

Student (Gup) Study Manual

Warrior Martial Arts Academy @2024



This Manual Belongs To

Yellow Belt Promotion Date

Orange Belt Promotion Date

Green Belt Promotion Date

Brown Belt Promotion Date

Red Belt Promotion Date

Blue Belt (Cho Dan Bo) Promotion Date

Black Belt (Cho Dan) Promotion Date

Our Mission



唐手道 Our Mission



To Train Relentlessly

To Learn the Perserverance of a Warrior

To Grow the Relationship between our Mind, Body, and Spirit,
in the Life-Long Pursuit of Enlightenment through Martial-Arts



Mission Statement of the UTSDA

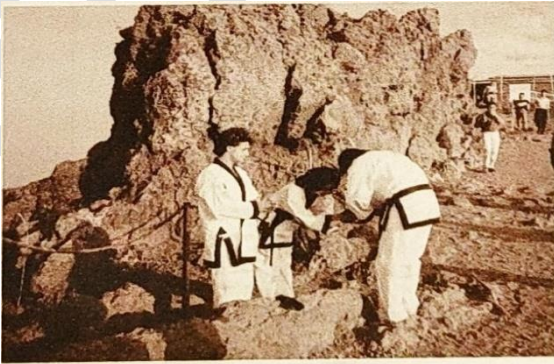
The mission of the United Tang Soo Do Association is to preserve and grow the Korean martial art of Tang Soo Do and to provide members with thorough and competent instruction in this system through dedicated leadership and education. Our goal is to unlock each student's highest potential mentally, physically, and emotionally. The UTSDA works with Dojangs to effectively preserve the art of Tang Soo Do and improve the quality of instructors and students.

The Student Creed

I intend to develop myself in a positive manner and avoid anything that would reduce my mental growth or physical health.

I intend to develop self-discipline in order to bring out the best in myself and others.

I intend to use what I learn in class constructively and defensively to help myself and others and never to be abusive or offensive.



Master Kevin Case presenting black belts at the top of Mt. Vesuvius,
Naples, Italy, 1989

Association Insignia



Tiger:

Symbol of strength, beauty, and confidence.

Um Yang:

The universal concept of opposing yet complementary forces.

Stars:

The six inhabited continents are signifying the practice of our art worldwide.

Wreath:

Represents peace, also represents the provinces of Korea.

Chinese Character:

Wu in Chinese/ Moo in Korean, which represents the central purpose of our Tang Soo Do Martial (Military) Art.

Circle:

The three circles represent brotherhood, sisterhood, and unity.

Insignia Colors:

Each rank color is represented.

UTSDA

Grandmaster Kevin T. Case is the founder of the United Tang Soo Do Association and has been a student of the martial arts for almost 50 years. Born in 1961, Grandmaster Case began his study martial arts at the age of twelve. He was inspired in his early years by the popular martial arts movies and TV shows of the late '60s and early '70s. He later began studying Aikido and Okinawan Goju-Ryu under Master instructors of those arts before starting Tang Soo Do training under Grandmaster Dominick Giacobbe, a senior student of Grandmaster Jae Chul Shin. Master Shin was the leader of the U.S. Tang Soo Do Federation (later World Tang Soo Do Association) at that time.

After attaining first Dan, Master Case became an instructor and began his teaching career. He taught at and around military bases in the Southeastern United States and Europe. Master Case's decades of teaching and commitment to the art have contributed to his motivating style of teaching Tang Soo Do.

Grandmaster Case is well versed in advanced self-defense, forms, breaking, weapons, health, and leadership training. He has also served in leadership positions in several large Tang Soo Do organizations before founding the United Tang Soo Do Association in 2006.

We welcome you to the positive, professional, and progressive world of the United Tang Soo Do Association. With our Grandmaster's guidance, the Association is committed to teaching the traditional virtues of the art Tang Soo Do.

What is Tang Soo Do?

Tang Soo Do is an organized idea, reduced to physical expression. Translated from Korean, "Tang" refers to the Tang Dynasty of China, reflecting the shared cultural background between China and Korea (617 - 907 AD). "Soo" translates to hand but implies a self-defense system, and "Do" means path or way of life.



Brief History

Tang Soo Do is Korean martial art based upon ancient Korean, Okinawan, and Chinese martial arts.

Early Development

It Was during the Silla Dynasty (618-935 AD) that Korea's martial arts developed rapidly. The Kingdom of Silla was one of the three kingdoms in Korea, and its young warrior class, the Hwa Rang, was famous for its military prowess. Tang Soo Dots five basic principals come from the ideals of these elite warriors. However, Tang Soo Do gained most of its popularity during the Koryo Dynasty (935 - 1392 AD).

The Muye Jebo (Compendium of Several Martial Arts) is the oldest surviving Korean martial arts manual, written during the reign of King Seonjo (d. 1608 AD). The king died before the compendium was complete, and it was first published, with the addition of material from Japanese martial arts, in 1610.

At the beginning of the Yi Dynasty (1392-1910), in 1790 AD, the Muye Tobo Tong Ji (Comprehensive Illustrated Manual of Martial Arts), was written. This book contained illustrations that show the sophisticated art of combat called "Soo Bahk" developed by the Koreans.

Modern History

During the occupation of Korea by Japan (1907 - 1945), the practice of native martial arts was prohibited.

Lee Kyuk Won (April 13, 1907 — February 2, 2003) was a South Korean martial artist who started his martial arts training during his college years at Central University in Japan. Lee studied what is now known as "Shotokan Karate-Do" under Grandmaster Gichin Funakoshi. Grandmaster Lee also visited martial arts centers in Okinawa and Henan, and Shanghai, China, also studying with Grandmaster Hunagoshi, founder of Goju-Ryu Karate.

After achieving his black belt from Funakoshi, Lee returned to Korea and began teaching the art he named Tang Soo Do (A Korean translation of K^l ara Te Do) at the Yung Shin School Gymnasium in Sa De Mun, OK Chun Dong district of Seoul. Later Lee founded the Chung Do Kwan (Blue Wave Institute)

Hwang Kee (November 9, 1914 — July 14, 2002) developed what was to be known as Moo Duk Kwan Tang Soo Do. Grandmaster Hwang incorporated many of the kicking techniques from the ancient Korean martial arts into the art first introduced by Lee Won Kuk. It was officially registered in Korea on November 9, 1945, as the Korean Soo Bahk Do Association. Hwang was directly responsible for developing and preserving much of the art of Tang Soo Do as is practiced today. The occupation of Korea by the Japanese military regime took place from 1909 — 1945. During this time, practicing and teaching martial arts were restricted. After World War II, the restrictions were lifted, and several

martial arts training schools were established:

Chung Do Kwan (1944)

Song Moo Kwan (1944)

Moo Duk Kwan (1945)

Ji Do Kwan (1946)

Chang Moo Kwan (1946)

by Lee Won Kyuk

by Byung Jik Ro

by Hwang Kee

by Sang Sap Chun

by Nam Suk Lee

At the beginning of the modern era of the Korean martial arts, Tang Soo Do was the most popular term for the martial arts. However, at that time, the Korean political leadership was concerned about using the name Tang Soo Do for the art, as it sounded like a Chinese martial art. In 1964, a government-sponsored small group created a new name for the Korean martial arts: Taekwondo.

As a Korean national sport, Tae Kwon Do grew in popularity, international tournaments organized, and instructors dispatched throughout the world to promote the art. During this time, Tang Soo Do and Tae Kwon Do were divided principally, with Tang Soo Do endeavoring to remain a traditional martial art while Tae Kwon Do evolved into an organized sport.

The United Tang Soo Do Association still respects the original term, Tang Soo Do. It intends to preserve the heritage and value as a martial art representing a traditional way or path.

Do Bohk Code

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” of Tang Soo Do. “Bohk” means robe 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. A Mural painting from that age depicts a hunting scene in which a warrior is wearing a Do Bohk style robe.



A mural painting from AD600 Korea illustrates a warrior's hunting scene. The warrior wears the do bohk style robe

To Fold the Do Bohk

1. Place jacket flat on back, fold sleeves inward at seam towards center. Fold Pants in half, heightwise. Center pants on jacket with the tie strings even with the bottom of the jacket
2. Fold right and left sides of jacket inward to meet at the center (Covering pants), then fold the Do Bohk in half, lengthwise.
3. Fold the Do Bohk in half, heightwise.
4. Fold the Belt evenly in half, wrap around Do Bohk and tie



Do Bohk Folding

What approximate year is the Do bohk be traced?

600 AD

General Knowledge



**Illustration from the Muye Jebo
first published in 1608**

What is the name of our Art?

Tang Soo Do

What is the formal name of Tang Soo Do?

Soo Bahk Ki / Soo Bahk Do

What is the name of our Organization?

United Tang Soo Do Association

Where is the Korean Peninsula?

In Eastern Asia, extending southward into The Pacific Ocean, bordering China and Russia, west of Japan, and surrounded by the Sea of Japan, the Yellow Sea, the Korea Strait, and the East China Sea

What is the capital of South Korea?

Seoul

What is the capital of North Korea?

Pyongyang

What is the ultimate goal of Tang Soo Do?

To become one with Nature

Why do we practice Forms?

Develop Spirit, Visualize Opponents

Why do we practice One Step Sparring?

Timing, Focus, Distance

Why do we practice Breaking?

Precision, Power, Speed

History

How old is Tang Soo Do?

About 2000 years

Name the three kingdoms of Ancient Korea, where they were located and when they were founded.

Silla Dynasty

Southeast Peninsula

57 BC

Koguryo Dynasty

Northern Korea

37 BC

Paekche Dynasty

Southwest Peninsula

18 BC



What was the name of the group of young, aristocrat warriors who were instrumental in unifying the Korean Peninsula as the new Silla Dynasty?

Hwa Rang Dan

Who was the Monk that originated the Five Codes?

Won Kwang

Who were the two Warriors who received the Five Codes?

Kwi San & Chu Hwang

What dynasty united the three Kingdoms and in what year?

Silla & 668AD

What warlord overthrew the Silla Dynasty in 918 AD?

Wang Kun

What was the name of the Kingdom that succeeded Silla and when did it begin?

Koryo & 918AD

What year was the Chosun/Yi Dynasty founded and how long did it last?

392 AD & 500 years

What was the name of the first complete martial arts book written?

Muye Jebo

In what year was the Muye Jebo written?

1608 A.D.

Who is said to be the creator of modern Tang Soo Do?

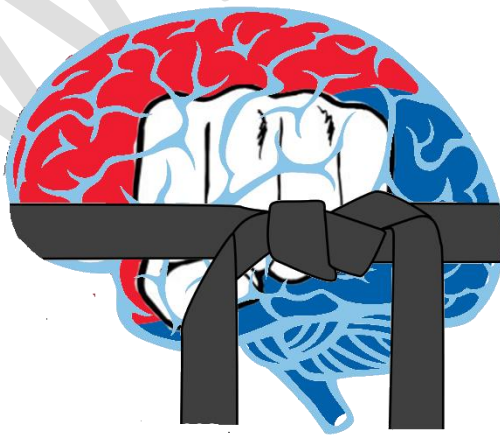
GrandMaster Hwang Kee

What was the name of schools that were founded by GrandMaster Hwang Kee?

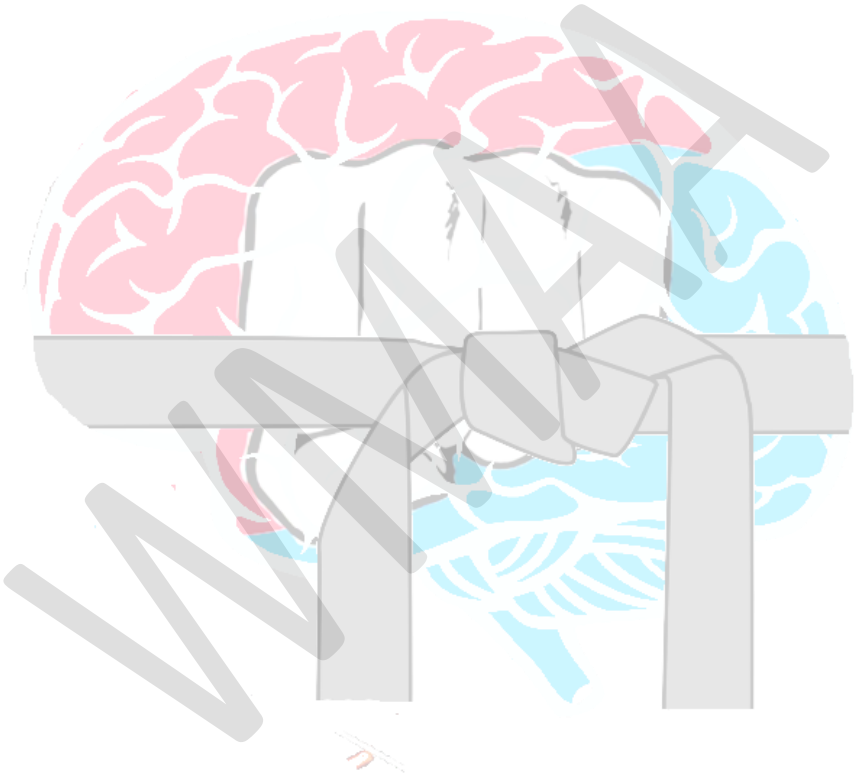
Moo Duk Kwan

What was the name of the instructor that awarded Master Boyd & Master Wynn with their Black Belts?

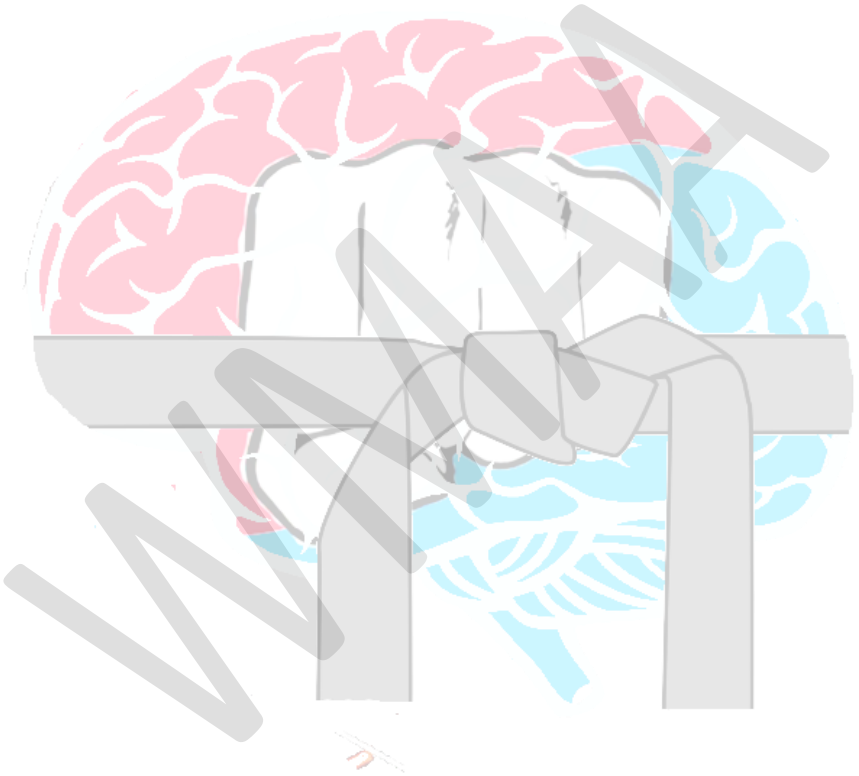
Master Greg Philips



NOTES



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Basic Information

What are the 3 Purposes of Tang Soo Do Training?

- Health
- Self Defense
- Better Person

What are the 4 Classes of Black Belt?

- Regular Black Belt
- Recommended Black Belt (Choo Chun Dan)
- Honorary Black Belt
- Special Black Belt

What are the 5 Reasons why we Kihap?

- To Focus Power and Energy
- To Scare Your Opponent
- To Tighten Abdomen
- To Ensure Proper Breathing
- To Show Spirit

What are the 5 most important things when you practice Forms?

- Speed
- Power
- Balance
- Focus
- Kihap

What are the 6 Parts of the foot used for striking?

- Ball of Foot
- Instep / Top of Foot
- Arch
- Outside Edge of Foot
- Bottom of Heel
- Back of Heel

Name the Five Codes (Oh Pu) of Tang Soo Do:

- Loyalty to Country
- Obedience to Parents
- Honor Friendship
- No Retreat in Battle
- In Fighting choose with Sense and Honor

What are the 5 Virtues of Tang Soo Do?

- Humanity (In)
- Righteousness (Ui)

- Etiquette (Yie)
- Wisdom (Ji)
- Trust (Shin)

Name the Seven Tenets (Chong Shin) of Tang Soo Do:

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

Name the 10 Attributes of the Black Belt (Dan):

- Nature
- Achievement
- Professional
- Loyalty
- Contributions
- Justice & Truth
- Leadership & Respect
- Brotherhood / Sisterhood
- Heritage
- Application

Terms for the Instructor Certifications:

Blue Belt / Black Belt Candidate (Cho Dan Bo)

Instructor Trainee (Jo Kyo Sah Nim)

1st Degree Black Belt (Cho Dan)

Class Instructor (Boo Kyo Sah Nim)

2nd Degree Black Belt (E Dan)

Head Instructor (Kyo Sah Nim)

3rd Degree Black Belt (Sam Dan)

Chief Instructor (Boo Sah Bum Nim)

4th Degree Black Belt (Sah Dan)

Master Instructor (Sah Bum Nim)

5th Degree Black Belt (Oh Dan)

Senior Master Instructor (Sunim Boo Kyo Sah Nim)

6th Degree Black Belt (Yuk Dan)

International Master Instructor (Kookjae Boo Kyo Sah Nim)

7th Degree Black Belt (Chil Dan)

Senior International Instructor (Sunim Kookjae Sah Bum Nim)

8th Degree Black Belt (Pal Dan)

Assistant GrandMaster Instructor (Boo Kwan Chang Nim)

9th Degree Black Belt (Ku Dan)

GrandMaster Instructor (Kwan Chang Nim)

14 Attitude Requirements of Tang Soo Do

1. Purpose of training should be the enhancement of mental and physical betterment
2. Serious approach
3. All out effort
4. Maintain regular and constant practice
5. Practice basic techniques all the time
6. Regularly spaced practice sessions
7. Always listen and follow the direction of instructors and seniors
8. Do not be overly ambitious
9. Frequently inspect your own achievements
10. Always follow a routine training schedule
11. Repeatedly practice all techniques already learned
12. When you learn new techniques, learn thoroughly the theory and philosophy as well
13. When you begin to feel idle, try to overcome this.
14. Cleanliness is required after training, keep yourself and surroundings clean.

Flags



Explain the American Flag

50 Stars

Represent the 50 States

13 Stripes

Represent the 13 Original Colonies

Red

Represents the Blood, shed for our Freedom

White

Represents the Purity, of Mind, Body & Spirit

Blue

Represents the Loyalty, to the Union of the States



Explain the Korean Flag

Name of the Korean Flag?

Tae Keuk Ki

Name of the Symbol in the Center?

Tae Keuk

3 Solid Bars

Represents Heaven

3 Broken Bars

Represents Earth

2 Broken Bars & 1 Solid Bar

Represents Water

2 Solid Bars & 1 Broken Bar

Represents Fire

Blue (Um) and Red (Yang) Circle

Represent opposing but complimentary forces

Definitions

Explain the meaning of “Tang Soo Do”:

The word “Tang” represents the T’ang Dynasty of China which reflects the shared cultural backgrounds between China and Korea (617AD - 907AD).

The word “Soo” means hand but implies fist, punch, strike or defense, etc.

The word “Do” means way of life or art.

Thus “Tang Soo Do” means the Korean classical martial art which was influenced by the T’ang method of the martial art, commonly referred to as **“the way of the China hand”**.

What is Moo Shin?

Moo Shin is empty mind. This is a state in which one no longer thinks before they do something. The action is performed without thought. This is only possible when the mind and body are united as one unit which comes from many hours of training. For example, when you get into a car and drive somewhere that you have been many times before, you don’t think where to turn, when to stop or when to go. You perform this action automatically without thought because your mind and body are one. Just think of all the things that you do without thinking first. When you touch something hot, you move your hand quickly; when something is thrown at

you, you catch it or move out of the way; when you are walking and someone walking ahead of you stops, so do you. All of these things are done without thinking first. You can then consider Moo Shin (Empty Mind), “Action Without Thought”.

What is Ryun Ma?

Ryun Ma is the concept of grinding or polishing techniques through constant and frequent repetition.

What is Ipjuk?

Ipjuk is the term that refers to the Black Belt Oath.



Master George Boyd

Belt System



What does the White Belt represent?

White is the color of Purity and Initiation. It represents a primitive stage of achievement such as the seed as it lies dormant beneath the snows of Winter.



What does the Yellow Belt represent?

Yellow is the color of the Sun. It represents the dawn of a new Way, The Way of The China Hand – Tang Soo Do.



What does the Orange Belt represent?

Orange signifies Hope, Happiness, Expectation, and Challenge. It represents new growth which appears in Spring. Our Tang Soo Do knowledge begins to reveal itself.



What does the Green Belt represent?

Green signifies Youth, Excitement, Prosperity, and Growth. It represents the speedy development of youth as Summer arrives.



What does the Brown Belt represent?

Brown signifies Power, Stability, Agility, Weight, and Wisdom. It represents a stabilizing stage, both mentally and physically, and is analogous to the plants which curtail their growth and prepare to flower in late Summer.



What does the Red Belt represent?

Red signifies Blood, Life, Energy, Attention, and Control. It represents the student's techniques beginning to bloom and ripen.



What does the Blue Belt represent?

Blue signifies Maturity, Respect, and Honor. The Blue Belt is given to the Black Belt Candidate (Cho Dan Bo). The Cho Dan Bo must prepare mind and body for the final step needed to attain Black Belt.



What does the Black Belt represent?

Black signifies Mastery, Calmness, Dignity, and Sincerity. The Black Belt represents the final stage of one life cycle and the beginning of the next. This is not only the end of one stage, but more importantly, the beginning of a path which leads up through the ranks of the higher Black Belts and true mastery.

Student Etiquette in Class

Students should arrive at class on time. Students who come to class late should bow in to the dojang and warm up quietly on the side until they are recognized by the instructor in charge. They should then ask permission to join class. If students know ahead of time that they will be coming to class late, they should inform the instructor prior to class. Students who are late joining class are to join at the rear of the class until a break or informed by the Instructor to go to their place of seniority

Upon entering the dojang, all students should come to attention, salute the flags, and then bow. Students should then bow and appropriately greet any instructors and/or seniors who are in the dojang. Students should always salute the flags and bow anytime that they enter or leave the dojang.

Bowing is a strong tradition in the martial arts. It is a sign of respect and humility. Students should bow before and after practice with a partner, and when approaching a dan member to speak.

Jewelry should not be worn during training. This is to ensure your safety as well as your training partners. The only exceptions are wedding rings or small religious medallions and bars used in pierced ears, however, for sparring tape must be placed over these to prevent injury

There should be no unnecessary talking or noise during class. During class, students should speak only when recognized by the instructor in charge and should pay attention to all directions given by any instructors.

Smoking, drinking, eating or chewing gum in the dojang is not permitted. The dojang should be kept clean and treated with respect (drinks may be taken, discreetly, in one area of the dojang, but not on the main floor, and only at the discretion of the instructor.

Fingernails and toenails should be kept clean and cut short to prevent injury to yourself and others.

Uniforms should be kept clean and neat and treated with respect. Never leave your uniform or belt lying around. After class, uniforms should be folded neatly or hung on a hanger. You should never let your belt touch the ground. Belts are traditionally never washed. Students should wear their full training uniform at all times during class unless otherwise instructed. Do not wear your belt outside of the dojang or practice area.

Students should always address all dan members and instructors by their proper titles (sah bohnm nim/kyo sah nim/boo kyo sah nim, sensei, etc.). Always respond "Yes, Sir / No, Ma'am " when answering dan members. Always obey all directions from instructors, and never question their authority.

If students have questions during class, they should raise their hands and wait to be acknowledged. Then they should walk over to the instructor, bow, and ask their question. Students should stand at attention when talking to the instructor. Students should never interrupt an instructor or call an instructor over to him/her. Always ask senior belts questions first.

If they cannot answer your question, then go to an instructor.

Never teach or demonstrate Tang Soo Do outside of the dojang, without the permission of the instructor. Always ask permission before doing any outside demonstration.

Students should keep the dojang neat and orderly. White belts especially are responsible for the cleanliness of the workout area. Senior belts should supervise this practice.

Students should never correct or argue with a senior belt. Students should never argue over techniques or procedures. If there is a question, ask the senior belts or instructor. Students should obey all instructions of senior belts.

Never tie your belt or straighten your uniform while facing anyone, especially higher belts, or while facing the flags. Also, it is considered disrespectful to stand with your hands on your hips or with your arms crossed while in class.

Students needing to leave class early or leave the training area for any reason must first receive permission from the instructor.

During practice students should maintain a level of decorum and orderliness. Unnecessary noise or talking will not be tolerated. Never stand around idly during practice but carry out some exercises and keep

your muscles warmed up. Never disturb a class in progress except in an emergency

When seated on the floor, students should sit up properly, either on their knees, or with their legs crossed.

While in class all students are the responsibility of the instructor in charge. No one will give commands or make corrections unless asked to do so by the instructor.

Disagreements or problems with any instructors or students should be brought to the attention of the senior instructor in charge.

Martial arts students should be humble and courteous. They should not criticize other styles of martial arts or other instructors. Students should never be boastful or bullying. Fighting outside of the dojang will not be tolerated, except in the case of self-defense.

NOTES



NOTES



Forms (Hyung)

3 Jeonsa Hyung

(Combination of Sae Kye & Kee Cho Hyung)

Cho Dan/ E Dan/ Sam Dan

Creator – Master Boyd & Master Wynn

Location – Next Level Warrior Training Center

Year/Era – 2015

Moves – 20, 20, 20

5 Pyung Ahn Hyung (5 Peace & Confidence Forms)

Cho Dan / E Dan / Sam Dan / Sah Dan / Oh Dan

Originally: Jae Nam

Creator – Master Anko Yasutsune Itosu

Location – Hunan Province, Southern China

Year/Era – 1870

Moves – 22, 29, 25, 29, 27

Bassai Hyung (Best Selection Form)

Originally: Pal Che

Creator – So Rim Sa Kwon Bup (Shaolin Temple Boxing Style)

Location – Hunan Province, Southern China

Year/Era – 16th Century

Moves – Bassai Dai (major) 52, Bassai Sho (minor) 31

3 Naihanchi Hyung (3 Horseback Warrior Forms)

Cho Dan / E Dan / Sam Dan

Originally: (Nae Bo Jin)

Creator – Master Chang Song Kye

Location – Northern China

Year/Era – 11th Century

Moves – 33, 30, 36

Sip Soo Hyung (Ten Hands Form)

Creator – Unknown

Location – Northeastern China

Year/Era – 17th Century

Moves – 29

3 Bong Hyung (3 Staff Forms)

Il Bu / E Bu / Sam Bu

Creator – Technical Advisory Committee (TAC) of WTSDA

Location – Philadelphia, PA, USA

Year/Era – WTSDA Charter Convention, November 13th - 14th, 1982

Moves – 23, 28, 28

Jin Do

Creator – Unknown

Location – Okinawa

Year/Era – Late 18th Century / Early 19th Century

Moves – 44

Dan Gum Hyung

(Knife / Dagger Form)

Creator – Technical Advisory Committee (TAC) of WTSDA

Location – Philadelphia, PA, USA

Year/Era – November 13th - 14th, 1982

Moves – 37

Ro Hai

(Vision of a Crane)

Creator – Unknown

Location – Okinawa

Year/Era – 17th Century

Moves – 29

Kong Song Koon Hyung

Creator – Kong Song Koon

Location – Hunan Province, Southern China

Year/Era – Late 19th Century

Moves – 65

Sei Shan (Thirteen)

Creator – Unknown, credit to Jang Sam Bong

Location – Northern China

Year/Era – During Song Dynasty (960–1279)

Moves – 45

Wang Shu

Creator – Unknown, credited to Master Wang Shu

Location – Okinawa

Year/Era – circa 1683

Moves – 39

Wun Shu (Cloud Hands)

Creator – Unknown

Location – Unknown

Year/Era – Unknown

Moves – 52

Jion (Temple)

Creator – Unknown

Location – Northwestern China

Year/Era – 17th Century

Moves – 50

Oh Sip Sah Bo (54 Steps)

Creator – Unknown

Location – Southern China

Year/Era – 16th Century

Moves – 77

Terminology

General Terms

Studio / School /

Gym / Training Hall

Uniform

Belt

Energy

Yell

GrandMaster

Instructor / Teacher

Student / Pupil

World

Association

National Flag

Thank You Very Much

You're Welcome

Martial Technique

Martial Way of Life

Dojang / Dojo

Dobohk / Gi

Dee

Ki

Kihap

Kwan Chang Nim

Sah Bum Nim

Je Ja

Sae Kye

Hyup Hoi

Kukgi

Ko Map Sum Ni Da

Chomanio

Moo Sul

Moo Do

Ranks & Titles

Beginner	Cho Bo Ja
Student / Pupil	Je Ja
Junior Member	Hu Bae
Senior Member	Sun Bae
Color Belt	Gup
Black Belt	Dan
Color Belt Holder	Yu Gup Ja
Black Belt Holder	Yu Dan Ja
Master Belt /	
Senior Black Belt Holder	Ko Dan Ja
Testing	Shim Sa
Examiner / Judge	Shim Sa Kwan Nim
Studio Number	Dojang Bon
Color Belt Number	Gup Bon
Black Belt Number	Dan Bon

Parts & Directions

Low Part

Middle Part

High Part

Right

Left

Inside Outside

Outside Inside

Front

Side

Back

Hook / Whip

Reverse / Opposite

Turning / Spinning

Jump / 1 Stage

Jumping / 2 Stage

Stepping / Thrusting

Lunging / Thrusting

Blunt Strike

Marching

360 Degrees

Ha Dan

Choong Dan

Sang Dan

Oring Jok

Wen Jok

Ahneso Phakuro

Phakeso Ahnuro

Ahp

Yup

Dwi

Hu Ryo

Bandae

Tollyo

Deah

E Dan

Mirro

Chi Ru Ki

Chi Ki

Hang Jin

Sam Bak Yuk Sip Do

Stances (Ja Seh)

Front Stance	Chun Kul Ja Seh
Fighting Stance	Hu Kul Ja Seh
Horse Riding Stance	Kee Ma Ja Seh
Side Stance	So Ka Rip Ja Seh
Cross Leg Stance	Kyo Cha Rip Ja Seh
Back Stance	Dwi Suki Ja Seh
Crane / One Leg Stance	Han Bahl Seo Kee Ja Seh
Low Stance	Choi Ha Dan Ja Seh
Ready For Kick Stance	Bahl Cha Ki Choon Bee Ja She

헌신

Anatomy

Ankle

Arm

Back

Ball of Foot

Chest

Chin

Ear

Edge of Foot / Knife Foot

Elbow

Eye

Finger

Fist

Foot

Forehead

Groin

Head

Heel

Hip

Instep

Knee

Leg

Lower Abdomen

Mouth

Neck

Bal Mok

Pahl

Deoung

Ahp Bahl Gum Chi

Gha Seum

Tuck

Kwi

Chok Do

Pahl Koop

Noon

Son Gha Rak

Chu Mok

Bahl

I Ma

Ko Hwan

Bok

Dwi Gum Chi

Ung Dung I

Bahl Deoung

Moo Roope

Da Ri

Dan Jun

Yip

Mok

Nose

Philtrum

Shin

Shoulder

Solar Plexus

Sole of Foot

Toe

Waist

Waist Twisting

Wrist

Wrist - Back

Wrist – Inside

Wrist – Outside

Koh

In Choong

Jeoung Gang Yi

Otkye

Myung Chi

Bahl Ba Dahk

Bal Gha Rak

Hur Ri

Hu Ri Twul Ki

Pahl Mok

Sohn Deoung Mok

Ahn Pahl Mok

Pak Pahl Mok

Hand Techniques (Soo Ki)

Block	Mahk Ki
Attack	Kong Kyuck
Low Block	Ha Dan Mahk Ki
High Block	Sang Dan Mahk Ki
Low Punch	Ha Dan Kong Kyuck
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
Side Punch	Choong Dan Hang Jin
Side Block	Yup Mahk Ki
Knife Hand	Soo Do
Knife Hand Block, Reverse Punch,	
Fighting Stance	Yuk Jin
Knife Hand Block, Reverse Punch,	
Front Stance	Yuk Soo
Back Fist	Kap Kwon
Hammer Fist	Kwon Do
Vertical Fist	Jik Kwon
Fore Fist	Jung Kwon
Palm Heel	Jang Kwon
Palm Heel Push Block	Jang Kwon Mil Ki
Ridge Hand	Yuk Soo Do
Claw / Plier Hand	Jip Kye Sohn

Fork Hand

Spear Hand

Fore Knuckle Fist

One Knuckle Fist

Wrist Strike

Uppercut Punch

Open Hand Striking

Pyung Sohn

Kwan Soo

Kwan Jul Kwan

Il Kwan Jul Kwan

Sohn Deoung Mok

Tuck Chi Ki

Soo Byuk Ta



Master Chad Wynn

Foot Techniques (Jok Ki)

Kick

Front Kick

RoundHouse / Turning Kick

Side Kick

Back Kick

Axe Kick

Hook Kick

Wheel Kick

Diagonal Kick

Inside Outside Crescent Kick

Outside Inside Crescent Kick

Jump Front Kick

Double Kick (same time)

Double Kick (separate times)

One Stage Jump Kick

Two Stage Jump Kick

Stomp Kick

Knee Kick

Push Kick

Ankle Sweep Kick

Front Stretch Kick

Side Stretch Kick

Back Upper Stretch Kick

Combination Kick

Cha Ki

Ahp Cha Ki

Tollyo Cha Ki

Yup Cha Ki

Dwi Cha Ki

Cchick Ki

Yup Hu Ryo Cha Ki

Dwi Hu Ryo Cha Ki

Bit Cha Ki

Ahneso Phakuro Cha Ki

Phakeso Ahnuro Cha Ki

Deah Ahp Cha Ki

Ssang Bahl Cha Ki

Yang Bahl Cha Ki

Deah Cha Ki

E Dan Cha Ki

Chit Pal Ki

Moo Roope Cha Ki

Chok Do Chi Ru Ki

Bahl Mok Cha Ki

Ahp Poto Oly Ki

Yup Poto Oly Ki

Dwi Gum Chi Cah Oly Ki

Yeon Sok Cha Ki

Break Falls (Nap Bup)

Front Break Fall

Side Break Fall

Back Break Fall

Front Side Roll Break Fall

Ahp Nak Bup

Yup Nak Bup

Dwi Nak Bup

Ahp Yup Nak Bup



Drills & Skills

Warm Up Exercise

Choon Bee Woon Dong

Basic Technique Exercise /

Line Drills

Ki Cho Woon Dong

Punch Exercise

Pahl Put Ki

Hand Techniques

Soo Ki

Foot Techniques

Jok Ki

Forms

Hyung

Weapons

Moo Ki

One Step Fighting / Sparring

Il Soo Sik Dae Ryun

Two Step Fighting / Sparring

E Soo Sik Dae Ryun

Three Step Fighting / Sparring

Sam Soo Sik Dae Ryun

Free Sparring

Ja Yu Dae Ryun

Arranged Sparring

Yak Sok Dae Ryun

Group Sparring

Da Soo Dae Ryun

Tournament Sparring

Shi Hap Dae Ryun

Self Defense

Ho Sin Sul

Break Falls

Nak Bup

Breaking

Kyuck Pa

Numbers

One / First

Two / Second

Three / Third

Four / Fourth

Five / Fifth

Six / Sixth

Seven / Seventh

Eight / Eighth

Nine / Ninth

Ten / Tenth

Hana / Il or Cho

Tul / E

Set / Sam

Net / Sah

Tasot / Oh

Yosot / Yuk

Ilgop / Chil

Yodol / Pal

Ahop / Ku

Yol / Sip

Codes & Tenets

Five Codes

Loyalty to Country

Obedience to Parents & Elders

Honor Friendship

No Retreat in Battle

In Fighting Choose With Sense & Honor

Oh Pu

Nara E Chung Sung

Boo Moo E Hyo Do

Boung Woo Yoo Shin

Imm Jun Moo Toi

Sal Sang Yoo Taek

Seven Tenets

Integrity

Concentration

Perseverance

Respect & Obedience

Self-Control

Humility

Indomitable Spirit

Chong Shin

Yom Chi

Chung Shin Tong Il

In Neh

Chon Kyung

Kuk Ki

Kyum Son

Paek Jol Bul Gul

Commands

Attention	Cha Ryut
Salute the Flag	Kukgi Bae Rae
Sit	Ahn Jo
Stand	E Ra Soot
Meditate	Muk Yum
Bow to GrandMaster	Kwan Chang Nim E Kyung Yet
Bow to the Master Instructor	Sah Bum Nim E Kyung Yet
Ready	Choon Bee
Turn	Tora
Turn to Rear	Dwi Ro Tora
Without the Count	Ku Ryung Up Shi
With the Count	Ku Ryung E Mat Cho So
Begin	Shi Jak
Change Position / Switch	Kyo Dae
Stop	Jung Ji
Finish	Ko Mahn
Return	Ba Ro
Rest	Shio

Weapons

Staff

Knife / Dagger / Short Blade

Sword / Long Blade

Nunchaku

Sticks

identification tags

Bong

Dan Gum

Jang Gum

E Chul Bong

Escrima / Arnis / Kali

Hopae



Sensei Chuck Nagel

Other Terms

Focus of Eyes / Eye Contact

Empty Mind

Balance

Endurance

Self-Cultivation

Vitality

Internal Power Exercise

External Power Exercise

Spiritual Power Exercise

Head Butt

Vital Point

Locked Joint

(especially the knee joint)

Swing Up

Power Force

Shi Sun

Moo Shin

Chung Shim

In Neh

Jah Ki Soo Yang

Hawl

Nae Kong

Weh Kong

Shim Kong

Bahk Chi Ki

Kup So

Poto

Oly Gi

Him

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