

CEDAR RAPIDS KARATE INSTITUTE, LLC.

STUDENT MANUAL

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道

Traditional
TANG SOO DO (Soo Bahk Do)
Moo Duk Kwan KOREAN KARATE

唐
手
道



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What is Tang Soo Do?

[Tang Soo Do](#) is a traditional and very effective, style of Korean martial art. TSD techniques provide a multitude of linear, angular, and circular defensive (blocks) and offensive (attacks) movements. TSD has a broad-spectrum of both basic and advanced kicking techniques and strategies that are unsurpassed. TSD (Tang Soo Do) is relatively modern, however its roots date back many centuries to the art of [Soo Bahk Do](#) (historical name of TSD). It is a composite style, being *60% Soo Bahk Do, 30% northern Chinese and 10% southern Chinese*. TSD is both a hard and soft style, deriving it's "hard" foundation techniques from Soo Bahk Do, and it's soft (advanced) flowing movements from the northern and southern Chinese systems. The kicking techniques, for which TSD is unsurpassed, are based on Soo Bahk and date back to the [Silla Dynasty \(618-925 A.D.\)](#)

[Grandmaster Hwang Kee](#), the man who created Tang Soo Do, had mastered the art of [Tae Kyun](#) (another Korean system not related to Tae Kwon Do), and the art of [Soo Bahk Do](#) by the time he was 22 years of age. At that time, [1936](#), he traveled to northern China where he encountered a Chinese variation of an art called the "[Tang Method](#)". [Integrating these three systems](#) he developed a style, which was to become known as [Tang Soo Do Moo Duk Kwan](#). Tang Soo Do Moo Duk Kwan is not a sport. Although it is not essentially competitive, it has great combat applications. It is a classical martial art and its purpose is to develop the total person.....emotionally, spiritually and physically. [Moo Duk Kwan = "Institute of Martial Virtue"](#) a brotherhood and school for eliminating all conflicts (both internal and external) and for the development of martial virtues.

What is Soo Bahk Do Moo Duk Kwan?

First it is important to understand that Soo Bahk Do is the Art and Moo Duk Kwan is the style. Soo Bahk Do is the technical side, and the Moo Duk Kwan is the philosophical side of "Soo Bahk Do Moo Duk Kwan." The name "Bahk" originated in the age of Chun Chu (2700 years ago) according to the Moo Yei Dobo Tong Ji, which is one of the oldest records of Korea's martial arts. Soo Bahk Do (combat with bare hands and feet) is the only Korean martial art handed down from the Ko Ku Ryo Dynasty, thereby making it the oldest Korean martial art (aprox. 2,000 years old)



Translated literally, Moo Duk Kwan means "Institute of Martial Virtue." It is the scientific use of the body in methods of self defense, combined with a strict philosophy guiding the practitioner towards discovering their full potential. Soo Bahk Do, translated means "Hand Striking Way", and is the means to forge a body towards gaining ultimate use of its faculties through intensive physical and mental training. It is an art of self defense and philosophy that's secrets cannot be bought at any price other than serious and rigorous training. It is an art tempered on the lawns of Buddhist monasteries, against the steel of wandering bandits and on the fields of combat, its history is a long and honorable one.

What makes Soo Bahk Do different from other styles?

There are many fine styles of martial arts. Two of the many things that separate your art (Soo Bahk Do) from all other arts and make it unique, are its versatility and philosophy. Because ancient Korea was constantly attacked by both Japan and China, Soo Bahk Do became versatile out of necessity, the result being an art which demands mastery of the whole body, not just kicking and punching. Challenging techniques ranging from quick and spontaneous movements to slow graceful flowing movements gives not only variety but also challenges everyone. Second, many styles teach effective self defense and fighting principles but Soo Bahk Do offers much more than just that. Learning fighting techniques without a strong philosophy is to burden society with more dangerous people. We use Soo Bahk Do to realize our full potential and emphasize "Virtue in action" demonstrating courage, discipline, confidence and humility through our sincere efforts in training and our behavior towards others. You won't just hear our philosophy you'll see it in action. **THIS is what makes Soo Bahk Do VERY DIFFERENT!**



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Class Commands - Korean Terminology II



| | |
|--|--|
| 1. Ha dan mah kee | front stance low block |
| 2. Sang dan mah kee | front stance high block |
| 3. Pakeso ahnuro mah kee | front stance outside/inside block |
| 4. Ahneso pakuro mah kee | front stance inside/outside block |
| 5. Teul oh Pakeso ahnuro mah kee | front stance outside/inside block (opposite hand/foot) |
| 6. Teul oh Ahneso pakuro mah kee | front stance inside/outside block (opposite hand/foot) |
| 7. Sang Soo ahneso pakuro mah kee | front stance two hand inside to outside block |
| 8. Sang Soo ha dan mah kee | front stance two hand low block (x block) |
| 9. Sang Soo sang dan mah kee | front stance two hand high block (x block) |
| 10. Yuk soo do mah kee | front stance ridge hand block |
| 11. Hu gul ha dan mah kee | back stance: low block |
| 12. Hu gul sang soo ha dan mah kee | back stance: two hand low block |
| 13. Hu gul yup mah kee | back stance: side block (inside/outside block) |
| 14. Hu gul sang soo yup mah kee | back stance: two hand side block (i/o block) |
| 15. Hu gul pakeso ahnuro mah kee | back stance: outside/inside block |
| 16. Hu gul pakeso ahnuro mah kee jang kwon | back stance: outside/inside block (palm heel) |
| 17. Hu gul ha dan soo do mah kee | back stance: low knife hand block |
| 18. Hu gul choong dan soo do mah kee | back stance: middle knife hand block |
| 19. Hu gul sang dan soo do mah kee | back stance: high knife hand block |
| 20. Choi ha dan soo do mah kee | low back stance: low knife hand block |
| 21. Bal ja ba mah kee | cross leg stance: two hand palm block |
| 22. Choong dan kong kyuk | front stance: middle punch |
| 23. Sang dan kong kyuk | front stance: high punch |
| 24. Soo do kong kyuk | front stance: knife hand strike |
| 25. Yuk soo do kong kyuk | front stance: ridge hand strike |
| 26. Pal koop kong kyuk | front stance: elbow strike (front of elbow) |
| 27. Kwan soo kong kyuk | front stance: spear hand |
| 28. Jang kwan kong kyuk | front stance: palm heel strike |
| 29. Hu gul kap kwon kong kyuk | back stance: back fist strike |
| 30. Hu gul yuk jin kong kyuk | back stance: knife hand strike/punch opposite hand |
| 31. Kima jaseh ha dan mah kee | horse stance: low block (side) |
| 32. Pal koop chi kee kong kyuk bup | horse stance: elbow strike (point of elbow-side) |
| 33. Wheng jin kong kyuk | horse stance: side punch |

33 Basic Movements of Tang Soo Do

| | | |
|---------------------------------|--|--|
| FRONT STANCE BLOCKS | 1. Ha dan mah kee | front stance: low block |
| | 2. Sang dan mah kee | front stance: high block |
| | 3. Pakeso ahnuro mah kee | front stance: outside/inside block |
| | 4. Ahneso pakuro mah kee | front stance: inside/outside block |
| | 5. Teul oh Pakeso ahnuro mah kee | front stance: outside/inside block (opposite hand/foot) |
| | 6. Teul oh Ahneso pakuro mah kee | front stance: inside/outside block (opposite hand/foot) |
| | 7. Sang Soo ahneso pakuro mah kee | front stance: two hand inside to outside block |
| | 8. Sang Soo ha dan mah kee | front stance: two hand low block (x block) |
| | 9. Sang Soo sang dan mah kee | front stance: two hand high block (x block) |
| | 10. Yuk soo do mah kee | front stance: ridge hand block |
| FRONT STANCE STRIKES | 22. Choong dan kong kyuk | front stance: middle punch |
| | 23. Sang dan kong kyuk | front stance: high punch |
| | 24. Soo do kong kyuk | front stance: knife hand strike |
| | 25. Yuk soo do kong kyuk | front stance: ridge hand strike |
| | 26. Pal koop kong kyuk | front stance: elbow strike (front of elbow) |
| | 27. Kwan soo kong kyuk | front stance: spear hand |
| | 28. Jang kwan kong kyuk | front stance: palm heel strike |
| BACK STANCE BLOCKS | 11. Hu gul ha dan mah kee | back stance: low block |
| | 12. Hu gul sang soo ha dan mah kee | back stance: two hand low block |
| | 13. Hu gul yup mah kee | back stance: side block (inside/outside block) |
| | 14. Hu gul sang soo yup mah kee | back stance: two hand side block (i/o block) |
| | 15. Hu gul pakeso ahnuro mah kee | back stance: outside/inside block |
| | 16. Hu gul pakeso ahnuro mah kee jang kwon | back stance: outside/inside block (palm heel) |

| | | |
|-------------------------------------|--------------------------------------|---|
| | 17. Hu gul ha dan soo do mah kee | back stance: low knife hand block |
| | 18. Hu gul choong dan soo do mah kee | back stance: middle knife hand block |
| | 19. Hu gul sang dan soo do mah kee | back stance: high knife hand block |
| BACK STANCE STRIKES | 29. Hu gul kap kwon kong kyuk | back stance: back fist strike |
| | 30. Hu gul yuk jin kong kyuk | back stance: knife hand strike/punch opposite hand |
| Low Back Stance Block | 20. Choi ha dan soo do mah kee | low back stance: low knife hand block |
| Cross Stance Block | 21. Bal ja ba mah kee | cross leg stance: two hand palm block |
| HORSE STANCE BLOCK / STRIKES | 31. Kima jaseh ha dan mah kee | horse stance: low block (side) |
| | 32. Pal koop chi kee kong kyuk bup | horse stance: elbow strike (point of elbow-side) |
| | 33. Wheng jin kong kyuk | horse stance: side punch |

The numbers 1-33 assigned to each technique are the original sequential order of the techniques as described in Grandmater Hwang Kee's - Tang Soo Do (Soo Bahk Do) Copyright 1978. The techniques have been rearranged from their original sequence to promote learning the techniques according to the stances required. This allows a student to remain in a particular stance and perform both blocking techniques and strikes within the same stance, instead of alternating stances. This does not violate any traditional training methods or original intent.



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7 TENETS

1. INTEGRITY:

Firm adherence to a code of high values, uprightness, whole, complete. honor, principle.

2. CONCENTRATION:

To direct one's attention or thoughts, undivided attention.

3. PERSEVERANCE:

Steadfast adherence to a course of action, belief, or purpose, regardless of the physical or mental obstacles or challenges encountered.

4. RESPECT AND OBEDIENCE:

A willing and polite expression of consideration and appreciation. Willingness to conform and comply to commands of authority, or one more knowledgeable.

5. SELF CONTROL:

Control of one's feelings, desires, or actions by one's own will.

6. HUMILITY:

Modest character, behavior, attitude, or spirit. Meekness, mildness

7. INDOMITABLE SPIRIT:

Incapable of being subdued, unconquerable



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10 Articles of Faith on Mental Training



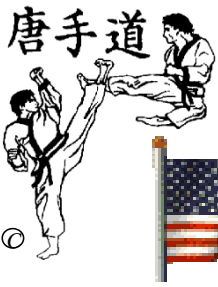
- **Be loyal to your country;** sacrifice yourself for duty to your country and your people. This is based on the spirit of the Hwa Rang Do
- **Be obedient to your parents;** children should be dutiful to parents and parents should be loving to their children
- **Be loving between husband and wife;** love and affection develops mankind's happiness and harmony in life
- **Be cooperative between brothers and sisters;** hold together with cooperation and concord
- **Be respectful to your elders;** protect the rights of the weak with courtesy and modesty
- **Be faithful between teacher and student;** learn the truth through practice of duty and affection
- **Be faithful between friends;** be peaceful and happy with harmony and faith towards each other, regardless of race, and towards all mankind
- **Face combat only in justice and with honor;** be able to distinguish between good and bad with fairness and rightfulness
- **Never retreat in battle;** Sacrifice for justice with capability and bravery
- **Always finish what you start;** Move to action with sureness and hope

ORIGINAL *Hwa Rang - FIVE CODES*

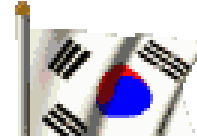
- | | |
|---|----------------------|
| 1. LOYALTY TO COUNTRY | - NARA E CHUNG SUNG |
| 2. OBEDIENCE TO PARENTS | - BOO MOO E HYO DO |
| 3. HONOR FRIENDSHIP | - BOUNG WOO YOO SHIN |
| 4. NO RETREAT IN BATTLE | - IM JUN MOO TOI |
| 5. IN FIGHTING, CHOOSE WITH SENSE AND HONOR. | - SAL SANG YOO TAEK |

(Fighting means the use of Tang Soo Do against injustice) These "Five Codes of Tang Soo Do" were originally incorporated by the Hwa Rang Dan warrior corp of the Silla Dynasty, 57 BC-935 AD.

The warrior corp. was formed by the 24th king of the Silla dynasty, named Chin Heung.



Tang Soo Do Children's Home Rules



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| | |
|---|--|
|  | Children must show respect to their parents and family members at all times. |
|  | Children shall greet their parents when they enter the house and tell them goodbye when they leave. |
|  | Children shall be truthful at all times. |
|  | Children will maintain a loving relationship to their brothers, sisters, & family. |
|  | Children must help with household chores and complete jobs assigned |
|  | Children will keep their own room neat and clean. |
|  | Children must keep their body, hair and teeth clean every day. |
|  | Children will not interrupt adult conversations. |
|  | Children will study their homework as required and strive for excellence in school |
|  | Children must show respect for teachers and peers at all times. |
|  | Children will answer parents and teachers respectfully, (yes ma'am, yes sir, unless otherwise instructed) not "huh", "what", or "yeah", when called or asked a question, |
|  | Children will respect businesses and other people's property and homes, |
|  | Children must be obedient, quite, use their best manners, and be helpful when visiting, shopping, or attending any event with parents, |
|  | Children shall be courteous, kind, and encouraging to friends, family, and to fellow Tang Soo Do friends, |
|  | Children must immediately do what their parents request. |



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| | |
|--|---|
| Ready Stance | <i>Choon bee</i> |
| Attention | <i>Cha ryut</i> |
| Bow Bow to Flags | <i>Kyung yet</i> <i>Kuk Gi Ba Rae Kyung Yet</i> |
| Return | <i>Ba Ro</i> |
| Relax / At Ease | <i>Shio</i> |
| Turn to the rear | <i>Dwi Ro Tora</i> |
| Yell | <i>Ki Hap</i> |
| Sit | <i>Ahn jo</i> |
| Stand | <i>E ru sut</i> |
| Head(master)Instructor Senior Instructor | <i>Sah Bom Nim</i> <i>Kyo Sa Nim</i> |
| Block | <i>Mahk Kee</i> |
| Hand Techniques | <i>Soo Gi</i> |
| Foot Techniques (kick) | <i>Cha Gi</i> |
| Form | <i>Hyung</i> |
| Attack | <i>Kong kyuck</i> |
| Free Sparring | <i>Cha Ru Dae Ryun</i> |
| 1 step sparring 2 step sparring | <i>Il soo sik dae ryun</i> <i>E soo sik dae ryun</i> |
| 3 step sparring | <i>Sam soo sik dae ryun</i> |
| Free sparring | <i>Cha Ru dae ryun</i> |
| Non contact sparring | <i>Chil sae dae ryun</i> |
| Staff sparring | <i>Bong dae ryun</i> |
| Self defense | <i>Ho sin sul</i> |
| Breaking | <i>Kyuck pa</i> |
| Uniform | <i>Do Bok</i> |
| Belt | <i>Dee</i> |
| Training hall (school) | <i>Do Jang</i> |
| The empty hand (soo) martial Art or "way" (do) influenced by the Tang (dynasty & methods) Ancient Name of Tang Soo Do | <i>Tang Soo Do</i> <i>Soo Bahk Do</i> |



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Tang Soo Do – Mental and Physical Training



The 5 Requirements and 11 Points of Emphasis on Mental Training

Requirements

- Oneness with Nature
- Complete awareness with environment
- Experience
- Conscience
- Culture

Emphasis

- Reverence for Nature
- Physical Control (Ki-Aup)
- Courtesy
- Modesty
- Thankfulness
- Self-Sacrifice
- Courage
- Chastity
- Strength inside and Mildness outside
- Endurance
- Reading Ability

The 5 Requirements and 10 Points of Emphasis on Physical Ability

Requirements

- Contact with physical surroundings
- Contact with diverse physical conditions
- Suitable Nourishment
- Suitable Exercise
- Suitable Rest

Emphasis

- Vocal Exhalation for thoracic strength (Ki Hap)
- Focus of Sight
- Continuous balance during movement
- Flexibility of the body
- Correct muscle tone for maximum power
- High and low speed technique
- Exactness of technique
- Adjustment for proper distance
- Proper breathing for endurance
- Conditioning of hands and feet

The above excerpt is from the U.S. Soo Bahk Do Moo Duk Kwan Federation.



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8 Key Concepts

- Yong Gi - Courage
- Chung Shin Tong Il - Concentration
- In Neh - Endurance
- Chun Jik - Honesty
- Kyum Son- Humility
- Him Cho Chung - Control of power
- Shin Chook - Tension - Relaxation
- Wan Gup - Speed Control



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Fourteen Attitude Requirements of Tang Soo Do

1. Purpose of training should be 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 to and follow the direction of instructors or 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 your surroundings clean.



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Korean Terminology of Tang Soo Do

ANATOMY

| | |
|--------------------|------------------|
| Hand | <i>Soo</i> |
| Fist | <i>Chu mok</i> |
| Arm | <i>Pahl</i> |
| Elbow | <i>Pahl koop</i> |
| Foot | <i>Bahl</i> |
| Leg | <i>Da ri</i> |
| Knee | <i>Moo roope</i> |
| Waist | <i>Hur ri</i> |
| Chin | <i>Tuck</i> |
| Eye | <i>Noon</i> |
| Forehand | <i>I ma</i> |
| Low abdomen | <i>Dan jun</i> |
| Groin | <i>Ko hwan</i> |

COUNTING

NUMBERING

| | | | |
|--------------|--------------|----------------|-------------|
| One | <i>hana</i> | First | <i>Il</i> |
| Two | <i>Tul</i> | Second | <i>E</i> |
| Three | <i>Set</i> | Third | <i>Sam</i> |
| Four | <i>Net</i> | Fourth | <i>Sa</i> |
| Five | <i>Tasot</i> | Fifth | <i>Oeh</i> |
| Six | <i>Yosot</i> | Sixth | <i>Yuk</i> |
| Seven | <i>Ilgop</i> | Seventh | <i>Chil</i> |
| Eight | <i>Yodol</i> | Eighth | <i>Pahl</i> |
| Nine | <i>Ahop</i> | Ninth | <i>Ku</i> |
| Ten | <i>Yol</i> | Tenth | <i>Sip</i> |



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Hyungs (Forms)



HYUNGS, sometimes called Kata, FORMS, or patterns, are an important requirement for promotion at every level of rank in Tang Soo Do. They are so important that 40% of a student's test score is determined by how well he/she demonstrates the required Forms. Forms are a requirement for every test. The forms increase in difficulty as the student's skill level increased and he/she advances in rank. Each one, along the way, represents techniques the student will learn during the previous training and tests periods.

Forms are a prearranged series of movements/techniques, that when performed as a form or routine, simulate combat and/or self-defense situations. The number and complexity of the moves will vary with the skill level of the student, and the particular belt level. Forms may have just a few moves, like in in Ki cho Hyung Il Bu, to more complicated forms, such as Bassai (Blackbelt). Forms, when learned and demonstrated properly, show a student' s willingness to study, focus, and understand the martial art they are studying. He/She should study the meaning, history, number of movements, timing, and application of every technique within a form.

The benefits derived from Forms Training are many. On the surface we can see that forms teach: balance, hand/foot, hand/eye coordination, breath control, focus and concentration. They also teach the student to change stances and direction. Hyungs develop the proper way to develop power in techniques and fluidity of movement. In turn, this helps a student' s free-sparring capability. Perhaps two of the most important benefits to be gained from Forms Training are, #1, they teach the student that everything has boundaries and limits (Forms have specific moves, turns allowed only in certain directions, and a limited number of moves in any direction), and that when the student performs within the specified boundaries of a particular Form they are creating self-discipline! So, it follows that, "Hyungs" teach PATIENCE, CONTROL, CONCENTRATION, FOCUS, POWER, BALANCE and SELF DISCIPLINE! Forms have a deeper meaning. A problem arises when MARTIAL ARTS schools teach only the fighting techniques of their system. Students forget the basic spirit of the Martial Arts, which is to seek peace first and use force only as a last resort. The study of forms offers students stability and gives them a lifelong challenge to improve themselves. This heightened awareness and enlightenment is often what attracts people to the Martial Arts. It is true that students want to become physically fit and able to defend themselves but some also want something more than just being able to harm another person before they are harmed. They want to add dignity and honor to their lives and believe that the Martial Arts offers them these qualities. They are right! The study of the Martial Arts does offer these things. Schools must retain a respect for tradition, recognize the benefits of this type of training, and do not restrict their training only to fighting techniques.

| Tang Soo Do Belt / Rank | Name (Korean) | Belt Rank | Minimum Training | Basic Techniques One-Steps Self-Defense | Forms (Hyungs) English | Hyungs (Forms) Korean |
|---|-------------------|-----------------------|------------------|---|--|---|
|  | Hu Bae | 10th Gup | 1st month | 5 of 33 1-2 1-2 | Basic Form # 1 - Hands Basic Form # 1 - Kicks | Ki Cho Hyung II Bu Sae Kye Hyung II Bu |
|  | Hu Bae | 9th Gup | 1 month | 5 of 33 1-3 1-3 | Basic Form # 1-2 (Hands & Kicks) Basic Form # 1-2 (Hands & Kicks) | Ki Cho Hyung E Bu Sae Kye Hyung E Bu |
|  | Hu Bae | 8th Gup | 2-4 months | 10 of 33 1-3 1-3 | Basic Form # 1-3 (Hands & Kicks) Basic Form # 1-3 (Hands & Kicks) | Ki Cho Hyung Sam Bu Sae Kye Hyung Sam Bu |
|  | Hu Bae | 7th Gup | 4-6 months | 10 of 33 1-5 1-5 | Intermediate Form # 4 | Pyung Ahn Cho Dan *Pyung Ahn E Dan |
|  | Hu Bae | 6th Gup | 6-8 months | 15 of 33 5-7 5-7 | Intermediate Form # 5 | Pyung Ahn E Dan *Pyung Ahn Sam Dan |
|  | Hu Bae | 5th Gup | 8-12 months | 15 of 33 7-10 7-10 | Intermediate Form # 5 | Pyung Ahn E Dan *Pyung Ahn Sam Dan |
|  | Sun Bae | 4th Gup | 1-1.5 years | 20 of 33 11-15 11-15 | Advanced Form # 6 | Pyung Ahn Sam Dan *Pyung Ahn Sa Dan |
|  | Sun Bae | 3rd Gup | 1.5-2 years | 20 of 33 16-2 16-20 | Advanced Form # 7 | Pyung Ahn Sa Dan *Pyung Ahn O Dan |
|  | Sun Bae | 2nd Gup | 2-2.5 years | 33 of 33 20-25 20-25 | Advanced Form # 8 | Pyung Ahn O Dan *Bassai |
|  | Sun Bae | 1st Gup | 2.5-3 years | 33 of 33 25-30 25-30 | Black Belt Form #1 | Bassai *Nai Han Ji Cho Dan |
|  | Boo Kyo Sa Nim | 1st Dan 1st Degree | 3-3.5 years | 33 of 33 25-30 25-30 | Black Belt Form #1 Black Belt Form #2 | Bassai Nai Han Ji Cho Dan *Nai Han Ji E Dan |
|  | Kyo Sa Nim | 2nd Dan 2nd Degree | 4-6 years | 33 of 33 25-30 25-30 | Black Belt Form #1 Black Belt Form #2 | Nai Han Ji E Dan Nai Han Sam E Dan *Jin Do |



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Tang Soo Do



18 Hand – Striking Techniques

| | | |
|----|------------------|------------------------------|
| 1 | Jung Kwon | Straight Fist |
| 2 | Kap Kwon | Back Fist |
| 3 | Yoo Kwon | Soft Fist |
| 4 | Kwon Do | Hammer Fist |
| 5 | Il Ji Kwon | First Finger Middle Knuckle |
| 6 | Il Ji Kwon | Second Finger Middle Knuckle |
| 7 | Soo Do | Knife Hand |
| 8 | Yuk Soo Do | Reverse Knife Hand |
| 9 | Kwan Soo | Spear Hand |
| 10 | Ban Jul Kwan Soo | Spear Hand Middle Knuckles |
| 11 | Il Ji Kwan Soo | One Finger Spear Hand |
| 12 | Ee Ji Kwan Soo | Two Finger Spear Hand |
| 13 | Jip Kye Son | Plier Hand |
| 14 | Jang Kwon | Palm Heel |
| 15 | Son Mok Deung | Upper/Top Wrist |
| 16 | Pal Mok | Inner Wrist |
| 17 | Pal Koop | Elbow Front |
| 18 | Pal Koop | Elbow Back/Point |

To describe any of the techniques listed above in Korean Terminology simply add the phrase “*Kong Kyuk*” To the end of the technique.

Ex: A Reverse Knifehand Strike (#8) would be described as a “*Yuk Soo Do Kong Kyuk*”

1-100 Count

| | | | | |
|-----------|----------------|-------------------|---------------------|------------|
| 1. HANA | 11. YOL HANA | 21. SU-MUL HANA | 31. SOR-HUNE HANA | 50. SWIN |
| 2. TUL | 12. YOL TUL | 22. SU-MUL TUL | 32. SOR-HUNE TUL | 60. YE-SUN |
| 3. SET | 13. YOL SET | 23. SU-MUL SET | 33. SOR-HUNE SET | 70. IR-HUN |
| 4. NET | 14. YOL NET | 24. SU-MUL NET | 34. SOR-HUNE NET | 80. YO-DUN |
| 5. TA-SOT | 15. YOL TA-SOT | 25. SU-MUL TA-SOT | 35. SOR-HUNE TA-SOT | 90. A-HUNE |
| 6. YA-SOT | 16. YOL YA-SOT | 26. SU-MUL YA-SOT | 36. SOR-HUNE YA-SOT | 100. PAEK |
| 7. IL-GUP | 17. YOL IL-GUP | 27. SU-MUL IL-GUP | 37. SOR-HUNE IL-GUP | |
| 8. YO-DOL | 18. YOL YO-DOL | 28. SU-MUL YO-DOL | 38. SOR-HUNE YO-DOL | |
| 9. A-HOPE | 19. YOL A-HOPE | 29. SU-MUL A-HOPE | 39. SOR-HUNE A-HOPE | |
| 10. YOL | 20. SU-MUL | 30. SOR-HUN | 40. MA-HUNE | |

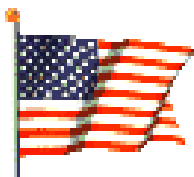


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Jok Kee Bup - Kick Techniques

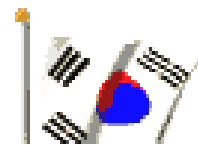


- | | | |
|----------------------------------|------------------------|---|
| 1. Ahp Podo Oll Ri Gee | - front stance: | High Front Straight up Stretch Kick |
| 2. Yup Podo Oll Ri Gee | - front stance: | High Side Straight up Stretch Kick |
| 3. Pahkeso Ahnuro Cha Gee | - front stance: | Outside to Inside Kick |
| 4. Ahneso Pahkuro Cha Gee | - front stance: | Inside to Outside Kick |
| 5. Ahp Cha Nut Gee | - front stance: | Front Snap Kick (long reach) |
| 6. Ahp Podo Cha Gee | - back stance: | Front Snap Kick (short reach) |
| 7. Yup Cha Gee | - front stance: | Side Kick |
| 8. Yup Podo Cha Gee | - back stance: | Side Snap Kick (with or without step) |
| 9. Dollyo Cha Gee | - front stance: | Round House Kick (with or without step) |
| 10. Ahp Mee Ro Cha Gee | - back stance: | Front Pushing Kick |
| 11. Dwi Cha Gee | - ready stance: | Back Kick (short back kick-knee bent) |
| 12. Peet Cha Gee | - front stance: | Reverse Round House Kick |
| 13. Chit Pal Gee | - horse stance: | Side Stomping Kick |
| 14. Moo Roop Cha Gee | - front stance: | Knee Kick / Strike |
| 15. Chik Gee | - front stance: | Axe kick |
| 16. Yup Hu Ryo Cha Gee | - back stance: | Side Hook Kick |
| 17. Dwi Dollyo Cha Gee | - back stance: | Spinning Back Kick (heel) |
| 18. Dwi Podo Cha Gee | - back stance: | Turning Back Snap Kick |
| 19. Dwi Hu Ryo Cha Gee | - back stance: | Turning Back Hook Kick |
| 20. Edan Ahp Cha Nut Gee | - back stance: | Jumping Front Snap kick |
| 21. Edan Dollyo Cha Gee | - back stance: | Jumping Round House Kick |
| 22. Edan Ahneso Phakuro Cha Gee | - back stance: | Jumping Inside to Outside kick |
| 23. Edan Phakeso Ahnuro Cha Gee | - back stance: | Jumping Outside to Inside Kick |
| 24. Edan Yup Podo Cha Gee | - back stance: | Jumping / Flying Side Snap Kick |
| 25. Edan Dwi Podo Cha Gee | - back stance: | Jumping Turning Back Snap kick |
| 26. Edan Dwi Hu Ryo Cha Gee | - back stance: | Jumping Turning Hook Kick |
| 27. Edan Dwi Dollyo Cha Gee | - back stance: | Jumping Spinning Back Kick (360°) |
| 28. Moo Roop Dollyo Cha Gee | - back stance: | Round House Kick with Knee |
| 29. Edan Moo Roop Dollyo Cha Gee | - back stance: | Jumping Round House Kick with Knee |
| | | Jumping 2-Foot Single Action Kick |
| 30. Ssang Bal Cha Gee | - back stance: | (This kick is performed by jumping in the air and delivering 1 single kick technique with both feet: such as a double flying side kick, jumping double front kick, jumping double back kick.) |
| | | Combination or Continuous Kick |
| 31. Yeon Sok Cha Gee | - back stance: | (This kick is performed by standing with one foot on the ground and delivering the same or different kicking attacks with the same leg, such as: low-high roundhouse kick, Right leg side kick-chamber-Right leg side kick, or ANY combination of all kicks listed above) |
| | | Jumping 2-Foot Double Action Kick |
| 32. Du Bal Cha Gee | - back stance: | (This kick is performed by jumping in the air and delivering 2 separate kick techniques, 1 with each foot, such as: Flying side-kick with the right leg and a left leg back kick (before you touch the ground)) |



CEDAR RAPIDS KARATE INSTITUTE

Rules and Regulations



1. ARRIVE 10 MINUTES BEFORE YOUR SCHEDULED CLASS TIME.
2. CALL IF YOU Know you CANNOT ATTEND CLASSES for a period of more than 4 -7 Days. Simply Say: "I will not be in class from this date to that date____, - A "reason" is not required
3. YOUR UNIFORM MUST BE CLEAN AND PRESENTABLE. (No Stains or Excess Wrinkles - if so, you will be sent home (Display Pride In Your Do Bohk (uniform) and Your Art.)
4. REMOVE YOUR SHOES UPON ENTERING THE SCHOOL AND BEFORE ENTERING THE DOJANG TRAINING FLOOR.
5. ALL SHOES AND BAGS MUST BE PLACED IN THE DESIGNATED AREAS.
6. **BOW TO FLAGS WHEN YOU ENTER/EXIT THE TRAINING FLOOR**, THEN TO ANY BLACKBELTS IN DOJANG (This is a display of respect and courtesy)
7. DO NOT LEAVE PERSONAL ITEMS IN THE DOJANG.
8. IF A CLASS IS IN SESSION, DO NOT ENTER UNTIL THE INSTRUCTOR GRANTS PERMISSION.
9. STRETCH, WARM-UP, BEFORE CLASS - PRACTICE WHAT YOU HAVE BEEN TAUGHT AFTER CLASS AND AT HOME
10. LOUD OR INAPPROPRIATE BEHAVIOR IS NOT ALLOWED. NO TALKING DURING TRAINING.
11. **STUDENTS SHALL REMAIN SILENT DURING INSTRUCTOR LECTURES, FORMS, SPARRING, AND MEDITATION. Raise your hand if you have a Question, the instructor will answer all questions.**
12. ALWAYS MAINTAIN AND EXHIBIT A HIGH LEVEL OF RESPECT WHEN ADDRESSING SENIORS.
13. ADULT STUDENTS SHALL ADDRESS EACH OTHER BY THEIR LAST NAMES.(example: Mr. Smith, Mrs. Smith)
14. LEARN AND USE TANG SOO DO TERMINOLOGY at ALL TIMES
15. FOLLOW THE TANG SOO DO 7-TENETS, 8-KEY CONCEPTS, 10-ARTICLES of FAITH, and 14-ATTITUDE REQUIREMENTS.
16. SHOW COURTESY TO OUR NEIGHBORS, DO NOT PARK IN FRONT OF THEIR RESIDENCES.
17. SENIOR BELTS SHALL ORGANIZE AND ASSIGN DOJANG CLEANING

DUTIES. (Display pride in YOUR Dojang by participating in the cleaning and organizing efforts)

18. JUNIOR BELTS MUST OBTAIN PERMISSION FROM THE HIGHEST SENIOR TO MEET WITH INSTRUCTOR.
19. NO FOOD, GUM, OR DRINK IS ALLOWED ON THE TRAINING FLOOR OR CARPETED AREAS.
20. **NO SPARRING OR BREAKING WITHOUT INTRUCTOR PERMISSION AND SUPERVISION. (ALL Protective Gear is REQUIRED when sparring - this includes HeadGear, Mouthpiece, Hand Pads, Foot Pads, Groin Cup - Additional gear is optional)**
21. **MAINTAIN A HIGH LEVEL OF PERSONAL HYGIENE AND CLEANLINESS, BEFORE AND AFTER TRAINING. (YOU WILL BE TRAINING IN CLOSE PROXIMITY TO OTHERS - BE AWARE OF YOUR BREATH AND BODY CLEANLINESS)**
22. **NO TALKING DURING CLASS. (VISITORS, PLEASE! KEEP TALKING TO A MINIMUM or Low-Volume DURING CLASS)**
23. GOSSIP, DISRESPECT, DISCENSION, or **DISCOURTEOUS BEHAVIOR AMONG STUDENTS WILL NOT BE TOLERATED**
24. **NO WEAPONS TRAINING WITHOUT INTRUCTOR PERMISSION AND SUPERVISION.**
25. PAY DUES & FEES ON TIME PER AGREEMENT AND REQUIREMENTS.
26. ALL BILLING, PURCHASES, OR FINANCIAL TRANSACTIONS OR QUESTIONS - WILL BE ADDRESSED BY CRKI - Please use Payment Drop Box and Payment envelopes for all transactions. **If you do not receive a supply/equipment order within 5 business days or have an issue with an order that has been placed discuss this with Mr. Taylor immediately,**
27. **ALL CONCERNS RELATED TO TRAINING OR THE OPERATION OF CRKI ARE TO BE DISCUSSED WITH MR. TAYLOR**
28. THE MAIN AND SECONDARY (training floor on the opposite-side of the main hallway) TRAINING AREAS/FLOORS OF CRKI ARE for INSTRUCTORS AND STUDENTS ONLY! **Access to these areas is strictly forbidden to visitors.**

Tang Soo Do is a traditional and classical martial art. The rules above were designed to ensure each student receives the greatest benefit from their training and it is conducted in a safe, structured, environment.