

# **MCCORMICK KARATE ACADEMY**

## **TANG SOO DO**

### **STUDENT'S MANUAL**



**MR. MCCORMICK GIVES ALL PRAISE AND CREDIT TO HIS LORD AND SAVIOR JESUS CHRIST FOR OUR SCHOOL.**

## **General Information**

This Page is Not required for testing - but is very important! All students should be familiar and able to understand procedures and rules of conduct.

### **Rules in General**

**ALL OBSERVERS SHOULD REMAIN SILENT WHILE CLASSES ARE IN SESSION.**

Arrive at least fifteen minutes before the class is scheduled to start.

Salute the American flag when entering and leaving the DoJang.

Avoid taking part in loud or controversial activities.

Students should remain silent while observing other classes in training.

Warm up prior to class.

Do not chew gum or smoke.

Wear a clean uniform with no markings except as indicated by your school.

Observe the rules of the Dojang to the best of your ability.

All students should take part in cleaning the Dojang since a high degree of cleanliness must be maintained.

Students should notify their instructor in advance of any absences.

### **Salutation**

Much importance should be attached to the salutation which is an integral part of training in Tang Soo Do. Member should bow to his instructor, to senior members, and also his opponents. The student should not lose self-control, prudence, or composure. Before and after exercise or contest, the participants should turn around, adjust their uniform, and bow to the opponent or instructor.

The sole purpose of bowing is to show one another courtesy and respect. While seated on the floor, member should keep a proper posture conducive to health. Hands should be placed on the knees, the back should be straight, and the legs should be crossed in front with the feet tucked beneath the thighs. During practice members should observe proper protocol and orderliness. The Dojang should always be kept clean, in order and well ventilated.

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## **Do Bohk and Dee**

Members should exercise care in keeping their Do Bohk clean and pressed at all times. It is important to give a good impression of our art. A neat appearance is important in this respect. A high degree of cleanliness should always be maintained among members. Members should take care to pay respect to their bodies and keep themselves clean.

Fingernails and toenails should be clipped and kept short to prevent injury while fighting. All Do Bohk will be folded properly upon entering and leaving the Dojang.

### **FOLDING**

1. Place jacket flat on back, fold sleeves inwards at seam towards center. Fold pants in half. Center on jacket with tie strings even with bottom edge of jacket.
2. Fold right and left sides of jacket inward to meet at center (**covering pants**), then fold the Do Bahk in half, lengthwise.
3. Fold the Do Bahk in half.
4. Fold belt evenly in half, wrap around Do Bahk and tie with over hand knot.

The Dee should never be washed. The soil that is created through the rigors of training represents ones hard work and dedication toward perfecting their art. It is widely believed that the original practitioners of Martial Arts started with a white rope and were only considered to have mastered their skills when the rope turned black, hence the term Black Belt was created.

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### **Warm up**

Warm-up exercises should be practiced by members prior to training in order to prepare the body and mind. An unprepared body could be strained under the rigorous Martial Arts exercises. When training is terminated, students should relax themselves with a series of exercises to help them return to a calm and normal state.

### **During the class**

Proper respect and discipline shall be maintained at all times. When the chief instructor of the school or high ranking guest enters the Dojang the instructor on the floor or the highest ranking member in the class should call the class to attention and have the class bow. After respect has been paid the class should return to training immediately.

When a student comes to class late, he should wait until he is recognized by the instructor, then approach him, bow and get permission to join the class.

When a student must leave the class, he should first receive permission from the instructor.

### **Basic Actions**

In order to promote improvement in skill, one must learn the basic actions and practice them constantly until they are perfected. Concentration and work must also be expended by students to perfect the various forms, in order to promote themselves.

Though forms and basic actions, precise and accurate techniques will result. It should be remembered all Tang Soo Do techniques depend on basic actions and forms. Learn them properly and apply them in your free fighting.

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### *Upon Entering the Dojang*

Students entering, in either Do Bohk or street clothes, should salute the American flag and bow to the instructor on the floor as soon as they enter the Dojang, again to show courtesy and respect, not superiority.

## Promotion Test Rules

### *General Rules:*

The members of the school learn good character and Tang Soo Do techniques by showing respect between students.

Students qualified to take a test must be recommended by their chief instructor.

Students qualified to take a test must pay the test fee and their tuition must be up to date.

### *Promotional Qualifications or Failure:*

The school has the following belt ranks:

1. Gup: 10th through 1st gup
2. Cho Dan Bo: candidate for black belt
3. Dan: 1st Dan thru all degrees of Master's Rank.

Qualification for gup test:

1. Instructor has the sole authority over all Gup and Dan promotions.
2. Students must satisfy all test requirements as set forth by the instructor. **He or She must perform at their peak level and with utmost effort.**

Qualification to test for 2nd Dan and above

1. 2nd Dan: minimum 2 years training after 1st Dan.
2. 3rd Dan: minimum 3 years training after 2nd Dan.
3. 4th Dan: minimum 4 years training after 3rd Dan.
4. 5th Dan :minimum 5 years training after 4th Dan.
5. 6th Dan: minimum 6 years training after 5th Dan
6. 7th Dan: minimum 7 years training after 6th Dan.

## *Meaning of Tang Soo Do:*

### **By Red Belt:**

Literally translated, the word, "Tang" means T'ang Dynasty of China which reflects the shared cultural background between China and Korea(617-907 AD.) "Soo" means hand but it implies fist, punch, strike or defense, etc. and "Do" means art. Thus "Tang Soo Do" means the Korean classical martial art which was influenced by the T'ang method of martial art.

## *Do Bohk (uniform) Code*

### **By Red Belt:**

" Do" means martial arts as Do in Tang Soo Do and "Bohk" means robe or training clothes. This type of Do Bohk is worn universally in most kinds of marital arts but its origin can be traced to 600 AD. (Korea) A mural painting from that age illustrates a warrior's hunting scene. The warrior wears the Do Bohk style robe.

## *Brief History*

### **By Red Belt:**

The exact origin of Tang Soo Do, as well as any of the martial arts in general, is obscure, though there are a number of historical theories. However, the most credible and traditional view is that martial arts originated not in any one country, but in almost all parts of the globe, as they were needed by primitive people.

## *Development in Early Ages*

### **By Blue Belt:**

The ancestral art of Korean Tang Soo Do can be traced back to the period of the three kingdoms. At that time Korea was divided into three kingdoms. **Koguryo:** was founded in 37 BC in northern Korea.

**The Silla Dynasty** was Founded in 57 BC in southeast peninsula, **Paekche** was founded in 18 BC.

After a long series of wars, the Silla Dynasty united the three kingdoms in 668 AD. During this period of time the primitive martial arts were very popular in warfare, this is evidenced by mural paintings, ruins and remains, which depicted Tang Soo Do in those days.

Among the three kingdoms, the Silla Dynasty was most famous for its development of marital arts. A corps formed by young aristocrats who were called "Hwa Rang Dan "was the major group who developed those arts. These warriors were instrumental in unifying the peninsula as the new Silla Dynasty(668 AD-935 AD), and furnished many of the early leaders of that dynasty. Most Korean martial arts trace their heritage to this group. The names of some groups and arts reflect this, such as Hwa Rang Do or Hwa Soo Do. Our five codes of Tang Soo Do, originated by Won Kwang, a monk, are part of their heritage.

## *Medieval Development*

### **By Blue Belt:**

The unified Silla Kingdom was overthrown by war lords, Wang Kun 918 AD and a new kingdom called "Ko ryo" lasted for 475 years. In 1392 AD the New Kingdom, Yi Dynasty, succeeded and lasted about 500 years. Approximately a thousand year period elapsed between the two dynasties. Tang Soo Do became very popular with the military society, However, most importantly this art also became very popular with the general public.

In those days it was called Kwon Bop, Tae kyun, Soo Bahk, Tang Soo etc.

The very first complete martial arts book was written at this time. This book is called "Mooyae Dobo Tongji". It was written in 1790 AD and contained illustrations that substantiate the theory that "Soo Bahk Ki", the formal name of Tang Soo Do, had quickly developed into a sophisticated art of combat technique.

## **Three Purpose of Tang Soo Doo:**

### **By Yellow Belt:**

Self -Defense

Health

Be a better person

## **Five Codes of Tang Soo Do:**

The Five Codes of Tang Soo Do apply to all members and are meant to assist the Tang Soo Do practitioner. All Members are required to know them by ranks indicated.

### **By Yellow Belt:**

1. Loyalty to country
2. Obedience to parents

### **By Orange Belt:**

3. Honor friendship

### **By Green Belt:**

4. I will always finish what I start
5. In fighting Choose with sense and honor

## **Tenets of Tang Soo Do:**

### **By Orange Belt:**

1. Integrity
2. Concentration

### **By Green Belt:**

3. Perseverance
4. Respect & Obedience
5. Self –control

### **By Brown Belt:**

6. Humility
7. Indomitable effort



## **Fourteen Attitude Requirements to Master Tang Soo Do**

### **By Brown Belt:**

1. Purpose of training should be enhancement of mental and physical betterment.
2. Serious approach.

### **By Brown stripe Belt:**

3. All out effort.
4. Maintain regular and constant practice.

### **By Red Belt :**

5. Practice basic techniques all the time.
6. Regularly spaced practice sessions.

### **By Red stripe Belt:**

7. Always listen and follow the direction of instructor or seniors.
8. Do not be overly ambitious.

### **By Blue Belt :**

9. Frequently inspect your own achievements.
10. Always follow a routine training schedule.
11. Repeatedly practice all techniques already learned.

### **By Black Belt:**

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 your surroundings clean.

**Starting class: By Orange Belt**

Students will line up according to rank and seniority. The higher ranking member will be on the right. Instructor will take a position in the front center of the class. The highest ranking member in the class will call commands:

- Cha Ryut .....Attention
- Kukgi Bae Rye.....Salute the American flag
- Ba Ro .....Return
- Muk Yum.....Prayer, thought meditation
- Ba Ro .....Return
- Cha Ryut ..... Attention
- Sah Bum Nim E Kyung Yet .....Bow to instructor

**Meaning of the American flag: By Green Belt**

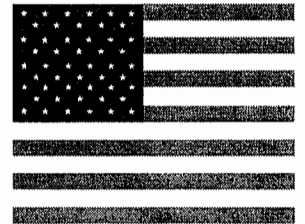
Thirteen (13) stripes stand for the thirteen original colonies.

The Red stripes represent bloodshed in our fight for freedom.

The white stripes stand for unity and brotherhood.

The blue represents the battle field.

The fifty stars represent the fifty United States of America.



**Meaning of the Eagle flag: By Green Belt**

**The Eagle Represents:**

Pride in our country.

**The Stars Represent:**

Faith and Friendship.

**Circle Represents:**

Continual training.



## **Symbolism of the Belt System**

*Each color belt given, also includes the striped rank of that color.*

The symbolism of Tang Soo Do gup belt system in its progression from white to black can be compared with the cycle of the seasons. Each color standing for specific stage of achievement. Younger Students may summarize/paraphrase these meanings. Older students should recite accurately.

**\*\*\*Parent's use your best judgment\*\*\***

**White** .....Beginner's belt color. White represents a primitive stage of achievement. Thus, the seed as it lies dormant beneath the snows of winter.

**Yellow** ..... The planted seed begins to make roots under the surface.

**Orange**.....Orange represents new growth, which appears in spring. Our Tang Soo Do knowledge begins to reveal itself.

**Green**.....Green represents the speedy development of youth as summer arrives.

**Brown**.....Brown represents power, stability, agility, weight and wisdom. This is a stabilizing stage, both mentally and physically.

Analogous to the plants, which curtail their growth and prepare to flower in late summer.

**Red**.....Red represents blood, life, energy, attention and control. The students power and techniques begin to bloom and ripen.

**Blue**.....Dark blue represents maturity, respect, and honor. Our dark blue belt is given to the Cho Dan Bo (Black Belt candidate). He must now prepare mind and body for the final step needed to attain black belt.

**Black**.....Black represents technique mastery, calmness, dignity, sincerity. Black belt is the final stage of one life cycle and the

beginning of the next. Thus, we see that it 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.

# General Terminology:

Note All terms are not spoken in class.

The following are one hundred forty three important selected terms which all students may be tested on. Please be sure to review at home . The purpose of learning is to enhance the over all knowledge of each student.

*"Do " is pronounced (Doe)*

*"Dan" is pronounced (Don)*

## By Yellow Belt:

Tang Soo Do.....The Traditional Art we are studying  
Dan.....Black Belt  
Gup.....Color belt  
DoJang .....Training hall/studio  
Do Bahk .....Uniform  
Dee .....Belt  
Ko Map Sum Ni Da .....Thank you

## By Orange Belt:

Sah Bum Nim.....Instructor, teacher  
Sun Bae .....Senior Member  
Hue Bae .....Junior Member  
Mahk Kee .....Block  
Ki Hap .....Yell (focus one's mind & energy)

## By Green Belt:

Hyung.....Form or pattern  
Yu Gup Ja.....Gup holder  
Cho Bo Ja.....Beginner  
Shi Sun.....Focus of eyes  
Kap Kwon.....Back Fist  
Cha Ki.....Kick  
Ha Dan.....Low part  
Choong Dan.....Middle part  
Sang Dan .....High part

### **By Brown Belt:**

Shim Sa.....	Testing both Gup and Dan
Kukgi.....	National Flag
Ho Sin Sul.....	Self-defense
Chung Shim.....	Balance
Soo Do.....	Hand
Kwan Soo.....	Spear Hand
Ahp.....	Front
Yup.....	Side
Dwi.....	Back
Pahl.....	Arm
Bahl.....	Foot

### **By Red Belt:**

Shim Sa Kwan Nim.....	Examiner
Choon Bae Woon Dong.....	Warm-up exercise
Ki Cho Woon Dong.....	Basic techniques exercise
Ja Yu Dae Ryun.....	Free sparring
Soo Ki.....	Hand techniques
Jok Ki.....	Foot technique
Kong Kyuck.....	Attack
Chu Mok.....	Fist
Mok.....	Neck
Hur Ri.....	Waist

### **By Blue Belt:**

Jung Kwon.....	Fore Fist
Jang Kwon.....	Heel of Palm

### **By Black Belt:**

Kyuck PA.....	Breaking
Ko Dan Ja.....	Senior Dan Holder
Yu Dan Ja.....	Dan holder

## **Basic Hand Techniques:**

### **By Yellow Belt:**

Ha Dan Mahk Ki.....Low block

Sang Dan Mahk Ki.....High Block

### **By Orange Belt:**

Ahneso Phaku Ro Mahk Ki.....Inside/outside block

### **By Green Belt:**

Phakeso Ahnu Ro Mahk Ki.....Outside/inside block

### **By Brown Belt:**

Sang Dan Kong Kyuck.....High punch

Kwan Soo.....Spear Hand

Pahl Put Ki.....Punch exercise, Horse riding stance

### **By Red Belt:**

Choong Dan Hang Jin.....Side punch

Sang Dan Soo Do Mahk Ki.....High knife hand block

Ha Dan Soo Do Mahk Ki.....Low knife hand block

### **By Blue Belt:**

Yuk Jin.....Knife hand block and reverse punch fighting stance

Yuk Soo.....Knife hand block and reverse punch front stance

### **By Black Belt:**

Chun Kul Ssang Soo.....Two hand block, front stance

Ssang Soo Sang Dan Mahk Ki.....High two hands x block

Ssang Soo Ha Dan Mahk Ki.....Low two hand block

## **Commands in Class:**

### **By Green Belt:**

Choon Bee.....Ready

Ahn Jo.....Sit

### **By Brown Belt:**

Shi Jak.....Begin

Toro.....Turn

Shio.....Relax or rest

### **By Red Belt :**

Bahl Cha Ki Choon Bee.....Ready for kick

### **By Black Belt:**

Dwi Ro Tora.....Turn to rear

Ku Ryung.....Command

Ku Ryung E Mat Cho So.....By the count

Ku Ryung up Shi.....Without count

Chung Shin Tong Il.....Concentration

In Neh.....Endurance

Kyum Son.....Humility

Chon Kyung.....Respect

## **Basic Stances:**

### **By Brown Belt:**

Choon Bee JA Seh.....Ready stance

Chun Kul JA Seh.....Front stance

### **By Red Belt:**

Hu Kul JA Seh.....Fighting stance

Kee MA Ja Seh.....Horse riding stance

Sa Ko Rip JA Seh.....Side stance

## **Basic Kicks Techniques:**

### **By Yellow Belt:**

Ahp Cha Ki.....Front Kick

Yup Cha Ki.....Side kick

### **By Orange Belt:**

Tollyo Cha Ki.....Round house kick

### **By Green Belt:**

E Dan Ahp Cha Ki.....Front jump kick

E Dan Yup Cha Ki.....Side Jump kick

E Dan Tollyo Cha Ki.....Jumping round kick

### **By Brown Belt:**

Dwi Yup Cha Ki.....Spinning side kick

Yup Hu Ryo Cha Ki.....Hook kick

### **By Red Belt:**

Dwi Hu Ryo Cha Ki.....Wheel Kick

Cchik Ki.....Axe kick

E Dan Dwi Tollyo Cha Ki.....Jump spinning back kick

### **By Blue Belt:**

Bahl Poto Oly KI.....Front stretch kick

Yup Poto Oly Ki.....Side stretch kick

### **By Black Belt:**

Ahneso Phaku Ro Cha Ki.....Crescent kick inside/outside kick

Phakeso Ahnero Cha ki.....Crescent kick outside/inside



## Anatomy:

### By Brown Belt :

Pahl.....Arm

Bahl.....Foot

### By Red Belt:

Chu Mok.....Fist

Mok.....Neck

Hur Ri.....Waist

### By Blue Belt:

Da Ri.....Leg

Soo or Sohn.....Hand

Pahl Koop.....Elbow

Moo Roope.....Knee

I Ma.....Forehead

### By Black Belt:

Tuck.....Chin

Myung Chi.....Solar plexus

In Choong.....Philtrum

Dan Jun.....Low Abdomen

## Numbers

### By Orange Belt:

Hana.....	One
Tul.....	Two
Set.....	Three
Net.....	Four

### By Green Belt:

Tasot.....	Five
Yosot.....	Six

### By Brown Belt:

ILgol.....	Seven
Yodol.....	Eight

### By Red Belt:

Ahop.....	Nine
Yol.....	Ten

### By Blue Belt:

IL.....	First
E.....	Second
Sam.....	Third
Sah.....	Fourth
Oh.....	Fifth
Yuk.....	Sixth
Chil.....	Seventh
Pal.....	Eighth
Ku.....	Ninth
Sip.....	Tenth

## **Required Forms:**

*All students should know the names of the forms they have been taught. They will learn the pronunciations class.*

*All “Sae Kye” forms are pronounced “say gay”.*

*All “Pyung Ahn” forms are pronounced “pee don”.*

## **Pee Wee Group:**

*Monday and Thursday..... 4:30pm to 5:30pm Beginner*

*Tuesday and Friday.....4:30pm to 5:30pm Intermediate*

*Wednesday .....4:30pm to 5:30pm*

*and Saturday.....10:30am to 11:30am Advance*

### **Orange Belt with stripe :**

Sae Kye Hyung Il Bu

### **Green Belt:**

Sae Kye Hyung E Bu plus previous forms

### **Green Belt with stripe :**

Sae Kye Hyung Sam Bu plus previous forms

### **Brown Belt:**

Pyung Ahn Cho Dan plus previous forms

### **Brown Belt with Stripe:**

Pyung Ahn E Dan plus previous forms

### **Red Belt :**

Pyung Ahn Sam Dan plus previous forms

### **Red Belt with stripe :**

Pyung Ahn Sa Dan plus previous forms

### **Blue Belt:**

Pyung Ahn oh Dan plus previous forms

### **Black Belt:**

Bassi & Bong Hyung Il Bu plus previous forms

### **2nd Dan:**

Naihanchi Cho Dan ,Sip Soo

Bong Hyung Sum Bu

Dan Gum Hyung& Jin Do plus previous forms

## Required Forms:

*All students should know the names of the forms they have been taught. They will learn the pronunciations class.*

*All "Sae Kye" forms are pronounced "say gay".*

*All "Pyung Ahn" forms are pronounced "pee don".*

### Junior Group

*Wednesday and Fridays.....6:30 to 7:30    Beginner*

*Tuesday and Fridays.....5:30 to 6:30    Intermediate*

*Wednesday.....5:30 to 6:30*

*and Saturday.....11:30 to 12:30        advance*

### Orange Belt:

Sae Kye Hyung IL Bu

### Orange Belt with strip :

Sae Kye Hyung E Bu plus previous form

### Green Belt:

Sae Kye Hyung Sam Bu plus previous forms

### Green Belt with stripe :

Pyung Ahn Cho Dan plus previous forms

### Brown Belt:

Pyung Ahn E Dan plus previous forms

### Brown Belt with stripe:

Pyung Ahn Sam Dan plus previous forms

### Red to Black Belt:

Pyung Ahn Sa Dan plus previous forms

### Red with stripe:

Pyung Ahn oh Dan plus previous forms

### Blue Belt :

Bassi & Bong Hyung Il Bu plus previous forms

### Black Belt:

Naihanchi Cho Dan ,plus previous forms

Bong Hyung E Bu

### 2nd Dan:

Sip Soo, Jin Do

Bong Hyung Sum Bu,

Dan Gum Hyung plus previous forms

## **Required Forms:**

*All students should know the names of the forms they have been taught.*

*They will learn the pronunciations class.*

*All "Sae Kye" forms are pronounced "say gay".*

*All "Pyung Ahn" forms are pronounced "pee don".*

## **Teen And Adult:**

**Teen class:** Mondays and Thursdays 5:30 to 6:30

**Adult 2 :** Tuesday And Thursday 6:30 to 7:30

**Adult 1:** Monday 6:30 to 7:30 and Wednesday 7:30 to 8:30

## **Yellow Belt:**

Sae Kye Hyung IL Bu

## **Orange Belt:**

Sae Kye Hyung E Bu plus previous forms

## **Orange Belt with stripe:**

Sae Kye Hyung Sam Bu plus previous forms

## **Green Belt:**

Pyung Ahn Cho Dan plus previous forms

## **Green Belt with stripe :**

Pyung Ahn E Dan plus previous forms

## **Brown Belt:**

Pyung Ahn Sam Dan plus previous forms

## **Brown Belt with stripe:**

Pyung Ahn Sa Dan plus previous forms

## **Red Belt:**

Pyung Ahn oh Dan plus previous forms

## **Red Belt with stripe:**

Bassi & Bong Hyung Il Bu plus previous forms

## **Blue Belt:**

Naihanchi Cho Dan ,

Bong Hyung E Bu plus previous form

## **Black Belt:**

Sip Soo, plus previous forms

## **2nd Dan:**

Bong Hyung Sum Bu, Dan Gum Hyung & Jin Do plus previous forms

## **3rd Dan:**

Demo staff form

Kong Sang Kun plus previous forms

## **4th Dan:**

Demo Form plus previous forms

*Students are required to know the creed by Black Belt.*

## **McCormick Karate Academy**

### **Student Creed**

I will develop myself in a positive manner and avoid anything that could reduce my mental growth and physical health.

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

I will use what I learn in the class constructively and defensively to help myself and my fellow human being and never be abusive or offensive.

This is a black belt school.

We are dedicated.

We are motivated.

We are on a quest to be the best.

**Tang Soo!**

*Students may always learn more then their belt ranks requires .*

# STUDENT MEMORANDUM

FOR INFORMATIONAL PURPOSE ONLY

<u>Belt</u>	<u>Gup</u>	<u>Date Of Promotion</u>
White	10	
Yellow	9	
Orange	8	
Orange w stripe	7	
Green	6	
Green w stripe	5	
Brown	4	
Brown w stripe	3	
Red	2	
Red w stripe	1	
Blue	Cho Dan Bo	
Black	Cho Dan	

**PRICE \$10.00**