

World Tang Soo Do Association (Region 1)

Puget Sound Tang Soo Do Academy

2nd Gup Red Belt Study Guide and Requirements

Green Stripe (Attendance)

Testing for 1st Gup Red 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 1st Gup Red Belt: 90 Jumping Jacks, 90 Bicycle kicks,
45 Push-ups, 45 sit-ups

Red Stripe (Hyungs-Forms)

Testing for 1st Gup Red Belt:

Bassai

Number of Moves/ Counts 52/ 31

Bong Hyung Il Bu

Number of Moves/ Counts 23/ 13

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

Testing for 1st Gup Red Belt: Hand/ Foot techniques and Self- Defense (1-20)

Blue Stripe (Terminology)

General Terminology

- | | |
|--|----------------------|
| 1. Thank You | Ko Map Sum Ni Da |
| 2. Concentration | Chung Shin Tong Il |
| 3. Endurance | In Neh |
| 4. Humility | Kyum Son |
| 5. Respect | Chon Kyung |
| 6. Empty Mind | Moo Shim |
| 7. Training | Soo Ryun |
| 8. International Master Instructor (6 th Dan) | Kook Jae Sah Bum Nim |

Kick Techniques

- | | |
|-----------------------------------|-------------------------|
| 9. Push Kick | Chok Do Chi Ru Ki |
| 10. Ankle Sweep Kick | Bahl Mok Cha Ki |
| 11. Jump Spinning Roundhouse Kick | E Dan Dwi Tollyo Cha Ki |
| 12. Stomp Kick | Chit Pahl Ki |

History

13. What is the name of the group of warriors who helped preserve the Silla kingdom?

Hwa Rang Dan

14. Who was the monk that originated the 5 codes?

Won Kwang

15. What is the name of the first complete martial arts book?

Mooyae Dobo Tongji

16. What year was the first complete martial arts book written?

1790 AD

17. What was the name of Grandmaster Hwang Kee's first school?

Moo Duk Kwan

WTSDA

18. How many charter member countries were at the WTSDA Charter Convention?

12

Hyungs

19. What is the old name of Bassai?

Pal Che

20. What does Bassai mean?

Invasion of the Fortress

21. What animals are analogous with Bassai?

Snake or Tiger

22. Who created Bong Hyung Il Bu?

WTSDA Technical Advisory Committee

23. What year was Bong Hyung Il Bu created?

1982

Philosophy

24. What does Red Belt represent?

Blood, life, energy, attention, and control. The student's techniques begin to bloom and ripen.