

World Tang Soo Do Association (Region 1)
Puget Sound Tang Soo Do Academy
Cho Dan Bo (Dark Blue Belt) Study Guide and Requirements

Green Stripe (Attendance)

Testing for Cho Dan (Black Belt): minimum 72 classes since last test (Must demonstrate leadership ability and Tang Soo Spirit)

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 Cho Dan (Black Belt): 100 Jumping Jacks, 100 Bicycle kicks,
50 Push-ups, 50 sit-ups

Red Stripe (Hyungs-Forms)

Testing for Cho Dan (Black Belt):

Sip Soo

Number of Moves/ Counts 29/ 20

All Previously Learned Forms.

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

Testing for Cho Dan (Black Belt):

Hand/ Foot techniques and Self- Defense (1-30)

Blue Stripe (Terminology)

EVERYTHING FROM THE PREVIOUS STUDY GUIDES!!!!

Plus...

General Terminology

- | | |
|------------------------------------|----------------|
| 1. Power Force | Him |
| 2. Focus of Eyes | Shi Sun |
| 3. Spirit | Chung Shin |
| 4. Polishing Mind and Body | Dan Ryun |
| 5. Refining Self | Ryun Ma |
| 6. Balance | Chung Shim |
| 7. Instructor Trainee (Cho Dan Bo) | Jo Kyo Sah Nim |

Hand Techniques

- | | |
|--|--------------------------------|
| 8. Claw Hand | Jip Kye Sohn |
| 9. Fork Hand | Pyun Sohn |
| 10. Vertical Spear Hand | Jik Kwan Soo |
| 11. Horizontal Spear Hand | Pyung Kwan Soo |
| 12. Reverse Twisting Inside to Outside Block | Teul Oh Ahneso Pakkuro Mahk Ki |

Kick Techniques

- | | |
|------------------------------------|-------------------|
| 13. Double Kick (same target) | Ssang Bahl Cha Ki |
| 14. Double Kick (separate targets) | Yang Bahl Cha Ki |

History

15. What is the reference book from the Paekche Kingdom that shows development in the martial arts?

Samkook Sagi

16. What is the ancient reference book that shows three types of kicking techniques?

Jewangoongi

17. During what dynasty was the Mooyae Dobo Tongji written?

Yi Dynasty

Hyungs

20. What does Sip Soo mean?

10 Hands

22. When and where was Sip Soo created?

Approx. 17th Century in Northeast China

Philosophy

19. What does Ill Soo Sik Dae Ryun teach us?

Distancing, timing, targeting, technique, self-defense

18. What does Black Belt Represent?

Mastery, calmness, dignity, and sincerity. The black belt is the final stage of one life cycle and the beginning of the next. This is not only the end of one stage, but what is more important, the beginning of a path that leads to true mastery.