.
2. Right hand grab their hand (up and down movement) at the same time as you step into front stance right leg, and do a neck hit with the left hand, grab shoulders and knee to chest left leg.
3. Twist counter clockwise, grab the outside of their hand, while stepping back with the left leg into front stance, left leg front snap kick and left hand elbow downward to spine.
4. Grab their hand and step all the way through to open side, punch with right hand to face, and left leg round house to stomach.

Breaking

Jump Round-House Kick

Jae Yu Deh Run

Sparring

1st Gup to Pretest

Basics (hand and foot) - Requisites of Examining Board

Hyung

Bassai

Naihanji Cho Dan

Il Soo Sik - Hand and Foot

7. Step left ~ knifehand block with right hand ~ round kick middle ~ grab shoulder with left hand ~ hop and sweep front leg with left leg follow sweep with punch to the head with right hand.
8. Step left ~ knifehand block with right hand ~ roundkick middle with right leg ~ recock ~ sidekick knee with same leg ~ set leg down in front of opponents while striking the kidney with wrist of left hand ~ pivot back and punch middle with right hand ~ pivot back again and strike knee with double knifehand attacks. (Lead hand, palm down, trailing hand, palm up; follow through with hands in reverse position.)
9. Step forward with left leg ~ simultaneously perform an inside knifehand parry with left hand while striking the groin with a right hand ridgehand ~ ATTACKER punches again with opposite hand ~ outside block with right hand ~ knifehand/palm heel strike middle with left hand ~ step through with left leg ~ then do jump spinning inside outside kick with right leg.

Ho Sin Sul

Advanced Techniques

Breaking

3 Station Break

Jae Yu Deh Run

Sparring

FORMS

Hyung Il Bu	22 Moves
Hyung E Bu	22 Moves
Hyung Sam Bu	22 Moves
Pyung Ahn Cho Dan	24 Moves
Pyung Ahn E Dan	31 Moves
Pyung Ahn Sam Dan	29 Moves
Pyung Ahn Sa Dan	31 Moves
Pyung Ahn O Dan	30 Moves
Chil Song Ilo	31 Moves'
Bassai	52 Moves
Naihanji Cho Dan	31 Moves

ADVANCED SELF DEFENSE

TWO HAND

1. Pull both hands out while pivoting into a front stance to the side, both hands soo do to temple and neck at the same time, while pivoting front stance to the other direction.
2. Take right hand and cross underneath left, in the process catching the attackers hand in yours, right hand come back through with a back hand to the groin, continue by stepping through and apply pressure to elbow.
3. Grab your own hand, rotate up and over their arm, grab arm, and apply pressure to wrist, right leg pivot to front stance and then soo do to neck.

TWO HAND ON ONE HAND

1. Grab your own hand pull and front snap kick right leg, at same time, then punch to face left hand.
2. Grab your own hand, rotate up and over their arm, while pivoting into front stance, and grab arm, apply pressure to arm, and hand.
3. Step forward right leg while punching downward, grab outer hand, right leg step under and through, keep elbow close to their body and apply pressure.

NOTE: All advanced self-defense is based on doing the technique on the right side. To do the technique on the left, follow the same directions just switch right side to left, and left side to right.

PYUNG AHN SPARRING

1. Low block front stance (left) front snap kick (right) high block front stance (right) step back center knife hand fighting stance (left)
2. Palm block fighting stance (right) hammerfist (right) step and punch front stance (left)
3. Low block front stance (left) front snap kick (right) high punch front stance (right) high punch front stance (right) step back, palm block center fighting stance (left)
4. Palm block fighting stance (left) center block (left) slide and reverse punch front stance (right)
5. Low block front stance, step high punch front stance (right) center punch front stance (left) step back palm block fighting stance (left)
6. High block fighting stance (right) center block (left) same time-palm block fighting stance (left) upper cut fighting stance (right) side punch horse stance (left)
7. Step high punch front stance
8. Step left horse stance, block right in/out block, round kick to stomach (right) punch left to face, both hands grab wrist and sweep with left leg, manipulating wrist.
9. Low block front stance (left), step spear front stance (right) turn behind hammerfist horse stance (left) slide and punch front stance (right)
10. Step back right fighting stance, catch spear, step back left fighting stance, high block (left), slide back fighting stance palm block (right)
11. Low block left front stance step high punch front stance (right) reverse center punch (left) high block (right) grab their wrist, step outside, twist elbow step back through and take down
12. Start horse stance, hands on waist ~ right leg outside inside block, block their punch, right elbow block second punch, then hammerfist horse stance (right) then fall
13. Low block front stance (left) overhead knife attack, slide back fighting, palm block (left), slide back center knife hand block ~ same hand all techniques
14. Pivot to right (high block, knife hand, center block knife hand same time) front snap kick (right) jumping back fist (right) (feet are crossed)
15. Low block front stance (left) front snap kick (right), high punch front stance (right on both)
16. Two X groin (right fighting stance) two X open high block (right) reverse punch to face front stance (right)

KNIFE DEFENSES

1. **Front Stab to Chest** ~ Outside/inside block right hand, step back with left leg fighting stance, step around bringing left elbow to side of head.
2. **Front Stab to Chest** ~ Outside/inside block left hand, step back with right leg fighting stance lock right arm, step around bring right elbow to side of head, reach around under arm grab waist, straighten right leg and sweep.
3. **Overhead Stab** ~ High block, grab own hand “make box” step through and take down.
4. **Overhead Stab** ~ High block, left hand, bring right hand up to grab wrist, slide left ridge hand to elbow, pull and stab.
5. **Diagonal Slash** ~ Defense punch, pivot right inside/outside block left hand, pivot left high punch, front snap kick right.
6. **Side to Side Slash** ~ Step back left out of first slashes way, then step behind knife blocking with right arm, left ridge hand to elbow, pull and stab.
7. **Side to Side Slash** ~ Step back and in like #6 blocking with left arm, grab wrist with both hands, pivot into front stance, take down.
8. **Front Lunge** ~ Pivot left slicing technique (left to wrist, right to elbow), left hand holds and takes knife, step around and stab.
9. **Groin Attach** ~ Low two fist block, using both hands, pivot into front stance, take down
10. **Face Attack** ~ Inside/outside block right arm, outside/inside kick, push down on shoulder with left hand to take down, still holding knife hand bring it around back of attacker and disarm.
11. **Rear Overhead** ~ Pivot left, two fist high X block left hand slide down to elbow, and ridge hand to elbow, pull and stab same time.