TRADITIONAL TANG SOO DO ORGANIZATION

Training Manual



- Laurel Leaves: The 14 laurel leaves on each side represent the fourteen provinces of Korea and the advancement of peace.
- Six Seeds: There are three on each side. They indicate the world and represent the six continents on which Tang Soo Do is taught.
- 3. The Fist: This represents power and justice.
- 4. The Characters: The character located directly under the fist in the circle means "MOO" for Moo Duk Kwan. Moo means "stop conflict." The character to the left of the circle means "TANG" and the character to the right of the circle means "SOO."

FLAGS

- Red, White, and Blue: In representation of the American flag; red is for courage and hardiness; white is for purity and innocence; blue for perseverance and justice.
- > The Korean National flag depicts the Yang Um; the red Yang and blue Um are perfectly balanced to form a circle, which expresses balance and harmony and opposites in the universe. The bars continue the terminology. The three unbroken lines stand for heaven. The three broken lines represent earth. Two lines with a broken line in between symbolize fire, and the opposite is water.

GENERAL CLASS RULES

Upon entering the Dojang: Students and Black belts should salute the flag and bow to the senior Black Belts and Masters on the floor. This should be done without exception. Students do not have to wait for Dan members or Masters to acknowledge the bow.

Starting the class:

A) The instructor will line up in the front, center of the class.

B) All others, students, Dan members and Masters will line up according to rank and seniority with seniors on the right.

C) The highest ranking member will call the commands as follows:

HO BAN SIO
CHA RYUT
SONG CHO KI BA RAY
BA RO
MUK NYUM
BA RO
SAH SUM NIM KEE KYUNG YET

You may drink water Attention Salute the American Flag Return

Meditate (prepare mind for class)

Return

Bow to Master Instructor (or bow to Instructor under 4th Dan)

> During class: Proper respect and discipline will be maintained at all times.

A. When the Chief Instructor of the school or senior ranking Dan member enters the Dojang, the class will be called to attention and bow to this individual. The first student who sees the Dan member should call the commands for this procedure. Once proper respect has been given the class will resume training.

B. If a student comes to class late, they will wait at the dojang entrance until the instructor recognizes them. They will then approach the instructor, bow and ask permission to join the class.

C. If a student must leave the dojang during class they must first receive permission from their instructor. To return to class, they will have to be acknowledged before entering the dojang.

D. Questions to the instructor during class should be preceded with a bow and proper respect. If the student is seated, he or she should stand, bow and then proceed with the question.

E. For questions before or after class, a chain of command should be instituted and followed without exception. If a senior gup is unable to answer the question, a junior black belt may be approached. The Master instructor should never be approached directly.

F. While seated on the floor, members should keep proper posture conducive to good health. Hands should be placed on knees, the

back straight and the legs should be crossed. Utmost attention should be paid to the senior ranks performing on the floor. A lot can be learned by watching those more advanced. Talking while seated is not allowed.

G. Students should never ask their instructor to learn something new. It is considered disrespectful. Your instructor knows best when you are ready for a new form or technique. Trust their knowledge and experience.

> The Uniform:

Members should exercise care to make sure their do bok is kept clean and well pressed at all times. It is important to give a good impression of our art, and a neat appearance is important in that aspect. The uniform is not to be worn in public except for special events. When the belt is tied around the waist, the stripes or section of the belt indication rank should end up on the left side. All females should wear a T-shirt; white or matching color of trim green belt or higher.

PATCHES:

TIO patch Flag patches

left, front of do bok top right sleeve, top of do bok

Often it is asked why students cannot wear t-shirts and shorts to class during the hot summer months. There is a philosophical and historical reason why not.

The word "do" means "way of life;" the word "bok" means "apparel" or "clothing." Since our "do bok" is what we wear when we practice Tang Soo Do its meaning to us as practitioners and its care are very important.

The do bok's roots extend back to traditional Korean garb; the color (white) is a symbol of purity and reverence for life and reminds us of our commitment to avoid violence. The belt is a symbol of our accomplishment in Tang Soo Do both physically and spiritually.

The uniform should always be clean, pressed and in good repair with proper patches and trim. The belt should never be placed on the ground or hung around the neck. To do so is considered extreme disrespect to one's self and art.

> Practicing outside the dojung:

In order to improve, students learn basic moves and should practice them constantly until they are perfected. The practice of basic forms and moves will enable the students to develop precise and accurate techniques which will prepare them for the more intricate and difficult moves that come when progressing through the ranks. Students are cautioned that Tang Soo Do is not a game and should always be taken seriously. It should only be used on another person for reasons of self-defense.

Special Circumstances:

- A) In the case of a visiting senior instructor or senior ranking guest, the regular class instructor will ask permission to begin class. The regular instructor will also ask the visiting senior member or instructor if they would like to teach class. The visiting senior member may opt to teach the class, participate in the class or work out in the back of the class in such a way as not to disturb the class.
- B) If a visiting senior rank notices a needed correction in class technique, protocol, etc. this will be made to the class instructor with discretion and respect.
- C) Students (including black belts) who have not attended class for a period of more than two weeks should formally approach the instructor and gain permission to join the class before suiting up. If a black belt student realizes he or she is not going to be in class for a week or more, it is considered respectful to call the instructor and inform them.

Miscellaneous:

Fingernails and toenails should be clipped short and kept short so as to prevent injury while free fighting and practicing self-defense. Jewelry and watches are not to be worn during class. Doing so may cause injury.

COURTESY & PROPER ETIQUETTE

Shaking Hands, Giving, or Receiving an Item

- While shaking hands, the junior person should extend the left hand as well in the hand shake.
- When giving or taking an item to or from a senior, the junior person uses both hands to take or give that item.

At a Social Event or Restaurant

- Students should always arrive earlier that the expected time of arrival of instructor, masters, and/or grandmaster.
- Students should always greet seniors with a bow upon their arrival.
- The Senior Master should sit first followed by masters, etc. seniors should always seat themselves near senior Master. If students are already sitting when the Master arrives, they should stand and remain standing until all high ranks are seated.
- Students should not smoke or drink in the presence of the Master or instructor unless permission is given to do so.
- When the food is served, everyone waits until the Master begin eating before they begin eating.

Communication by Phone

- Discipline should be maintained at all times, even over the phone. Always continue the use of "yes sir" or "yes ma'am."
- When a senior rank calls you and you are not in or not available, it is considered respectful and courteous to return the call as soon as possible.
- Juniors calling seniors should never refer to themselves using their title.
 Always be humble when speaking to a senior rank.

Communication by Letter

- Always use the title of the person you are writing to. If they do not have a
 title use Mr., Mrs. Ms., or Miss.
 - a. Seniors writing to juniors do not include "Nim". Example: Kyo Sa Susan Doe
 - b. Juniors writing to seniors should include "Nim"
 Example: Kyo Sa Nim Susan Doe
 "NIM" is a term of respect equivalent to "Sir"

- The same goes for the salutation at the beginning of the letter,
 - Seniors should write "Dear Kyo Sa Susan Doe"
 - b. Juniors should write "Dear Kyo Sa Nim Susan Doe"
 - c. Seniors can use first name if the relationship warrants.
 - d. Or, if there is no title the person can be addressed by Mr. or Mrs.
- When closing a letter to a senior rank, regardless of your rank you should not use your title, simply close with your name.

BASIC TERMINOLOGY

The terminology that follows is generally what is required for white through orange belt. However, as a student nears green belt, it will become necessary to learn the advanced terminology. A good rule of thumb: if you have been taught a particular hand technique, block, kick, or stance, you should be able to say it in Korean. The learning of Korean terminology and history is an important part of our Tang Soo Do training. Without it, we lose tradition and discipline, which is the core of our art.

TANG SOO DO MOO DUK KWAN GRANDMASTER HWANG KEE

GRAND MASTER RANDALL CHONTAS

Name of our art Name of our style

Grandmaster & Founder of

Moo Duk Kwan

Master & Founder of The

Traditional Tang

Soo Do Organization & The Chi

Institute of Martial Arts

Institute of Martial Arts

HAND TECHNIQUES

Block MAHKEE **CHUN DAN** Center Low HAN DAN High SAN DAN Outside to inside PAKUSO ANERO ANESO PAKURO

Inside to outside SANG SOO Double

KONG KYUK

HAN JIN

Lunging attack Side attack

HAN DAN MAHKEE

Low block High block

SAN DAN MAHKEE SANG SOO MAHKEE Double block/Two hand straight defense

PAKUSO ANERO MAHKEE ANESO PAKURO MAHKEE

Outside to inside block Inside to outside block

CHUN DAN SOO DO HAN DAN SOO DO

Center chop Low chop

HAND TECHNIQUES

SAN DAN SOO DO CHUN DAN KONG KYUK SAN DAN KONG KYUK

High chop Center punch

CHUN DAN HAN JIN CHUN DAN YUP MAHKEE Lunging face punch Side center punch Side center block

PAL O.DAE

Switch feet

YUP POLLYO RI GI

Leg swings

KICKS

Kick CHA GI Front AHP Round TOLLYO Side YUP DWI Back

Outside to inside PAKUSO ANERO ANESO PAKIRO Inside to outside

Back DWI

Outside to inside PAKUSO ANERO Inside to outside ANESO PAKURO

Jump E DAN AHP CHA GI TOLLYO CHA GI Side kick YUP CHA GI DWI CHA GI

Outside to inside Crescent kick PAKUSO ANERO CHA GI

ANESO PAKURO CHA GI

Front kick Round kick Back kick

Inside to outside

E DAN YUP CHA GI E DAN AHP CHA GI Jump/skip side kick Jump front kick

ADVANCED TERMINOLOGY

STANCES

CHA SAY Stance HU GUL **Fighting** Leaning/front **CHUN GUL** KEE MA Horse Ready CHUN BEE BARO Return HU GUL CHA SAY Fighting stance Leaning/front stance CHUN GUL CHA SAY KEE MA CHA SAY Horse riding stance

GENERAL TERMS

CHA RYUT Attention KYUNG YET Bow SHIO Rest KUM UP SUM NI DA Thank you You're welcome CHO MI NAY OH Training hall DO JANG

DO BOK Uniform NIM. "Sir", term of respect Degree; holder of black belt DAN Grade or degree below black belt GUP Black belt instructor under master KYO SAH NIM SAH BUM NIM Master Instructor DEE Belt Yell; literally translated "spirit breath" KI AHP KWAN WAN Student member CHO BA JA Beginner

GENERAL

KWAN JANG NIM Grandmaster; Founder of Organization SOO BAHK DO Ancient name of the Martial Art & one of the arts that comprise Tang Soo Do **TANG** The Chinese martial art that gives Tang Soo Do its Chinese influence SONG CHO KI American flag KUK GI Korean flag DEE RO TORA Turn back/Change direction HO SIN SOOL Self defense KYOK PA Breaking HU JIN Stepping back CHUN KIN Stepping forward SHI SUN Focus eyes Balance

CHOOMG SHIM SHOOM SIGI Deep breathing SHIJOK Begin KO MAHN Stop

KWANGI Flag of Tang Soo Do SHIM SA KWAN

NIM KEE KYUNG YET

Bow to examining board SOO GI Hand techniques JOK GI Foot techniques KO DAN JA Senior Dan member YU DAN JA Junior Dan member

YU GUP JA . Up holder SUN BEH Senior member HU BEH Junior member O RIN JOK Right · WEN JOK Left KU RYUNG Count

TANG SOO DO CHUNG SHIN Mind & body as one in Tang Soo spirit

NEH GUNG Internal power WEH GUNG External power SHIM GUNG Spiritual power KYONG. Wisdom JUL Keen judgment

KUN KIN	Courage & confidence Effort & sincerity	,		Outside to inside high lateral chop attack (in front stance)
YU JANG	Front the heart			Self defense punch front stance
KU RYUNG E MAT CHO SO	By the count	r		Reverse punch/fight stance
KU RYUNG UP SHI	Without count		TORO CHUN DAN KONG	vererge banemught seauce
	, , , , , , , , , , , , , , , , , , ,	-		Alternate lunging punch attack
	•	e e		Double finger attack
				Front center punch in horse stance
AN'NYONG HA SIP NI KA	Hello		PARLIUI REE	Front center punch in norse stance
AN'NYONG HI KYE SIP SIO	Go in peace (Goodbye)			
AND THE CASE OF THE PARTY OF TH			•	•
	*		STRUME ADEAS OF FOOT	
HAND TECHNIQUES	••		STRIKING AREAS OF FOOT	
ILACAS INCLIAÇÕES	,		DAT DATABLAKIT	Bottom of foot
TORO	Opposite/To use the opposite hand		BAL BA DAK MIT	
YUK JIN	Reverse punch		BAL YUP KOOM CHI	Outer edge of foot
CHUN KWON	Fore fist		BAL AHP KOOM CHI	Ball of foot
KUP KWON	Back fist		BAL DUENG	Instep
			BAL DWEE KOOM GI	Heel
YUK SOO DO	Reverse chop			
KWAN SOO	Finger jab Palm strike		, , , , , , , , , , , , , , , , , , ,	•
JANG KWAN			KICKS	•
KWON DO	Hammer fist			
SOHN MOK DEUNG	Chicken wrist		AHP PODO OLL RI GI	Front stretch kick
JIP KAI SON	Plier hand		YUP PODO OLL RI GI	Side stretch kick
SOO DO	Open hand (chop)	t .	DWI CHA GI	Back kick
IL JI KWAN SOO	One finger finger jab		DWI TOLLYO CHA GI	Spinning back kick
EE JI KWAN SOO	Two finger finger jab		YUP HURYO CHA GI	Hook kick
IL JI KWAN	One finger fist, using middle knuckle	•	AHP MEE RO CHA GI	Front pushing kick
	or forefinger knuckle		MOO ROOP CHA GI	Knee
SAN DAN KONG KYUK	High punch, lunging attack		PEET CHA GI	Reverse round kick
	(in front/leaning stance)		E DAN	Jumping
KWAN SOO KONG KYUK	Lunging finger jab attack	•	E DAN AHP CHA GI	Jump front kick
JIP KAI SON KONG KYUK	Plier hand attach		E DAN TOLLYO CHA GI	Jump round kick
HU GUL SANG SOO			E DAN YUP CHA GI	Jump/skip side kick
YUP MAHKEE	Double block, fighting stance		E DAN DWI CHA GI	Jump back kick
SANG SOO HAN			E DAN DWI TOLLYO CHA GI	Jump spinning back kick
DAN MAHKEÉ	Double low cross block		E DAN TOLLYO DWI CHA GI	Jump turning back kick
SANG SOO SAN DAN	I		KONG CHUN	Flying
SOO DO MAHKEE	Double high cross open hand block		KONG CHUN YUP CHA GI	Flying side kick
PAKUSO SAN DAN SOO		-	DWI YUP HURYO CHA GI	Reverse hook kick
•	•		TO THAN IN THE TITTO THE PARTY OF CHILA	

Jump reverse book kick

E DAN DWI YUP HURYO CHA GI

E DAN DWI PAKUSO ANERO CHA GI

Jump back downward crescent kick

E DAN TOLLYO ANESO PAKURO CHA GI

Jump turning inside to outside crescent kick

STANCES

KYO CHA RIP CHA SAY BAHL CHA GI CHUN BEE SA GO RIP CHA SAY CHOI HAN DAN CHA SAY Cross-legged stance Ready for kick stance Open horse riding stance Low leaning stance

SPARRING TERMS

IL SOO SIK DEH RYUN SAM SOO SIK DEH RYUN JA YU DEH RYUN JUA DEH RYUN WA DEH RYUN BONG DEH RYUN DA SOO IN DEH RYUN One step sparring
Three step sparring
Free sparring
Sparring from a seated position
Sparring from a lying down position
Sparring with a stick or staff
Sparring against two or more

SPARRING TERMS

TOOK SOO DEH RYUN DAN DO DEH RYUN SIL CHAY DEH RYUN GUN NUHN DEH RYUN Special sparring Short knife sparring Full contact sparring Non-contact sparring

<u>ANATOMY</u>

PAHL BAHL CHU MOK MOK

Arm Foot Fist Neck

Waist HURI DAHRI Leg SOHN or SOO Hand PAHL COOP Elbow Pressure point KUP SOO Heel TWI KUM SH'I Knee MOO ROOP TUCK Chin Forehead EEMA . Groin KO WAHN DAN JUN Abdomen MYTING CHI Solar plexus Area between nose and mouth IN CHOONG PAL MOK Ankle Back TUNG Eye NUN Finger SOHN KA RAK Collar bone SWE GOL Nose K'O T'OK Jaw Blood PΊ **PYO** Bone KA SUM Chest KWI Ear MORI Hair Heart SHIM JANG Mouth TP Shoulder O'KAE Toes BAHL GA RAK

Wrist

NUMBERS

SONG MOK

HA NA One
DOOL Two
SET Three
NET Four
DA SOT Five
YA SOT Six

IL GOP Seven Eight YO DOL Nine A HOP Ten YOHL First CHO Second EE -Third SAM Fourth SAH Fifth OH Sixth YUK Seventh CHIL Eighth PAL Ninth KU Tenth SIP

FORMS

Forms are the most traditional and historical aspect of our Tang Soo Do training. Many of our forms are over 2,000 years old. The practice of forms enhances our balance, power, focus, concentration, timing and speed. As you progress through the ranks, forms become more intricate and challenging. Forms should be practiced regularly to perfect the movements, which will ultimately lead to the culmination of the mind and body working together.

HYUNG	Form
KEE CHO HYUNG IL BU	Basic Form # 1
KEE CHO HYUNG E BU	Basic Form #2
KEE CHO HYUNG SAM BU	Basic Form #3
PYUNG AHN CHO DAN	Pyung Ahn From #1
PYUNG AHN EE DAN	Pyung Ahn Form #2
PYUNG AHN SAM DAN	Pyung Ahn Form #3
PYUNG AHN SAH DAN	Pyung Ahn Form #4
PYUNG AHN O DAN	Pyung Ahn Form #5

CHIL SUNG IL RO HYUNG CHIL SUNG EE RO HYUNG CHIL SUNG SAM RO HYUNG

BASSAI SHO BASSAI DAE

NAIHANJI CHO DAN HYUNG

BONG YUNG IL BOO HYUNG BONG YUNG EE BOO HYUNG

KEY CONCEPTS & PHILOSOPHIES IN TANG SOO DO TRAINING

YONG GI Courage
IN NEH Endurance
CHUNG JIK Honesty
KYUM SON Humility
HIM CHO CHUNG Control of p

HIM CHO CHUNG Control of power SHIN CHOOK Tension and relaxation

WAN GUP Speed control

CHUNG SHIN TONG IL Concentration; the mind & body as one

CODE OF THE HWA RANG DAN

(a.k.a. Code of Tang Soo Do)

Be loyal to your country

Obedience to parents and elders

Honor friendship

Never retreat in battle

Respect all life

TEN ARTICLES OF FAITH ON MENTAL TRAINING

- 1. Be loyal to one's country: Sacrifice to fulfill your duty to your country and your people. This is based on the spirit of Hwa Rang Dan.
- 2. Be obedient to one's parents and elders: Children shall be dutiful to their parents. Parents should be charitable to their children.
- 3. Be loving between one's husband and wife: from the mother's body develops man's happiness, as harmony and affection from love between the sexes.
- 4. Be cooperative to your brothers: hold together with co-operation and control.
- 5. Be cooperative to elders: protect the right of the weak with courtesy and modesty.
- 6. Be faithful to your teacher: learn the truth through practice and duty, loyalty and affection.
- 7. Be faithful to your friends: honor friendship and be peaceful and happy with harmony and faith towards all mankind.
- 8. Know the difference between good and evil: be able to distinguish between good and bad with fairness and rightfulness.
- 9. Never retreat in battle; sacrifice for justice and capability and bravery.
- 10. Always finish what you start: move with action and sureness and hope.

FORMS AND THEIR PHILOSOPHICAL MEANINGS

PYUNG AHN

Peaceful Confidence

Animal representation:

Turtle

The six concepts of Pyung Ahn:

Pyung

Ahn

Well balanced Calm

Safe

Peaceful

Confident Comfortable

BASSAI

Meaning

Breaking into a fortress:

Animal representation:

Serpent

BASSAI SHO

Lesser Bassai

(smaller scrpent)

BASSAI DAE

Greater Bassai

(larger serpent)

NAIHANJI

Meaning:

Instrument of Iron

Representation: Historical name:

Warrior on a horse

ne; Nai Bu Jin

SHIP SOO

Meaning:

Ten hands

Animal representation

Bear

JIN DO

Meaning:

Attack and retreat

Animal Representation:

Crane

LO HAI

Meaning:

Animal Representation:

Breaking/Demonstration form

Sweeping Swallo

KONG SANG KOON

History:

A Chinese missionary, Kong Sang Koon, first introduced this form and

thus was named in his honor.

Animal representation:

Eagle

SHA SAN

History.

Based on the 13 influences of Tae Kuk Kwan created by Jang Sam Bong.

Animal representation:

Praying Mantis

WAN SHU

History:

Created by Wang Shu a member

of the Chinese military.

Animal representation:

Bird

ЛON

Meaning:

"Ji" means to develop technique

and mental conditioning. "On" Means to develop physical

Conditioning.

Animal representation:

Goat

O-SIP SA BO

Animal representation

Tiger

BELT RANK SYSTEM IN THE TRADITIONAL TANG SOO DO ORGANIZATION

BELT	STRIPES	TRIM
White	None	None
Orange	None	None
Orange	1 Green	None
Green	None	Green
Green	1 Red	Green
Red	None	Red
Red .	1 blue	Red
Red	2 blue	Red
	White Orange Orange Green Green Red Red	White None Orange None Orange 1 Green Green None Green 1 Red Red None Red 1 blue

T.T.O. GUP TESTING REQUIREMENTS (to Black belt level)

8th GUP w

Kee Cho Hyung Ee Boo

Kee Cho Hyung Sam Boo

Break: Palmstrike, Hammerfist, or Reverse punch

7th GUP O

Pyung Ahn Cho Dan Hyung

Pyung Ahn Ee Dan Hyung

Break: Front Kick

\6th GUP⊘

Chil Sung Il Ro Hyung

Pyung Ahn Sam Dan Hyung

Break: Standing Soo Do

5th GUP 67

4th GUPG

Chil Sung Ee RoHyung

Pyung Ahn Sah Dan Hyung

Break: Jump Front Kick to Reverse punch

gragan

tizes

Bong Yung Il Boo Hyung

Pyung Ahn Oh Dan Hyung

Break: Skip side kick to Ridgehand

3rd GUP /C Bassai Sho"

Break: Round Kick to Jump Back kick

2nd GUP K

Chil Sung Sam Ro Hyung

Bong Yung Ee Boo Hyung

Break: Downward Soo Do and Wheel Kick

1st GUP K

Bassai Dae

Nahanji Cho-Dan Hyung

Break: Flying side kick and reverse elbow strike (forearm)

DAN = Turtion

