



SOAR TANG SOO DO

(MR. ANDREW E. CALVERT, OWNER)



Study Sheet: Orange Belt (8th Gup) testing for Senior Orange Belt (7th Gup)

Physical Test

1. Basic Techniques

A. Hands:

- 1) Side Punch (Choong Dan Hang Jin)
- 2) Side Defense (Chong Dan Yup Mah Ki)
- 3) Knife Hand Strike (Soo Do Kong Kyuck)
- 4) Ridge Hand Strike (Yuk Soo Do Kong Kyuck)
- 5) Elbow Strike (Pahl Koop Kong Kyuck)
- 6) O/I Block (Phakeso Ahnu Ro Mahk Ki)
- 7) I/O Block (Ahneso Phaku Ro Mahk Ki)
- 8) High Punch (Sang Dan Kong Kyuck)

B. Kicks:

- 1) Stepping Side Kick (Mirro Yup Cha Ki)
- 2) Axe Kick (Cchick Ki)
- 3) Hook Kick (Yup Hu Ryo Cha Ki)
- 4) Wheel Kick (Dwi Hu Ryo Cha Ki)
- 5) O/I Crescent Kick (Phakeso Ahnu Ro Cha Ki)
- 6) I/O Crescent Kick (Ahneso Phaku Ro Cha Ki)
- 7) ALL KICKS WITH JUMPING

C. Stances:

- 1) Front Stance (Chun Kul Ja Seh)
- 2) Horse Riding Stance (Kee Ma Ja Seh)
- 3) Fighting Stance (Hu Kul Ja Seh)

2. Form (Hyung): Sae Kye Hyung Sam Bu

3. Sparring: One on One (no contact)

Won-Hyong Dae-Ryun (Partner Sparring looping and focus Drill): Roundhouse, Jab, Cross

4. Defensive Ability:

A. Hands

- 5) Five- Oh
- 6) Breaking Sticks

B. Kicking

- 5) Slide to the Side
- 6) Duck and Round

C. Grabbing

- 5) Horse and Saddle/Respect - Front
- 6) Belt - Back

5. Breaking Ability:

- Attempt one board with choice of foot technique

Knowledge

Dojang Regulations: You may download the Dojang Regulations at soartsd.com/downloads/

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

14 Attitude Requirements to Master Tang Soo Do

1. Purpose of training should be enhancement of mental and physical betterment.
2. Serious approach.
3. All out effort.

Association Symbol - Insignia

- **Six Stars:** Represents the six inhabited continents and shows that Tang Soo Do is now worldwide.
- **Um, Yang:** Red and Blue half circle symbol represents universal concept of opposing but complementary forces. It is also the central symbol of the Korean flag where Tang Soo Do originated.
- **Flying Side Kick:** Represents the special and unique character of Tang Soo Do and the whole person concept.
- **Red Circle:** unity and Brotherhood.
- **Globe:** Means our organization covers the world.
- **Bottom Belt:** Masters' Belt - Represents the ultimate goal of all Tang Soo Do students.
- **Practitioner:** Mastering the Art of Tang Soo Do
- **Color Combination:** Red, Blue and Black

Meaning of Tang Soo Do: Student Manual, page 9

Brief History of Korea and Korean Martial Arts: Student Manual, pages 9-14

Written Test

The written test will be administered one week prior to the physical test. You must pass the written test to participate in the physical test.

Name: _____

Date: _____



SOAR TANG SOO DO

Written Test

Orange Belt (8th Gup) testing for Senior Orange Belt (7th Gup)



$$\frac{\text{Correct}}{\text{Possible}} \div 197 = (\times 100) = \frac{\text{Percent}}{\text{}} \%$$

Terminology (Translate into English) 33 pts

Ha Dan Mahk Ki - _____

Hu Kul Ja Seh - _____

Sang Dan Kong Kyuck - _____

Pahl Koop Kong Kyuck - _____

Ko Map Sum Ni Da - _____

Sah Bum Nim - _____

Mirro Yup Cha Ki - _____

Choong Dan Kong Kyuck - _____

Phakeso Ahnu Ro Mahk Ki - _____

Sang Dan Mahk Ki - _____

Soo Do Kong Kyuck - _____

Cchick Ki - _____

Phakeso Ahnu Ro Cha Ki - _____

Dojang - _____

Yup Cha Ki - _____

Choong Dan Hang Jin - _____

Bahl Poto Oly Ki - _____

Do Bahk - _____

Chun Kul Ja Seh - _____

Ahneso Phaku Ro Cha Ki - _____

Kwang Chang Nim - _____

Yuk Soo Do Kong Kyuck - _____

Cha Ryut - _____

Dwi Cha Ki - _____

Tollyo Cha Ki - _____

Yup Poto Oly Ki - _____

Ahp Cha Ki - _____

Yup Hu Ryo Cha Ki - _____

Dwi Hu Ryo Cha Ki - _____

Chong Dan Yup Mah Ki - _____

Ahneso Phaku Ro Mahk Ki - _____

Choon Bee Ja Seh - _____

Kee Ma Ja Seh - _____

Orange Belt Meaning 18 pts (1pt/word): _____

14 Attitude Requirements to Master Tang Soo Do (write out the first three): 17 pts (1pt/word)

1. _____

2. _____

3. _____

Name: _____

Date: _____

Association Symbol - Insignia: 8 pts (1pt/blank)

Six Stars: _____

Um, Yang: _____

Flying Side Kick: _____

Red Circle: _____

Globe: _____

Bottom Belt: _____

Practitioner: _____

Color Combination: _____

Pneumonics for One Steps 18 pts

Hands

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Kicking

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Grabbing

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Hyungs 6 pts

What does Sae Kye Hyung Il Bu mean? _____

How many moves are in Sae Kye Hyung Il Bu? _____

What does Sae Kye Hyung E Bu mean? _____

How many moves are in Sae Kye Hyung E Bu? _____

What does Sae Kye Hyung Sam Bu mean? _____

How many moves are in Sae Kye Hyung Sam Bu? _____

What are the three purposes and meanings of Tang Soo Do training? 6 pts (2pts/line)

1. _____
2. _____
3. _____

Name: _____

Date: _____

Meaning of Tang Soo Do 7 pts (1pt/blank)

Literally translated, the word “Tang” refers to _____.

“Soo” means _____, but it implies _____, _____, _____, or _____.

“Do” means _____.

Brief History of Korea and Korean Martial Arts 16 pts (1pt/blank)

Tang Soo Do can be traced back to approximately _____ years.

The Silla Dynasty was founded in _____. (year)

Koguryo was founded in _____. (year)

Paekche was founded in _____. (year)

Which dynasty united the three kingdoms of Korea and in what year? Dynasty _____ Year _____

What is the name of the young aristocratic group credited with martial art development and instrumental in the Korean unification? _____

What years was Korea unified under the Silla dynasty? _____

Who originated the Five codes of Tang Soo Do? _____

In what year did Wang Kun overthrow Silla Dynasty dominance? _____

What was the name of the first complete martial arts book, and in what was it written? _____

What is the formal name of Tang Soo Do? _____

What nation occupied Korea between 1909 and 1945? _____

Who is the founder of “The Korean Soo Bahk Do Association” (Moo Duk Kwan) and Grandmaster Shin’s instructor?

In the year _____ all the various Korean martial arts systems united, save Moo Duk Kwan (Tang Soo Do), into one organization called _____.

Write is the Korean phonetic and the (english meaning) for the opening of class. 14 pts (1pt/blank)

_____ (_____)

_____ (_____)

_____ (_____)

_____ (_____)

_____ (_____)

_____ (_____)

_____ (_____)

Name: _____.

Date: _____.

How has studying martial arts at Soar Tang Soo Do changed/improved/helped you since your last belt test?

Name: _____

Date: _____



SOAR TANG SOO DO

Written Test

Orange Belt (8th Gup) testing for Senior Orange Belt (7th Gup)

$$\frac{\text{Correct}}{\text{Possible}} \div 197 = (\text{x}100) = \text{Percent} \%$$

Terminology (Translate into English) 33 pts

Ha Dan Mahk Ki - Low Block

Hu Kul Ja Seh - Fighting Stance

Sang Dan Kong Kyuck - High Punch

Pahl Koop Kong Kyuck - Elbow Strike

Ko Map Sum Ni Da - Thank You

Sah Bum Nim - Instructor

Mirro Yup Cha Ki - Stepping Side Kick

Choong Dan Kong Kyuck - Center Punch

Phakeso Ahnu Ro Mahk Ki - O/I Block

Sang Dan Mahk Ki - High Block

Soo Do Kong Kyuck - Knife Hand Strike

Cchick Ki - Axe Kick

Phakeso Ahnu Ro Cha Ki - O/I Crescent Kick

Dojang - Studio/Gym

Yup Cha Ki - Side Kick

Choong Dan Hang Jin - Side Punch

Bahl Poto Oly Ki - Front Stretch Kick

Do Bahk - Uniform

Chun Kul Ja Seh - Front Stance

Ahneso Phaku Ro Cha Ki - I/O Crescent Kick

Kwang Chang Nim - Grandmaster

Yuk Soo Do Kong Kyuck - Ridge Hand Strike

Cha Ryut - Attention

Dwi Cha Ki - Back Kick

Tollyo Cha Ki - Roundhouse/Turning Kick

Yup Poto Oly Ki - Side Stretch Kick

Ahp Cha Ki - Front Kick

Yup Hu Ryo Cha Ki - Hook Kick

Dwi Hu Ryo Cha Ki - Wheel Kick

Chong Dan Yup Mah Ki - Side Defense

Ahneso Phaku Ro Mahk Ki - I/O Block

Choon Bee Ja Seh - Ready Stance

Kee Ma Ja Seh - Horse Riding Stance

Orange Belt Meaning 18 pts (1pt/word): _____ Orange belt represents new growth which appears in spring. Our Tang Soo Do knowledge begins to reveal itself.

14 Attitude Requirements to Master Tang Soo Do (write out the first three): 17 pts (1pt/word)

1. The purpose of training should be enhancement of mental and physical betterment.
2. Serious Approach
3. All out effort

Association Symbol - Insignia: 8 pts (1pt/blank)

Six Stars: _____ Represents the six inhabited continents and shows that Tang Soo Do is now worldwide.

Um, Yang: _____ Red and Blue half circle symbol represents universal concept of opposing but complementary forces. It is also the central symbol of the Korean flag where Tang Soo Do originated.

Name: _____

Date: _____

Flying Side Kick: _____ Represents the special and unique character of Tang Soo Do and the whole person concept.

Red Circle: _____ unity and Brotherhood.

Globe: _____ Means our organization covers the world.

Bottom Belt: _____ Masters' Belt - Represents the ultimate goal of all Tang Soo Do students.

Practitioner: _____ Mastering the Art of Tang Soo Do

Color Combination: _____ Red, Blue and Black

Pneumonics for One Steps 18 pts

Hands

1. One Elbow
2. Two Elbows
3. Chop the Tree
4. Shut the Door
5. Five- Oh
6. Breaking Sticks

Kicking

1. The FRONT
2. SIDE of the king
3. is ROUND
4. Slam the Door
5. Slide to the Side
6. Duck and Round

Grabbing

1. Same side
2. Opposite side
3. Snake in the tree
4. Chicken wing/Ride the Rainbow
5. Horse and Saddle/Respect
6. Belt

Hyungs 6 pts

What does Sae Kye Hyung II Bu mean? World Form #1

How many moves are in Sae Kye Hyung II Bu? 20

What does Sae Kye Hyung E Bu mean? World Form #2

How many moves are in Sae Kye Hyung E Bu? 20

What does Sae Kye Hyung Sam Bu mean? World Form #3

How many moves are in Sae Kye Hyung Sam Bu? 20

What are the three purposes and meanings of Tang Soo Do training? 6 pts (2pts/line)

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.

Meaning of Tang Soo Do 7 pts (1pt/blank)

Literally translated, the word "Tang" refers to T'ang Dynasty of China, which reflects the shared cultural background between China and Korea (AD 617-907).

"Soo" means Hand, but it implies fist, punch, strike, or defense.

"Do" means the way of life or art.

Name: _____

Date: _____

Brief History of Korea and Korean Martial Arts 16 pts (1pt/blank)

Tang Soo Do can be traced back to approximately 2000 years.

The Silla Dynasty was founded in 57 BC (year)

Koguryo was founded in 37 BC (year)

Paekche was founded in 18 BC (year)

Which dynasty united the three kingdoms of Korea and in what year? Dynasty Silla Year AD 668

What is the name of the young aristocratic group credited with martial art development and instrumental in the Korean unification? Hwa Rang Dan

What years was Korea unified under the Silla dynasty? AD 668 - 935

Who originated the Five codes of Tang Soo Do? Won Kwang

In what year did Wang Kun overthrow Silla Dynasty dominance? AD 918

What was the name of the first complete martial arts book, and in what was it written? Muye Dobo Tongji

What is the formal name of Tang Soo Do? Soo Bahk Ki

What nation occupied Korea between 1909 and 1945? Japan

Who is the founder of “The Korean Soo Bahk Do Association” (Moo Duk Kwan) and Grandmaster Shin’s instructor?

Hwang Kee

In the year 1965 all the various Korean martial arts systems united, save Moo Duk Kwan (Tang Soo Do), into one organization called Korean Tae Kwon Do Association.

Write is the Korean phonetic and the (english meaning) for the opening of class. 14 pts (1pt/blank)

Cha Ryut

(Attention)

Kukgi Bae Rye

(Salute the Flag)

Ba Ro

(Return to Ready)

Muk Yum

(Meditate/Prayer)

Ba Ro

(Return to Ready)

Kwan Chang Nim E Kyung Yet

(Bow to Grandmaster)

Sah Bum Nim E Kyung Yet

(Bow to Instructor)

How has studying martial arts at Soar Tang Soo Do changed/improved/helped you since your last belt test?
