



APTSDF: Notes for Black Belt Written Test

This is what you need to know ...



Philosophy

Meaning of Tang Soo Do

- Tang = refers to the Tang Dynasty of China
- Soo = Hand but implies fist, strike, punch or defense
- Do = Way of Life

“Tang Soo Do”

means

The Way of the China Hand

- **Self Development**
- **Better Health**
- **Self Defense**

5 Codes

- **Loyalty to Country**
- **Obedience to Parents**
- **Honor Friendship**
- **No Retreat in Battle**
- **In Fighting Choose with Sense & Honor**

7 Tenets

- Integrity
- Concentration
- Perseverance
- Respect & Obedience
- Self-Control
- Humility
- Indomitable Spirit

8 Key Concepts

- **Courage**
- **Concentration**
- **Endurance**
- **Honesty**
- **Power Control**
- **Tension & Relaxation**
- **Speed Control**
- **Humility**

10 Attitude Requirements

- **Serious approach to the art**
- **All out effort**
- **Maintain regular practice**
- **Practice basic techniques all the time**
- **Regular classes are essential**
- **Always follow a routine training schedule**
- **Regularly inspect your own achievement**
- **Learn the theory and philosophy of all techniques**
- **Have your goals planned in advance**
- **Always listen and follow directions of your instructors**



History

Early Development

- **Tang Soo Do can be traced back 2,000 years.**
- **Korea was divided in 3 kingdoms:**
 - Paekche - founded in 18 BC
 - Koguryo - founded in 37 BC
 - Silla - founded in 75 BC
- **668 AD: Silla kingdom unites all 3 kingdoms**
 - Hwa Rang Dan - Young Aristocrats developed martial arts
 - Won Kwang - originates 5 codes of Tang Soo Do
- **918 AD: Koryo kingdom overthrows Silla kingdom**
 - Wang Kun - leader of the kingdom
- **1392 AD: Yi dynasty overthrew Koryo dynasty**
 - 1790: "*Mooyae Dobo Tongi*" is written (1st martial art book)

- **1909: Japan occupies Korea - No martial art allowed**
- **1945: End of World War 2 - Martial art allowed**
 - Many schools were created:
 - Moo Duk Kwan by Hwang Kee (also called Soo Bakh Do)
 - Chi Do Kwan by Kwai Byung
 - Yun Moo Kwan by Sang Sup
- **1965: All the arts were combined into “Tae Kwon Do”**



Terminology

Basic Terminology

• Tang Soo Do	=	Art we are studying
• Dojang	=	Training Hall
• Kwan Jang Nim	=	Grandmaster
• Sah Bum Nim	=	Instructor
• Yu Dan Ja	=	Black Belt Holder
• Do Bohk	=	Uniform
• Hyung	=	Form
• Ho Sin Sul	=	Self Defense
• Moo Do	=	Martial Way

Basic Terminology

• Kong Kyuck	=	Strike/attack
• Mahk Ki	=	Block
• Cha Ki	=	Kick
• Soo Do	=	Knife Hand
• Ja She	=	Stance
• Ha Dan	=	Low
• Sang Dan	=	High
• Choong Dan	=	Center
• Soo Do	=	Knife Hand
• Ahp	=	Front
• Yup	=	Side
• Tollyo	=	Round
• Dwi	=	Back

Basic Terminology

• Il Soo Sik	=	One Step
• Ho Sin Sul	=	Self Defense
• Dae Ryun	=	Sparring
• Fore Fist	=	Kap Kwon
• Kwan Soo	=	Spear Hand
• Ssang Soo	=	Two Hand (x block)
• Yup Mahk Ki	=	Side Block
• Shi Jak	=	Begin
• Jo Ki	=	Foot Technique
• Ba Ro	=	Return
• Tora	=	Turn
• Dwi Ro Tora	=	Turn to The Rear

Basic Stances (Ja Seh)

- | | | |
|--------------------|---|-----------------|
| • Choon Bee Ja Seh | = | Ready Stance |
| • Chun Kul Ja Seh | = | Front Stance |
| • Hu Kul Ja Seh | = | Fighting Stance |
| • Kee Ma Ja Seh | = | Horse Stance |
| • Sa Ko Rip Ja She | = | Side Stance |

Basic Movements (Hand)

- Ha Dan Mahk Ki = Low Block
- Sang Dan Mahk Ki = High Block
- Choong Dan Mahk Ki = Center Block

- Ha Dan Kong Kyuck = Low Punch/Attack
- Sang Dan Kong Kyuck = High Punch/Attack
- Choong Dan Kong Kyuck = Center Punch/Attack

- Choong Dan Han Jin = Side Punch
- Pahl Put Ki = Punch Exercise in Horse Stance

Basic Movements (Leg)

• Ahp Cha Ki	=	Front Kick
• Yup Cha Ki	=	Side Kick
• Tollyo Cha Ki	=	Round Kick
• Dwi Cha Ki	=	Back Kick
• Dwi Tollyo Cha Ki	=	Spinning Back Kick
• Yup Hu Ryo Cha Ki	=	Hook Kick
• E Dan	=	Jumping (Kick)

Commands in Class

• Cha Ryut	=	Attention
• Kukgi Bae Rye	=	Salute the Flag
• Ba Ro	=	Return
• Muk yum	=	Meditation
• Kyung Yet	=	Bow
• Choon Be	=	Ready
• Shi Jak	=	Begin

Anatomy

• Mo Ri	=	Head
• I Ma	=	Forehead
• In Chong	=	Philtrum
• Mok	=	Neck
• Tuck	=	Chin
• Pahl	=	Arm
• Pahl Kop	=	Elbow
• Soo	=	Hand
• Dan Jun	=	Lower Abdomen
• Hu Ri	=	Waist
• Ko Hwan	=	Groin
• Moo Roope	=	Knee



Forms (Hyungs)

Forms

Forms	Meaning	# of Counts	# of Moves	# of Kihaps	Duration	Creator	Year	Place
Gi Cho Hyung Il Bu	Basic Form #1	20	20	2	30-35 sec	Hwang Kee	1947	Seoul, Korea
Gi Cho Hyung E Bu	Basic Form #2	20	20	2	30-35 sec	Hwang Kee	1947	Seoul, Korea
Gi Cho Hyung Sam Bu	Basic Form #3	20	20	2	30-35 sec	Hwang Kee	1947	Seoul, Korea
Pyung Ahn Cho Dan	Calm, Peace of Mind	20	22	2	35-45 sec	Mr. Idos	1870	Ha Nam, China
Pyung Ahn E Dan	Calm, Peace of Mind	21	29	2	35-45 sec	Mr. Idos	1870	Ha Nam, China
Pyung Ahn Sam Dan	Calm, Peace of Mind	16	25	2	35-45 sec	Mr. Idos	1870	Ha Nam, China
Pyung Ahn Sah Dan	Calm, Peace of Mind	20	29	2	35-45 sec	Mr. Idos	1870	Ha Nam, China
Pyung Ahn Oh Dan	Calm, Peace of Mind	17	27	2	35-45 sec	Mr. Idos	1870	Ha Nam, China
Bassai Dae	Selection of the Best Choice	31	52	3	45-60 sec	Unknown	XVI	Ha Nam, China
Nahanchi	Warrior on a Horse	19	33	2	35-45 sec	Chang Song Gye	XII	Northern China
Sip Soo	Ten Hands	20	29	2	35-45 sec	Unknown	XVII	Northern China

Gi Cho Hyung

- **Animal:** n/a
- **Meaning:** Basic
- **Creator:** Hwang Kee
- **Date:** 1947
- **Place:** Korea

Pyung Ahn

- **Animal:** Turtle
- **Meaning:** Calm, Peaceful
- **Creator:** Mr. Idos
- **Date:** 1870
- **Place:** Ha Nam (China)

Bassai Dae

- **Animal:** Snake / Cobra
- **Meaning:** Selection of the Best
- **Creator:** Unknown
- **Date:** XVI Century
- **Place:** Ha Nam (China)

Nahanchi

- **Animal:**
- **Meaning:** Warrior on a Horse
- **Creator:** Chang Song Gye
- **Date:** XII Century
- **Place:** Northern China

Sip Soo

- **Animal:** Bear
- **Meaning:** Ten Hands
- **Creator:** Unknown
- **Date:** XVII Century
- **Place:** Northern China



Flags

US Flag (Kukgi)







Kukgi

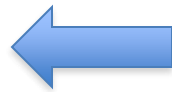
- **50 stars:** 50 states
- **13 stripes:** 13 original colonies
- **Blue:** Perseverance & Justice
- **White:** Purity & Innocence
- **Red:** Valor & Hardiness

Korean Flag (Tae Keuk Ki)




← **Tae Keuk Ki**

- **Um- Yang: Opposite but complementary**
-  **Heaven**
-  **Earth**
-  **Water**
-  **Fire**



Yon Hap Ki

- **Blue:** Vast knowledge and mystery of the deep oceans
- **Gold:** Royalty, Success
-  (Moo) Martial Way

Placement of the Flags



Shows proper respect for the country where the Dojang is located



Shows proper respect to the organization that certifies all members of the Dojang



Shows proper respect for the country of origin



Belt System

Philosophy of The Belt System

Belt	Meaning
White	The seed at it lies dormant beneath the snows of winter
Yellow	The heat and sun of very early spring
Orange	New growth which appears in spring
Green	The speedy development of youth as summer arrives
Red	Blood, Life, Energy, Attention & Control
Blue	Maturity, Respect, Honor
Black	Mastery, Calmness, Dignity, Sincerity

Different Types of Black Belt Tests

- **Master Testing**

- Once a year at the Master's Clinic

- **Regular Black Belt Testing**

- Spring & Fall at a regional event (Camp or championships)

- **Color Belt Testing**

- 3-4 times a year at the studio

- **Junior Black Belt Testing**

- Spring & Fall at local studio

- **Special Needs Black Belt Testing**

- Spring & Fall at local studio