

# **World Tang Soo Do Association (Region 1)**

## **Puget Sound Tang Soo Do Academy**

### **5<sup>th</sup> Gup Green Belt Study Guide and Requirements**

#### **Green Stripe (Attendance)**

Testing for 4<sup>th</sup> Gup Brown 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 4<sup>th</sup> Gup Brown Belt: 60 Jumping Jacks, 60 Bicycle kicks,  
30 Push-ups, 30 sit-ups

#### **Red Stripe (Hyungs-Forms)**

Testing for 4<sup>th</sup> Gup Brown Belt:

Pyung Ahn Sam Dan

Meaning of Pyung

Meaning of Ahn

Number of Moves/ Counts

Calm and Balance

Safety and Peace

25/ 16

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

Testing for 4<sup>th</sup> Gup Brown Belt: Hand/ Foot techniques and Self- Defense (1-15)

#### **Blue Stripe (Terminology)**

##### General Terminology

1. Self – Defense

2. Association Flag

3. Head Instructor (2<sup>nd</sup> Dan)

Ho Sin Sul

Hyup Hoi Ki

Kyo Sah Nim

##### Vital Points (Kup So)

4. Arm

5. Chin

6. Elbow

7. Fist

8. Foot

9. Forehead

10. Groin

11. Instep

12. Leg

13. Lower Abdomen

14. Neck

15. Philtrum

16. Solar Plexus

17. Waist

18. Wrist (side)

Pahl

Tuck

Pal Koop

Chu Mok

Bahl

Ima

Ko Hwan

Bahl Doong

Da Ri

Dan Jan

Mok

In Choong

Myung Chi

Hur Ri

Pahl Mok

### History

19. Name the three kingdoms of ancient Korea, where they were located and the years they were founded?

<b>Silla</b>	<b>Southeast</b>	<b>57 BC</b>
<b>Koguryo</b>	<b>Northeast</b>	<b>37 BC</b>
<b>Paekche</b>	<b>Southwest</b>	<b>18 BC</b>

20. Which dynasty united the three kingdoms?

**Silla**

21. What year were the three kingdoms united?

**668 AD**

### WTSDA and Grandmaster

22. What year did Grandmaster Shin come to the U.S.?

**1968**

### Philosophy

23. Name the 14 Attitude Requirements:

**Purpose of training should be the enhancement of mental and physical betterment.**

**Serious approach.**

**All out effort.**

**Maintain regular and constant practice.**

**Practice basic techniques all the time.**

**Regularly spaced practice sessions.**

**Always listen and follow the direction of instructor and seniors.**

**Do not be overly ambitious.**

**Frequently inspect your own achievements.**

**Always follow a routine training schedule.**

**Repeatedly practice all techniques already learned.**

**When you learn new techniques, learn thoroughly the theory and philosophy as well.**

**When you begin to feel idle, try to overcome this.**

**Cleanliness is required after training. Keep yourself and your surroundings clean.**

25. What does Brown Belt represent?

**Power, stability, agility, weight, and wisdom. This is a stabilizing stage both mentally and physically, analogous to the plants which curtail their growth and prepare to flower in late summer.**