

*SAFE HARBOR  
FAMILY MARTIAL  
ARTS*



*WHO WE ARE, WHAT WE  
DO*

*(Our Training Manual & Class Rules)  
Revision 2.*

SAFE HARBOR TANG SOO DO  
TRAINING MANUAL & CLASS RULES

TABLE OF CONTENTS

GENERAL CLASS RULES	3
I.    ENTERING THE DOJANG	3
II.   STARTING THE CLASS	3
III.  DURING CLASS	4
IV.   THE UNIFORM	4
V.    PRACTICE	6
VI.   CLASS SPIRIT	6
VII.  SPECIAL CIRCUMSTANCES	6
FORMS	7
FORM GUIDELINES	7
GENERAL KNOWLEDGE	8
BASIC TERMINOLOGY	10
BELT SYSTEM IN TANG SOO DO	11
BELT COLORS & THEIR PHILOSOPHICAL RELATIONSHIPS	12
GUP TESTING	13
REQUIREMENTS	13
DAN TESTING	13
BELT TESTING REQUIREMENTS	14
GENERAL BASIC TERMINOLOGY	21
ADVANCED TERMINOLOGY	22
THE MEANING OF THE AMERICAN AND KOREAN FLAGS	26
WHITE BELT ONE STEP PUNCHES	27
WHITE & GREEN BELT ONE STEP KICKS	28
GREEN BELT ONE STEP PUNCHES	29
RED BELT ONE STEP PUNCHES	30
RED & BLACK BELT ONE STEP KICKS	31
BLACK BELT ONE STEP PUNCHES	32
SELF DEFENSE GRABS	33
THE FACES OF KNOWLEDGE: T.S.D.	35

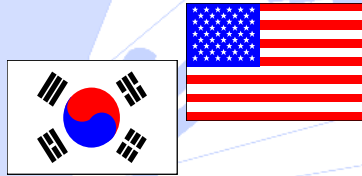
## **GENERAL CLASS RULES**

### **I. ENTERING THE DOJANG:**

Upon entering the Dojang students and Black Belts should salute the flags and bow to senior Black Belts on the floor. This should be done without exception. Students do not have to wait for Dan members to acknowledge the bow.

### **II. STARTING THE CLASS:**

- a) The instructor will line up in front center of the class.
- b) All others, both students and Dan members will line up according to rank and seniority.



- c) The highest ranking member will call the commands as follows:

CHUTTY YUT  
KOO GEE BAH RAY  
PBAH RO  
MUKN YUM  
PBAH RO

ATTENTION  
SALUTE FLAGS  
RETURN  
MEDITATE  
RETURN

SAH BUM NIM KEE KYUNG YET  
BOW TO MASTER

OR

KYO SAH NIM KEE KYUNG YET  
BOW TO INSTRUCTOR

### **UNIFORM FOLDING**

1. Place uniform top on back, folding sleeves inward at the

### **III. DURING CLASS:**

Proper respect and discipline will be maintained at all times.

- a) When the Chief Instructor of the school or a senior ranking Dan member enters the Dojang, the class will be called to attention and bow to this individual. The first student who sees the Dan member should call the commands for this procedure. Once proper respect has been given the class will resume training.
- b) If a student comes to class late they will wait at the Dojang entrance until they are recognized by the instructor. They will then approach the instructor, bow and ask permission to join the class.
- c) If a student must leave the Dojang during class they must first receive permission from their instructor. To return to class, they will have to be acknowledged before entering the Dojang.
- d) Questions to the instructor during class should be proceeded with a bow and proper respect.
- e) For questions before or after class, a chain of command should be instituted and followed without exception. If a senior gup is unable to answer the question, a junior Black Belt may be approached.
- f) While seated on the floor, members should keep proper posture conducive to good health. Hands should be placed on the knees, the back should be straight and the legs should be crossed.

### **IV. THE UNIFORM: (DO BOK)**

Members should exercise care to insure their Do Bok is kept clean and well pressed at all times. It is important to give a good impression of our art, and a neat appearance is important in this respect. Clothing should not be worn underneath the uniform. All females should wear a t-shirt: white or matching the color of their belt from green belt up. Uniforms are to be brought to class either in a bag or neatly folded with belt tied around it. Fingernails and toenails should be clipped short and kept short so as to prevent injury while free fighting.

shoulder seam towards the center.

2. Fold left and right side of top inward to meet at center.
3. Fold pants in half with legs together and then fold in half lengthwise twice.
4. Place pants on bottom half of the uniform top and fold the top in half width-wise.
5. Fold belt in half and wrap around uniform with an overhand knot.

### **BELT TYING**

1. Fold your belt (Dee) in half with the ends together to find the center. Place center of the belt on stomach.
2. Wrap both ends around waist and cross in back. Bring ends back around to front, crossing the end in your right hand over the end in your left hand.
3. Switch hands on your belt ends and take the end in your left hand and slip it under both piece of your belt around your waist. Pull both ends up and down to tighten.
4. Take top end that is in your left hand and hold it out in front of you. Take the end in your right hand and bend it over to the left.
5. Take the left end and bend it over the right end, up and through the knot hole.
6. Pull both ends tight with a couple of pulls. Note, you have just made a square knot. Pull ends down to see that they are even.

**NOTE: Your belt is NOT to be washed at anytime.**

### **V. PRACTICE:**

In order to improve, the student learns basic actions and should practice them until they are perfected. Students must work hard and concentrate in order to master the various forms. The practice of forms and basic

moves will enable the student to develop precise and accurate techniques. The student should remember that all TANG SOO DO techniques depend on basic moves and forms. Learn them properly and apply them in free fighting.

## **VI. CLASS SPIRIT:**

Strong spirit is very important in your training. A *Key Ahp* Yell (Literally Translated "Spirit Breath") is essential for strong spirit and allows you to focus your mind and power. It also will startle your opponent and throw them off guard.

There is another way to show spirit in traditional Martial Arts, for example, in the Tang Soo Do schools. It is by shouting, Tang Soo! Tang Soo is short for Tang Soo Do, the Korean classical martial art style we are studying. Training in the martial arts is for the individual growth of each student, learning at their own pace. As practitioners we share this in common. With this common goal in mind, at the end of each class or martial arts gathering, unity is shown by raising both arms with the hands in a fist, shouting Tang Soo!, knowing that this spirit will carry until the next time together.

## **VII. SPECIAL CIRCUMSTANCES:**

- a) In the case of a visiting Instructor or guest of senior rank to the Instructor, the regular class Instructor will ask permission to begin class. At this time the visitor has a choice of two options. They may choose to teach the class or fall in and participate in class.
- b) If a visiting senior rank notices a correction in class technique, protocol, etc., this will be made to the class Instructor with discretion and respect.
- c) If a gup student has not attended class for a period of more than two weeks, before suiting-up, he/she should formally approach the Instructor and gain permission to join class.

## **FORMS**

Forms were first developed as a method to practice sparring techniques, as free sparring techniques did not exist. Since that time,

as point sparring, etc. developed, form practice has become a highly developed aspect of martial arts training in its own right.

The practice of forms helps the student develop precise and accurate techniques. these specific patterns of movements are designed to build coordination, balance, control, strength and focus. A perfect form is regarded as beautiful and demonstrates the artistic aspect of Tang Soo Doo.

### **FORM GUIDELINES**

1. No student should teach another any form without express permission of the Instructor in charge.
2. When a student's techniques in a particular form demonstrates that they are ready to learn a new form, the instructor will inform them. No student should presume to ask for the next form.
3. One new form is usually required for each gup level of advancement. Dan levels often require two or even three forms.
4. Patience and acknowledgment of self-accomplishment are as important as physical ability in form practice.
5. When a student learns a new form, he/she is responsible for general knowledge regarding that form.

### **GENERAL KNOWLEDGE**

Hyungs

Forms

### **BASIC FORMS**

Gi Choi Hyung il Bu  
Gi Choi Hyung E Bu

Basic Form #1  
Basic Form #2



Gi Choi Hyung Sam Bu

Basic Form #3

### **PYUNG AHN**

Pyung Ahn Cho Dan  
Pyung Ahn E Dan  
Pyung Ahn Sam Dan  
Pyung Ahn Sah Dan  
Pyung Ahn O Dan

Pyung Ahn Form #1  
Pyung Ahn Form #2  
Pyung Ahn Form #3  
Pyung Ahn Form #4  
Pyung Ahn Form #5

### **THE MEANING OF PYUNG AHN**

*Well-Balanced*

### **THE SIX CONCEPTS OF PYUNG AHN**

*Well - Balanced \* Safe \* Calm \* Confident \* Even \* Peaceful*

### **ANIMAL REPRESENTATION FOR PYUNG AHN**

*Turtle*

### **PBASSAI**

*Breaking Into a Fortress*

### **ANIMAL REPRESENTATION OF PBASSAI - SO**

*Little Serpent*

### **ANIMAL REPRESENTATION OF PBASSAI - DAE**

*Big Serpent*

### **NAI HAN CHI**

Nai Han Chi Cho Dan

Nai Han Chi Form #1

Nai Han Chi E Dan

Nai Han Chi Form #2

Nai Han Chi Sam Dan

Nai Han Chi Form #3

### **MEANING OF NAI HAN CHI**



*Instrument of Iron*

**REPRESENTATION OF NAI HAN CHI**

*Warrior On a Horse / Man in Armor*

**SHIP SU**

*Ten Hands*

**ANIMAL REPRESENTATION**

*Bear*

**JIN DO**

*Attack and Retreat*

**ANIMAL REPRESENTATION**

*Crane*

**RA HAI / LO HAI**

*Breaking / Demonstration Form*

**KONG SUN KUN**

*Air & The Universe Beyond Named After a Famous Chinese General*

**ANIMAL REPRESENTATION**

*Eagle*

**SHA SUN**

**ANIMAL REPRESENTATION**

*Praying Mantis*

**WON SHU**

**ANIMAL REPRESENTATION**

*Bird*

## **BASIC TERMINOLOGY**

This terminology is generally what is needed for white through orange belt. However, as the student nears green belt, learning additional terminology may be needed. A good rule of thumb: if you know how to perform the technique, you should know how to say it in Korean. The learning of terminology is indispensable for an understanding of promotion requirements, studio and class conduct, Korean culture, techniques and instructional commands. (Note: in words beginning with "G" the "G" is hard).

### **BLOCKS**

MAHKEE	BLOCK
HA DAN	LOW PART OF AREA
SAH DAN	HIGH PART OF BODY
CHUN DAN	MIDDLE PART OF BODY
HAN DAN MAHKEE	LOW BLOCK / DEFENCE
SAH DAN MAHKEE	HIGH BLOCK / DEFENCE
PAHKESO ANERO MAHKEE	OUTSIDE TO INSIDE BLOCK
ANESO PAHKERO MAHKEE	INSIDE TO OUTSIDE BLOCK
SANG SOO MAHKEE	DOUBLE BLOCK
CHUN DAN SOO DO	CENTER CHOP
HA DAN SOO DO	LOW CHOP

### **KICKS**

CHA GI	KICK
AHP	FRONT
TOLL YO	ROUND
YUP	SIDE
AHP CHA GI	FRONT KICK
TOLL YO CHA GI	ROUND KICK
YUP CHA GI	SIDE KICK
PAKESO ANERO PAN DAL CHA GI	OUTSIDE TO INSIDE CRESCENT KICK
ANESO PAKERO MEETARO PAN DAL CHA GI	INSIDE TO OUTSIDE AXE OR CRESCENT KICK
16 DAN YUP CHA GI	JUMP / SKIP SIDE KICK

## **STANCES**

CHA SAY	STANCE
HU GUL CHA SAY	FIGHTING STANCE / BACK STANCE
CHUN GUL CHA SAY	LEANING / FRONT STANCE
KEE MA CHA SAY	HORSE RIDING / SIDE STANCE
CHUN BEE	READY STANCE / POSITION

## **BELT SYSTEM IN TANG SOO DO**

10th Gup	White Belt	No Stripe	No Trim
9th Gup	Yellow Belt	No Stripe	No Trim
8th Gup	Orange Belt	No Stripe	No Trim
7th Gup	Orange Belt	One Stripe	No Trim
6th Gup	Green Belt	No Stripe	Green Trim
5th Gup	Green Belt	One Stripe	Green Trim
4th Gup	Green Belt	Two Stripes	Green Trim
3rd Gup	Red Belt	No Stripe	Red Trim
2nd Gup	Red Belt	One Stripe	Red Trim
1st Gup	Red Belt	Two Stripes	Red Trim
1st Dan	Black Belt	No Stripe	Full Black Trim
2nd Dan	Black Belt	Two Stripes	Full Black Trim
3rd Dan	Black Belt	Three Stripes	Full Black Trim
4th Dan (Master)	Black Belt	Red Stripe In Middle of Belt	Full Black Trim

Note: All stripes on Gup rank belt and Dan rank belts are to be on one end of belt only, at the tip of the belt approximately 1 1/2 "from the end. All Lapel trim shall be between 1 1/2 to 2" wide, depending upon the width of the binding of the uniform. Trim shall cover but not exceed the binding.

Green and red belt Gup ranked students shall have trimmed uniform

jackets on lapel only. Orange and yellow belts shall not have trim on uniform jackets. Dan members shall have Trimmed uniform jackets which include lapel, sleeve cuffs and all around the bottom border.

## **BELT COLOR & THEIR PHILOSOPHICAL RELATIONSHIPS**

### **White Belt:**

Element - Metal  
Animal - Tiger  
Season - Winter  
(Yellow & Orange belt is considered a level of White belt)



### **Green Belt:**

Element - Wood  
Animal - Dragon  
Season - Spring



### **Red Belt:**

Element - Fire  
Animal - Eagle  
Season - Summer



### **Black Belt:**

Element - Water  
Animal - Turtle  
Season - Autumn

### **GUP TESTING**

Requires a minimum waiting period of three months. The Instructor may exercise her/his prerogative and test the member sooner.



## **REQUIREMENTS**

General requirements for promotion (advancement) at the Gup level (grade) include:

- 1) Students must be of good character and accepted by an officially recognized Black Belt Instructor.
- 2) Current and regular weekly attendance.
- 3) No age requirement.

## **DAN TESTING**

1st Dan - Minimum of Three Years\*

2nd Dan - 2 Years Additional (Minimum)

3rd Dan - 3 Years Additional (Minimum)

4th Dan - 4 Years Additional (Minimum)

\*(based on 2 to 3 hours per week of classroom training, less training hours per week means additional years of training)

## **BELT TESTING REQUIREMENTS**



### **• WHITE**

The 10th  
maintain



### **BELT 10th GUP:**

Gup, student is required to  
current and regular weekly

attendance, exhibit good character and be accepted by an officially recognized Black Belt Instructor.

- **10th GUP TESTING FOR 9th GUP YELLOW BELT:** Minimum 12-16 classes plus the following:

**Basic Techniques:**

- Low Block & High Block
- Center Punch & High Punch
- Center Punch / Horse Stance
- Outside / Inside Block
- Inside / Outside Block
- Double Block
- Center Chop / Fighting Stance
- Low Chop / Fighting Stance
- Front Kick
- Round Kick
- Crescent Kick
- Skipping Side Kick

**Form: Gi Choi Hyung il Bu**

**Basic Form #1**

**Self Defense: Ho Sin Sul #1-3 & il Soo Sik Deh Ryun**

**White Belt One Step Punches #1-2 and  
One Step Kicks #1-2**

**Three Step Sparring: Sam Soo Sik Deh Ryun**

- **YELLOW BELT KNOWLEDGE:**

- Basic Korean terminology
- Basic knowledge of their organization  
(Name of style, school, system, instructor & rank)

- **9th GUP TESTING FOR 8th GUP ORANGE BELT:** Minimum 14-16 classes plus the following:

**Basic Techniques:**

- All techniques previously required including:
- Skipping Side Kick
- Back Fist Strike

**Form: Gi Choi Hyung E Bu      Basic Form #2**  
**Self Defense: Ho Sin Sul #1-3 & il Soo Sik Deh Ryun**  
**White Belt One Step Punches #3-5**  
**One Step Kicks #3-4**  
**Free Sparring: Ja Yu Deh Ryun**

• **ORANGE BELT KNOWLEDGE:**

- Korean terminology for basic techniques
- Basic Korean terminology (uniform, belt, studio, numbers, instructor)
- Belt Colors & Their Philosophical Relationships
- Basic knowledge of their organization (Name of style, school, system, instructor & rank)

**ORANGE BELT REQUIREMENTS**

- **8th GUP TESTING FOR 7th GUP:** Minimum 14-16 classes plus the following:

**Basic Techniques:**

- All previously required techniques including:
- Inside Block-Fighting Stance
- Ridge hand Strike
- Palm Strike
- Downward Heel Kick
- Slap Kick
- Back Kick
- Jump Front Kick

**Form: Gi Choi Hyung Sam Bu      Basic Form #3**

**Self Defense: Ho Sin Sul #1-3 & il Soo Sik Deh Ryun**  
**White Belt One Step Punches #6-8**



**One Step Kicks # 5-6**  
**Free Sparring: Ja Yu Deh Ryun**

- **7th GUP TESTING FOR 6th GUP:** Minimum 14-16 classes plus the following:

**Basic Techniques:**

- All previously required techniques including:
- Hammer Fist

**Form: Pyung Ahn Cho Dan (1st. Well - Balanced Form)**

**Self Defense: Ho Sin Sul #1-4 & il Soo Sik Deh Ryun**  
**White Belt One Step Punches #9-10 and**  
**One Step Kicks #7-8**  
**Free Sparring: Ja Yu Dae Ryun**

- **ORANGE BELT KNOWLEDGE:**

- All previously required knowledge including:
- Korean terminology for basic techniques
- Basic understanding of the use of techniques
- The meanings of the Studio Flags
- Principles of Tang Soo Do

## **GREEN BELT REQUIREMENTS**

- **6th GUP TESTING FOR 5th GUP:** Minimum 28 classes plus the following:

**Basic Techniques:**

- All previously required techniques including:
- Jump Inside to Outside Crescent Kick
- Jump Round Kick
- Spear Hand Attack

**Form: Pyung Ahn E Dan (2nd. Well - Balanced Form)**

**Self Defense: Ho Sin Sul #1-4 & il Soo Sik Deh Ryun**  
**Green Belt One Step Punches #1-5 and**  
**One Step Kicks #9-12**  
**Free Sparring: Ja Yu Dae Ryun**

- **5th GUP TESTING FOR 4th GUP:** Minimum 28 classes plus the following:

**Basic Techniques:**

- All previously required techniques including:
- Jump Front Kick (with back foot)
- Jump Slap Kick (with back foot)

**Forms: Pyung Ahn Sam Dan (3rd. Well - Balanced Form)**

**Self Defense: Ho Sin Sul #1-5 & il Soo Sik Deh Ryun**

**Green Belt One Step Punches #5-10 and**

**One Step Kicks #13-15**

**Free Sparring: Ja Yu Dae Ryun**

- **GREEN BELT KNOWLEDGE:**

- All previously required knowledge including:
- Korean terminology for basic techniques
- Basic understanding of the use of techniques
- The meanings of Belt System
- The benefits of training

## **RED BELT REQUIREMENTS**

- **4th GUP TESTING FOR 3rd GUP:** Minimum 28 classes plus the following:

**Basic Techniques:**

- All previously required techniques including:
- Skipping Hook Kick
- Jump Back Kick
- Inverted Round Kick

**Form: Pyung Ahn Sa Dan (4th. Well - Balanced Form)**

**Bong Hyung Il Bu (1st. Bo Form)**

**Self Defense: Ho Sin Sul #1-7 & il Soo Sik Deh Ryun**

**Red Belt One Step Punches #1-5 and**

**Red and Black Belt One Step Kicks #1-2**

**Free Sparring: Ja Yu Dae Ryun**

**Breaking: One board jump kick technique**

- **3rd GUP TESTING FOR 2nd GUP:** Minimum 28 classes plus the following:

**Basic Techniques:**

- All previously required techniques.
- Flying Side Kick

**Forms: Pyung Ahn Oh Dan (5th. Well - Balanced Form)**

**Self Defense: Ho Sin Sul #1-7 & il Soo Sik Deh Ryun**

**Red Belt One Step Punches #6-8 and**

**Red and Black Belt One Step Kicks #3-5**

**Free Sparring: Ja Yu Dae Ryun**

**Breaking: One or two board kick technique**

- **Red Belt Knowledge:**

- All previously required knowledge including:
- Korean terminology for basic techniques
- Basic understanding of the use of techniques
- How martial arts has influenced their life
- What techniques should you practice to achieve speed
- Meaning of Tang Soo Do & the history of the martial arts

## **RED BELT REQUIREMENTS**

- **2nd GUP TESTING FOR 1st GUP:** Minimum 28 classes plus the following:

**Basic Techniques:**

- All previously required techniques including:
- Plier Hand Attack
- Jump Side Kick In Place
- Spinning Hook Kick (360<sup>0</sup>)

**Forms: Pyung Ahn Hyung and PBassai - So**

**Bong Hyung E Bu (2nd. Bo Form)**  
**Self Defense: Ho Sin Sul #1-7 & il Soo Sik Deh Ryun**  
**Red Belt One Step Punches #9-10 and**  
**Red and Black Belt One Step Kicks #6-10**  
**Free Sparring: Ja Yu Dae Ryun**  
**Breaking: Two station combination board technique**

- **1st GUP TESTING FOR Cho Dan Bo:** Minimum 12 to 18 months plus the following:

**Basic Techniques**

- All previously required techniques.

**Forms: PBassai - Dae and Nai Han Chi Cho Dan**  
**Bong Hyung Sam Bo (3rd. Bo Form)**  
**Self Defense: Ho Sin Sul #1-7 & il Soo Sik Deh Ryun**  
**Red Belt One Step Punches #1-10 and**  
**Red and Black Belt One Step Kicks #1-15**  
**Free Sparring: Ja Yu Dae Ryun**  
**Ho Sin Sul Against 2 Attackers**  
**Breaking: 3 Station Breaking Combination, 1 board**  
**jump kick, 1 board standing kick, 1 board non-kicking**  
**technique**  
**Black Belt Personal Project or Paper**

- **Red Belt Knowledge:**
  - All previously required knowledge including:
  - Korean terminology for basic techniques
  - Understanding of the use of techniques
  - Demonstrate teaching & leadership ability
  - Jump Kicking Drill
  - What wearing a Black Belt means
  - Overall knowledge of martial arts principles, mental as well as physical.
  - Understanding of Tang Soo Do spirit, discipline and attitude.

**A minimum of one month period exists before any Cho Dan Bo**

**is presented with their Black Belt rank and official certificate, after which a six month probationary period applies, during which the Dan member must actively participate in weekly classes.**



## GENERAL BASIC TERMINOLOGY

Grandmaster & Founder of Tang Soo Do	Hwang kee
Tang Soo Do (way/path of the empty-handed warrior)	Name of Our Art
Moo Duk Kwan (virtuous warrior)	Name of Our Style
Kwan Jung Nim	President & Founder of Organization
Sah Bum Nim	Master Instructor
Kyo Sah Nim	Instructor (1st thru 3rd Dan)
Nim	"Sir" Term of Respect
Dan	Black Belt Holder
Gup	White thru Red Belt Holder
Do Jang	Training hall, Tang Soo Do School
Do Bak	Uniform
Dee	Belt
Key Ahp	Yell (Literally Translated "Spirit Breath")
Kyung Yet	Bow
Shio	Rest
Dee Ro Tora	Turn Back / Face Opposite
Kuk Gi	Flag
Kum Up Sum Ni Da	Thank You
Choom Nay Oh	You're Welcome



## **ADVANCED TERMINOLOGY**

### **GENERAL**



Soo Bahk Do		Ancient Name of Martial Art of Korea
Ho Sin Sool		Self Defense
Kyok Pa		Breaking
Kong Kyuk		Attack
Hu Jin		Stepping Back
Sha Sun		Focus of Eyes
Choomg Shim		Balance
Shoom Sigi		Deep Breathing
Shi Jok		Begin
Kwan GI		Flag of Style or School of Tang Soo Do
Shim Sa Kee Kyung Yet		Bow to Examining Board
Soo Gi		Hand Techniques
Jok Gi		Foot Techniques
Neh Gung		Internal Power
Weh Gung		External Power
Shim Gung		Spiritual Power
Ku Ryung		Count
Ku Ryung E Mat Cho So		By The Count
Ku Ryung Up Shi		Without Count

### **NUMBERS**

First	1st	Cho
Second	2nd	E
Third	3rd	Sam
Forth	4th	Sah
Fifth	5th	Oh

### **ANATOMY**



Arm  
Knee  
Foot  
Chin  
Fist  
Forehead  
Neck  
Groin  
Waist  
Abdomen  
Leg  
Solar Plexus  
Hand  
Upper Lip  
Elbow  
Pressure point

Pahl  
Moo Roop  
Bahl  
Tuck  
Cho Muk  
Eema  
Mok  
Ko Whan  
Huri  
Dan Jun  
Dahri  
Myung Chi  
Sohn or Soo  
In Choong  
Pahl Coop  
Kup Soo

### **SPARRING**

il Soo Sik Deh Ryun  
Sam Soo Sik Deh Ryun  
Ja Yu Deh Ryun  
Jua Deh Ryun  
Da Soo In Deh Ryun

One Step Sparring  
Three Step Sparring  
Free Sparring  
Sparring in a Seated Position  
Sparring Against Two Or More

### **STANCES**

Mahkee  
Bahl Cha Gi Chun Bee  
Sah Ko Rip Cha Say  
Choi Ha Dan Cha Say

Stance  
Ready For Kick Stance  
Open Horse Stance  
Low Stance

### **HAND TECHNIQUES**



Tora	Use Alternate
Yuk Jin	Reverse Punch
Chun Kwon	Fore Fist
Kup Kwan	Back Fist
Soo Do	Chop (Open Hand)
Yuk Soo Do	Reverse Chop
Kwan Soo	Finger Jab
Jang Kwan	Palm Strike
Kwan Do	Hammer Fist
Jip Kai Son	Plier Hand
Sang Dan Kong Kyuk	High Punch, Front Stance
San Dan Soo Do	High Chop, Fighting Stance
Ssang Soo Hu Gul Yup Mahkee	Double Block, Fighting Stance
Ssang Soo Mahkee	Low X Block, Front Stance
Ssang Soo Sah Dan Mahkee	High X Block, Front Stance
Ssang Soo Sah Dan Soo Do	High X Block, Open Hand, Front, Stance
Hu Gul Ssang Soo Dan Mahkee	Double Block, Low Fighting Stance
Hu Gul Sang Dan Mahkee	High Block, Fighting Stance
Kwan Soo Kong Kyuk	Spear Hand Attack, Front Stance
Yuk Jin Kong Kyuk	Reverse Punch, Back Stance
Chun Dan Kong Kyuk	Center Attack / Punch
Chun Dan Yup Mahkee (or)	
Hu Gul Yup Mahkee	Side Block, Fighting Stance
Yuk Soo Kong Kyuk	Center Chop to Punch, Front Stance
Pakeso Sang Dan Soo Do	
Kong Kyuk	Outside to Inside High Lateral Chop
Chun Dan Hwing Jing Kong (or)	
Wheng Jin Kong Kyuk (or)	
Chun Dan Han Jin	Side Punch, Side (Horse) Stance
Ee Jee Kong Kyuk	Two Finger Attack

## **KICKING**

Toll Yo Yup Cha Gi (or) Yup Cha Gi	Turning Side Kick (Indicates the use of the back leg)
Dwi Cha Gi	Back Kick
Pan Dal Cha Gi	Crescent Kick
Ahneso Pakuro Cha Gi	Inside to Outside Crescent Kick
Pakeso Ahnuro Cha Gi	Outside to Inside Crescent Kick
Moo Hoop Cha Gi	Knee Kick
Peet Cha Gi	Reverse / Inverted Round Kick
Yup Hu Ri Cha Gi (or) Kolcho Cha Gi	Hook Kick
Ahp Podo Oll Ri Gi	Front Stretch Kick
Ahp Cha Nut Gi	Front Snap Kick
Yup Podo Cha Gi	Side Snap Kick
Dwi Toll Yo Cha Gi	Spinning Back Kick
E Dan	Jumping
E Dan Ahp Cha Gi	Jumping Front Kick
E Dan Toll Yo Cha Gi	Jump Round Kick
E Dan Yup Cha Gi	Jump Side Kick
E Dan Yup Hu Ri Cha Gi (or)	
E Dan Kolcho Cha Gi	Jump Hook Kick
E Dan Dwi Cha Gi	Jump Back Kick
E Dan Dwi Toll Yo Cha Gi	Jump Spinning Back Kick
E Dan Dwi Toro Cha Gi	Jump Turning Back Kick
Kong Chun Yup Cha Gi	Flying Side Kick
Kong Chun Toll Yo Cha Gi	Flying Round Kick
Kong Chun Ahp Cha Gi	Flying Front Kick
Dee Yup Hu Ryo Cha Gi (or)	
Dee Yup Kolcho Cha Gi	Reverse Hook Kick
E Dan Dee Yup Hu Ryo Cha Gi (or)	
E Dan Dee Yup Kolcho Cha Gi	Jump Reverse Hook Kick
E Dan Dee Pakuso Anero Cha Gi	Jump Back Outside to Inside Kick

### **THE MEANING OF THE AMERICAN FLAG**

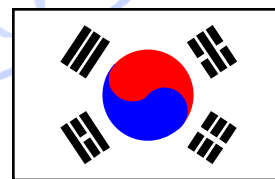
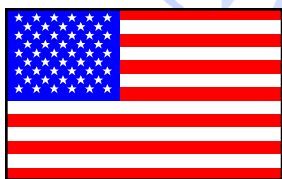
The flag of The United States of American in its entirety stands for the People, the Land, the Government, and the Ideals of The United States no matter where or when it is displayed. Each individual section of the flag has a particular meaning as well.

The 13 alternating red and white stripes represent the thirteen original colonies. The union, located in the upper left corner, is comprised of white stars on a blue field, symbolizing a new constellation in the heavens. In general, stars on the flag depict unity and the American flag displays one star for each of its 50 states.

The three colors on the flag were also chosen for their meaning. Red signifies courage and hardiness. White stands for purity and innocence. Blue symbolizes vigilance, perseverance and justice.

### **THE MEANING OF THE KOREAN FLAG**

The flag of Korea (Tae Keuk Ki) represents many ancient philosophies of the oriental culture. The circle located in the center (Tae Kyuk) is a symbol for infinity. The upper red section is called yang while the lower blue section is called (Ying). Ying and Yang represent opposites as in day and night, female and male, good and evil, life and death, etc. Within this sphere there is constant movement with the positives and negatives continuously replacing the other, and through out this never ending cycle, balance and harmony are achieved. In each corner of this flag a set of three lines further exemplify opposites and balance. The three unbroken lines in the upper left corner represent heaven and the opposite three broken lines stand for earth. The bars in the upper right corner symbolize water and the opposite bars represent fire.



### **CONCEPTS IN TANG SOO DO**

*Yung Gee*  
*In Nay*  
*Chung Jik*  
*Kyum Son*  
*Chung Shin Ton ili*

*Courage*  
*Endurance, Stamina*  
*Honesty*  
*Humility*  
*Concentration*

**WHITE BELT**  
**ONE STEP PUNCHES**

1. **LEFT HIGH BLOCK** in left leaning stance, **RIGHT PUNCH** to **FACE**
2. **LEFT INSIDE BLOCK** in a left leaning stance, **RIGHT PUNCH** to **SOLAR PLEXUS**
3. **DOUBLE BLOCK** in a left leaning stance, **RIGHT PUNCH** to **FACE** then **LEFT PUNCH** to **SOLAR PLEXUS**
4. **RIGHT OUTSIDE BLOCK** in horse stance, **RIGHT BACK-FIST** to **BRIDGE OF NOSE**
5. **LEFT PALMSTRIKE** to **ELBOW** in a left horse stance, **RIGHT THEN LEFT PUNCH** to **RIBS**, **RIGHT PUNCH** to **BASE OF EAR**
6. **LEFT DOWNWARD PALMSTRIKE (WINDMILL) STRIKING WRIST** in left horse stance, **RIGHT RIDGE HAND (REVERSE CHOP)** to **UPPER LIP** in left leaning stance
7. **RIGHT OUTSIDE CHOP BLOCK** in a right horse stance, **RIGHT ELBOW** to **SOLAR PLEXUS**
8. **DOUBLE SIMULTANEOUS CHOP** in a right horse stance (left chop to block punch / right chop to base of ear)
9. **LEFT INSIDE CHOP BLOCK** to **WRIST GRAB**, pull in to **RIGHT UPPERCUT PUNCH** in a leaning stance
10. **THREE POINT TAKE-DOWN: LEFT INSIDE CHOP BLOCK** to **WRIST GRAB** in a leaning stance, **RIGHT PALM-STRIKE** to **UPPER CHEST** with **RIGHT LEG SWEEP BEHIND FOOT**

**WHITE & GREEN BELTS**  
**ONE-STEP KICKS**

1. **RIGHT FRONT KICK, DOUBLE PUNCH RIGHT to FACE THEN LEFT to SOLAR PLEXUS**
2. **RIGHT OUTSIDE LATERAL CRESCENT KICK, RIGHT SIDE CENTER PUNCH to SOLAR PLEXUS**
3. **RIGHT ROUND KICK, RIGHT OUTSIDE BLOCK, BACKFIST to SIDE OF HEAD**
4. **RIGHT SKIPPING SIDE KICK, APPROPRIATE HAND TECHNIQUE**
5. **LEFT INSIDE TO OUTSIDE DOWNWARD AXE KICK OVER ARM TO RIGHT UPPERCUT TO CHIN**
6. **RIGHT TURNING SIDE KICK, RIGHT OUTSIDE CHOP BLOCK, LEFT PUNCH to FACE**
7. **RIGHT TURNING BACK KICK, APPROPRIATE HAND TECHNIQUE**
8. **RIGHT JUMP FRONT KICK WITH FRONT LEG, DOUBLE PUNCH RIGHT to FACE THEN LEFT to SOLAR PLEXUS**
9. **RIGHT OUTSIDE LATERAL CRESCENT KICK to block, RIGHT SIDE KICK, APPROPRIATE HAND TECHNIQUE**
10. **RIGHT OUTSIDE LATERAL CRESCENT KICK, LEFT TURNING BACK KICK, APPROPRIATE HAND TECHNIQUE**
11. **LEFT INSIDE LATERAL CRESCENT KICK to block, RIGHT SLAP KICK to HEAD, RIGHT BACKFIST (or INVERTED RIDGE HAND) to UPPER LIP**
- 12.a. **RIGHT JUMP DOWNWARD INSIDE CRESCENT KICK to RIGHT FORWARD BACKFIST to BRIDGE of NOSE**
- 12.b. **LEFT JUMP DOWNWARD CRESCENT KICK to UPPERCUT to CHIN**
13. **RIGHT JUMP ROUND KICK with front leg**
14. **RIGHT JUMP FRONT KICK with back leg**
15. **RIGHT JUMP SLAP KICK with back leg**

**GREEN BELT**  
**ONE STEP PUNCHES**

1. **LEFT INSIDE CHOP BLOCK** in left leaning stance, **RIGHT FINGER JAB** to a) **SOLAR PLEXUS** b) **THROAT** c) **EYE**
2. **RIGHT INSIDE CHOP BLOCK** in a left leaning stance, **RIGHT WRIST GRAB**, pull into **RIGHT ROUND KICK** to **SOLAR PLEXUS**
3. **LEFT INSIDE CHOP BLOCK** in a left leaning stance, **DOUBLE DOWNWARD CHOP** to **COLLAR BONES** (or **LATERALLY TO BASE OF EAR**), pull into **RIGHT KNEE** to **SOLAR PLEXUS** or **GROIN**
4. **RIGHT INSIDE CHOP BLOCK** in a left horse stance, **LEFT HAND SHOULDER GRAB**, pull into **RIGHT UPPERCUT TO THE RIBS** (or arm pit), **LEFT HAND PULL DOWN**, **RIGHT DOWNWARD CHOP** to **BASE OF NECK**.
5. **RIGHT OUTSIDE BLOCK** with right foot up to knee, turn into **LEFT DOWNWARD BACKFIST** (or **HAMMER FIST**) to **GROIN** in leaning stance, stepping back with right foot.
6. **LEFT PLYER-HAND GRAB** in left horse stance to **DOWNWARD RIGHT CHOP** to **BACK OF HAND**, swing hand over and down to open face, **RIGHT ROUND KICK** to **SIDE OF HEAD**
7. **RIGHT INSIDE CHOP BLOCK** with left foot up to knee, **RIGHT HAND SHOULDER GRAB**, jump into **RIGHT KNEE** to **SOLAR PLEXUS**
- 8.a **DOUBLE CHOP BLOCK** in right horse stance, **LEFT HAND WRIST GRAB**, **RIGHT LATERAL CHOP** to **BASE OF EAR**, **RIGHT OUTSIDE ELBOW ACROSS JAW**
- 8.b **DOUBLE CHOP BLOCK** in right horse stance, **LEFT HAND WRIST GRAB**, **RIGHT LATERAL CHOP** to **BASE OF EAR**, **RIGHT OUTSIDE ELBOW ACROSS JAW**
9. **LEFT CHOP GRAB** in left leaning stance, **TO RIGHT UPWARD PLAM** to **CHIN**, **PULL BACK** to fighting stance **TO RIGHT LOW FINGER JAB** to **GROIN** **TO PULL BACK** to **LOAD** OR **HIGH BACKFIST POSITION**
10. **RIGHT INSIDE CHOP BLOCK** in a left leaning stance, **SIMULTANEOUS RIGHT FOOT SWEEP BEHIND ANKLE** AND **RIGHT PALMSTRIKE** to **SOLAR PLEXUS** (or **PLYER HAND** to **THROAT**)



**RED BELT**  
**ONE STEP PUNCHES**

1. a. **ARM-LOCK** in a left leaning stance, **DOWNWARD RIDGE HAND** from behind
- b. **ARM-LOCK** in left leaning stance, **DOWNWARD CHOP** to **INSIDE OF ELBOW**
2. **RIGHT INSIDE CHOP BLOCK** to **A WRIST GRAB** in right fighting stance, **LEFT ELBOW SMASH** in a left horse stance to **DOWNWARD RESTRAINING HOLD**
3. **ALTERNATE STEP CHOP BLOCK, DOUBLE ELBOW** to **RIBS, SWEEPING TAKE-DOWN**
4. **LEFT UPWARD CHOP BLOCK** in left leaning stance, **DOUBLE PALMSTRIKE, RIGHT** to **KNEE / LEFT** to **ANKLE**
5. **RIGHT CHOP BLOCK** in left horse stance, **LEFT ELBOW STRIKE BEHIND KNEE** with **RIGHT PALMSWEEP** to **FRONT** of **ANKLE**
6. **DOUBLE SIMULTANEOUS PUNCH** in right leaning stance, **LEFT PUNCH** to **FACE** and **RIGHT PUNCH** to **GROIN**
7. **RIGHT CHOP BLOCK** to **WRIST GRAB** in left leaning stance, pull into **RIGHT SIDE KICK** to **RIBS**
8. **LEFT CHOP BLOCK** to **WRIST GRAB** in fighting stance, to **RIGHT LATERAL DOUBLE ELBOW** across jaw to **RIGHT UPPER CUT**
9. **LEFT CHOP BLOCK** to **WRIST GRAB** in left fighting stance, **RIGHT PALM STRIKE** to **NOSE, RIGHT GROIN STRIKE** in a left leaning stance, pull back into fighting stance
10. **UPWARD OPEN LEFT BLOCK** in a left horse stance, **DOUBLE ARM SCISSORS TAKE-DOWN**

**RED & BLACK BELT**  
**ONE STEP KICKS**

1. **LEFT INVERTED (REVERSE ROUND) KICK, DOUBLE CHOP** (left to wrist / right to base of ear), grab neck for **KNEE STRIKE**
2. **SKIPPING LEFT HOOK KICK** to **RIGHT PUNCH** to **FACE** in left fighting stance
3. **JUMP BACK KICK**
4. **FLYING SIDE KICK** a) with a step, b) in place, c) from side angle
5. **LEFT SPINNING BACK KICK** using right foot-sweep or crescent kick lead-in
6. **LEFT CRESCENT KICK** used to block punch to **RIGHT SPINNING HOOK KICK**
7. **JUMP FRONT** to **ROUND KICK COMBINATION**
8. **LEFT BACK KICK**, step to side to **RIGHT HOOK KICK** to **BACK OF HEAD** or **KIDNEYS**
9. **JUMP TURNING BACK KICK**
10. **JUMP SPINNING BACK** or **HOOK KICK**
11. **TURNING BACK ROUND KICK**
12. **360° JUMP SPINNING INSIDE** to **OUTSIDE CRESCENT KICK**
13. **JUMP TURNING BACK OUTSIDE** to **INSIDE CRESCENT KICK**
14. **DOUBLE JUMP FRONT KICK** with feet together
15. **JUMP TURNING FORWARD INSIDE** to **OUTSIDE CRESCENT KICK**

**BLACK BELT**  
**ONE STEP PUNCHES**

1. **LEFT PUNCH** in right leaning stance, **DOUBLE SAME-TIME CHOP** in right horse stance to inside knee or sweep
2. **LATERAL PALMSTRIKE to WRIST** in left leaning stance, **RIGHT PUNCH to ARMPIT**
3. **RIGHT CHOP to WRIST GRAB WITH BOTH HANDS** stepping into left horse stance, **COME DOWN ON ARM to BREAK ELBOW and SNAP WRIST**
4. **SIMULTANEOUS RIGHT SIDE PUNCH and LEFT CHOP BLOCK** in a right horse stance, **to RIGHT BACKFIST to FACE**
5. **RIGHT OUTSIDE CHOP BLOCK** in right fighting stance to **RIGHT LATERAL CHOP STRIKE to BASE OF EAR, LEFT PUNCH to FACE**
6. Alternate step to **RIGHT CHOP, DOUBLE SLAP KICK, INSIDE to OUTSIDE DOWNWARD CRESCENT KICK OVER SHOULDER**
7. Step left with **LEFT CHOP to DOUBLE GRAB**, step under arm applying **WRIST BREAK to RIGHT UPWARD SLAP KICK**
8. **RIGHT CHOP BLOCK to GRAB** in right leaning stance, **LEFT DOWNWARD CHOP to SIDE OF KNEE**
9. **LEFT BLOCK FACE PUNCH** in right leaning stance, **SIMULTANEOUS RIGHT SIDE PUNCH and LEFT CHOP BLOCK** in right horse stance, **LEFT UPPERCUT PUNCH** in right leaning stance, **RIGHT REVERSE CHOP** in horse stance
10. **DOUBLE PALMSTRIKE** (left to elbow / right to inside of wrist), to **DOUBLE JUMP SLAP KICK** (left behind knee / right to body)
11. **RIGHT CHOP BLOCK** jumping into left horse stance, **DOUBLE SHOULDER GRAB, KNEE to kidneys or BEHIND FOOT SWEEP**
12. Left side step with **LEFT PALM BLOCK to RIGHT FORWARD ELBOW** in right leaning stance, turn into **LEFT ELBOW**, pull into a **RIGHT FOOT-SWEEP** forward



## **SELF DEFENCE GRABS**



### **DOUBLE GRAB**

1. X-block release while you slap-grab wrist. Pull into punch. Remain in forward ready stance.

2. Reverse double grab to wrist. Pull into knee. Remain in forward ready

3. Double upward open-hand release in a forward ready stance. Downward double chop stepping to side. Pull into knee.

4. Double pull-out hand release while side-stepping. Shift into a leaning stance with double chop to the head or ribs.

### **CROSS GRAB**

1. Over-hand release into side stance to the following:  
a). Elbow to face or solar plexus b). Back fist to side of head c). Lateral chop to side of head.

2. With free hand grab wrist and twist while applying downward pressure with opposite forearm. Step into a leaning stance with the same side. Deliver close in elbow to head.

3. Open hand release in a side stance to elbow to solar plexus to same side of head. Opposite palm strike to face in alternate leaning stance. Shift to groin strike

4. Cross-chop to side of head while pulling out of hold. Same time side-stepping in alternate leaning stance. Shift to opposite palm groin strike

### **SAME-SIDE GRAB**

1. Palm-strike to wrist to double punch. Remain a forward ready stance.

2. (Refer to dbl grab #1)

3. Open-hand palm-up release in a forward ready stance. Chop to base of ear in fighting or leaning stance. Pull into an elbow to the face.

4. Reverse wrist-grab while side-stepping on same side. Opposite hand chop to side of head. Pull into knee.



### **DOUBLE GRAB**

5. (Two-on-one-grab): Grab your own fist and pull back while delivering a skipping back front kick. Land with punch.

6. Upward palm to elbow with free hand while reversing grab. Drive downward while stepping into a leaning stance. Deliver a same side downward elbow.

7. From behind: Step back in leaning, elbow to solar plexus OR Step back in leaning, lift, twist to X, flip take down.

### **CROSS GRAB**

5. Free hand grabs wrist while stepping under elbow into a full twist. Holding with both hands deliver head technique.

6. Free hand traps fingers while opening hand and rotating over wrist into right angle hand/arm lock. Apply pressure towards opponent's chest and downward.

7. Deliver quick front kick to inside thigh or groin, then stepping into fighting stance. Reverse grab while simultaneously striking elbow and stepping to the side into a horse stance. Deliver elbow or lateral chop to throat while breaking arm across chest.

### **SAME-SIDE GRAB**

5. Downward knife-hand release to back fist to nose in a side stance. Shift to side hammer fist to groin. Opposite ridge-hand to side of head in alt. leaning stance.

6. Free hand grabs wrist while lifting up in half circle. Use both hands apply pressure to wrist joint (or fingers) while stepping back into a leaning stance. Deliver forward kick to downward elbow landing in a forward stance.

7. Free hand grabs wrist while stepping under elbow. Full twist into fighting stance. Release same side hand and kick punch combination.

## THE FACES OF KNOWLEDGE: T.S.D.

*We Walk in Tigers, off the street  
Fresh as an unbroken field of Snow.  
We growl, we swat, we play like cubs,  
Unaware of how much we do not know.*

*We shed our fur for Dragon's scales,  
Our eyes as bright as Springtime dew.  
We watch new Tigers come from the street,  
Reminded of how much we thought we knew.*

*Flushed Red with excitement, we take to the sky,  
At the top of the class on Summer's wings.  
We look forward to our next transition,  
When we see the end to learning things.*

*Now the Eagle has landed, and Autumn has come,  
Transforming from Eagle to Turtle is done.  
This always had seemed the end of our journey,  
But our searching for Knowledge has only begun.*

**Robert Smales, CHO DAN**

*Dedicated to Master Victoria DeMarco-Coulombe  
& all of her students at Safe Harbor Tang Soo Do.*





## **Safe Harbor North Martial Arts**

**(781) 640-5232**

**Email: [tsdsafeharbor.com](mailto:tsdsafeharbor.com)**

**<http://safeharbortsd.com>**

©2008, All Rights Reserved