

World Tang Soo Do Association (Region 1)

Puget Sound Tang Soo Do Academy

1st Gup Red Belt Study Guide and Requirements

Green Stripe (Attendance)

Testing for Cho Dan Bo (Dark Blue Belt): minimum 24 classes since last test

Orange Stripe (General Attitude)

Must demonstrate consistently good behavior, for your rank, at all times. (Must demonstrate leadership ability and Tang Soo Spirit)

Purple Stripe (Endurance)

Testing for Cho Dan Bo (Dark Blue Belt): 100 Jumping Jacks, 100 Bicycle kicks, 50 Push-ups, 50 sit-ups

Red Stripe (Hyungs-Forms)

Testing for Cho Dan Bo (Dark Blue Belt):

Naihanchi Cho Dan

Number of Moves/ Counts 33/ 19

Bong Hyung E Bu

Number of Moves/ Counts 28/ 20

All Previously Learned Forms.

Yellow Stripe (Il Soo Sik Dae Ryun-One Step Sparring)

Testing for Cho Dan Bo (Dark Blue Belt):

Hand/ Foot techniques and Self- Defense (1-30)

Blue Stripe (Terminology)

General Terminology

- | | |
|---|----------------------------|
| 1. Internal Power Exercise | Nae Kong |
| 2. External Power Exercise | Weh Kong |
| 3. Spiritual Power Exercise | Shim Kong |
| 4. Senior International Master Instructor (7 th Dan) | Sunim Kook Jae Sah Bum Nim |

Special Stances

- | | |
|--|----------------------------|
| 5. One Leg Stance | Han Bahl Ja Seh |
| 6. Cross Leg Stance | Kyo Cha Rip Ja Seh |
| 7. Low Knife Hand Block in Lowest Stance | Choi Ha Dan Soo Do Mahk Ki |

Hand Techniques

- | | |
|---------------------------|----------------|
| 8. Full Knuckle Fist | Kwanjul Kwon |
| 9. Vertical Fist | Jik Kwon |
| 10. One Finger Spear Hand | Il Ji Kwon Soo |
| 11. Two Finger Spear Hand | E Ji Kwon Soo |

History

12. What year did Grandmaster Hwang Kee form Tang Soo Do?
1945

WTSDA

13. Name the 12 charter member countries that were at the World Tang Soo Do Charter Convention?

Argentina, Brazil, China, Germany, Great Britain, Greece, Italy, Korea, Mexico, Puerto Rico, United States, Venezuela

Hyungs

16. Who is accepted as the creator of Naihanchi Cho Dan?

Master Chang Song Kye

17. What was the old name of Naihanchi Cho Dan?

Nae Bo Jin or Nae Bun Ji

18. When and where was Naihanchi Cho Dan created?

Approx. 11th Century in Northern China

19. What three stances are in Naihanchi Cho Dan?

Kee Ma Ja Seh

Han Bahl Ja Seh

Kyo Cha Rip Ja Seh

Philosophy

14. What does Dark Blue Belt represent?

Maturity, respect, and honor. The Cho Dan Bo must now prepare mind and body for the final step needed to attain Black Belt.