

STUDY GUIDE FOR WHITE BELTS

The information contained in this handout is taken from the World Tang Soo Do Association Student's Manual (Gup Manual). This study guide is intended to help you begin learning about Tang Soo Do as you wait for your new Gup Manual to arrive.

A Brief History of Tang Soo Do:

The word "Tang" refers to the T'ang Dynasty of China and reflects the shared cultural background between China and Korea. "Soo" means hand, but it implies fist, punch, strike or defense. "Do" means way of life or art.

While martial arts in general were believed to have originated all over the world, Tang Soo Do is a Korean martial art that is about 2000 years old. It can be traced back to a time when Korea was divided into three Kingdoms (the Koguryo Dynasty, the Paekche Dynasty and the Silla Dynasty). During this time, the Hwa Rang Dan, a group of young aristocrats, were important figures in the development of the martial arts in Korea and instrumental in the eventual unification of the Korean peninsula under the Silla Dynasty.

The purposes of Tang Soo Do training include self-defense, for health and to become a better person through endurance and hard work.

The World Tang Soo Do Association:

The World Tang Soo Do Association was formed in 1982. The Grandmaster of the World Tang Soo Do Association is Jae C. Shin. Currently, the World Tang Soo Do Association has more than 100,000 members in more than 40 countries around the world.

The World Tang Soo Do Association's insignia (the patch we wear on our Do Bohk and the symbol on the Association flag) was adopted in 1982. The meaning of the symbols are:

- Six Stars.....six inhabited continents, showing that Tang Soo Do is worldwide
- Um, Yang.....universal concept of opposing but complimentary forces, shows our Korean heritage
- Flying Side Kick.....special and unique character of Tang Soo Do

Five Codes of Tang Soo Do:

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

Seven Tenets of Tang Soo Do:

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

The Meaning of White and Orange Belts:

The Tang Soo Do belt system progresses from white to black and represents the cycle of the seasons. The white belt is the beginner's belt color. White represents the primitive stage of achievement and the seed as it lies dormant beneath the snows of winter. The orange belt represents new growth which appears in spring. This is the stage where our Tang Soo Do knowledge begins to reveal itself.

Terminology:

The Gup Manual tells us that "since Tang Soo Do is a Korean Martial Art, it is important for students to be able to translate techniques and terms from their native language to the Korean language." Here are some Korean terms beginning students should know:

- Kwan Chang Nim.....Grandmaster (Jae C. Shin)
- Dojang.....studio or training hall
- Do Bohk.....uniform
- Dee.....belt
- Dan.....Black Belt
- Gup.....Color belt
- Sun Bae.....senior member
- Hu Bae.....junior member
- Cho Bo Ja.....beginner
- Cha Ryut.....come to attention

Kukgi Bae Rye.....	salute the flag
Ba Ro.....	return
Ahn Jo.....	sit
Muk Yum.....	meditation
Choon Bee.....	ready
Shi Jak.....	begin
Shio.....	rest or relax
Ko Map Sum Ni Da.....	thank you
Ki Hap.....	yell (focus one's mind and energy)
Choon Bee Ja Seh.....	ready stance
Chun Kul Ja Seh.....	front stance
Hu Kul Ja Seh.....	fighting stance
Kee Ma Ja Seh.....	horse riding stance
Ha Dan Mahk Ki.....	low defense
Sang Dan Mahk Ki.....	high defense
Choong Dan Yup Mahk Ki.....	side defense
Kong Kyuck.....	attack
Choong Dan Kong Kyuck.....	middle section punch
Ahp Cha Ki.....	front kick
Yup Cha Ki.....	side kick
Tollyo Cha Ki.....	round house kick
Dwi Cha Ki.....	back kick
Il Soo Sik Dae Ryun.....	one-step sparring (one-steps)