

World Tang Soo Do Association (Region 1)

Puget Sound Tang Soo Do Academy

3rd Gup Brown Belt Study Guide and Requirements

Green Stripe (Attendance)

Testing for 2nd 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 2nd Gup Red Belt: 80 Jumping Jacks, 80 Bicycle kicks, 40 Push-ups, 40 sit-ups

Red Stripe (Hyungs-Forms)

Testing for 2nd Gup Red Belt:

Pyung Ahn Oh Dan

Meaning of Pyung

Meaning of Ahn

Number of Moves/ Counts

Calm and Balance

Safety and Peace

27/ 17

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

Testing for 2nd Gup Red Belt: Hand/ Foot techniques and Self- Defense (1-20)

Blue Stripe (Terminology)

General Terminology

- | | |
|---|----------------------|
| 1. Testing Board | Shim Sa Kwan Nim |
| 2. Senior Master Instructor (5 th Dan) | Sunim Sah Bum Nim |
| 3. Waist Twisting | Hu Ri Twul Ki |
| 4. Competition | Shee Hap |
| 5. Breathing Practice | Ki Kong |
| 6. Three Step Sparring | Sam Soo Sik Dae Ryun |

Hand Techniques

- | | |
|-------------------------------|-------------------------|
| 7. Low Block/Fighting Stance | Hu Kul Ha Dan Mahk Ki |
| 8. High Block/Fighting Stance | Hu Kul Sang Dan Mahk Ki |

Kick Techniques

- | | |
|-----------------------------|------------------------|
| 9. Jump Front Kick (Pop Up) | Deah Ahp Cha Ki |
| 10. Jump Spinning Back Kick | Deah Dwi Tollyo Cha Ki |

Grandmaster Shin

11. Who was Grandmaster Shin's instructor?
Grandmaster Hwang Kee
12. When was Grandmaster Shin recruited for the Korean Air Force?
1958
13. What type of degree did Grandmaster Shin earn from Korea University?
Master's Degree in Political Science
14. Where was Grandmaster Shin's first U.S. school located?
Burlington, NJ
15. What is the name of the organization that preceded the WTSDA?
(Grandmaster Shin's first organization)
United States Tang Soo Do Federation

Hyungs

16. Who reorganized Jae Nam into two separate forms?
Master Itos
17. What was the name of the reorganized Jae Nam form?
Pinan
18. Who reversed the order of the Pinan forms? (The way they are taught today)
Gichen Funakoshi

Philosophy

19. What are the 3 purposes of Tang Soo Do training?
Self-Defense
Health
Better Person
20. What does Red Belt represent?
Blood, life, energy, attention, and control. The student's techniques begin to bloom and ripen.