

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

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

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

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

Testing for 5<sup>th</sup> Gup Green Belt: minimum 24 classes since last test

#### **Orange Stripe (General Attitude)**

Must demonstrate consistently good behavior, for your rank, at all times.

#### **Purple Stripe (Endurance)**

Testing for 5<sup>th</sup> Gup Green Belt: 50 Jumping Jacks, 50 Bicycle kicks,  
25 Push-ups, 25 sit-ups

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

Testing for 5<sup>th</sup> Gup Green Belt:

Pyung Ahn E Dan

Meaning of Pyung

Meaning of Ahn

Number of Moves/ Counts

Calm and Balance

Safety and Peace

29/ 21

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

Testing for 5<sup>th</sup> Gup Green Belt: Hand/ Foot techniques and Self- Defense (1-10)

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

##### General Terminology

- |   |       |                              |
|---|-------|------------------------------|
| 1. Beginner                               |       | Cho Bo Ja                    |
| 2. Junior Member                          |       | Hu Bae                       |
| 3. Senior Member                          |       | Su Bae                       |
| 4. Class Instructor (1 <sup>st</sup> Dan) |       | Boo Kyo Sah Nim              |
| 5. Color Belt Holder                      |       | Yu Gup Ja                    |
| 6. Basic Technique Exercises              |       | Ki Cho Woon Dong             |
| 7. World Tang Soo Do Association          |       | Sae Kye Tang Soo Do Hyup Hoi |
| 8. Korean Flag                            |       | Tae Kukgi                    |
| 9. Breaking                               |       | Kyuck Pa                     |
| 10. Vital Points                          |       | Kup So                       |
| 11. One Step Sparring Kick Techniques     |       | Il Soo Sik Jo Ki Dae Ryun    |
| 12. Counting                              |       |                              |
| One                                       | Hana  | Il                           |
| Two                                       | Tul   | E                            |
| Three                                     | Set   | Sam                          |
| Four                                      | Net   | Sa                           |
| Five                                      | Tasot | Oh                           |
| Six                                       | Yasot | Yuk                          |
| Seven                                     | Ilgop | Chil                         |
| Eight                                     | Yodol | Pal                          |
| Nine                                      | Ahop  | Ku                           |
| Ten                                       | Yol   | Sip                          |

### **Class Commands**

- |                       |                       |
|-----------------------|-----------------------|
| 13. Turn              | Tora                  |
| 14. Turn to the rear  | Dwi Ro Tora           |
| 15. Without the count | Ku Ryung Up Shi       |
| 16. With the count    | Ku Ryung E Mat Cho So |
| 17. Begin             | Shi Jak               |

### **Hand Techniques**

- |   |                            |
|---|----------------------------|
| 18. Two Hand Block Front Stance                         | Chun Kul Ssang Soo Mahk Ki |
| 19. Two Hand Block Fighting Stance                      | Hu Kul Ssang Soo Mahk Ki   |
| 20. Knife Hand Block/Reverse Punch<br>(Fighting Stance) | Yuk Jin                    |
| 21. Knife Hand Block/Reverse Punch<br>(Front Stance)    | Yuk Soo                    |

### **Kick Techniques**

- |                        |                   |
|------------------------|-------------------|
| 22. Knee Kick          | Moo Roop Cha Ki   |
| 23. Spinning Back Kick | Dwi Tollyo Cha Ki |
| 24. Stepping Side Kick | Mirro Yup Cha Ki  |
| 25. Flying Side Kick   | E Dan Yup Cha Ki  |
| 26. Hook Kick          | Yup Hu Ryo Cha Ki |
| 27. Wheel Kick         | Dwi Hu Ryo Cha Ki |

### **History**

28. Explain the meaning of Tang Soo Do:

**Literally translated, the word “Tang” means the T’ang Dynasty of China which reflects the shared cultural background between China and Korea. “Soo” means hand, but implies fist, punch, strike, or defense. “Do” means way of life or art.**

### **Philosophy**

29. Explain the Korean Flag:

<b>3 Solid Bars</b>	<b>Heaven</b>
<b>3 Broken Bars</b>	<b>Earth</b>
<b>2 Broken/ 1 Solid</b>	<b>Water</b>
<b>1 Broken/2 Solid</b>	<b>Fire</b>
<b>Red and Blue Circle</b>	<b>Um, Yang represents opposing but complementary forces.</b>

30. What does Green Belt represent?

**Speedy development of youth as summer arrives.**