



RKA Black Belt Study Guide

The History of Tang Soo Do

- Tang Soo Do was founded in Korea on August 17, 1945 by Grandmaster Hwang Kee.
- The original name for Tang Soo Do was Soo Bahk Do.
- The Art of Tang Soo Do was brought to America on November 11, 1975. At that time, the orange belt was introduced to the style.
- Tang Soo Do – Way of the Hand of Tang
 - Tang – Chinese influence, Tang Dynasty
 - Soo – open hand
 - Do – the way of life or the path you take
- Moo Duk Kwan
 - Moo – military used to prevent conflict, martial
 - Duk – virtue
 - Kwan – school
- The original name for Tang Soo Do was Soo Bahk Do.
- The five elements of training are earth, fire, water, wood and metal.

Flags:

- On the Moo Duk Kwan flag, the characters represent the following:

Gold fist – power and valor

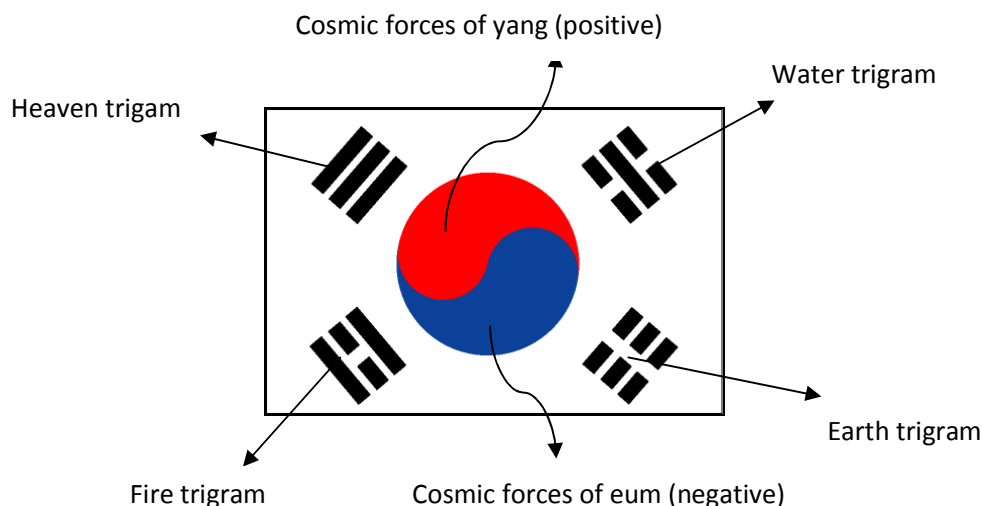
14 leaves – 14 provinces in Korea

6 cherries – 6 continents



- The Korean flag is called Taegeukgi.

The design of the Korean flag symbolizes the principles of eum and yang in Oriental philosophy. The circle in the center is divided into two equal parts.



Heaven, earth, fire and water are the four universal elements.

The forces of Um and Yang together embody the concepts of continuous movement and balance and harmony that characterize the sphere of infinity.

Our Lineage (Ryu Pa)

- Our Tang Soo Do family tree is symbolized by a main river that has smaller rivers (tributaries) that branch off carrying water from the main source. Kwan Jang Nim (Grandmaster) Hwang Kee is at the head of the main river. The knowledge is passed down the river to our instructors and then to students.

Our Belt & Uniform

- The white do bok represents a clean sheet of white paper that your instructor can put all of the information on. If your do bok is clean and white, then during each class, you can take with you the knowledge that your instructor has to give you.

<u>Belt:</u>	<u>Season:</u>
White	winter – purity, innocence, emptiness, hidden potential
Orange	
Green	spring – growth, spreading, advancement
Red	summer/fall-ripening, harvest, active (Yang)
Blue	winter-new beginning, full circle, maturity, calm, passive (Um)

Use of Hip

- The use of our hips (hu ri) in our movement is a signature aspect of Tang Soo Do. There is defensive and offensive hip movement. The force exerted in any movement is increased with the use of hip.

Sources of Power

- Internal power – neh gung
- External power – weh gung
- Spiritual power – shim gung

Forms (Hyung)

- Kee Cho Hyung Il Bu, Ee Bu, and Sam Bu are the foundation of our training and all have 22 moves. They were created for discipline and endurance.

- The Pyung Ahn forms were created by Okinawan Master Idos. They represent the tortis.

Pyung Ahn Cho Dan – 24 moves

Pyung Ahn Ee Dan – 31 moves

Pyung Ahn Sam Dan – 29 moves

Pyung Ahn Sa Dan – 31 moves

Pyung Ahn Oh Dan – 30 moves

- The Chil Sung forms are the seven star forms that come together as the big dipper. They are represented by nature. The Chil Sung forms are original to Tang Soo Do. Kwan Jang Nim Hwang Kee created them.

Chil Sung – Seven Star

- Bassai Hyung –The other name for Bassai Hyung is Pal Che, which means a fast choice of select movements.

The form has 52 moves. It is represented by the cobra.

- Naihanchi Cho Dan, originally named Neh Bo Jin, means advanced inward stepping.

The form represents an iron horse. There are 3 Naihanchi forms which are said to be over 900 years old.

General Terms:

- Il soo sik dae ryun – one step sparring
- Ho sin sool – self defense
- Orin jok – right side
- Wen jok – left side
- Shi sun – line of sight, looking
- Choong shim – balance
- Hu ri – hips
- Pahl – arm
- Chu mok – fist
- Mok – neck
- Myung chi – solar plexis
- Ko wahn – groin
- Pal koop – elbow
- Dan jun – abdomen
- Bahl – foot
- In choong – between mouth and nose

10 Articles of Faith

1. Be loyal to one's country.
2. Be obedient to one's parents and elders.
3. Be loving to one's husband or wife.
4. Be cooperative with one's brothers and sisters.
5. Be respectful of one's elders.
6. Be faithful to one's teachers.
7. Be faithful to one's friends.
8. Fight only in justice and with honor.
9. Never retreat in battle.
10. Always finish what you start.