

# World Tang Soo Do Association (Region 1)

## Puget Sound Tang Soo Do Academy

### Orange Belt Study Guide and Requirements

#### Green Stripe (Attendance)

Testing for 7<sup>th</sup> Gup Orange Belt: minimum 24 classes since last test

Testing for 6<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 7<sup>th</sup> Gup Orange Belt: 30 Jumping Jacks, 30 Bicycle kicks, 15 Push-ups, 15 sit-ups

Testing for 6<sup>th</sup> Gup Green Belt: 40 Jumping Jacks, 40 Bicycle kicks, 20 Push-ups, 20 sit-ups

#### Red Stripe (Hyungs-Forms)

Testing for 7<sup>th</sup> Gup Orange Belt:

Sae Kye Hyung Sam Bu

Meaning

World Form 3

Creator

WTSDA

Number of Moves/ Counts

20/ 20

Testing for 6<sup>th</sup> Gup Green Belt:

Pyung Ahn Cho Dan

Meaning of Pyung

Calm and Balance

Meaning of Ahn

Safety and Peace

Number of Moves/ Counts

22/ 20

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

Testing for 7<sup>th</sup> Gup Orange Belt: Hand/ Foot techniques and Self- Defense (1-5)

Testing for 6<sup>th</sup> Gup Green Belt: Hand/ Foot techniques and Self- Defense (1-10)

#### Blue Stripe (Terminology)

##### General Terminology

1. National Flag

Kukgi

2. Salute the Flag

Kukgi Bae Rye

3. Sit

Ahn Jo

4. Meditation

Muk Yum

5. Color Belt

Gup

6. Black Belt

Dan

7. Black Belt Holder

Yu Dan Ja

8. Bow to the Grandmaster

Kwan Chang Nim E Kyung Yet

9. Bow to the Master

Sah Bum Nim E Kyung Yet

10. One Step Sparring

Il Soo Sik Dae Ryun

11. Free Sparring

Ja Yu Dae Ryun

12. Command

Ku Ryung

### Stances

13. Stance	Jah Seh
14. Ready For Kick	Bahl Cha Ki Choon Bee
15. Front Stance	Chun Kul Ja Seh
16. Fighting Stance	Hu Kul Ja Seh
17. Horse Riding Stance	Kee Ma Ja Seh

### Hand Techniques

18. Hand	Soo
19. Knife Hand	Soo Do
20. Spear Hand Attack	Kwan Soo Kong Kyuck
21. Punching Exercises	Pahl Put Ki
22. Low Knife Hand Block	Ha Dan Soo Do Mahk Ki
23. Center Knife Hand Block	Choong Dan Soo Do Mahk Ki
24. High Knife Hand Block	Sang Dan Soo Do Mahk Ki
25. Side Block	Yup Mahk Ki
26. Side Punch	Choong Dan Hang Jin

### Kick Techniques

27. Front Stretch Kick	Bahl Poto Oly Ki
28. Side Stretch Kick	Yup Poto Oly Ki
29. Straight Back Kick	Dwi Cha Ki
30. Axe Kick	Cchik Ki
31. Diagonal Kick	Bit Cha Ki

### WTSDA and Grandmaster

32. In what region are we located?	<b>Region 1</b>
33. When was the WTSDA founded?	<b>Nov. 13-14, 1982</b>
34. What color is Grandmaster Beaudoin's belt?	<b>Red and White Blocks</b>
35. Explain the Association emblem:	

<b>6 Stars</b>	<b>Represents the 6 continents of the world where Tang Soo Do is practiced.</b>
<b>Um, Yang</b>	<b>Red and blue half circle symbol represents universal concept of opposing but complementary forces. It shows our Korean heritage.</b>
<b>Flying Side Kick</b>	<b>Represents the special and unique character of Tang Soo Do and the whole person concept.</b>
<b>Red Circle</b>	<b>Unity and Brotherhood.</b>
<b>Globe</b>	<b>Means our organization covers the world</b>
<b>Bottom Belt</b>	<b>Master's Belt – represents the ultimate goal of all Tang Soo Do practitioners.</b>
<b>Practitioner</b>	<b>Mastering the art of Tang Soo Do</b>

### Philosophy

36. Why do we Ki-Hap? **To focus power and energy, show your spirit, scare your opponent, tighten your abdomen.**
37. Name the seven Tenets of Tang Soo Do:  
**Integrity, Concentration, Perseverance, Respect and Obedience, Self-Control, Humility, Indomitable Spirit**
38. What does Orange Belt represent? **(Testing for 7<sup>th</sup> Gup)**  
**Orange represents new growth which appears in spring. Our Tang Soo Do knowledge begins to reveal itself.**
39. What does Green Belt represent? **(Testing for 6<sup>th</sup> Gup)**  
**Green represents the speedy development of youth as summer arrives.**