



EVERGREEN TANG SOO DO
STUDENT MANUAL

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Introduction

Congratulations on joining Evergreen Tang Soo Do Academy and beginning your journey in Tang Soo Do training! As a member of Evergreen Tang Soo Do Academy, you are joining a community of like-minded individuals. You will meet new friends and training partners who will test your limits, pick you up when you fall, and encourage you along the way. Tang Soo Do practitioners form a special brotherhood.

Tang Soo Do is a traditional Korean Martial Art, with unique characteristics and qualities. The goal of Tang Soo Do is to achieve victory without combat and to develop a strong mind, body, and spirit. You will need to remain focused and disciplined in your training and humble in your pursuit. Tang Soo Do is a way of life. As you progress, you will build life skills that enhance your character and make you and your community better.

It is our goal to help guide you on your journey which we hope will be both lifelong and fulfilling. This manual will provide students with the ins and outs of requirements, protocol, and other information useful to Tang Soo Do students at all stages of training. Please use this as a guide and reference but not a bible. Use this as a starting point in your pursuit of knowledge in Tang Soo Do.

I wish you great success and look forward to seeing you in class!

Master Steven Elmore

A Brief History of Tang Soo Do

The martial art known as Tang Soo Do is relatively modern. It does, however, have roots that date back thousands of years. The techniques in what is now Tang Soo Do began to develop in the three kingdoms era of ancient Korea (circa 57 BC – 935 AD). During this time, Korea was divided into three kingdoms:

Silla – Founded 57 BC in the Southeast

Koguryo – Founded 37 BC in the North

Paekche – Founded 18 BC in the Southwest



After many wars and conflicts, the Silla Dynasty united the three kingdoms in 668 AD. It was during this time that primitive martial arts were used during warfare. Mural paintings and statues from this time have depicted movements similar to those found in Tang Soo Do. A corps of young aristocrats was formed during the Silla Dynasty called the Hwa Rang Dan. These warriors were instrumental in keeping the peace in the unified Silla Dynasty. The Hwa Rang Dan can be thought of as the Korean equivalent to the Japanese Samurai. Most Korean martial arts trace their spiritual and technical heritage back to the Hwa Rang Dan. Our 5 codes of Tang Soo Do were created by the monk Won Kwang, a Hwa Rang Dan.

In 935 AD, the military leader Wang Kun overthrew the unified Silla Dynasty and formed the Koryo Dynasty. The Koryo Dynasty lasted about 500 years until the Yi family ruled during the Choson Dynasty. The Choson Dynasty lasted until 1910 when the Japanese occupation of Korea began. During the Koryo and Choson Dynasties, Tang Soo Do became very popular amongst both the military society and the general public. Several names such as Kwon Bop, Tae Kyun, Soo Bahk, and Tang Soo were used at this time.

In 1790 AD, the Mooyae Dobo Tongji was written and is considered the very first complete martial arts book. It contained illustrations that substantiate the theory that Soo Bahk Ki, the formal name of Tang Soo Do, had developed into a sophisticated art of combat techniques.

From 1909 to 1945, the Japanese military-controlled Korea and the practicing of martial arts was restricted. After the end of World War II in 1945, these restrictions were lifted, and martial arts schools (Kwans) were established. The most prominent were:

Moo Duk Kwan	by Hwang Kee
Chi Do Kwan	by Kwai Byung, Yun
Chung Do Kwan	by Won Kuk, Lee
Song Moo Kwan	by Byung Jik, No
Chang Moo Kwan	by Nam Suk, Lee
Yuk Moo Kwan	by Sang Sup, Chun

These Kwans would form the foundation of today's modern Korean martial arts: Tang Soo Do, Tae Kwon Do, Hapkido, Hwa Rang Do, etc.

The modern art of Tang Soo Do is linked to Moo Duk Kwan, founded by Hwang Kee. Grandmaster Hwang Kee was a martial arts prodigy, having mastered the art of Soo Bahk Ki by the age of 22. In 1936, during the Japanese Occupation, he traveled to Northern China where no restrictions on martial arts existed. In Northern China, Hwang Kee encountered a Chinese martial art variation known as the Tang Method. After Korea regained its independence, Grandmaster Hwang Kee returned to Korea and opened his first school, Moo Duk Kwan, in Seoul, Korea on November 9th, 1945. He called the style he taught at the Moo Duk Kwan Tang Soo Do, which combines techniques from the Chinese Tang system and the Korean Soo Bahk system. The words Moo Duk Kwan can be translated to mean Institute of Martial Virtue. About 60% of Tang Soo Do is kicking techniques which come from Soo Bahk. The other 40% is hand techniques which come from Tang system. The 40% hand techniques are broken down further with 30% hard techniques (Northern Chinese, linear striking) and 10% soft techniques (Southern Chinese, circular flowing).

The words Tang Soo Do can be literally translated into "The Way of the Chinese Open Hand". Tang refers to the Tang system or Tang Dynasty of China. Soo is empty hand and Do is the way. Tang Soo Do is often referred to as Korean Karate. This can be confusing, although accurate, since the word Karate is Japanese. The words Kara Te Do can be translated to "The Way of the Empty Hand". In fact, the Korean kanji for Tang Soo Do and Japanese kanji for Kara Te Do are the same. If you study Karate and Tang Soo Do, you will see most techniques are the same, just executed a little differently. The majority of the hyung/kata (forms) are the same.

唐手道

Korean	Japanese	English
Tang	Kara	Chinese
Soo	Te	Hand
Do	Do	Way

Tang Soo Do is also frequently compared to Tae Kwon Do, since both are Korean arts with strong kicking techniques. In fact, Tang Soo Do and Tae Kwon Do were both one and the same many years ago. In 1957, Grandmaster Hwang Kee started promoting Soo Bahk Do and successfully registered the Korean Soo Bahk Do Association with the Korean government on June 30th, 1960. In 1965, various Korean martial arts systems were unified and named Tae Kwon Do under the Korean Tae Kwon Do Association. Tae Kwon Do was adopted as the national sport of Korea and included in the Olympics in 1984. Tae Kwon Do became more focused on sports competition while Tang Soo Do remained as a traditional martial art.

Today, there are many different Tang Soo Do organizations throughout the world. Most notably, the World Tang Soo Do Association, World Moo Duk Kwan Federation, and the International Tang Soo Do Federation. There are minor variations in technique amongst these organizations however they all uphold the philosophy of Tang Soo Do training to improve the entire self, mentally, physically, and spiritually.

The Grandmasters

There are many grandmasters in Tang Soo Do (8th Dan and higher). This section gives some background information on those that have had the most impact on Evergreen Tang Soo Do Academy.

Grandmaster Hwang Kee (Nov. 9, 1914 – July 14, 2002)



Born November 9, 1914 in Jang Dan, Kyong Ki province, Grandmaster Hwang Kee was destined to become a part of martial arts history, alongside names such as Jigoro Kano (1860 - 1938, founder of Judo), Gichin Funakoshi (1868 - 1957, father of modern karate) and Morihei Ueshiba (1883 - 1969, founder of Aikido).

His father was a scholar who was awarded a special recognition by the last King of the Yi Dynasty. Before his son's birth he dreamt of a bright star (Sam Tae Song) and named the Grandmaster "Tae Nam", meaning "Starboy".

Often referred to as a "martial arts prodigy" the Grandmaster was widely acknowledged as a gifted martial artist, due in large part to his inquisitive nature and scholarly approach to the development and refinement of his art. It began at the age of seven, when he attended a traditional holiday festival and witnessed a confrontation where one man defeated seven or eight attackers using various martial techniques.

He followed the man to his home and a few days later began to observe the man practicing from a distance and imitated what he saw. Later, he approached the man and asked to be taught the techniques he witnessed. The man refused because of his young age. This did not end Hwang Kee's interest. He continued to observe the man training from afar and practiced what he saw. During the Japanese occupation of Korea, it was difficult to train when the only martial arts allowed in Korea were Kendo and Judo. The Grandmaster studied and trained on his own from

1921 until 1936. In 1936, while working with the railroad in Manchuria, he was introduced to a Chinese master, Master Yang, with whom he trained until his return to Seoul in August of 1937.

In 1939, he began work with the Cho Sun Railway Bureau. There he had a library with many books on martial arts, particularly Okinawan Karate. Through the books, he studied this art which later influenced Tang Soo Do Moo Duk Kwan and is evidenced in the Pyung Ahn forms as well as Bassai and Kong Sang Kun.

With the end of Japan's occupation, the Grandmaster was free to pursue the development of his art according to his vision. On November 9, 1945 he founded the Moo Duk Kwan and named his art Hwa Soo Do (art of the flowering hand). Unfortunately, it was not immediately popular, so it struggled to gain and keep students. He later met Won Kuk Lee, the founder of Chung Do Kwan, whose art was Tang Soo Do. Lee had trained in Karate in Japan, was very successful and had many more students than the Moo Duk Kwan. Because Tang Soo Do had a more recognizable name, it was better received by the public. The Grandmaster decided to combine it with his Hwa Soo Do and what he learned from the Okinawan books. In 1947 he began teaching his new art of Tang Soo Do Moo Duk Kwan to the public.

At the start of the Korean War in 1950 the development of the art was again disrupted until the war's end in 1953, when the Grandmaster returned to Seoul to continue his work. He leased his first commercial space in 1955 and it grew to be known as the legendary "Joong Ang Do Jang".

As the Moo Duk Kwan's popularity grew, more dojangs sprang up. The Moo Duk Kwan system was taught in schools, to the police and the military, both at the Naval & Air Force Academy of Korea and the Republic Of Korea Air Force Academy where the Grandmaster taught personally.

In 1957, Tang Soo Do Moo Duk Kwan was first introduced to U.S. servicemen. Classes were held at the U.S. 8th Army's Trent Gym in Yong San, Seoul. By 1960 it had spread to five other U.S. military bases which led to introduction of Tang Soo Do in the U.S. by returning servicemen.

1957 was a pivotal year in another respect. During his research, the Kwan Jang Nim discovered a 300-year-old Korean manuscript called the "Moo Yei Do Bo Tong Ji" that documented Korean martial techniques known as Soo Bahk. This was a fortunate find as his vision was to have a truly Korean martial art and a traditional Korean martial arts organization.

1961 marked the beginning of another round of hardship for the Moo Duk Kwan. On May 16th, a military revolution led by Lt. General Chong Hee Park took place. The Grandmaster was removed as instructor for the ROK Air Force base and the national police, and was prohibited from publishing his monthly publication, Moo Yei Si Bo. Between 1961 and 1965, operation of the Association became very difficult as the government exercised great political control over it.

In 1964 the Korean Tae Soo Do Association was formed, which in 1965 became the Korean Tae Kwon Do Association. Due to its political influences, the Tae Kwon Do group, led by its second President, General Choi, Hong Hee, tried to unify it with the Korean Soo Bahk Do Association. Hwang Kee's organization was the largest of any martial arts system in Korea at the time.

Grandmaster Hwang Kee agreed to discuss unification, but when it became clear that the move was designed to gain control over his organization, he ultimately refused. The result was a weakening of the Moo Duk Kwan as the Tae Kwon Do movement grew in strength, absorbing many Moo Duk Kwan members in the process.

In 1965 and again in 1966, the Grandmaster won two legal battles that would allow him to run his organization without interference and thereby work to rebuild his organization. As a testament to the Grandmaster's perseverance in the face of great adversity, Tang Soo Do (Soo Bahk Do) is today practiced in 45 countries around the world.

Grandmaster Song Ki Kim



A student of Jeong Suk Kim (Dan # 158), Grandmaster Kim began training in Tang Soo Do in 1951. In 1956 he began teaching and has been dedicated to the growth of the art ever since.

He was instructor of the Korean military army brigade at Osan, Korea in 1957 and later founded the Tang Soo Do School at the US Air Force base, Osan, Korea in March of 1958.

On January 31, 1960 he founded the Tang Soo Do Regional headquarters at Kyoung Ki province of Korea.

Over a thousand of his former students have gone on to become high ranking Masters and Grandmasters around the world. Among those are Grandmaster Mariano Estioko, the second American to ever receive a Black Belt in Tang Soo Do and founder of the Western Pacific Tang Soo Do Association, and Grandmaster Chun Sik (C.S.) Kim, founder of the International Tang Soo Do Federation.

He is also the founder and president of the World Dang Soo Do Union.

Grandmaster Jae Chul Shin (Dec. 20, 1936 – July 9, 2012)



Grandmaster Jae C. Shin is the founder of the World Tang Soo Do Association and is one of the leading figures of martial arts in the world.

He was born in Korea in 1936 and began his long and distinguished career in martial arts at the age of twelve. During his childhood, an unknown monk initially inspired in him a strong desire to learn martial arts. Later, he joined Seoul Moo Duk Kwan central gym and began serious study under Grandmaster Hwang Kee, a founder of the Korean Moo Duk Kwan system.

By the time he was 1st Dan, he had already started his teaching career as an assistant instructor at the central gym. After that, he taught at Korean University, Seoul Central YMCA, various colleges, and many police and military institutions. His many years of teaching experience and his extreme dedication have added to his scientific and unique methods of teaching Tang Soo Do. His six fields of expertise include self-defense, forms, breaking, weapons, health care, and meditation. He has evolved these separate arts into The World Tang Soo Do system.

When he was recruited to the Korean Air Force in 1958, he had his first experience teaching American soldiers. After receiving his master's degree in Political Science at Korea University, he came to the United States in order to extend his instruction of foreign students in 1968. The year he came to the United States of America, Black Belt Magazine honored him for all time by devoting a full chapter to him in the book, "20th Century Warriors," putting him in the company of the most legendary martial arts figures ever. Grandmaster Shin, one of the most respected and well-known masters in this century, is one of the few masters who has devoted his entire life to the traditional martial arts. In addition to insisting on disciplined, rigorous training

and exacting techniques, he has always preached that the true value of martial arts training is in the application to everyday life.

Teaching children was one of his favorite pastimes and he has become an expert in child development. His advice to his Black Belt instructors is good advice for teachers of all kinds, "When examining your abilities as an instructor, examine your young student's manners, attitudes, school reports and health conditions. Their improvements should mirror your own."

Grandmaster Robert Beaudoin



Grandmaster Robert Beaudoin is a charter Master of the World Tang Soo Do Association and is the father of traditional Tang Soo Do in New England.

He was born in Cincinnati, Ohio in 1942 and grew up in Connecticut. After joining the Air Force and being selected for a special language program at Yale University, he was stationed at Osan Air Base in Korea and got his first taste of the martial arts. In 1962 he began training in Tang Soo Do under Grandmaster Jae C. Shin. This date marks the beginning of a student/teacher/friend relationship the two would share for more than 50 years. On May 12, 1963, Grandmaster Beaudoin tested for his black belt in Inchon, Korea in front of Grandmaster Hwang Kee and Grandmaster Shin.

After returning to the United States, he set up his first school in Roswell New Mexico while finishing his time in the Air Force at Walker Air Force Base. The school proved so successful that it expanded beyond just the service men and included wives and children. Upon completing his military service, he returned to Connecticut and opened the Academy of Karate in 1965. Meanwhile, he married JoAnn Conway, with whom he raised Jennifer and Eric, earned a Bachelor of Science Degree from University of Connecticut, a Master's degree from Trinity College, and completed his Doctorate in Education from Argosy University in Sarasota, Florida.

After Grandmaster Shin came to the United States in 1968 and opened his school, Grandmaster Beaudoin would regularly drive to New Jersey with groups of his students to continue his training and friendship with Grandmaster Shin. In July 1971, Grandmaster Shin promoted Grandmaster Beaudoin to the rank of Master in a special presentation by removing his own Master's belt and tying it on Grandmaster Beaudoin. During the succeeding years his studio grew, and through his efforts and those of his students Tang Soo Do spread throughout the New England region.

Grandmaster Beaudoin combined his martial arts teaching experience and his Doctorate in Education by starting the Quality Training and Consulting business, conducting leadership training programs for private and public organizations. He has served as a college professor at the University of Connecticut, an adjunct professor for Post University, Illinois State University, and the University of New Haven. His combination of leadership and teaching skills has helped him develop the ability to teach students from Tiny Tigers to seniors.

Grandmaster Beaudoin was promoted to the rank of 8th Dan at the 2010 World Championships at the same event where Grandmaster Shin was promoted to 9th Dan. Throughout his martial arts career loyalty has been one of the central tenets of his training and one of the primary attributes he has passed onto his students.

Grandmaster Michael Shintaku



Master Shintaku began his training in Tang Soo Do in 1966 at the age of 14 under the tutelage of Grandmaster Mariano Estioko (# 759), earning his Cho Dan in 1970. In 1976 he relocated to Seattle, Washington but didn't begin teaching Tang Soo Do until 1978 when he founded the Seattle Tang Soo Do Association. In 1980, Master Shintaku, then a Tang Soo Do 3rd Degree Black Belt, began training in Shito-Ryu, a Japanese style of karate, receiving a 1st Degree Black Belt in 1982.

From 1982 to 1984 Master Shintaku was teaching the Shito-Ryu style of karate. In 1984 he returned to teaching Tang Soo Do. He was promoted to 4th Degree at that time and then in 1994, to 5th Degree. Ten years later, in 2004, during Grandmaster Song Ki Kim's visit to the United States, Grandmaster Kim promoted Master Shintaku to 7th Degree. On July 27th, 2012, Master Shintaku was presented his 8th Dan.

Master Shintaku has been a successful karate competitor in California, the Pacific Northwest, and nationally, and has competed in full contact and AAU competitions. He has won many awards in both fighting and forms competition and is recognized as one of the outstanding tournament officials in the country.

Master Shintaku promoted the USA National Karate Classic, one of the premier Karate Tournaments in the Northwest. He has appeared on the cover of Karate Illustrated Magazine, has been featured in Tae Kwon Do Times and Black Belt magazines and is listed in "Who's Who in the Martial Arts".

The Seattle Tang Soo Do Association was founded in 1978 by Master Michael J. Shintaku two years after he relocated to Seattle from Sacramento, California. In 1982, the Seattle Tang Soo Do Association was dissolved when Master Shintaku joined the Japan Karate Federation by earning

a 1st degree black belt in Shito-Ryu Ryobukai, a Japanese style of karate. He began teaching Shito-Ryu under the Japan Karate Federation through Highline Parks in Burien and the Boeing Employee's Karate Association. Two years later he left the Japan Karate Federation and re-established his school, teaching Tang Soo Do.

Master Shintaku is the president of the US branch of the World Dang Soo Do Union.

Grandmaster Michael Romines



Grandmaster Romines started training in Martial Arts in 1963 in the Michigan area in Judo and Shotokan. He studied under Sensi Bill Armstrong, Master Ushida and 2 time world champion Professor John McCray, until 1967, eventually receiving Black Belt ranks in both arts.

In 1965 Grandmaster Romines began his lifelong journey in Tang Soo Do. Throughout the years he has trained with a number of instructors including Master Sang K. Shim, Master J. Klinefeld, Master C.I. Kim, Master H. Murphy Grandmaster Hwang Kee, and Grandmaster W. Clingan.

Grandmaster Romines received 8th Dan and Grandmaster Certification in 2006; 9th dan in 2013. He has served as the President of the All American Tang Soo Do Association, Regional Director and Technical Advisory Chairman of the World Tang Soo Do Association, instructor for World Moo Duk Kwan Tang Soo Do Federation, Regional Director of World Dang Soo Do Union, and instructor for USKA (United State Karate Association).

Grandmaster Romines studied Aikido briefly with Grandmaster Ueshiba, (founder of Aikido) and Arnis under Grandmaster Remy Presas (founder modern Arnis). Grandmaster Romines has been featured in several local and national newspapers and has showcased his skills on television, including "That's Incredible"

He also studied Tae Kwon Do for many years, eventually receiving rank of 8th Dan in 2012. It was his great honor to have studied with Grandmaster General Choi Hong Hi (co-founder of Tae Kwon Do) and Professor E. Humesky, Grandmaster. Grandmaster Romines has been inducted into the Martial Arts Hall of Fame and Who's Who in the Martial Arts. He also serves as an ambassador to the Korean Martial Arts Hall of Fame and is listed in Sa Ja Nim Timmerman's book "Who is Who in Korean Martial Arts". GM Romines was inducted into the Korean Martial Arts Masters Hall of Fame, as well.

World Dang Soo Do Union



The World Dang Soo Do Union (WDU) is an international fraternal organization of Dang Soo Do and Moo Duk Kwan practitioners created by founder and president Grandmaster Song Ki Kim

Many of Grandmaster Song Ki Kim's former students have gone on to found and head many successful independent organizations. GM Kim created the WDU as an organization in which member associations could maintain their independence yet interact and support the growth of traditional Dang Soo Do worldwide. In uniting our intellects, we can make traditional Dang Soo Do a more powerful force among martial arts.

As its name implies, we are a Union of Dang Soo Do practitioners, many of whom are already part of other great federations or associations and are seeking a larger, international organization with roots back to Korea. The WDU provides this for all Dang Soo Do practitioners.

The WDU is headquartered at the historic Soungtan Moo Duk Kwan Dojang in Soungtan, Korea (now a part of Pyongyang city). The Soungtan dojang was founded in 1958 by Grandmaster Song Ki Kim and remains in operation today under Head Master Yoon Ki Kim.

WDU MISSION

"To promote the understanding of the art of Dang Soo Do and to uphold the traditional teachings and values of Dang Soo Do Moo Duk Kwan".

WDU VISION

"To unite all Dang Soo Do and Moo Duk Kwan traditional martial artists under a single, united fraternal organization".

East West Tang Soo Do Collective



The East West Tang Soo Do Collective is a group founded by Master Elmore in 2024. It is a cooperative collection of instructors, masters, and studios that share the common goals of training, community, and promotion in the art of Tang Soo Do.

Training

We strive to continuously learn and improve our martial arts abilities. We all have skills and talents that are beneficial for others to learn. In addition to seminars, camps, tournaments, and other events, we have a database of training curriculum videos in all areas of Tang Soo Do as well as instructor training and studio management. Since we are a cooperative group, all members are allowed to, and encouraged to, add curriculum videos to the database for all members to benefit.

Community

One of the great aspects of martial arts training is the camaraderie, friendships, and relationships we forge with other like-minded practitioners. We provide a way for members to share their events, whether it is a camp, clinic, seminar, or tournament, with the Tang Soo Do community. We also have the ability to connect people that are looking for instructors or training in a specific area. For example, perhaps you are looking for a sparring expert to teach at your next clinic. We can help connect you with an instructor who specializes in that area.

Promotion

If you are not a part of a large organization or have a senior instructor above you, your promotion options are limited. Our unique peer-based approach provides a promotion/advancement path for instructors and masters that have no other options. Through mutual respect for all in our group, we ensure that standards are kept high, and we are all held accountable.

History of Evergreen Tang Soo Do



Evergreen Tang Soo Do Academy started in the fall of 2004 at the West Seattle YMCA by Master Elmore. With only two 1-hour classes per week and zero students initially, Master Elmore grew the program to over 50 students within 2 years. In 2006, Evergreen Tang Soo Do Academy opened a part-time commercial location in the Admiral District of West Seattle. This location quickly grew to over 100 students and in 2008 became a full-time studio offering classes 7 days a week. Evergreen Tang Soo Do remained in the Admiral District until 2018 when it moved to its current location south of the Junction in West Seattle.

Evergreen Tang Soo Do is proud to have produced over 100 black belts and 2 masters (other than Master Elmore). This proves how dedicated Evergreen students are as it takes approx. 5 years to get to black belt and 15 to get to master. Evergreen Tang Soo Do is also proud to have produced numerous individual regional and world champions as well as multiple regional creativity team championships.

Evergreen Tang Soo Do Academy was affiliated with the WTSDA from its inception until 2020. Its students and instructors are responsible for helping spread Tang Soo Do throughout the Seattle area. The studio is not currently affiliated with any large organization however Master Elmore continues to run the studio and teach traditional Tang Soo Do, providing his students with the skills and attributes he was taught.

Master Elmore



Master Steven Elmore started training in Tang Soo Do in 1988 in Livonia, MI under Master Romines. He continued training with Master Romines, receiving 1st Dan in 1992 at 12 years old and 2nd Dan in 1994. In 1997, Master Romines took some time off and turned his school over to one of his students, Master Matt Ochs who brought the students into the World Tang Soo Do Association.

In 1998, Master Elmore started attending the University of Michigan, studying Aerospace Engineering. At that time, he was chief instructor at Master Ochs' studio, teaching 4-5 hours a night. The studio was approximately 60 miles away, each way, which Master Elmore drove 4-5 days a week while still maintaining his studies. In 1999, Master Elmore received the rank of 3rd Dan in Tang Soo Do.

Master Elmore graduated in 2002 and started his first martial arts studio at the Plymouth YMCA while attending graduate school at the University of Michigan. In 2004, Master Elmore was offered a position with Boeing and moved to Seattle, WA. He earned a master's degree in Mechanical Engineering from the University of Michigan in 2005.

In 2004, he started Evergreen Tang Soo Do Academy at the West Seattle YMCA. That program quickly grew to a part-time commercial studio in 2006 then a full-time studio in 2008. Master Elmore quit his job at Boeing and has taught martial arts full time ever since.

He earned his 4th Dan in 2007, the youngest master in Tang Soo Do at the time and began his training under Grandmaster Shin until his death in 2012. Master Elmore then trained under Grandmaster Beaudoin, earning 5th Dan in 2016, until leaving the World Tang Soo Do Association in 2020 to be an independent Tang Soo Do instructor.

In November 2023, Master Elmore earned his 6th Dan under Grandmaster Mike Shintaku of the World Dang Soo Do Union.

From 1997-2005, Master Elmore was an avid competitor in forms and fighting. He earned numerous Regional and World titles in WTSDA competitions as well as Open circuit competitions.

Due to his success in starting/running a martial arts studio, Master Elmore was a featured speaker at the WTSDA Business Seminar from 2011-2016 and provided guidance and mentorship to other instructors throughout the world.

Throughout his career, he has had the opportunity to travel around the world to Costa Rica, Germany, Canada, Aruba as well as across the United States. He is also the author of a book, "The Physics of Martial Arts".

Philosophy

Purpose of Tang Soo Do Training

1. Self-Defense: We protect our lives and possessions from injustice and danger.
2. Health: We promote our physical and spiritual health and enjoy strong bodies and sound minds through rigorous training.
3. Better Person: We strive to be of better character through endurance and hard work.

Five Codes of Tang Soo Do

1. Loyalty to country
2. Obedience to parents
3. Honor friendship
4. No retreat in battle
5. In fighting choose with sense and honor

Seven Tenets of Tang Soo Do

1. Integrity
2. Concentration
3. Perseverance
4. Respect & Obedience
5. Self-Control
6. Humility
7. Indomitable Spirit

Virtues of Tang Soo Do

1. Humanity
2. Righteousness
3. Etiquette
4. Wisdom
5. Trust

10 Points of Emphasis on Mental Training

1. Reverence for nature
2. Physical concentration
3. Courtesy
4. Modesty
5. Thankfulness
6. Self-sacrifice
7. Cultivate courage
8. Be strong inside and mild outside
9. Endurance
10. Reading ability

10 Points of Emphasis on Physical Training

1. Vocal exhalation (kihap)
2. Focus of sight
3. Continuous balance during movements
4. Flexibility of the body
5. Correct muscle tone for maximum power
6. High and low speed techniques
7. Exactness of techniques
8. Adjustment for proper distance
9. Proper breathing for endurance
10. Conditioning hands and feet

Inner Building Blocks of Tang Soo Do

- Every student should always seek truth and practice it
- Every student should promote the highest moral character through training
- Every student should respect, love, and obey his/her parents, teachers, and seniors
- Every student should love his/her country and contribute to his/her community
- Every student should develop confidence, humility, integrity, and practice them inside and outside of class
- Every student should do his/her best to promote intelligence
- Every student should not hesitate to sacrifice him or herself for justice
- Every student should develop his/her endurance, perseverance, self-control, and be calm/humble in mind
- Every student should approach his/her training with seriousness and all-out effort
- Every student should maintain a schedule of regular and constant practice
- Every student should always remember that the ultimate purpose of Tang Soo Do is to promote physical and mental health

Do in Tang Soo Do

Do literally translates into ‘the way’. Broadly speaking, Do means the philosophical road that takes us righteously forward. The concept of Do is associated with Lao Tze. His thoughts and philosophies are recorded in the Tao Te Ching. One of his philosophies is that the objective world is governed by opposites (strong/weak, soft/hard, hot/cold, etc.). It was his belief that these opposites could transform into each other. According to Lao Tze, the human body must follow and adapt itself to the laws of nature in order to thrive and grow. He said, “Man follows the law of “way” and the “way” follows the laws of nature.” He advocated plain living and abstinence over selfish desire and overindulgence. Such ideologies have led to later generations becoming more active in physical and mental training.



Korean Flag

The name of the flag in Korean is Tae Keuk Ki and it symbolizes much of the thought and philosophy of Korea. The symbol is called the Tae Keuk and at the center is a circle divided equally and in perfect balance.

The upper red section is called the Yang and the lower blue section is called the Um. These two symbols express extreme opposites and the eternal dualism of the universe: fire and water, day and night, male and female, hot and cold, etc. In martial arts, we use this wisdom in the same way by facing violence with non-violence, soft against hard, circle against straight line, etc.

The three bars at each corner also carry the ideas of opposition and balance:

- Three unbroken bars represent heaven

- Three broken bars represent earth

- Two unbroken bars with one broken bar in the middle represents fire

- Two broken bars with one unbroken bar in the middle represents water



Studio Rules and Procedures

Upon entering the dojang:

Students either in do bohk or street clothes should salute the flags and bow to the instructor on the floor as soon as they enter the dojang. This will be done without exception. The student does not have to wait for the instructor to acknowledge the bow if the instructor is busy.

When the chief instructor enters the room for the beginning of class:

Highest ranking member present will clap hands and bring class to attention and say, “Kyung Yet”. Class will come to attention and bow to the instructor. If any master enters, whether in do bohk or street clothes, the class should come to attention and bow. The first person who sees the master will clap and bring the class to attention. The highest member will give the commands: “Cha Ryut, Kyung Yet”. The class will then resume.

When talking to another member while at the dojang, exchange bows (lower rank bows first).
When training, try to clear your mind of any problems outside of the studio.

The following rules apply to students:

1. Attend classes regularly, at scheduled times.
2. Arrive 15 minutes prior to class beginning.
3. Keep body clean and free from odor (including feet).
4. Keep all nails (fingers & toes) trimmed.
5. Do not go bare foot in the restroom.
6. If you have a cold or other illness, stay home.
7. No food, drinks, or gum allowed. (Water is ok).
8. Use of alcohol or drugs will not be tolerated prior to or during training.
9. No loud, abusive, or profane language permitted in the Dojang.
10. Use of proper protocol when entering and exiting the Dojang.
11. Always raise your hand when you have a question.
12. If late to class, wait for instructor’s permission to join class.
13. Use the restroom before or after class, not during, unless it’s an emergency.
14. Be respectful to all students and instructors at all times.
15. Parents or family members may not interfere or coach students at any time.
16. Attire must always be neat, clean, and pressed for class and other functions.
17. No jewelry or decorative wrist or head bands permitted during class.
18. What you learn in class stays in class.

To ensure that students stay focused on their instruction and instructor, we ask that those watching class adhere to the following rules:

1. No shoes are to be worn on the mats at any time.
2. Keep voices down during class times.
3. If you have a young child or baby that is crying, please take them outside the training area.
4. No coaching, correcting, or reprimanding your child or family member during class.
5. No food or drinks allowed in the training area. Water is permitted.
6. Spectators, parents, siblings, and other family members are not permitted to enter the training area during class time.
7. No cell phone usage please. Any gaming or mobile device must have volume off.
8. For kids 8 and under, an adult must come inside to get picked up. We do not allow kids to leave the studio and get picked up curbside.

We want parents and spectators to watch and be engaged in what their children are learning. Please keep voices down when watching class as a courtesy to others.

Our focus is to keep our students engaged and it is very difficult to do this if people are coming in and out of the Dojang during class or talking to one another during class.

Arriving to Class

Students should arrive 5-10 minutes early for class, ready and prepared to train. No shoes are allowed on the Dojang floor. Shoes are to be stored at the front of the Dojang.

Upon entering (and leaving) the Dojang, students should bow to the instructor and salute the flags. Once inside, students should quietly warm up and stretch off to the side. For safety reasons, no gum is allowed, and all jewelry and watches should be removed prior to practice. Be respectful upon entering and leaving the Dojang. Do not talk loudly or interrupt practice.

Bow Regularly

One of the most misunderstood aspects of training in a traditional martial art is the meaning of the bow or *Kyung Yet*. In Tang Soo Do, the bow is a form of greeting and sign of respect. (This is the same reason why all Black Belts are to be called “Sir” or “Ma’am” by Gup students.) A student is expected to bow to their instructors, all Black Belts and Masters, whether in the studio or out, and to their partners. The bow is never interpreted as the student being *less* or *lower* based on rank, but rather is an expression of humility, courtesy, pride, and self-esteem. Black Belts and senior ranks are also expected to return the bow. A person who can show humility is a truly capable leader.

Attendance Policy

We don't require students to inform us if they are missing classes, but we certainly recommend it and appreciate it. Students may attend any class they choose which is appropriate for their age/rank. It is helpful to check with us in advance to see if the class is an appropriate choice, but it is not required. Although we have a drop-in class policy, it is strongly recommended that students stick with the same classes on a consistent basis and makeup missed classes as needed.

Starting Class

Students should line up according to rank and seniority, with the higher-ranking members to the right.

The instructor will take a position in the front center of the class.

Assistant instructors will line up at the rear of class, behind the last line of students.

The highest-ranking member in the class will give the following commands:

- Cha Ryut (attention)
- Kukgi Bae Rye (salute the flags)
- Ba Ro (return)
- Ahn Jo (sit)
- Muk Yum (meditation)
- Ba Ro (return)
- Kwan Chang Nim E Kyung Yet (bow to the grandmasters)
- Sah Bum Nim E Kyung Yet (bow to the instructor)

During Class

- Proper respect and discipline will be maintained at all times and Tang Soo Do ritual should be followed in a uniform manner.
- When the master instructor, chief instructor, or high-ranking guest enters the studio, the highest-ranking member in class will call the class to attention and have the class bow. This is only done if the person entering is of higher rank than the instructor on the floor. After respect has been paid, the class should return to training immediately.
- When a student arrives late for class, he/she should wait for recognition by the instructor, approach the instructor, bow and get permission to join the class. After permission is given, the student will join in at the rear of class, regardless of rank.
- If a student must leave early, he/she should receive permission from the instructor.
- Students should follow the chain of command for questions. If a student has a question, he/she should approach the senior member in class first to gain permission, unless it is an emergency.
- A student will remain in the last position executed until he/she receives another command or is released by the instructor or senior class member.
- There should be always an absence of unnecessary noise in the training area. Students are to remain silent, especially during forms and free fighting. Students seated on the sidelines are to remain still, so as not to disturb those on the floor.
- Students should keep proper posture conducive to good health and discipline. Students should not lean on the wall whether sitting or standing. While seated on the floor,

hands should be placed on the knees, the back should be straight, and the legs should be crossed in front with the feet tucked beneath the thighs.

- Before and after exercise or contests, students should turn and adjust their uniforms if necessary, to maintain an orderly appearance.

Dismissing Class

The students will line up according to rank. The senior member gives the following commands:

- Cha Ryut (attention)
- Kukgi Bae Rye (salute the flags)
- Ba Ro (return)
- Ahn Jo (sit)
- Muk Yum (meditation)
- Ba Ro (return)
- Kwan Chang Nim E Kyung Yet (bow to the grandmasters)
- Sah Bum Nim E Kyung Yet (bow to the instructor)

When the command to bow to the instructor is given, all members will say “Ko Map Sum Ni Da” (thank you, sir) to the instructor.

The senior gup student will then give the command, “Face the black belts, kyung yet”.

The class instructor or senior member then gives the command “Five Codes of Tang Soo Do”. All class members will recite the five codes together, loudly, and clearly:

- Loyalty to country
- Obedience to parents
- Honor Friendship
- No retreat in battle
- In fighting, choose with sense and honor

Then all members will call: “Tang Soo!” with the right hand raised.

The class instructor will then dismiss class after giving any announcements, promotions, awards, and cleaning duties.

Do Bohk (uniform) Standards

The do bohk is the most important equipment for training in Tang Soo Do. It consists of three pieces – jacket, pants, and belt – but it means much more than simple exercise clothing. “Do” means way of life, as in “Do” in Tang Soo Do. “Bohk” means robes or clothes. The color is traditionally white, representing purity, sincerity, peace, and initiation. White is also the most difficult color to maintain and keeping it clean trains us more in devotion and sincerity, because a high degree of cleanliness should always be maintained.

Historically, our do bohk can be traced back to AD 600 in Korea. Mural paintings from that age depict hunting scenes in which warriors wear do bohk style robes.

Cho Dan Bo, white, yellow, and orange belt rank students have no trim on the do bohk jackets. Green, brown, and red belt ranked students have trimmed jackets of the respective color on the lapel only. Dan members must have black trimmed jackets that include the lapel, cuffs, and bottom border.

Uniforms should be free from patches or markings except for the studio logo being printed on the back or a studio patch on the back and the proper uniform trim.

Uniform/Belt Wearing

Properly tying your belt is important. Make sure you practice tying your belt a few times before beginning your training. If your belt falls off during class, try to re-tie it quickly. If your child's belt falls off during class, please let an instructor re-tie it for him/her.

If you have stripes on the belt you're wearing, stripes should end up on the left-hand-side of the belt upon completion.

1. Find the center of the belt & place it on the center of your stomach:



2. Wrap the belt around your waist, crossing it in the center of your back:



3. Cross the right-hand end over the left-hand end:



4. Tuck the right-hand end underneath all layers of the belt:



5. Pull the ends of the belt in opposite directions to tighten:



6. Cross the left-hand end over the right-hand end:



7. Tuck the left-hand end underneath the right-hand end:



8. Pull the ends of the belt to tighten:



Do Bohks should be worn and maintained free of damage. New Do Bohks can be purchased from the Dojang when needed. Take care to store your Do Bohk properly following each practice using the guidelines for folding and storing found below. If you wear a shirt underneath your Do Bohk, make sure it doesn't show through the front. Wash regularly, making sure the Do Bohk is clean and neat before each class.



1. Lay out your Do Bohk flat



2. Fold pants in half – place in the center of the Do Bohk



3. Fold left arm in toward center



4. Fold right arm in toward center



5. Fold left side in toward



6. Fold right side in toward center



7. Fold over once more



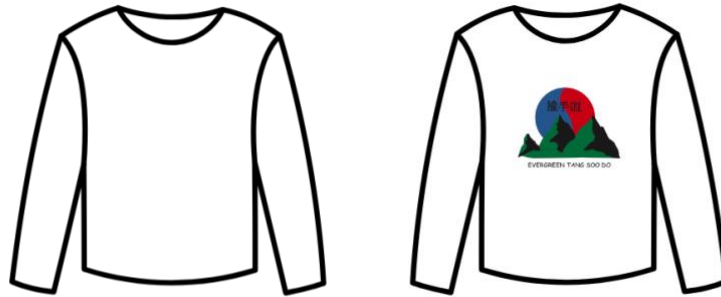
8. Fold in half



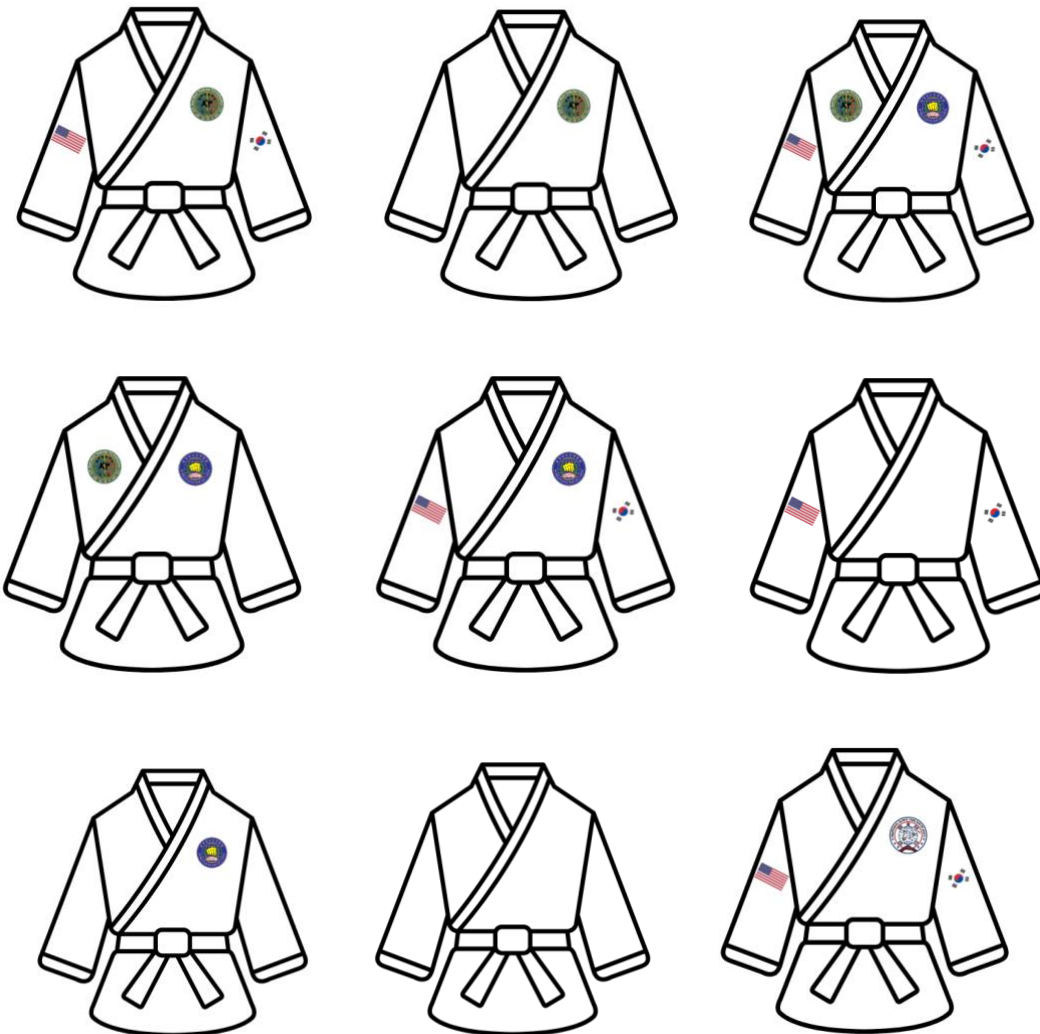
9. Tie using belt

Uniform Patch Options

Having patches on your uniform is optional. If you decide to place patches on your uniform, please be sure to use one of the following options only.



Back Options



Front Options

Ranks and Requirements

Tiny Tigers

Tiny Tigers is a Tang Soo Do program focused on developing students 5-8 years of age. Tiny Tigers will advance through several levels consisting of 10th gup-9th gup curriculum. This program is focused heavily on the basics of Tang Soo Do.

The Tiny Tiger ranks are summarized below:

Gup Level	Belt Color
10 th Gup	White
10 th Gup	White w/ Yellow Stripe
10 th Gup	White w/ Orange Stripe
10 th Gup	White w/ Purple Stripe
10 th Gup	White w/ 2 Purple Stripes
10 th Gup	White w/ Green Stripe
10 th Gup	White w/ 2 Green Stripes
10 th Gup	White w/ Red Stripe
10 th Gup	White w/ 2 Red Stripes
10 th Gup	White w/ Blue Stripe
10 th Gup	White w/ 2 Blue Stripes
10 th Gup	White w/ Black Stripe
9 th Gup	Yellow

Youth

Our Youth Tang Soo Do program focuses on developing students ages 9-12. Youth students will advance through several levels consisting of 10th gup-7th gup curriculum.

The Youth ranks are summarized below:

Gup Level	Belt Color
10 th Gup	White
10 th Gup	White w/ Black Stripe
9 th Gup	Yellow
9 th Gup	Yellow w/ Black Stripe
8 th Gup	Orange
8 th Gup	Orange w/ Black Stripe
7 th Gup	Purple
7 th Gup	Purple w/ Black Stripe

Teen/Adult

Our Teen/Adult program for students ages 13 and older follows the standard Tang Soo Do gup level ranking system. Students in Tang Soo Do progress through a series of promotions designated by different colored belts or Gup levels. Each color has its own philosophical meaning, and each represents the cycle of the seasons and the cycle of life. There are 10 different official Gup levels between the beginning student (white belt) and the eventual Black Belt. Each promotion or Gup level represents a new stage in Tang Soo Do training. In addition to learning new techniques, forms, and general information at each belt level, a minimum amount of time is required before a student is eligible to test again for the next level.

The Gup levels are summarized as follows:

Gup Level	Belt Color
10th Gup	White
9th Gup	Yellow
8th Gup	Orange
7th Gup	Purple
6th Gup	Green
5th Gup	Green w/Red Stripe
4th Gup	Green w/ 2 Red Stripes
3rd Gup	Red
2nd Gup	Red w/ Blue Stripe
1st Gup	Red w/ 2 Blue Stripes
Cho Dan Bo	Dark Blue

Dan (black belt)

Once a student reaches black belt, their training is not over, it is actually just beginning. Evergreen Tang Soo Do has Dan ranks which are summarized below. There is an extensive black belt curriculum which includes forms, weapons, advanced self-defense and sparring, and instructor training.

Dan Level	Belt Color
Cho Dan (1 st Dan)	Black with 1 gold bar
E Dan (2 nd Dan)	Black with 2 gold bars
Sam Dan (3 rd Dan)	Black with 3 gold bars
Master (4 th Dan-9 th Dan)	Black w/ red stripe

The average time it takes to reach 1st Dan varies since it depends on each individual. On average, students 9 and older reach 1st Dan in 4-6 years. Students 7 and under will typically take 5-8 years. From 1st Dan to 2nd Dan will take another 2-4 years, 2nd to 3rd another 3-5 years, 3rd to 4th another 4-6 years, to achieve 4th Dan, and to 5th Dan Master is another 5-7 years.

Philosophy of the Belt System

White Belt: Beginner's belt color. White represents a primitive stage of development such as a seed that lies dormant beneath the snow of winter.

Yellow Belt: Yellow represents the first rays of sunlight that thaw the snow of winter and allows for growth to begin.

Orange Belt: Orange represents new growth which appears in spring. Our Tang Soo Do knowledge begins to reveal itself.

Purple Belt: Purple represents the blue sky beginning to darken at dusk. Students are transitioning away from being a beginner and are getting ready to start more advanced training.

Green Belt: Green represents the speedy development of youth as summer arrives.

Red Belt: Red represent blood, life, energy, attention, and control. The student's technique begins to bloom and ripen.

Dark Blue Belt: Dark blue represents maturity, respect, and honor. The student must now prepare mind and body for the final step needed to attain black belt.

Black Belt: Black represent mastery, calmness, dignity, and sincerity. Black belt is the final stage of the previous life cycle. Thus, we see it as not only the end of one stage, but more importantly, the beginning of a path which leads to true mastery.

Testing for Promotion

Your instructor will inform you when you are eligible for promotion to your next belt level. To determine eligibility, a minimum number of classes will need to be attended, and the instructor will evaluate several factors including but not limited to: progress made in training since the last test, attitude, general knowledge, conduct in class, etc. The road to Black Belt is a long-term commitment which cannot & should not be hurried. At every stage in Tang Soo Do, there are valuable lessons, physical and mental, to be learned, and some take longer than others. Not all students in a class will advance at the same rate.

Belt Testing

Tiny Tiger and Gup tests occur on the first Friday of each month. Students will test 2-4 times a year depending on attendance, age, proficiency, and rank difficulty.

Belt testing provides you an opportunity to demonstrate skills learned before a panel of black belt examiners. Students who pass their test will be awarded a new rank belt and certificate in class the next week. Testing events are a celebration; all students are encouraged to participate in these events whether testing or not to show support for fellow classmates as well as dedication to their personal growth and training.

Instructor Rankings and Training

Once a student has reached Cho Dan (1st Degree Black Belt) they have assisted in many classes. Black belts are therefore considered instructors. When a student enters the black belt training curriculum, they must assist/teach in more classes as well as complete instructor training assignments. As they progress through black belt ranks, their instructor capabilities increase. Black belts learn new skills while continuing to improve previous skills by instructing lower ranks. Once a student reaches Sah Dan (4th Degree Black Belt) they are required to complete the entire 36 lesson instructor training course, take a written test, and complete a live evaluation in order to achieve the rank of Master Instructor. The instructor ranks and titles are summarized below:

Cho Dan Bo (Dark Blue Belt) – Jo Kyo Sah Nim (Instructor Trainee)

Cho Dan (1st Degree Black Belt) – Boo Kyo Sah Nim (Assistant Instructor)

E Dan (2nd Degree Black Belt) – Kyo Sah Nim (Class Instructor)

Sam Dan (3rd Degree Black Belt) – Boo Sah Bum Nim (Chief Instructor)

Sah Dan (4th Degree Black Belt) – Sah Bum Nim (Instructor)

Oh Dan (5th Degree Black Belt) – Sunim Sah Bum Nim (Senior Master Instructor)

Rank Promotion Requirements

Tiny Tigers Program



Minimum Time Between Ranks:	3-4 months
Basic Techniques:	Basic kicks, blocks, punches, and stances
Forms:	Tiger Forms 1-12
One Step Sparring:	Hand and Kick Techniques 1-5
Self-Defense:	Techniques 1-5

The requirements above are taught at all Tiger rank levels. A student should know them thoroughly by the time they reach 9th gup (yellow belt).

Refer to Appendix A for written descriptions of techniques for reference.

Tiny Tigers must earn all 6 stripes on both sides of their belt (12 total), in order to be eligible to test.

Stripes must be earned in the order shown below.



Yellow Stripe: Balance/Coordination/One Step Sparring

Orange Stripe: Blocks/Self-Defense

Purple Stripe: Kicks

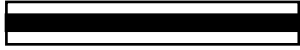
Green Stripe: Class Commands/5 Codes/7 Tenets

Red Stripe: Punches/Forms

Blue Stripe: Jumping Jacks/Pushups/Situps

Youth Program

Advanced 10th Gup



The following requirements are for advancement from 10th gup to Advanced 10th gup

Minimum Time to Advanced 10 th Gup:	4 months
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Forms:	Soo Ki Hyung, Ja Seh Hyung, Jo Ki Hyung
Self-Defense:	Techniques 1-2

Refer to Appendix A for written descriptions of techniques for reference.

9th Gup



The following requirements are for advancement from Advanced 10th gup to 9th gup

Minimum Time to 9 th Gup:	4 months
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-3, 6-7
Forms:	Soo Ki Hyung, Ja Seh Hyung, Jo Ki Hyung
One Step Sparring:	Hand and Kick Techniques 1-2
Self-Defense:	Techniques 1-2

Refer to Appendix A for written descriptions of techniques for reference.

Advanced 9th Gup



The following requirements are for advancement from 9th gup to advanced 9th gup

Minimum Time to Advanced 9 th Gup:	4 months
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-3, 6-7
Forms:	All previous forms, Sae Kye/Ki Cho Hyung Il Bu
One Step Sparring:	Hand and Kick Techniques 1-3
Self-Defense:	Techniques 1-3

Refer to Appendix A for written descriptions of techniques for reference.

8th Gup



The following requirements are for advancement from Advanced 9th gup to 8th gup

Minimum Time To 8 th Gup:	4 months
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-4, 6-8
Forms:	All lower rank forms, Sae Kye/Ki Cho Hyung E Bu
One Step Sparring:	Hand and Kick Techniques 1-5
Self-Defense:	Techniques 1-5

Refer to Appendix A for written descriptions of techniques for reference.

Advanced 8th Gup



The following requirements are for advancement from 8th gup to Advanced 8th gup

Minimum Time To 8 th Gup:	4 months
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-4, 6-8
Forms:	All lower rank forms, Sae Kye Hyung Sam Bu
One Step Sparring:	Hand and Kick Techniques 1-6
Self-Defense:	Techniques 1-6

Refer to Appendix A for written descriptions of techniques for reference.

7th Gup



The following requirements are for advancement from Advanced 8th gup to 7th gup

Minimum Time To 7 th Gup:	4 months
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-4, 6-9
Forms:	All lower rank forms, Ki Cho Hyung Sam Bu
One Step Sparring:	Hand and Kick Techniques 1-7
Self-Defense:	Techniques 1-7

Refer to Appendix A for written descriptions of techniques for reference.

Advanced 7th Gup

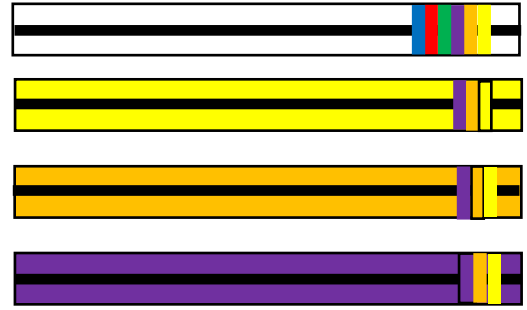


The following requirements are for advancement from 7th gup to Advanced 7th gup

Minimum Time To 7 th Gup:	4 months
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-10
Forms:	All lower rank forms, Pyung Ahn Cho Dan
One Step Sparring:	Hand and Kick Techniques 1-8
Self-Defense:	Techniques 1-8

Refer to Appendix A for written descriptions of techniques for reference.

Youth Beginner Stripes

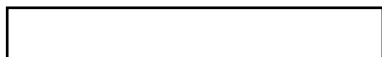


10th gup-white belt students must earn all 6 stripes on both sides of their belt (12 total)

9th gup, 8th gup, & 7th gup students must earn all 3 stripes on both sides of their belt (6 total)

Stripes must be earned in the order shown above

10th Gup-White Belt



Yellow – One Step Sparring #1 and #2 Hands or Feet

Orange – Self-Defense #1 and #2

Purple – High/Low/Out-In/In-Out Blocks or Front/Out-In/In-Out Kicks

Green – 5 Codes of Tang Soo Do

Red – Hand Technique and Stance Form or Kick Technique Form

Blue – 10 Jumping Jacks/5 Pushups/5 Situps

10th Gup Advanced-White Belt with Black Stripe



Yellow – One Step Sparring #1 and #2 Hands or Feet

Orange – Self-Defense #1 and #2

Purple – High/Low/Out-In/In-Out Blocks or Front/Out-In/In-Out Kicks

Green – 5 Codes of Tang Soo Do

Red – Hand Technique and Stance Form or Kick Technique Form

Blue – 10 Jumping Jacks/5 Pushups/5 Situps

9th Gup-Yellow Belt



Yellow – One Step Sparring #3 Hands or Feet

Orange – Self-Defense #3

Purple – Ki Cho Hyung Il Bu or Sae Kye Hyung Il Bu

9th Gup Advanced-Yellow Belt with Black Stripe



Yellow – One Step Sparring #4 and #5 Hands or Feet

Orange – Self-Defense #4 and #5

Purple – Ki Cho Hyung E Bu or Sae Ky Hyung E Bu

8th Gup-Orange Belt



Yellow – One Step Sparring #6 Hands or Feet

Orange – Self-Defense #6

Purple – Ki Cho Hyung Sam Bu or Sae Kye Hyung Sam Bu

8th Gup Advanced-Orange Belt with Black Stripe



Yellow – One Step Sparring #7 Hands or Feet

Orange – Self-Defense #7

Purple – Ki Cho Hyung Sam Bu or Sae Kye Hyung Sam Bu

7th Gup-Purple Belt



Yellow – One Step Sparring #8 Hands or Feet

Orange – Self-Defense #8

Purple – Pyung Ahn Cho Dan

7th Gup Advanced-Purple Belt with Black Stripe



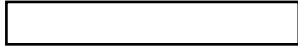
Yellow – One Step Sparring #9 and #10 Hands or Feet

Orange – Self-Defense #9 and #10

Purple – Pyung Ahn Cho Dan

Teen/Adult Program

10th Gup



All students will start at 10th Gup.

9th Gup



The following requirements are for advancement from 10th gup to 9th gup

Minimum Time To 9 th Gup:	4 months
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-3, 6, 7
Forms:	Soo Ki Hyung, Ja Seh Hyung, Jo Ki Hyung
One Step Sparring:	Hand and Kick Techniques 1-3
Self-Defense:	Techniques 1-3

Refer to Appendix A for written descriptions of techniques for reference.

8th Gup



The following requirements are for advancement from 9th gup to 8th gup

Minimum Time To 8 th Gup:	4 months
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-4, 6-8
Forms:	All lower rank forms, Sae Kye/Ki Cho Hyung Il Bu, Sae Kye/Ki Cho Hyung E Bu
One Step Sparring:	Hand and Kick Techniques 1-5
Self-Defense:	Techniques 1-5

Refer to Appendix A for written descriptions of techniques for reference.

7th Gup



The following requirements are for advancement from 8th gup to 7th gup

Minimum Time To 7 th Gup:	4 months
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-4, 6-9
Forms:	All lower rank forms, Sae Kye/Ki Cho Hyung Sam Bu
One Step Sparring:	Hand and Kick Techniques 1-8
Self-Defense:	Techniques 1-8

Refer to Appendix A for written descriptions of techniques for reference.

6th Gup



The following requirements are for advancement from 7th gup to 6th gup

Minimum Time To 6 th Gup:	4 months
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-10
Forms:	All lower rank forms, Pyung Ahn Cho Dan
One Step Sparring:	Hand and Kick Techniques 1-10
Self-Defense:	Techniques 1-10
Free Sparring:	Free sparring with protective gear required
Board Breaking:	Hammer Fist and Front Kick

Refer to Appendix A for written descriptions of techniques for reference.

5th Gup



The following requirements are for advancement from 6th gup to 5th gup

Minimum Time To 5 th Gup:	4 months
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-10, 12-14
Forms:	All lower rank forms, Pyung Ahn E Dan
One Step Sparring:	Hand and Kick Techniques 1-12
Self-Defense:	Techniques 1-12
Free Sparring:	Free sparring with protective gear required
Board Breaking:	All lower rank breaks, elbow strike, side kick

Refer to Appendix A for written descriptions of techniques for reference.

4th Gup



The following requirements are for advancement from 5th gup to 4th gup

Minimum Time To 4 th Gup:	4 months
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-14
Forms:	All lower rank forms, Pyung Ahn Sam Dan
One Step Sparring:	Hand and Kick Techniques 1-13
Self-Defense:	Techniques 1-13
Free Sparring:	Free sparring with protective gear required
Board Breaking:	All lower rank breaks, elbow strike, side kick

Refer to Appendix A for written descriptions of techniques for reference.

3rd Gup



The following requirements are for advancement from 4th gup to 3rd gup

Minimum Time To 3 rd Gup:	4 months
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-15
Forms:	All lower rank forms, Pyung Ahn Sah Dan
One Step Sparring:	Hand and Kick Techniques 1-15
Self-Defense:	Techniques 1-25
Free Sparring:	Free sparring with protective gear required
Board Breaking:	All lower rank breaks, palm heel strike, axe kick

Refer to Appendix A for written descriptions of techniques for reference.

2nd Gup



The following requirements are for advancement from 3rd gup to 2nd gup

Minimum Time To 2 nd Gup:	4 months
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-15, 17, 18
Forms:	All lower rank forms, Pyung Ahn Oh Dan
One Step Sparring:	Hand and Kick Techniques 1-18
Self-Defense:	Techniques 1-18
Free Sparring:	Free sparring with protective gear required
Board Breaking:	All lower rank breaks, palm heel strike, axe kick

Refer to Appendix A for written descriptions of techniques for reference.

1st Gup



The following requirements are for advancement from 2nd gup to 1st gup

Minimum Time To 1 st Gup:	4 months
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-15, 16-19
Forms:	All lower rank forms, Bassai
One Step Sparring:	Hand and Kick Techniques 1-20
Three Step Sparring:	Demonstrate ability
Self-Defense:	Techniques 1-20
Free Sparring:	Free sparring with protective gear required
Board Breaking:	All lower rank breaks, knife hand strike, roundhouse kick

Refer to Appendix A for written descriptions of techniques for reference.

Cho Dan Bo



The following requirements are for advancement from 1st gup to Cho Dan Bo

Minimum Time to Cho Dan Bo:	4 months
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-25
Forms:	All lower rank forms, Naihanchi Cho Dan
One Step Sparring:	Hand and Kick Techniques 1-25
Three Step Sparring:	Demonstrate ability
Self-Defense:	Techniques 1-25
Free Sparring:	Free sparring with protective gear required
Board Breaking:	All lower rank breaks, knife hand strike, roundhouse kick

Refer to Appendix A for written descriptions of techniques for reference.

Cho Dan – 1st Degree Black Belt



Minimum Time Since Cho Dan Bo:	6 months
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-30
Forms:	All lower rank forms, Sip Soo
One Step Sparring:	Hand and Kick Techniques 1-30
Three Step Sparring:	Demonstrate ability
Self-Defense:	Techniques 1-40
Free Sparring:	Free Sparring, 2 on 1 Sparring
Board Breaking:	All lower rank breaks, jump kick breaks
Essay:	1000-word essay about your journey in martial arts

Refer to Appendix A for written descriptions of techniques for reference.

E Dan – 2nd Degree Black Belt



Minimum Time Since Cho Dan:	2 years
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-30
Forms:	All lower rank forms, Naihanchi E Dan
One Step Sparring:	Hand and Kick Techniques 1-30, Advanced Techniques 1-10
Three Step Sparring:	Demonstrate ability
Self-Defense:	Techniques 1-50
Free Sparring:	Techniques 1-30, Free Sparring, 2 on 1 Sparring
Board Breaking:	All lower rank breaks, speed breaks
Essay:	2000-word essay about the non-physical elements of martial arts (5 codes, 7 tenets, etc.)

Refer to Appendix A for written descriptions of techniques for reference.

Sam Dan – 3rd Degree Black Belt



Minimum Time Since E Dan:	3 years
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-30
Forms:	All lower rank forms, Jindo, Naihanchi Sam Dan
One Step Sparring:	Hand and Kick Techniques 1-30, Advanced Techniques 1-20
Three Step Sparring:	Demonstrate ability
Self-Defense:	Techniques 1-60
Free Sparring:	Free Sparring, 2 on 1 Sparring
Board Breaking:	All lower rank breaks, power breaks
Essay:	3000-word essay on a historical aspect of Tang Soo Do/Karate, refer to Appendix B for recommended reading list

Refer to Appendix A for written descriptions of techniques for reference.

Sah Dan – 4th Degree Black Belt Master



Minimum Time Since Sam Dan:	4 years
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-30
Forms:	All lower rank forms, Rohai, Kong Sang Koon, Wang Shu
One Step Sparring:	Hand and Kick Techniques 1-30, Advanced Techniques 1-30
Three Step Sparring:	Demonstrate ability
Self-Defense:	Techniques 1-75
Free Sparring:	Free Sparring, 2 on 1 Sparring
Board Breaking:	All lower rank breaks
Essay:	5000-word research paper on a topic of your choice

Refer to Appendix A for written descriptions of techniques for reference.

Oh Dan – 5th Degree Black Belt Master



Minimum Time Since Sah Dan:	5 years
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-30
Forms:	All lower rank forms, Sei Shan, Jion, Pyung Ahn Hyung Bunhae
One Step Sparring:	Hand and Kick Techniques 1-30, Advanced Techniques 1-30
Three Step Sparring:	Demonstrate ability
Self-Defense:	Techniques 1-90
Free Sparring:	Free Sparring, 2 on 1 Sparring
Board Breaking:	All lower rank breaks
Instructor Training:	Satisfactorily complete 36 lesson instructor training course, requires a minimum of 1 year to complete

Refer to Appendix A for written descriptions of techniques for reference.

Yuk Dan – 6th Degree Black Belt Master



Minimum Time Since Sah Dan:	6 years
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-30
Forms:	All lower rank forms, Wun Shu, Oh Sip Sa Bo, Bassai Hyung Bunhae
One Step Sparring:	Hand and Kick Techniques 1-30, Advanced Techniques 1-30
Three Step Sparring:	Demonstrate ability
Self-Defense:	Techniques 1-90
Free Sparring:	Free Sparring, 2 on 1 Sparring
Board Breaking:	All lower rank breaks

Refer to Appendix A for written descriptions of techniques for reference.

Chil Dan – 7th Degree Black Belt Master



Minimum Time Since Sah Dan:	7 years
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-30
Forms:	All lower rank forms, So Chin, Jiin, Naihanchi Hyung Bunhae, Bassai So
One Step Sparring:	Hand and Kick Techniques 1-30, Advanced Techniques 1-30
Three Step Sparring:	Demonstrate ability
Self-Defense:	Techniques 1-90
Free Sparring:	Free Sparring, 2 on 1 Sparring
Board Breaking:	All lower rank breaks

Refer to Appendix A for written descriptions of techniques for reference.

Pal Dan – 8th Degree Black Belt Grand Master



Minimum Time Since Sah Dan:	8 years
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-30
Forms:	All lower rank forms, So Rim Jang Kwan, Sae Kye Jang Kwon, Sip Soo Bunhae, Kong Sang Koon So
One Step Sparring:	Hand and Kick Techniques 1-30, Advanced Techniques 1-30
Three Step Sparring:	Demonstrate ability
Self-Defense:	Techniques 1-90
Free Sparring:	Free Sparring, 2 on 1 Sparring
Board Breaking:	All lower rank breaks

Refer to Appendix A for written descriptions of techniques for reference.

Ku Dan – 9th Degree Black Belt Grand Master



Minimum Time Since Sah Dan:	8 years
Basic Techniques:	Basic kicks, blocks, punches, strikes, and stances
Combinations:	Techniques 1-30
Forms:	All lower rank forms, Tae Kuk Kwon
One Step Sparring:	Hand and Kick Techniques 1-30, Advanced Techniques 1-30
Three Step Sparring:	Demonstrate ability
Self-Defense:	Techniques 1-90
Free Sparring:	Techniques 1-30, Free Sparring, 2 on 1 Sparring
Board Breaking:	All lower rank breaks

Refer to Appendix A for written descriptions of techniques for reference.

Weapons Training

In traditional Tang Soo Do, training is exclusively with empty hands. The words Tang Soo Do translate as the “The Way of the Chinese Empty Hand” in Korean much like the words Kara-Te-Do (Karate) translate as “The Way of the Empty Hand” in Japanese. In fact, the kanji for both words are the same, as stated previously. However, in ancient Korean and Okinawan times, weapons were an important means for self-defense. Therefore, we incorporate some weapons training into our curriculum. Weapons training only accounts for 5% or so of our actual curriculum and is therefore not heavily focused. In today’s world, there are no practical uses for knowing sword self-defense, but we keep it in the training purely for the artistic aspect of Martial Arts. Students wishing to get a better understanding of martial arts weaponry should seek out a school that trains in that area exclusively.

Some of the weapons you’ll see at Evergreen Tang Soo Do are:

Bong – 4’-6’ wooden staff used for forms and sparring. We start using these at a green belt level.

Dan Gum – knife used for self-defense and forms. No live blades. We start using these at a red belt level.

Kamas – Two, short, curved blades with a wooden handle; much like a short sickle used exclusively for forms. No live blades. We start using these at a blue belt level.

Jang Gum – metal or wooden sword used for forms and sparring. No live blades. This weapon is used at the black belt level.

Jipangyi – cane. This weapon is used at a high black belt level for forms only.

Weapons training does not start until students have trained for several years, reaching at least green belt. Using weapons requires a significant level of focus, coordination, and control which needs to be achieved through regular training prior to starting weapons training.

Visiting other studios

One of the great things about most martial arts is that they are found almost everywhere in the world and Tang Soo Do is no different. If you are traveling or have to move, we encourage students to seek out another Tang Soo Do studio to train at, if even for just one or two classes while traveling. Master Elmore has traveled the world and has amassed a vast network of like-minded Tang Soo Do peers. If you are interested in visiting another studio, ask Master Elmore if he has any recommendations in the area you are traveling to. Remember to be open minded when training at different studios since all instructors have different methods and interpretations. All Tang Soo Do studios, regardless of affiliation, should be welcoming as is customary in martial arts. If they are not, then it is not a place you want to train at anyway.

Tournaments

Evergreen Tang Soo Do is not a heavy competition school however we do participate in some tournaments from time to time. These tournaments range from small inter-school tournaments in Seattle to large international tournaments out of state/country. Participation in tournaments is never a requirement to advance in rank. When a tournament that will be participating in approaches, students will be notified and practices outside of regular class times will be organized. Students participating in the tournament will need to attend a minimum number of practices to be prepared for the competition. There are many tournaments out there, but Master Elmore only brings students to tournaments that are fair, safe, and well organized.

Social Events

As mentioned at the very beginning of this manual, Evergreen Tang Soo Do Academy is a tight knit community. We therefore feel that it is important to have events for students and families to get together outside of class to further the brotherhood/sisterhood of Tang Soo Do. We have two big annual social events: Summer Picnic and Holiday Party. Our summer picnic occurs in August and includes food, games, and lots of fun. Our Holiday Party takes place in December and includes food, activity or entertainment, and the presenting of our yearly awards. We will also do 1-2 other smaller events throughout the year like a bowling party, soccer party, pool party, chili cookoff, poker night, march madness challenge, fantasy football league, and much more!

Seminars and Clinics

In addition to regular classes, Evergreen Tang Soo Do Academy will periodically offer seminars and clinics on special topics that are either not taught in class or class topics that get expanded upon. Once a year we try to get a guest instructor to come in and teach a seminar for our students. In addition to studio sponsored seminars, there are a variety of clinics and seminars conducted outside of the studio. Some clinics may be available only to members of a certain organization, so it is best to check with your instructor for more information on a clinic or seminar. Students are encouraged to branch out and attend local, out of state, and/or international training clinics/seminars if possible. There are a lot of great instructors out there with a lot of great knowledge and wisdom to share.

Video Resources

To help students train and retain the curriculum, we have several video resources available. The entire curriculum is available on our YouTube channel for free. Go to evergreen-tsd.com to subscribe to this channel. In addition, we have complete training courses available for purchase in areas such as sparring, weapons, breaking, and self-defense. Go to evergreen-tsd.com to see a full list of available courses and how to purchase.

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Appendix A – Technique Reference Guides

One Step Sparring – Hands 1-30

Note: All techniques are described based on right side attack

- #1 – Step back left leg/outside inside block right hand/elbow strike right
- #2 – Step back left leg/outside inside block right hand/elbow strike right/spin elbow strike left
- #3 – Step back left leg/outside inside block right hand/right hand palm down knife hand strike
- #4 – Step back left leg/outside inside block right hand/reverse punch left hand
- #5 – Step right leg 45 deg to front/simultaneous left knife hand block right high punch
- #6 – Step left 45 deg to front/outside inside block left hand/right punch ribs/left punch ribs/right punch head in front stance
- #7 – Step right leg 45 deg to front/simultaneous left knife hand block right knife hand strike to neck
- #8 – Step back right leg fighting stance/grab and pull while executing a twisting right elbow in cross stance
- #9 – Step back left leg/outside inside block with right hand/right elbow strike/right back fist to nose/right hammer fist to groin
- #10 – Step right leg 45 deg to front/left punch/simultaneous left knife hand block right high punch
- #11 – Step outside 45 deg to the front with the left leg/outside inside block with left hand/grab shoulder with right hand as you shift into a front stance/right knee strike to the body
- #12 – Step back with right leg into fighting stance/inside outside knife hand block with left hand/lunge with left foot into front stance/grab head and right knee strike
- #13 – Step back with left leg into horse stance/outside inside block with right hand/knife hand strike with right hand/spin to the rear and knife hand strike with left hand to other side of opponent's neck
- #14 – Step outside 45 deg to the front with left leg/outside inside block with left hand/grab opponent's shoulder with right hand as you shift into front stance/right leg side kick to back of the knee as you pull opponent to the ground with the right hand
- #15 – Step outside 45 deg to the front with left leg/outside inside block with left hand/push opponent's arm down with your left hand as you shift into a front stance/ridge hand strike with right hand as you sweep your opponent's right leg with your right leg
- #16 – Step outside 45 deg to the front with left leg/outside inside block with left hand/right elbow strike to ribs as you shift into front stance/right elbow strike with back of elbow to kidneys
- #17 – Step back with right leg into fighting stance/inside outside knife hand block with the left hand/grab the wrist/right hand two finger strike/twist into cross leg stance and execute a right hand back fist to the temple
- #18 – Step back with right leg into fighting stance/inside outside knife hand block with the left hand/grab the wrist as you lunge into a front stance and execute a palm strike to the chin/sweep opponent's right leg with your right leg
- #19 – Step back with your left leg into fighting stance/inside outside knife hand block with the right hand/grab the wrist/twist 180 degrees as you execute an arm lock takedown and sweep out the opponent's right leg with your left leg
- #20 – Step forward with your left leg as you execute a left hand high block and right hand forward elbow strike/wrap your right hand behind your opponent's elbow and strike to break down arm as you pull down on the wrist/grab opponent's forearm with your right hand and your opponent's wrist with your left/pull down to drive your opponent's bent arm backwards taking him down
- #21 – Step back with your left leg into fighting stance/inside outside knife hand block with the right hand/grab the wrist/as you step forward with your left leg, pull the wrist with the right hand, pressure the elbow downward with the left hand/elbow strike with the right hand to opponent's back
- #22 – Step outside 45 degrees to the front/inside outside knife hand block with the right hand/grab the wrist/bring opponent's hand down as you step forward with your right foot, ducking underneath his arm/simultaneous left back fist to head and left side kick to the knee
- #23 – Step outside 45 degrees to the front/two hand trapping block with left hand outside, right hand inside/roll the arm forward and pressure the elbow to take down
- #24 – Step forward with right foot into fighting stance and simultaneously execute an inside outside knife hand block with left hand, right hand uppercut punch to the chin/shift front leg into front stance as you execute a left spear hand to the groin/shift back leg into horse stance as you execute a right knife hand strike to the neck

#25 – Step forward with right foot into fighting stance and simultaneously execute an inside outside knife hand block with left hand, right arm forward elbow strike to chin/grab the wrist and execute a right back elbow to the head/head lock with the right arm/knee strike with the right knee

#26 – Step inside 45 degrees to the front with the right leg/inside outside block with the left hand/grab the wrist with the left/bring the arm down and grab it with the right hand also/step forward with the left leg while breaking opponent's elbow over your left shoulder

#27 – Step back with your right leg into fighting stance/inside outside knife hand block with the left hand/grab the wrist/lunge left leg forward into a front stance/ridge hand strike with the right hand/grab behind the neck/knee strike with the right knee

#28 – Step back with your right leg/outside inside block with the left hand/grab the hand and twist the opponent's hand palm towards them/grab with the right hand also/compress the wrist downward/step back continuing to compress the wrist laying your opponent flat

#29 – Step forward to the outside into a front stance with the left leg/brush block with the left as you ridge hand strike the groin with the right/grab the opponent's shoulder with the left hand/check the back of the opponent's right knee with your right hand/pull the opponent down with the left hand

#30 – Step back with the right leg into a fighting stance/inside outside knife hand block with the left hand/lunge forward into a front stance with the left leg and ridge hand strike with the right hand to the neck/bend the opponent's right arm and feed it with your left hand behind your opponent's head to your right hand/squeeze to choke/step behind your opponent with your right leg and drop them onto your knee

One Step Sparring – Kicks 1-30

Note: All techniques are described based on right side attack

For #1-#15, attacker steps back to punch attack with right hand. Defender steps back to kick with right leg into fighting stance.

#1 – front kick counter with rear leg
 #2 – side kick counter with rear leg
 #3 – roundhouse kick counter with rear leg
 #4 – spinning back kick counter with rear leg
 #5 – step to the outside with left leg/right leg side kick
 #6 – duck under the punch as you step to the outside with left leg/right leg roundhouse kick
 #7 – rear leg push kick
 #8 – left hand block/grab wrist with left hand/grab arm with right hand/roundhouse kick
 #9 – left hand block/grab wrist with left hand/grab arm with right hand/side kick
 #10 – step to the outside with left leg/block with right hand and grab/right leg hook kick
 #11 – right leg outside-inside kick block/wheel kick with left leg
 #12 – right leg outside-inside kick block/side kick with right leg
 #13 – right leg front kick low/right leg roundhouse kick high
 #14 – left leg inside-outside kick block/right leg front kick low/right leg roundhouse kick high
 #15 – step outside with left leg/right leg inside-outside kick block/right leg roundhouse kick

For #16-#20, attacker steps back with right leg to execute a rear leg front kick. Defender steps forward with right leg into open stance.

#16 – low two hand X block/grab leg and pull as you step back with right leg/reverse punch right hand/knee strike with right knee
 #17 – step back with right leg/left hand low knife hand block/spinning hook kick with right leg
 #18 – step back with right leg/left hand low knife hand block/spinning hook kick with right leg/roundhouse kick with right leg
 #19 – step to the outside with left leg/block and grab under kick with right hand/grab attacker's shoulder with left hand/takedown
 #20 – step back with right leg/low knife hand block with left hand/jump front kick with right leg

For #21-#30, attacker steps back with right leg to execute a rear leg front kick. Defender steps forward with left leg into a closed stance. Note: #28 the attacker executes a rear leg roundhouse kick.

#21 – step back with left leg/right hand low knife hand block/left leg front kick/right leg spinning inside-outside kick
 #22 – step back with left leg/two hand block to the inside of attacker's leg/front leg roundhouse kick/spinning back kick with left leg
 #23 – step back with left leg/right hand low knife hand block/jump spinning roundhouse kick with right leg
 #24 – step back with left leg/right hand low knife hand block/jump spinning back kick with left leg
 #25 – step outside with left leg/knife hand block with right hand/right leg axe kick
 #26 – step outside with left leg/two and block to outside of attacker's leg/right leg roundhouse kick/spinning hook kick with left leg
 #27 – left front leg low side kick block/left leg diagonal kick/jump roundhouse kick with right leg
 #28 – drop spinning hook ankle sweep kick with right leg
 #29 – step back with left leg/low knife hand block with right hand/simultaneous right leg front kick, left leg jump roundhouse kick
 #30 – step back with left leg/low knife hand block with right hand/jump spinning inside-outside kick with left leg

One Step Sparring – Advanced 1-30

Note: All techniques are described based on right side attack

#1 – Execute hands #1/control wrist with left hand/sweep attacker's right leg with your right leg
 #2 – Step outside 45 deg to front with left leg/inside out block with right hand/roundhouse kick with right leg to solar plexus/right leg axe kick to back of the head as attacker barrels over
 #3 – Step inside 45 deg to front with right leg/inside out block with left hand/execute hands #26/duck under arm and execute rear shoulder throw
 #4 – Execute hands #2/after spin elbow remain in cross leg stance/bring your left arm under opponent's right arm to roll the shoulder over and takedown
 #5 – Step outside 45 deg to front with left leg/outside inside block with left hand/right arm uppercut forearm strike into blood choke
 #6 – Step inside 45 deg to front with right leg/inside out block with left hand grab wrist/punch attacker's bicep with right hand as you duck under the arm/twisting wrist lock towards attacker/arm bar to ground
 #7 – Execute hands #3/use forearm instead of knife hand/grab wrist and neck/slide right leg back to takedown
 #8 – Outside step 45 deg to front with left leg/inside out block with right/grab the wrist and break elbow with left forearm uppercut strike/bend the elbow with the left arm while compressing the wrist with the right hand into a policeman's escort
 #9 – Inside step 45 deg to front with right leg/block with the left hand inside outside while doing a forward elbow strike with the right arm/wrap the head with the right arm into guillotine choke/drop down and twist opponent belly up as you takedown
 #10 – Execute hands #4/drop and lunge forward executing a single leg wrapping takedown
 #11 – Outside step 45 deg to front with left leg/driving right leg side kick to back of front leg knee to force attacker forward/reverse palm heel with left hand to back of the head
 #12 – Step back with right leg and block inside out with left hand to inside/right leg roundhouse kick to side of the knee/spinning hook kick with left leg as attacker falls forward
 #13 – Execute hands #5/grab wrist/sweep inside of attacker's rear leg with right leg
 #14 – Outside step 45 deg to front with left leg/inside outside block with right hand/step across opponent's body with left leg/roll arm with body as left arm wraps over opponent's arm/sit down to takedown opponent
 #15 – Inside step 45 deg to front with right leg/left leg side kick to inside of opponent's knee/spinning back with right leg as opponent falls forward
 #16 – Execute hands #6/grab wrist with right hand/grab shoulder with left hand/left foot sweep with instep to attacker's right foot
 #17 – Outside step 45 deg to the front with left leg/inside out block with right hand and grab wrist/arm bar using left arm/transition to wrist lock throw to the opposite side
 #18 – Inside step 45 deg to the front with right leg/inside out block with left as you palm heel with the right/grab the wrist with left hand/duck under arm/twist attacker's arm behind their back/rear choke with right arm/rear takedown with instep kick to back of the knee
 #19 – Execute hands #7/grab wrist and neck/step back with left leg to execute takedown

#20 – Outside step 45 deg to the front with left leg/left leg roundhouse kick with shin to attacker's leg/right leg roundhouse to solar plexus with foot
 #21 – Execute hands #7/head butt strike to the nose/drop to double leg takedown
 #22 – Execute hands #8/grab wrist and duck under arm/twist wrist and arm bar
 #23 – Outside step 65 deg to the front with the left leg/outside inside block with left hand/spin right elbow to the back of the head
 #24 – Step back with right leg and block inside out with left hand/lunge with lead leg and grab neck with both hands/knee strike right/knee strike left/release and jump front kick
 #25 – Execute hands #9/grab wrist with left hand/right leg driver sweep to opponent's rear leg as right elbow slide under opponent's right arm
 #26 – Outside step 45 deg to the front with left leg/outside in block with left hand/right arm strike to solar plexus to back clinch/rear takedown
 #27 – Inside step 65 deg to the front with the right leg/block and elbow strike like hands #25/wrap right arm over opponent's punch and grab your own forearm/use body weight to drop down and break elbow
 #28 – Execute hands #10/grab wrist and wrap right arm around opponent's neck/execute hip throw
 #29 – Step back and execute hands #28 to full takedown/step over attacker with left leg/right leg stays into body/execute lying arm bar
 #30 – Inside step 45 deg to the front with the right leg/simultaneous with step, execute left leg roundhouse kick/jump spin back kick with right leg

Self-Defense 1-40

Note: self-defense techniques are difficult to explain with words. Therefore, only the attacks are listed below with a brief description when appropriate.

#1 – Same side wrist grab
 #2 – Opposite side (cross) wrist grab
 #3 – Same side shoulder grab
 #4–Single hand lapel grab
 #5 – Single hand palm up front belt grab #6–Single hand palm down rear belt grab
 #7 – Rear collar grab
 #8 – Two hand rear wrist grab (one behind the back/one at the side)
 #9 – Single arm rear choke hold
 #10 – Headlock from the side
 #11 – Single hand side shoulder grab
 #12 – Single hand side wrist grab (wrist lock counter)
 #13 – Walking side escort/elbow grab (purse snatcher)
 #14 – Single hand side wrist grab (side kick counter)
 #15 – Single arm over shoulder grab (buddy grab)
 #16 – Double front wrist grab
 #17 – Double rear wrist grab
 #18 – Double front lapel grab
 #19 – Rear under arm bear hug
 #20 – Rear over arm bear hug
 #21 – Rear one arm choke (step out back door defense)
 #22 – Head lock with attacker hanging on during takedown (finish with frame)
 #23 – Rear over arm bear hug (windmill defense)
 #24 – Double front lapel grab (snake arm between attacker's arms and circle)
 #25 – Front two hand choke (thumb grab defense)
 #26 – Straight knife thrust attack to body (outside defense)
 #27 – Overhead knife attack (block/choke defense)

- #28 – Outside to inside knife slash attack (left hand on top block/arm break)
- #29 – Inside to outside knife slash attack (arm break using chest/shoulder)
- #30 – Lapel grab/knife to side of the neck attack
- #31 – Straight knife thrust attack to body (x block then go to the right)
- #32 – Over head knife attack (x block then go right)
- #33 – Outside inside knife slash attack (block then go under arm to arm bar)
- #34 – Inside outside knife slash attack (block then arm bar to takedown)
- #35 – Rear grab around neck with knife
- #36 – Sitting on a chair/lunging front attack
- #37 – Sitting on a chair with attacker/single arm shoulder grab
- #38 – Seated rear choke (over shoulder throw defense)
- #39 – Lying on back/lunging front attack from standing
- #40 – Lying on back/mounted attacker with two hand front choke (grab/twist head and use hips to throw)

Self-Defense 41-90

Ground Self-Defense

- #41 – Guard punch block defense 1 and 2 (on ground with attacker inside legs, head defense/body defense)
- #42 – Guard punch defense 3/4, attacker from knees/standing
- #43 – Standard mount escape (trap leg/trap arm/use hips)
- #44 – Mount escape/punch defense
- #45 – Open guard pass (from top position/between partners legs/step over with knee and mount)
- #46 – Closed guard pass/double underhook
- #47 – Elevator sweep from the guard
- #48 – Guard punch defense 5 (attacker is out of range)
- #49 – Mount escape/headlock
- #50 – Scissor sweep from guard to mount

Takedowns

- #51 – From front clinch (lapel and elbow grab each person), front leg to front leg sweep
- #52 – From front clinch, rear foot instep to front foot sweep
- #53 – From elbow/lapel clinch, inside neck hug throw
- #54 – From the elbow/lapel clinch, outside neck hug throw
- #55 – From the elbow/lapel clinch, instep foot sweep to the inside
- #56 – From lapel/elbow clinch, single leg wrap takedown
- #57 – From lapel/elbow clinch, belt/back carry hip throw
- #58 – From lapel/elbow clinch, front leg to attacker rear leg inside driver takedown
- #59 – Parry attacker arms to back knee drive takedown
- #60 – Clinch leg hook takedown

Weapons and Walls

- #61 – Straight knife thrust/x block left
- #62 – Overhead knife attack/x block left

- #63 – Out to in knife slash with right hand on top
- #64 – Outside inside knife slash/block inside bring down to straight elbow thrust
- #65 – Inside outside knife slash/arm bar to wrist throw
- #66 – Overhead stick attack/x block to the left/control then leg sweep
- #67 – Stick thrust to center/right side counter
- #68 – Stick attack from outside to inside (block then wrap with knee strikes)
- #69 – In to out stick attack/block/strike/armbar
- #70 – Overhead stick attack/x block to the right/sit down on arm
- #71 – Straight thrust attack with stick/left side counter
- #72 – Front gun attack
- #73 – Rear gun attack
- #74 – Back to the wall two hand press attack/do #54
- #75 – Front to the wall two hand press attack/spin through

Empty Hand Self-Defense

- #76 – Front one hand hair grab
- #77 – Rear one hand hair grab
- #78 – Head lock with punch defense
- #79 – Rear bear hug over arms/finger lock
- #80 – Full nelson finger lock
- #81 – Double lapel grab/grab under cross elbow
- #82 – Haymaker punch defense inside with elbow and knees
- #83 – Double back shoulder grab
- #84 – Head lock/takedown to modified mount
- #85 – Rear bear hug under arms/figure 4 defense
- #86 – Haymaker punch defense/rear clinch to rear takedown
- #87 – Double lapel grab/same side forearm cross twist
- #88 – Guillotine choke defense
- #89 – Sprawl takedown defense
- #90 – Cross wrist grab/hapkido lock takedown

Free Sparring 1-30

- #1 – Closed stance defense against straight punch to the body
- #2 – Closed stance defense against lead leg roundhouse kick to body or head
- #3 – Closed stance defense against lead leg side kick to side of the body
- #4 – Closed stance defense against lead hand back fist to head
- #5 – Closed Stance, attacker STEPS or SHUFFLES forward or backward, defender STEPS or SHUFFLES forward or backward with attacker.
- #6 - Open Stance, attacker STEPS forward or backward, defender SHUFFLES forward or backward with attacker. Open Stance, attacker SHUFFLES forward or backward, defender STEPS forward or backward with attacker. Attacker switches feet after each movement.

#7 - Closed Stance, Attacker moves in a circle using the front or back leg, defender moves in circle with same leg.
Open Stance, Attacker moves in a circle using the front or back leg, defender moves in circle with opposite leg.

#8 - Closed Stance, defender has a lower defense, leaving chest or head open. Attacker shuffles in with a jab to the chest, head, or any open target.

#9 - Closed Stance, defender has a higher defense, leaving side open. Attacker shuffles in and jams front arm with front arm, preventing defender from blocking low. Attacker reverse punches to ribs.

#10 - Closed Stance, Attacker shuffles in with a jab to the chest or head (just like #8), defender brings front leg up into a side kick to the attacker's side.

#11 - Open Stance, Attacker steps to the open side and quickly darts in with a high and a low punch.

#12 - Closed Stance, defender has hands up. Attacker skips forward with a lead leg front kick just above the belt. As defender drops hands to guard, attacker quickly changes to a roundhouse kick to the abdomen, chest, or head.

#13 - Closed Stance, defender has hands up. Attacker quickly slides forward on one leg while raising the lead leg for a side kick to the ribs. To be quick, this kick has little or no chamber, more of a leg lift.

#14 - Closed Stance, defender has hands up. Attacker quickly slides forward on one leg while raising the lead leg for a FAKED side kick to the ribs. As the defender's hands drop, attacker punches any open target with lead hand.

#15 – Partners start in close, touching wrists (clash). Defender moves back and attacker follows, defender hops back with lead leg roundhouse kick.

#16 - Closed Stance, attacker executes a lead leg roundhouse kick, defender shuffles in with lead leg, shields with arm closest to kick and punches with other hand.

#17 - Closed Stance, attacker executes a rear leg roundhouse kick, defender steps in with rear leg, shields with arm closest to kick and punches with other hand.

#18 - Open Stance, attacker executes a lead leg roundhouse kick, defender steps in with rear leg, shields with arm closest to kick and punches with other hand.

#19 - Open Stance, attacker executes a rear leg roundhouse kick, defender shuffles in with lead leg, shields with arm closest to kick and punches with other hand.

#20 - Closed Stance, attacker executes a lead leg hook kick to the defender's lead hand to move it out of the way. The attacker then executes a quick roundhouse kick to the head or chest.

#21 - Closed Stance, attacker executes a lead leg roundhouse kick, defender shuffles in with the same lead leg roundhouse kick.

#22 - Closed Stance, attacker executes a rear leg roundhouse kick, defender hops back and switches legs while executing a roundhouse kick.

#23 - Open Stance, attacker executes a lead leg roundhouse kick, defender hops back and switches legs while executing a roundhouse kick.

#24 - Open Stance, attacker executes a rear leg roundhouse kick, defender shuffles in with a lead leg roundhouse kick.

#25 - Closed Stance, attacker executes a lead leg axe kick after a quick switch to draw defender's hand high. Once the kick lands on the ground, quickly execute a roundhouse kick with the same leg to the abdomen

#26 - Closed Stance, attacker executes a lead leg roundhouse kick, defender shuffles in with a modified lead leg axe kick to the head

#27 - Closed Stance, attacker executes a series of lead leg kicks with the same leg, defender blocks all and when the attacker begins to pull back, defender will execute a spin back kick to the abdomen

#28 - Open Stance, attacker executes a lead leg diagonal kick to the defender's abdomen. As defender drops hands to guard, attacker quickly changes to a roundhouse kick to the head with the same leg.

#29 - Closed Stance, attacker executes a lead leg high kick, followed by a lead leg low kick, followed by a high jab, followed by a low reverse punch. Goal is to get the defender's guard moving up and down.

#30 - Closed Stance, attacker initiates a leg jam while also trying to land a series of punches, after the jam, the defender moves in to attack, attacker skips back and executes a spinning hook or wheel kick to the head.

Combinations 1-30

- #1 - Low Block/Reverse Center Punch
- #2 - High Block/Reverse High Punch
- #3 - Outside/Inside Block/Reverse Low Punch
- #4 - Side Block/Lunge Side Punch (same hand)
- #5 - Low Knife Hand Block/Back Fist Front Stance (same hand)
- #6 - Front Kick/Roundhouse Kick (same leg w/o setting down)
- #7 - Outside Inside Kick/Side Kick (same leg w/o setting down)
- #8 - Axe Kick/Back Kick (opposite leg)
- #9 - Hook Kick/Roundhouse Kick (same leg w/o setting down)
- #10 - Inside Outside Kick/Jump Front Kick
- #11 - Low X block/High X block (front stance, one step)
- #12 - Middle knife hand block fighting stance/Rev. spear hand front stance
- #13 - Outside inside block/Reverse inside outside block front stance
- #14 - Outside inside kick/spinning back kick
- #15 - Axe kick/Pop up jump front kick
- #16 - Diagonal kick/Jump Roundhouse kick
- #17 - Two hand block fighting stance/Rev. palm heel front stance/Front kick
- #18 - High block fighting stance/Rev. ridge hand front stance/Side kick
- #19 - Side punch/Jump spin back fist/Stepping lead leg hook kick
- #20 - Yuk soo (knife hand/rev punch fr. stance)/Knee strike
- #21 - Front kick/Skip up front kick/Pop up jump front kick
- #22 - Low block fighting stance/Back fist horse stance/Rev. elbow front stance
- #23 - Two hand block front stance/Rev. punch fighting stance/Wheel kick
- #24 - Stepping side kick/Rear leg diagonal kick/Roundhouse kick same leg
- #25 - Knife hand strike front stance/Rev. 2 finger spear/Step hammer fist/Jump spin back kick
- #26 - Skip up axe kick/Low X block/High X block/Back kick
- #27 - High knife hand block/Turn to rear middle knife hand block/Turn to front lowest knife hand block
- #28 - Low 2 hand block fighting stance/Rev. horizontal spear hand front stance/Upper cut palm heel fighting stance/Rev. punch front stance
- #29 - Spin hook kick/Low spin hook kick ankle sweep/Jump spin hook kick
- #30 - Spin back kick/Jump spin back kick (E Dan)/Jump spin back kick (Deah)

Appendix B - Black Belt Reading List

“Traditional Tang Soo Do Vol. 1 The Essence” by Jae Chul Shin
“Traditional Tang Soo Do Vol. 2 The Basics” by Jae Chul Shin
“Traditional Tang Soo Do Vol. 3 The Dae Ryun” by Jae Chul Shin
“Traditional Tang Soo Do Vol. 4 The Advanced Hyung” by Jae Chul Shin
“Traditional Tang Soo Do Vol. 5 Instructor;s Manual” by Jae Chul Shin
“Traditional Tang Soo Do Vol. 6 Master’s Text” by Jae Chul Shin

“The Book of 5 Rings” by Miyamoto Musashi

“The Twenty Guiding Principles of Karate” by Gichin Funakoshi
“Karate-Do My Way of Life” by Gichin Funakoshi
“To-Te Jitsu” by Gichin Funakoshi
“The Essence of Karate” by Gichin Funakoshi
“Karate-Do Kyohan” by Gichin Funakoshi
“Karate-Do Nyumon” by Gichin Funakoshi
“Karate Jutsu” by Gichin Funakoshi

“The Physics of Martial Arts” by Steven Elmore

“Shotokan’s Secret” by Bruce Clayton

“Soo Bahk Do Tang Soo Do Vol. 1” by Hwang Kee
“Soo Bahk Do Tang Soo Do Vol. 2” by Hwang Kee

“Complete Tang Soo Do Manual Vol. 1” by Ho Sik Pak
“Complete Tang Soo Do Manual Vol. 2” by Ho Sik Pak

“Authentic Tang Soo Do: The Traditional Martial Art of Korea” by Chun Sik Kim

“Dueling with O-Sensei” by Ellis Amdur

“Tao of Jeet Kune Do” by Bruce Lee

“Fighting Science” by Martina Sprague

“Zen in the Martial Arts” by Joe Hyams

“20th Century Warriors” by Black Belt Magazine

Appendix C - Terminology

Low Part	Ha Dan
Middle Part	Choong Dan
High Part	Sang Dan
Block	Mahk Ki
Attack	Kong Kyuck
Kick	Cha Ki
Front	Ahp
Side	Yup
Low Block	Ha Dan Mahk Ki
High Block	Sang Dan Mahk Ki
Middle Punch	Choong Dan Kong Kyuck
High Punch	Sang Dan Kong Kyuck
Inside Outside Block	Ahneso Phakuro Mahk Ki
Outside Inside Block	Phakeso Ahnuro Mahk Ki
Front Kick	Ahp Cha Ki
Roundhouse Kick	Tollyo Cha Ki
Side Kick	Yup Cha Ki
Inside Outside Kick	Ahneso Phakuro Cha Ki
Outside Inside Kick	Phakeso Ahnuro Cha Ki
Master Instructor	Sah Bum Nim
Attention	Cha Ryut
Ready Stance	Choon Bee
Focus Yell	Ki Hap
Back	Dwi
Back Kick	Dwi Cha Ki
Spinning Back Kick	Dwi Tollyo Cha Ki
Jump Front Kick	E Dan Ahp Cha Ki
Jump Roundhouse Kick	E Dan Tollyo Cha Ki
Jump Side Kick	E Dan Yup Cha Ki
Grandmaster	Kwan Chang Nim
Training Hall/Studio	Do Jang
Uniform	Do Bohk
Return	Ba Ro
Rest/Relax	Shio
Belt	Dee
Form	Hyung
National Flag	Kukgi
Salute the Flag	Kukgi Bae Rye
Sit	Ahn Jo
Meditation	Muk Yum
Color Belt	Gup
Black Belt	Dan

Bow to the Grandmaster
 Bow to the Master
 One Step Sparring
 Stance
 Ready For Kick
 Front Stance
 Fighting Stance
 Horse Riding Stance
 Side Block
 Side Punch
 Front Stretch Kick
 Side Stretch Kick
 Straight Back Kick
 Black Belt Holder
 Free Sparring
 Command
 Change Sides
 Hand
 Knife Hand
 Spear Hand Attack
 Punching Exercises
 Low Knife Hand Block
 Center Knife Hand Block
 High Knife Hand Block
 Axe Kick
 Diagonal Kick
 Turn
 Turn to the rear
 Without the count
 With the count
 Begin
 Breaking
 Counting

One	Hana	Il
Two	Tul	E
Three	Set	Sam
Four	Net	Sah
Five	Tasot	Oh
Six	Yasot	Yuk
Seven	Ilgop	Chil
Eight	Yodol	Pal
Nine	Ahop	Ku
Ten	Yol	Sip

Kwan Chang Nim E Kyung Yet
 Sah Bum Nim E Kyung Yet
 Ill Soo Sik Dae Ryun
 Jah Seh
 Bahl Cha Ki Choon Bee
 Chun Kul Jah Seh
 Hu Kul Jah Seh
 Ki Ma Jah Seh
 Yup Mahk Ki
 Choong Dan Hang Jin
 Bahl Poto Oly Ki
 Yup Poto Oly Ki
 Dwi Cha Ki
 Yu Dan Ja
 Ja Yu Dae Ryun
 Ku Ryung
 Kyo Dae
 Soo
 Soo Do
 Kwan Soo Kong Kyuck
 Pahl Put Ki
 Ha Dan Soo Do Mahk Ki
 Choong Dan Soo Do Mahk Ki
 Sang Dan Soo Do Mahk Ki
 Cchik Ki
 Bit Cha Ki
 Tora
 Dwi Ro Tora
 Ku Ryung Up Shi
 Ku Ryung E Mat Cho So
 Shi Jak
 Kyuck Pa

Vital Points
One Step Sparring Kick Techniques
Knee Kick
Spinning Back Kick
Flying Side Kick
Beginner
Junior Member
Senior Member
Class Instructor (1st Dan)
Color Belt Holder
Basic Technique Exercises
Two Hand Block Front Stance
Two Hand Block Fighting Stance
Knife Hand /Reverse Punch
(Fighting Stance)
Knife Hand/Reverse Punch
(Front Stance)
Hook Kick
Wheel Kick
Korean Flag
Self – Defense
Head Instructor (2nd Dan)
Arm
Chin
Elbow
Fist
Foot
Forehead
Groin
Senior Dan Member
Chief Instructor (3rd Dan)
Staff
Palm Heel
Instep
Ball of Foot
Leg
Lower Abdomen
Neck
Philtrum
Solar Plexus
Waist
Wrist (side)
Stepping Side Kick
Ridge Hand

Kup So
Ill Soo Sik Jo Ki Dae Ryun
Moo Roop Cha Ki
Dwi Tollyo Cha Ki
E Dan Yup Cha Ki
Cho Bo Ja
Hu Bae
Sun Bae
Boo Kyo Sah Nim
Yu Gup Ja
Ki Cho Woon Dong
Chun Kul Ssang Soo Mahk Ki
Hu Kul Ssang Soo Mahk Ki
Yuk Jin

Yuk Soo

Yup Hu Ryo Cha Ki
Dwi Hu Ryo Cha Ki
Tae Keuk Ki
Ho Sin Sul
Kyo Sah Nim
Pahl
Tuck
Pahl Koop
Chu Mok
Bahl
I Ma
Ko Hwan
Ko Dan Ja
Boo Sah Bum Nim
Bong
Jang Kwon
Bahl Doong
Ahp Bahl Gum Chi
Da Ri
Dan Jan
Mok
In Choong
Myung Chi
Hur Ri
Pahl Mok
Mirro Yup Cha Ki
Yuk Soo Do

Back Fist
Hammer Fist
Elbow Strike
Low X Block
High X Block
Breathing Practice
Low Block/Fighting Stance
High Block/Fighting Stance
Three Step Sparring
Jump Front Kick (Pop Up)
Jump Spinning Back Kick
Thank You
Concentration
Endurance
Humility
Respect
Testing Board
Senior Master Instructor (5th Dan)
Waist Twisting
Empty Mind
Training
International Master Instructor (6th Dan)
Push Kick
Ankle Sweep Kick
Jump Spinning Roundhouse Kick
Stomp Kick
One Leg Stance
Cross Leg Stance
Low Knife Hand Block in Lowest Stance
Full Knuckle Fist
Vertical Fist
One Finger Spear Hand
Two Finger Spear Hand
Power Force
Focus of Eyes
Spirit
Polishing Mind and Body
Refining Self
Balance
Double Kick (same time)
Double Kick (different times)
Internal Power Exercise
External Power Exercise
Spiritual Power Exercise

Kap Kwon
Kwon Do
Pahl Koop Chi Ki
Ssang Soo Ha Dan Mahk Ki
Ssang Soo Sang Dan Mahk Ki
Ki Kong
Hu Kul Ha Dan Mahk Ki
Hu Kul Sang Dan Mahk Ki
Sam Soo Sik Dae Ryun
Deah Ahp Cha Ki
Deah Dwi Tollyo Cha Ki
Ko Map Sum Ni Da
Chung Shin Tong Il
In Neh
Kyum Son
Chon Kyung
Shim Sa Kwan Nim
Sunim Sah Bum Nim
Hu Ri Twul Ki
Moo Shim
Soo Ryun
Kook Jae Sah Bum Nim
Chok Do Chi Ru Ki
Bahl Mok Cha Ki
E Dan Dwi Tollyo Cha Ki
Chit Pahl Ki
Han Bahl Ja Seh
Kyo Cha Rip Ja Seh
Choi Ha Dan Soo Do Mahk Ki
Kwanjul Kwon
Jik Kwon
Il Ji Kwan Soo
E Ji Kwan Soo
Him
Shi Sun
Chung Shin
Dan Ryun
Ryun Ma
Chung Shim
Ssang Bahl Cha Ki
Yang Bahl Cha Ki
Nae Kong
Weh Kong
Shim Kong

Claw Hand	Jip Kye Sohn
Fork Hand	Pyun Sohn
Vertical Spear Hand	Jik Kwan Soo
Horizontal Spear Hand	Pyung Kwan Soo
Reverse Twisting Inside to Outside Block	Teul Oh Ahneso Pahkuro Mahk Ki
Instructor Trainee (Cho Dan Bo)	Jo Kyo Sah Nim
Senior International	Sunim Kook Jae Sah Bum Nim
Master Instructor (7 th Dan)	
Je Ja	Pupil
Ko Mahn	Finish
E Rut Sut	Stand Up
Noon	Eye
Ah Jip	Ego
Hwal	Vitality
Pak Pahl Mok	Outer Wrist
Ahn Pahl Mok	Inner Wrist
Sohn Doong Mok	Back of the Wrist
Bahl Ba Dak	Bottom of the foot
Chok Do	Outside edge of the foot
Ahn Chok Bahl	Inside edge of the foot
Dwi Gum Chi	Heel
Dwi Suki Ja Seh	Back Stance
Ki Cho Dong Jak	Basic Technique Drill
Dwi Chuk Cha Ki	Mule Kick
Dwi Gum Chi Cha Oly Ki	Bottom of heel upper kick
Chun Ki	Ki in the sky
Ji Ki	Ki on Earth
Kyung Rak	Ki travel channel
Yuk Keun Kyung	Old form of exercise
Yak Sok Dae Ryun	Semi-Free Sparring
Da Soo Dae Ryun	Group Sparring
Moo Sul	Martial Technique
Moo Do	Martial Way of Life
So Rim Sa Kwon Bup	Shaolin Boxing
Moo Ki	Weapons
Bong Sul	Staff techniques
Jang Bong	Long Staff
Joong Bong	Medium length staff
Dan Bong	Short staff
Dan Gum	Knife
Jang Gum	Sword

Appendix D – Test Prep Sheets

Evergreen Tang Soo Do Academy – Test Prep Sheet Gup Beginner – 10th Gup-7th Gup

Students must demonstrate the following at the test to be promoted:

Basic Techniques

10th Gup – 7th Gup:

Front Stretch Kick – Bahl Poto Oly Ki

Front Kick – Ahp Cha Ki

Outside/Inside Kick – Pahkeso Ahnero Cha Ki

Inside/Outside Kick – Ahneso Pahkero Cha Ki

Roundhouse Kick – Tollyo Cha Ki

Side Kick – Yup Cha Ki

Center Punch – Choong Dan Kong Kyuck

High Punch – Sang Dan Kong Kyuck

Low Punch – Ha Dan Kong Kyuck

Low Block – Ha Dan Mahk Ki

High Block – Sang Dan Mahk Ki

Outside/Inside Block – Pahkeso/Ahnero Mahk Ki

Inside/Outside Block – Ahneso/Pahkero Mahk Ki

9th Gup – 7th Gup:

Axe Kick – Ccick Ki

Back Kick – Dwi Cha Ki

Jumping Front Kick – E Dan Ahp Cha Ki

Side Block – Choong Dan Yup Mahk Ki

8th Gup – 7th Gup:

Hook Kick – Yup Hu Ryo Cha Ki

Spinning Back Kick – Dwi Tollyo Cha Ki

Jumping Roundhouse Kick – E Dan Tollyo Cha Ki

Side Punch – Choong Dan Hang Jin

Low Kinfé Hand Block – Ha Dan Soo Do Mahk Ki

Back Fist – Kap Kwon Kong Kyuck

Combinations

10th Gup – 7th Gup:

- #1 - Low Block/Reverse Center Punch
- #2 - High Block/Reverse High Punch
- #3 - Outside/Inside Block/Reverse Low Punch
- #6 - Front Kick/Roundhouse Kick (same leg w/o setting down)
- #7 - Outside Inside Kick/Side Kick (same leg w/o setting down)

9th Gup – 7th Gup:

- #4 - Side Block/Lunge Side Punch (same hand)
- #8 - Axe Kick/Back Kick (opposite leg)

8th Gup – 7th Gup:

- #5 - Low Knife Hand Block/Back Fist Front Stance (same hand)
- #9 - Hook Kick/Roundhouse Kick (same leg w/o setting down)
- #10 - Inside Outside Kick/Jump Front Kick

[Click here for videos of the combinations for reference](#)

Forms

10th Gup – 7th Gup:

- Jo Ki Hyung – Kick Technique Form
- Soo Ki Hyung – Hand Technique Form
- Jah Seh Hyung – Stance Form
- Ki Cho Hyung Ill Bu – Basic Form 1
- Sae Kye Hyung Il Bu – World Form 1

9th Gup – 7th Gup:

- Ki Cho Hyung E Bu – Basic Form 2
- Sae Kye Hyung E Bu – World Form 2

8th Gup – 7th Gup:

- Ki Cho Hyung Sam Bu – Basic Form 3
- Sae Kye Hyung Sam Bu – World Form 3

7th Gup Only:

- Pyung Ahn Cho Dan

[Click here for videos of the forms for reference](#)

One Step Sparring

10th Gup: Hands #1-3, Kicks #1-3

9th Gup: Hands #1-5, Kicks #1-5

8th Gup: Hands #1-8, Kicks #1-8

7th Gup: Hands #1-#10, Kicks #1-#10

[Click here for videos of the one step sparring techniques for reference](#)

Self-Defense

10th Gup: #1-3

9th Gup: #1-5

8th Gup: #1-8

7th Gup: #1-#10

[Click here for videos of the self-defense techniques for reference](#)

Free Sparring

7th Gup Only: One on One Free Sparring; Must have full protective gear

Breaking

7th Gup Only: Hammer Fist and Front Kick

Terminology/History/Philosophy

10th Gup – 7th Gup:

Basic Class Commands

Basic Technique Names

5 Codes of Tang Soo Do

7 Tenets of Tang Soo Do

What the belt colors represent

Who are the Grandmasters

Know the elements of the Korean Flag

[Details can be found in the student manual by clicking here](#)

Evergreen Tang Soo Do Academy – Test Prep Sheet
Gup Intermediate – 6th Gup-4th Gup

Students must successfully demonstrate the following at the test to be promoted:

Basic Techniques

6th Gup – 4th Gup:

Front Stretch Kick – Bahl Poto Oly Ki
Front Kick – Ahp Cha Ki
Outside/Inside Kick – Pahkeso Ahnero Cha Ki
Inside/Outside Kick – Ahneso Pahkero Cha Ki
Roundhouse Kick – Tollyo Cha Ki
Side Kick – Yup Cha Ki
Center Punch – Choong Dan Kong Kyuck
High Punch – Sang Dan Kong Kyuck
Low Punch – Ha Dan Kong Kyuck
Low Block – Ha Dan Mahk Ki
High Block – Sang Dan Mahk Ki
Outside/Inside Block – Pahkeso/Ahnero Mahk Ki
Inside/Outside Block – Ahneso/Pahkero Mahk Ki
Axe Kick – Ccick Ki
Back Kick – Dwi Cha Ki
Jumping Front Kick – E Dan Ahp Cha Ki
Side Block – Choong Dan Yup Mahk Ki
Hook Kick – Yup Hu Ryo Cha Ki
Spinning Back Kick – Dwi Tollyo Cha Ki
Jumping Roundhouse Kick – E Dan Tollyo Cha Ki
Side Punch – Choong Dan Hang Jin
Low Knife Hand Block – Ha Dan Soo Do Mahk Ki
Back Fist – Kap Kwon Kong Kyuck
Spear Hand – Kwan Soo Kong Kyuck
Middle Knife Hand Block – Choong Dan Soo Do Mahk Ki
Wheel Kick – Dwi Hu Ryo Cha Ki
Two Hand Block Front Stance – Chun Kul Ssang Soo
Diagonal Kick – Bit Cha Ki

5th Gup – 4th Gup:

Two Hand Block Fighting Stance – Hu Kul Ssang Soo
Low X Block – Ssang Soo Ha Dan Mahk Ki
High X Block – Ssang Soo Sang Dan Mahk Ki

4th Gup Only:

Jump Front Kick – Deah Ahp Cha Ki

Combinations

6th Gup – 4th Gup:

- #1 - Low Block/Reverse Center Punch
- #2 - High Block/Reverse High Punch
- #3 - Outside/Inside Block/Reverse Low Punch
- #4 - Side Block/Lunge Side Punch (same hand)
- #5 - Low Knife Hand Block/Back Fist Front Stance (same hand)
- #6 - Front Kick/Roundhouse Kick (same leg w/o setting down)
- #7 - Outside Inside Kick/Side Kick (same leg w/o setting down)
- #8 - Axe Kick/Back Kick (opposite leg)
- #9 - Hook Kick/Roundhouse Kick (same leg w/o setting down)
- #10 - Inside Outside Kick/Jump Front Kick
- #12 - Middle knife hand block fighting stance/Rev. spear hand front stance
- #13 - Outside inside block/Reverse inside outside block front stance
- #14 - Outside inside kick/spinning back kick

5th Gup – 4th Gup:

- #11 - Low X block/High X block (front stance, one step)

4th Gup Only:

- #15 - Axe kick/Pop up jump front kick

[Click here for videos of the combinations for reference](#)

Forms

6^h Gup – 4th Gup:

- Jo Ki Hyung – Kick Technique Form
- Soo Ki Hyung – Hand Technique Form
- Jah Seh Hyung – Stance Form
- Ki Cho Hyung Il Bu – Basic Form 1
- Sae Kye Hyung Il Bu – World Form 1
- Ki Cho Hyung E Bu – Basic Form 2
- Sae Kye Hyung E Bu – World Form 2
- Ki Cho Hyung Sam Bu – Basic Form 3
- Sae Kye Hyung Sam Bu – World Form 3
- Pyung Ahn Cho Dan
- Pyung Ahn E Dan

5th Gup – 4th Gup:
Pyung Ahn Sam Dan

4th Gup Only:
Pyung Ahn Sah Dan

[Click here for videos of the forms for reference](#)

One Step Sparring

6th Gup: Hands #1-12, Kicks #1-12

5th Gup: Hands #1-13, Kicks #1-13

4th Gup: Hands #1-#15, Kicks #1-#15

[Click here for videos of the one step sparring techniques for reference](#)

Self-Defense

6th Gup: #1-12

5th Gup: #1-13

4th Gup: #1-#15

[Click here for videos of the self-defense techniques for reference](#)

Free Sparring

6th Gup – 4th Gup: One on One Free Sparring; Must have full protective gear

Breaking

6th Gup – 4th Gup: Hammer Fist, Front Kick, Side Kick, Elbow

Terminology/History/Philosophy

6th Gup – 4th Gup:

Basic Class Commands

Basic Technique Names

5 Codes of Tang Soo Do

7 Tenets of Tang Soo Do

5 Virtues of Tang Soo Do

What the belt colors represent

Who are the Grandmasters

Details about Hwang Kee, Jae Chul Shin, Song Ki Kim

Know the elements of the Korean Flag

Brief History of Tang Soo Do up to 1909

[Details can be found in the student manual by clicking here](#)

Evergreen Tang Soo Do Academy – Test Prep Sheet
Gup Advanced – 3rd Gup -1st Gup

Students must successfully demonstrate the following at the test to be promoted:

Basic Techniques

3rd Gup – 1st Gup:

Front Stretch Kick – Bahl Poto Oly Ki
Front Kick – Ahp Cha Ki
Outside/Inside Kick – Pahkeso Ahnero Cha Ki
Inside/Outside Kick – Ahneso Pahkero Cha Ki
Roundhouse Kick – Tollyo Cha Ki
Side Kick – Yup Cha Ki
Center Punch – Choong Dan Kong Kyuck
High Punch – Sang Dan Kong Kyuck
Low Punch – Ha Dan Kong Kyuck
Low Block – Ha Dan Mahk Ki
High Block – Sang Dan Mahk Ki
Outside/Inside Block – Pahkeso/Ahnero Mahk Ki
Inside/Outside Block – Ahneso/Pahkero Mahk Ki
Axe Kick – Ccick Ki
Back Kick – Dwi Cha Ki
Jumping Front Kick – E Dan Ahp Cha Ki
Side Block – Choong Dan Yup Mahk Ki
Hook Kick – Yup Hu Ryo Cha Ki
Spinning Back Kick – Dwi Tollyo Cha Ki
Jumping Roundhouse Kick – E Dan Tollyo Cha Ki
Side Punch – Choong Dan Hang Jin
Low Kinf Hand Block – Ha Dan Soo Do Mahk Ki
Back Fist – Kap Kwon Kong Kyuck
Spear Hand – Kwan Soo Kong Kyuck
Middle Knife Hand Block – Choong Dan Soo Do Mahk Ki
Wheel Kick – Dwi Hu Ryo Cha Ki
Two Hand Block Front Stance – Chun Kul Ssang Soo
Diagonal Kick – Bit Cha Ki
Two Hand Block Fighting Stance – Hu Kul Ssang Soo
Low X Block – Ssang Soo Ha Dan Mahk Ki
High X Block – Ssang Soo Sang Dan Mahk Ki
Jump Front Kick – Deah Ahp Cha Ki
2nd Gup – 1st Gup:
Jump Roundhouse Kick – Deah Tollyo Cha Ki
Palm Heel – Jang Kwon Kong Kyuck
Ridge Hand – Yuk Soo Do Kong Kyuck
Spinning Hook Kick – Dwi Tollyo Yup Hu Ryo Cha Ki

1st Gup Only:

Jump Spinning Back Kick – E Dan Dwi Tollyo Cha Ki

Jump Spinning Back Kick – Deah Dwi Tollyo Cha Ki

Combinations

3rd Gup – 1st Gup:

#1 - Low Block/Reverse Center Punch

#2 - High Block/Reverse High Punch

#3 - Outside/Inside Block/Reverse Low Punch

#4 - Side Block/Lunge Side Punch (same hand)

#5 - Low Knife Hand Block/Back Fist Front Stance (same hand)

#6 - Front Kick/Roundhouse Kick (same leg w/o setting down)

#7 - Outside Inside Kick/Side Kick (same leg w/o setting down)

#8 - Axe Kick/Back Kick (opposite leg)

#9 - Hook Kick/Roundhouse Kick (same leg w/o setting down)

#10 - Inside Outside Kick/Jump Front Kick

#11 - Low X block/High X block (front stance, one step)

#12 - Middle knife hand block fighting stance/Rev. spear hand front stance

#13 - Outside inside block/Reverse inside outside block front stance

#14 - Outside inside kick/spinning back kick

#15 - Axe kick/Pop up jump front kick

#17 - Two hand block fighting stance/Rev. palm heel front stance/Front kick

#18 - High block fighting stance/Rev. ridge hand front stance/Side kick

2nd Gup – 1st Gup:

#16 - Diagonal kick/Jump Roundhouse kick

#19 - Side punch/Jump spin back fist/Stepping lead leg hook kick

1st Gup Only:

#20 - Yuk soo (knife hand/rev punch fr. stance)/Knee strike

[Click here for videos of the combinations for reference](#)

Forms

3rd Gup – 1st Gup:

Jo Ki Hyung – Kick Technique Form
Soo Ki Hyung – Hand Technique Form
Jah Seh Hyung – Stance Form
Ki Cho Hyung Il Bu – Basic Form 1
Sae Kye Hyung Il Bu – World Form 1
Ki Cho Hyung E Bu – Basic Form 2
Sae Kye Hyung E Bu – World Form 2
Ki Cho Hyung Sam Bu – Basic Form 3
Sae Kye Hyung Sam Bu – World Form 3
Pyung Ahn Cho Dan
Pyung Ahn E Dan
Pyung Ahn Sam Dan
Pyung Ahn Sah Dan
Pyung Ahn Oh Dan

2nd Gup – 1st Gup

Bassai

1st Gup Only:

Naihanchi Cho Dan

[Click here for videos of the forms for reference](#)

One Step Sparring

3rd Gup: Hands #1-18, Kicks #1-18

2nd Gup: Hands #1-20, Kicks #1-20

1st Gup: Hands #1-#25, Kicks #1-#25

[Click here for videos of the one step sparring techniques for reference](#)

Self-Defense

3rd Gup: #1-18

2nd Gup: #1-20

1st Gup: #1-#25

[Click here for videos of the self-defense techniques for reference](#)

Free Sparring

3rd Gup – 1st Gup: One on One Free Sparring; Must have full protective gear

Three Step Sparring

3rd Gup – 1st Gup: Must Successfully Demonstrate

Breaking

3rd Gup – 1st Gup: Hammer Fist, Front Kick, Side Kick, Elbow, Knife Hand, Roundhouse Kick, Spinning Back, Jumping Front Kick, Jumping Side Kick

Terminology/History/Philosophy

3rd Gup – 1st Gup:

Basic Class Commands

Basic Technique Names

Anatomy in Korean

5 Codes of Tang Soo Do

7 Tenets of Tang Soo Do

5 Virtues of Tang Soo Do

What the belt colors represent

Who are the Grandmasters

Details about Hwang Kee, Jae Chul Shin, Song Ki Kim

Details about Robert Beaudoin, Michael Romines, Michael Shintaku, Klaus Trogemann

Details about the World Tang Soo Do Union

Details about the Traditional Global Tang Soo Do Association

Know the elements of the Korean Flag

Brief History of Tang Soo Do up to 1909

Brief History of Tang Soo Do after Japanese Occupation

Name the 5 Kwans and their founders

The concept of Do

What the belt rank requirements up to black belt are

[Details can be found in the student manual by clicking here](#)

Youth Beginner Tests

10th gup-white belt to Advanced 10th gup-white belt with black stripe

Student must perform the following:

- Basic Techniques:
 - Front Stretch Kick – Bahl Poto Oly Ki
 - Front Kick – Ahp Cha Ki
 - Outside/Inside Kick – Pahkeso Ahnero Cha Ki
 - Inside/Outside Kick – Ahneso Pahkero Cha Ki
 - Roundhouse Kick – Tollyo Cha Ki
 - Side Kick – Yup Cha Ki
 - Center Punch – Choong Dan Kong Kyuck
 - High Punch – Sang Dan Kong Kyuck
 - Low Punch – Ha Dan Kong Kyuck
 - Low Block – Ha Dan Mahk Ki
 - High Block – Sang Dan Mahk Ki
 - Outside/Inside Block – Pahkeso/Ahnero Mahk Ki
 - Inside/Outside Block – Ahneso/Pahkero Mahk Ki
- Combinations
 - #1 - Low Block/Reverse Center Punch
 - #2 - High Block/Reverse High Punch
 - #3 - Outside/Inside Block/Reverse Low Punch
 - [Click here for videos of the combinations for reference](#)
- Forms
 - Soo Ki Hyung (hand technique form)
 - Jah Seh Hyung (stance form)
 - Jo Ki Hyung (kick technique form)
 - [Click here for videos of the forms for reference](#)
- Self-Defense
 - Technique #1 and #2
 - [Click here for videos of the self-defense techniques for reference](#)

Student must answer the following questions:

- 1) What do cha ryut/choon bee mean?
Attention/Ready stance
- 2) What country does our martial art come from?
Korea
- 3) Who is your instructor?
Master Steven Elmore
- 4) What is the name of our martial art?
Tang Soo Do
- 5) What is the name of our studio?
Evergreen Karate and Fitness

10th gup-white belt to 9th gup-yellow belt

Student must perform the following:

- Basic Techniques:
 - Front Stretch Kick – Bahl Poto Oly Ki
 - Front Kick – Ahp Cha Ki
 - Outside/Inside Kick – Pahkeso Ahnero Cha Ki
 - Inside/Outside Kick – Ahneso Pahkero Cha Ki
 - Roundhouse Kick – Tollyo Cha Ki
 - Side Kick – Yup Cha Ki
 - Center Punch – Choong Dan Kong Kyuck
 - High Punch – Sang Dan Kong Kyuck
 - Low Punch – Ha Dan Kong Kyuck
 - Low Block – Ha Dan Mahk Ki
 - High Block – Sang Dan Mahk Ki
 - Outside/Inside Block – Pahkeso/Ahnero Mahk Ki
 - Inside/Outside Block – Ahneso/Pahkero Mahk Ki
- Combinations
 - #1 - Low Block/Reverse Center Punch
 - #2 - High Block/Reverse High Punch
 - #3 - Outside/Inside Block/Reverse Low Punch
 - #6 - Front Kick/Roundhouse Kick (same leg w/o setting down)
 - #7 - Outside Inside Kick/Side Kick (same leg w/o setting down)
 - [Click here for videos of the combinations for reference](#)
- Forms
 - Soo Ki Hyung (hand technique form)
 - Jah Seh Hyung (stance form)
 - Jo Ki Hyung (kick technique form)
 - [Click here for videos of the forms for reference](#)
- One Step Sparring
 - Hand techniques #1 and #2
 - Kick techniques #1 and #2
 - [Click here for videos of the one step sparring techniques for reference](#)
- Self-Defense
 - Technique #1 and #2
 - [Click here for videos of the self-defense techniques for reference](#)

Student must answer the following questions:

- 1) What do anh jo/muk yum mean?
Sit/Meditate
- 2) What are the 5 codes of Tang Soo Do?
Loyalty to country, Obedience to parents, Honor friendship, No retreat in battle, In fighting choose with sense and honor
- 3) Who is this Grandmaster?



Grandmaster Hwang Kee

- 4) What does white belt represent?
Purity and initiation, a seed that lies dormant under the snows of winter
- 5) What are the Korean terms for block, kick, and stance?
Mahk ki, Cha ki, Ja seh

9th gup-yellow belt to Advanced 9th gup-yellow belt with black stripe

Student must perform the following:

- Basic Techniques:
 - Front Stretch Kick – Bahl Poto Oly Ki
 - Front Kick – Ahp Cha Ki
 - Outside/Inside Kick – Pahkeso Ahnero Cha Ki
 - Inside/Outside Kick – Ahneso Pahkero Cha Ki
 - Roundhouse Kick – Tollyo Cha Ki
 - Side Kick – Yup Cha Ki
 - Center Punch – Choong Dan Kong Kyuck
 - High Punch – Sang Dan Kong Kyuck
 - Low Punch – Ha Dan Kong Kyuck
 - Low Block – Ha Dan Mahk Ki
 - High Block – Sang Dan Mahk Ki
 - Outside/Inside Block – Pahkeso/Ahnero Mahk Ki
 - Inside/Outside Block – Ahneso/Pahkero Mahk Ki
 - Axe Kick – Ccick Ki
 - Side Block – Choong Dan Yup Mahk Ki
 - Jumping Front Kick – E Dan Ahp Cha Ki
- Combinations
 - #1 - Low Block/Reverse Center Punch
 - #2 - High Block/Reverse High Punch
 - #3 - Outside/Inside Block/Reverse Low Punch
 - #6 - Front Kick/Roundhouse Kick (same leg w/o setting down)
 - #7 - Outside Inside Kick/Side Kick (same leg w/o setting down)
 - [Click here for videos of the combinations for reference](#)
- Forms
 - Soo Ki Hyung (hand technique form)
 - Jah Seh Hyung (stance form)
 - Jo Ki Hyung (kick technique form)
 - Ki Cho Hyung Il Bu (basic form 1)
 - Sae Kye Hyung Il Bu (world form 1)
 - [Click here for videos of the forms for reference](#)
- One Step Sparring
 - Hand techniques #1, #2, #3
 - Kick techniques #1, #2, #3
 - [Click here for videos of the one step sparring techniques for reference](#)
- Self-Defense
 - Technique #1, #2, #3
 - [Click here for videos of the self-defense techniques for reference](#)

Student must answer the following questions:

- 1) What do kyung yet/kwan chang nim/sam bum nim mean?
Bow/Grandmaster/Master
- 2) What are the 7 tenets of Tang Soo Do?
Integrity, concentration, perseverance, respect and obedience, self-control, humility, indomitable spirit
- 3) Who is this Grandmaster?



Grandmaster Song Ki Kim

- 4) What does yellow belt represent?
The first rays of sunlight that thaw the snow of winter allowing growth to begin.
- 5) What are the Korean terms for front stance, horse stance, fighting stance?
Chun Kul Ja Seh, Ki Ma Ja Seh, Hu Kul Ja Seh

Advanced 9th gup-yellow belt with black stripe to 8th gup-orange belt

Student must perform the following:

- Basic Techniques:
 - Front Stretch Kick – Bahl Poto Oly Ki
 - Front Kick – Ahp Cha Ki
 - Outside/Inside Kick – Pahkeso Ahnero Cha Ki
 - Inside/Outside Kick – Ahneso Pahkero Cha Ki
 - Roundhouse Kick – Tollyo Cha Ki
 - Side Kick – Yup Cha Ki
 - Center Punch – Choong Dan Kong Kyuck
 - High Punch – Sang Dan Kong Kyuck
 - Low Punch – Ha Dan Kong Kyuck
 - Low Block – Ha Dan Mahk Ki
 - High Block – Sang Dan Mahk Ki
 - Outside/Inside Block – Pahkeso/Ahnero Mahk Ki
 - Inside/Outside Block – Ahneso/Pahkero Mahk Ki
 - Axe Kick – Ccick Ki
 - Side Block – Choong Dan Yup Mahk Ki
 - Jumping Front Kick – E Dan Ahp Cha Ki
 - Side Punch – Choong Dan Hang Jin
 - Back Kick – Dwi Cha Ki
- Combinations
 - #1 - Low Block/Reverse Center Punch
 - #2 - High Block/Reverse High Punch
 - #3 - Outside/Inside Block/Reverse Low Punch
 - #4 - Side Block/Lunge Side Punch (same hand)
 - #6 - Front Kick/Roundhouse Kick (same leg w/o setting down)
 - #7 - Outside Inside Kick/Side Kick (same leg w/o setting down)
 - #8 - Axe Kick/Back Kick (opposite leg)
 - [Click here for videos of the combinations for reference](#)
- Forms
 - Soo Ki Hyung (hand technique form)
 - Jah Seh Hyung (stance form)
 - Jo Ki Hyung (kick technique form)
 - Ki Cho Hyung Il Bu (basic form 1)
 - Sae Kye Hyung Il Bu (world form 1)
 - Ki Cho Hyung E Bu (basic form 2)
 - Sae Kye Hyung E Bu (world form 2)
 - [Click here for videos of the forms for reference](#)

- One Step Sparring
 - Hand techniques #1, #2, #3, #4, #5
 - Kick techniques #1, #2, #3, #4, #5
 - [Click here for videos of the one step sparring techniques for reference](#)
- Self-Defense
 - Technique #1, #2, #3, #4, #5
 - [Click here for videos of the self-defense techniques for reference](#)

Student must answer the following questions:

- 1) What does kukgi ba rae mean?
Salute the flags
- 2) What are the 7 tenets of Tang Soo Do?
Integrity, concentration, perseverance, respect and obedience, self-control, humility, indomitable spirit
- 3) Who is this Grandmaster?



Grandmaster Jae Chul Shin

- 4) What is the red/blue circle on the Korean flag called?
Um/Yang
- 5) What are the Korean terms for front, side, back?
Ahp, Yup, Dwi

8th gup-orange belt to Advanced 8th gup-orange belt with black stripe

Student must perform the following:

- Basic Techniques:
 - Front Stretch Kick – Bahl Poto Oly Ki
 - Front Kick – Ahp Cha Ki
 - Outside/Inside Kick – Pahkeso Ahnero Cha Ki
 - Inside/Outside Kick – Ahneso Pahkero Cha Ki
 - Roundhouse Kick – Tollyo Cha Ki
 - Side Kick – Yup Cha Ki
 - Center Punch – Choong Dan Kong Kyuck
 - High Punch – Sang Dan Kong Kyuck
 - Low Punch – Ha Dan Kong Kyuck
 - Low Block – Ha Dan Mahk Ki
 - High Block – Sang Dan Mahk Ki
 - Outside/Inside Block – Pahkeso/Ahnero Mahk Ki
 - Inside/Outside Block – Ahneso/Pahkero Mahk Ki
 - Axe Kick – Ccick Ki
 - Side Block – Choong Dan Yup Mahk Ki
 - Jumping Front Kick – E Dan Ahp Cha Ki
 - Side Punch – Choong Dan Hang Jin
 - Back Kick – Dwi Cha Ki
 - Hook Kick – Yup Hu Ryo Cha Ki
- Combinations
 - #1 - Low Block/Reverse Center Punch
 - #2 - High Block/Reverse High Punch
 - #3 - Outside/Inside Block/Reverse Low Punch
 - #4 - Side Block/Lunge Side Punch (same hand)
 - #6 - Front Kick/Roundhouse Kick (same leg w/o setting down)
 - #7 - Outside Inside Kick/Side Kick (same leg w/o setting down)
 - #8 - Axe Kick/Back Kick (opposite leg)
 - #9 - Hook Kick/Roundhouse Kick (same leg w/o setting down)
 - [Click here for videos of the combinations for reference](#)
- Forms
 - Soo Ki Hyung (hand technique form)
 - Jah Seh Hyung (stance form)
 - Jo Ki Hyung (kick technique form)
 - Ki Cho Hyung Il Bu (basic form 1)
 - Sae Kye Hyung Il Bu (world form 1)
 - Ki Cho Hyung E Bu (basic form 2)
 - Sae Kye Hyung E Bu (world form 2)
 - Ki Cho Hyung Sam Bu (basic form 3)
 - Sae Kye Hyung Sam Bu (world form 3)
 - [Click here for videos of the forms for reference](#)
- One Step Sparring

- Hand techniques #1, #2, #3, #4, #5, #6
- Kick techniques #1, #2, #3, #4, #5, #6
- [Click here for videos of the one step sparring techniques for reference](#)
- Self-Defense
 - Technique #1, #2, #3, #4, #5, #6
 - [Click here for videos of the self-defense techniques for reference](#)

Student must answer the following questions:

- 1) What is the Korean term for uniform/studio/belt?
Do Bohk/Do Jang/Dee
- 2) What are the 5 codes of Tang Soo Do?
Loyalty to country, Obedience to parents, Honor friendship, No retreat in battle, In fighting choose with sense and honor
- 3) Who is this Grandmaster?



Grandmaster Robert Beaudoin

- 4) What does this symbol on the Korean flag represent?
 Heaven
- 5) What does orange belt represent?
New growth which appears in spring

Advanced 8th gup-orange belt with black stripe to 7th gup-purple belt

Student must perform the following:

- Basic Techniques:
 - Front Stretch Kick – Bahl Poto Oly Ki
 - Front Kick – Ahp Cha Ki
 - Outside/Inside Kick – Pahkeso Ahnero Cha Ki
 - Inside/Outside Kick – Ahneso Pahkero Cha Ki
 - Roundhouse Kick – Tollyo Cha Ki
 - Side Kick – Yup Cha Ki
 - Center Punch – Choong Dan Kong Kyuck
 - High Punch – Sang Dan Kong Kyuck
 - Low Punch – Ha Dan Kong Kyuck
 - Low Block – Ha Dan Mahk Ki
 - High Block – Sang Dan Mahk Ki
 - Outside/Inside Block – Pahkeso/Ahnero Mahk Ki
 - Inside/Outside Block – Ahneso/Pahkero Mahk Ki
 - Axe Kick – Ccick Ki
 - Side Block – Choong Dan Yup Mahk Ki
 - Jumping Front Kick – E Dan Ahp Cha Ki
 - Side Punch – Choong Dan Hang Jin
 - Back Kick – Dwi Cha Ki
 - Hook Kick – Yup Hu Ryo Cha Ki
 - Spinning Back Kick – Dwi Tollyo Cha Ki
 - Jumping Roundhouse Kick – E Dan Tollyo Cha Ki
 - Low Kinfe Hand Block – Ha Dan Soo Do Mahk Ki
 - Back Fist – Kap Kwon Kong Kyuck
- Combinations
 - #1 - Low Block/Reverse Center Punch
 - #2 - High Block/Reverse High Punch
 - #3 - Outside/Inside Block/Reverse Low Punch
 - #4 - Side Block/Lunge Side Punch (same hand)
 - #6 - Front Kick/Roundhouse Kick (same leg w/o setting down)
 - #7 - Outside Inside Kick/Side Kick (same leg w/o setting down)
 - #8 - Axe Kick/Back Kick (opposite leg)
 - #9 - Hook Kick/Roundhouse Kick (same leg w/o setting down)
 - [Click here for videos of the combinations for reference](#)

- Forms
 - Soo Ki Hyung (hand technique form)
 - Jah Seh Hyung (stance form)
 - Jo Ki Hyung (kick technique form)
 - Ki Cho Hyung Il Bu (basic form 1)
 - Sae Kye Hyung Il Bu (world form 1)
 - Ki Cho Hyung E Bu (basic form 2)
 - Sae Kye Hyung E Bu (world form 2)
 - Ki Cho Hyung Sam Bu (basic form 3)
 - Sae Kye Hyung Sam Bu (world form 3)
 - [Click here for videos of the forms for reference](#)
- One Step Sparring
 - Hand techniques #1, #2, #3, #4, #5, #6, #7
 - Kick techniques #1, #2, #3, #4, #5, #6, #7
 - [Click here for videos of the one step sparring techniques for reference](#)
- Self-Defense
 - Technique #1, #2, #3, #4, #5, #6, #7
 - [Click here for videos of the self-defense techniques for reference](#)

Student must answer the following questions:

- 1) What does Tang Soo Do mean?
The way of the Chinese empty hand
- 2) What are the 7 tenets of Tang Soo Do?
Integrity, concentration, perseverance, respect and obedience, self-control, humility, indomitable spirit
- 3) Who is this Grandmaster?



Grandmaster Mike Shintaku

- 4) What does this symbol on the Korean flag represent?



Earth

- 5) What are the 2 international organizations Evergreen Tang Soo Do is a member of?
World Dang Soo Do Union and East West Tang Soo Do Collective

7th gup-purple belt to Advanced 7th gup-purple belt with black stripe

Student must perform the following:

- Basic Techniques:
 - Front Stretch Kick – Bahl Poto Oly Ki
 - Front Kick – Ahp Cha Ki
 - Outside/Inside Kick – Pahkeso Ahnero Cha Ki
 - Inside/Outside Kick – Ahneso Pahkero Cha Ki
 - Roundhouse Kick – Tollyo Cha Ki
 - Side Kick – Yup Cha Ki
 - Center Punch – Choong Dan Kong Kyuck
 - High Punch – Sang Dan Kong Kyuck
 - Low Punch – Ha Dan Kong Kyuck
 - Low Block – Ha Dan Mahk Ki
 - High Block – Sang Dan Mahk Ki
 - Outside/Inside Block – Pahkeso/Ahnero Mahk Ki
 - Inside/Outside Block – Ahneso/Pahkero Mahk Ki
 - Axe Kick – Ccick Ki
 - Side Block – Choong Dan Yup Mahk Ki
 - Jumping Front Kick – E Dan Ahp Cha Ki
 - Side Punch – Choong Dan Hang Jin
 - Back Kick – Dwi Cha Ki
 - Hook Kick – Yup Hu Ryo Cha Ki
 - Spinning Back Kick – Dwi Tollyo Cha Ki
 - Jumping Roundhouse Kick – E Dan Tollyo Cha Ki
 - Low Knife Hand Block – Ha Dan Soo Do Mahk Ki
 - Back Fist – Kap Kwon Kong Kyuck
- Combinations
 - #1 - Low Block/Reverse Center Punch
 - #2 - High Block/Reverse High Punch
 - #3 - Outside/Inside Block/Reverse Low Punch
 - #4 - Side Block/Lunge Side Punch (same hand)
 - #5 - Low Knife Hand Block/Back Fist Front Stance (same hand)
 - #6 - Front Kick/Roundhouse Kick (same leg w/o setting down)
 - #7 - Outside Inside Kick/Side Kick (same leg w/o setting down)
 - #8 - Axe Kick/Back Kick (opposite leg)
 - #9 - Hook Kick/Roundhouse Kick (same leg w/o setting down)
 - #10 - Inside Outside Kick/Jump Front Kick
 - [Click here for videos of the combinations for reference](#)

- Forms
 - Soo Ki Hyung (hand technique form)
 - Jah Seh Hyung (stance form)
 - Jo Ki Hyung (kick technique form)
 - Ki Cho Hyung Il Bu (basic form 1)
 - Sae Kye Hyung Il Bu (world form 1)
 - Ki Cho Hyung E Bu (basic form 2)
 - Sae Kye Hyung E Bu (world form 2)
 - Ki Cho Hyung Sam Bu (basic form 3)
 - Sae Kye Hyung Sam Bu (world form 3)
 - [Click here for videos of the forms for reference](#)
- One Step Sparring
 - Hand techniques #1, #2, #3, #4, #5, #6, #7, #8
 - Kick techniques #1, #2, #3, #4, #5, #6, #7, #8
 - [Click here for videos of the one step sparring techniques for reference](#)
- Self-Defense
 - Technique #1, #2, #3, #4, #5, #6, #7, #8
 - [Click here for videos of the self-defense techniques for reference](#)

Student must answer the following questions:

- 1) What date was Tang Soo Do founded?
Nov. 9th, 1945
- 2) What does Moo Duk Kwan mean?
Martial Virtue Institute
- 3) Who is this Grandmaster?



Grandmaster Michael Romines

- 4) What does this symbol on the Korean flag represent?



Fire

- 5) What purple belt represent?

The blue sky beginning to darken at dusk. Students are transitioning away from being a beginner and are getting ready to start more advanced training.

Advanced 7th gup-purple belt with black stripe to 6th gup-green belt

Student must perform the following:

- Basic Techniques:
 - Front Stretch Kick – Bahl Poto Oly Ki
 - Front Kick – Ahp Cha Ki
 - Outside/Inside Kick – Pahkeso Ahnero Cha Ki
 - Inside/Outside Kick – Ahneso Pahkero Cha Ki
 - Roundhouse Kick – Tollyo Cha Ki
 - Side Kick – Yup Cha Ki
 - Center Punch – Choong Dan Kong Kyuck
 - High Punch – Sang Dan Kong Kyuck
 - Low Punch – Ha Dan Kong Kyuck
 - Low Block – Ha Dan Mahk Ki
 - High Block – Sang Dan Mahk Ki
 - Outside/Inside Block – Pahkeso/Ahnero Mahk Ki
 - Inside/Outside Block – Ahneso/Pahkero Mahk Ki
 - Axe Kick – Ccick Ki
 - Side Block – Choong Dan Yup Mahk Ki
 - Jumping Front Kick – E Dan Ahp Cha Ki
 - Side Punch – Choong Dan Hang Jin
 - Back Kick – Dwi Cha Ki
 - Hook Kick – Yup Hu Ryo Cha Ki
 - Spinning Back Kick – Dwi Tollyo Cha Ki
 - Jumping Roundhouse Kick – E Dan Tollyo Cha Ki
 - Low Knife Hand Block – Ha Dan Soo Do Mahk Ki
 - Back Fist – Kap Kwon Kong Kyuck
- Combinations
 - #1 - Low Block/Reverse Center Punch
 - #2 - High Block/Reverse High Punch
 - #3 - Outside/Inside Block/Reverse Low Punch
 - #4 - Side Block/Lunge Side Punch (same hand)
 - #5 - Low Knife Hand Block/Back Fist Front Stance (same hand)
 - #6 - Front Kick/Roundhouse Kick (same leg w/o setting down)
 - #7 - Outside Inside Kick/Side Kick (same leg w/o setting down)
 - #8 - Axe Kick/Back Kick (opposite leg)
 - #9 - Hook Kick/Roundhouse Kick (same leg w/o setting down)
 - #10 - Inside Outside Kick/Jump Front Kick
 - [Click here for videos of the combinations for reference](#)

- Forms
 - Soo Ki Hyung (hand technique form)
 - Jah Seh Hyung (stance form)
 - Jo Ki Hyung (kick technique form)
 - Ki Cho Hyung Il Bu (basic form 1)
 - Sae Kye Hyung Il Bu (world form 1)
 - Ki Cho Hyung E Bu (basic form 2)
 - Sae Kye Hyung E Bu (world form 2)
 - Ki Cho Hyung Sam Bu (basic form 3)
 - Sae Kye Hyung Sam Bu (world form 3)
 - Pyung Ahn Cho Dan
 - [Click here for videos of the forms for reference](#)
- One Step Sparring
 - Hand techniques #1, #2, #3, #4, #5, #6, #7, #8, #9, #10
 - Kick techniques #1, #2, #3, #4, #5, #6, #7, #8, #9, #10
 - [Click here for videos of the one step sparring techniques for reference](#)
- Self-Defense
 - Technique #1, #2, #3, #4, #5, #6, #7, #8, #9, #10
 - [Click here for videos of the self-defense techniques for reference](#)

Student must answer the following questions:

- 1) What is the Korean for hand/foot/arm/leg?

Soo/Pahl/Bahl/Da Ri

- 2) What does Ko Map Sum Ni Da mean?

Thank You

- 3) Identify all of the Grandmasters?

Hwang Kee, Song Ki Kim, Jae Chul Shin, Robert Beaudoin, Michael Shintaku, Michael Romines

- 4) What does this symbol on the Korean flag represent?



Water

- 5) What does green belt represent?

Speedy development of youth as summer arrives.

Tiny Tiger Tests

White Belt to White/Yellow Belt

Student must execute the following:

- From horse stance:
 - 10 center punches
 - 10 high punches
 - 10 low punches
 - 10 high blocks
 - 10 outside/inside blocks
 - 10 inside/outside blocks
 - 10 low blocks

Student must answer the following questions:

- What does Ahn Jo mean? Sit
- What does Muk Yum mean? Meditate
- What does Cha Ryut mean? Attention

White/Yellow Belt to White/Orange Belt

Student must execute the following:

- From front stance:
 - 10 front stretch kicks
 - 10 front snap kicks
 - 10 outside/inside kicks
 - 10 inside/outside kicks
- Tiger Form 4
- All previous test requirements

Student must answer the following questions:

- What does Choon Bee mean? Ready Stance
- What does Kyung Yet mean? Bow
- What does Ba Ro mean? Return

White/Orange Belt to White/Purple Belt

Student must execute the following:

- Moving forward in front stance:
 - 5 low blocks
 - 5 outside/inside blocks
 - 5 inside/outside blocks
 - 5 high blocks
- Tiger Form 1
- All previous test requirements

Student must answer the following questions:

- What are the 5 codes of Tang Soo Do?
 - Loyalty to country
 - Obedience to parents
 - Honor friendship
 - No retreat in battle
 - In fighting choose with sense and honor

White/Purple Belt to White/Double Purple Belt

Student must execute the following:

- Moving forward in front stance:
 - 5 front stretch kicks
 - 5 front snap kicks
 - 5 inside/outside kicks
 - 5 outside/inside kicks
- Tiger Form 3
- All previous test requirements

Student must answer the following questions:

- What does Cha Ki mean? Kick
- What does Mahk Ki mean? Block
- What does Ja Seh mean? Stance

White/Double Purple Belt to White/Green Belt

Student must execute the following:

- From front stance:
 - 5 front snap kicks
 - 5 roundhouse kicks
 - 5 side kicks
- Tiger Form 3
- All previous test requirements

Student must answer the following questions:

- What are the 7 tenets of Tang Soo Do?
 - Integrity, concentration, perseverance, respect and obedience, self-control, humility, indomitable spirit

White/Green Belt to White/Double Green Belt

Student must execute the following:

- Tiger Forms 4, 8, 12
- All previous test requirements

Student must answer the following questions:

- What are the 7 tenets of Tang Soo Do?
 - Integrity, concentration, perseverance, respect and obedience, self-control, humility, indomitable spirit
- What are the 5 codes of Tang Soo Do?
 - Loyalty to country
 - Obedience to parents
 - Honor friendship
 - No retreat in battle
 - In fighting choose with sense and honor

White/Double Green Belt to White/Red Belt

Student must execute the following:

- Combinations moving forward:
 - #1 - Low Block/Reverse Center Punch
 - #2 - High Block/Reverse High Punch
 - #3 - Outside/Inside Block/Reverse Low Punch Tiger Form 3
- Tiger Form 12
- All previous test requirements

Student must answer the following questions:

- Identify Grandmasters Hwang Kee, Song Ki Kim, and Jae Chul Shin.

White/Red Belt to White/Double Red Belt

Student must execute the following:

- Combinations moving forward:
 - #6 - Front Kick/Roundhouse Kick (same leg w/o setting down)
 - #7 - Outside Inside Kick/Side Kick (same leg w/o setting down)
- Tiger Forms 4 and 8
- All previous test requirements

Student must answer the following questions:

- Identify Grandmasters Robert Beaudoin, Michael Romines, and Mike Shintaku.

White/Double Red Belt to White/Blue Belt

Student must execute the following:

- Self-Defense #1, #2, #3
- Tiger Form 7
- All previous test requirements

Student must answer the following questions:

- What does white belt represent?
 - Purity and initiation, a seed that lies dormant under the snows of winter

White/Blue Belt to White/Double Blue Belt

Student must execute the following:

- One Step Sparring Hands #1, #2, #3
- Tiger Form 11
- All previous test requirements

Student must answer the following questions:

- Commands to bow in and out the class.
 - Cha Ryut, Kukgi Ba Rae, Ba Ro, Ahn Jo, Muk Yum, Ba Ro, Kwan Chang Nim E Kyung Yet, Sah Bum Nim E Kyung Yet