

Black Belt Study Guide

What Styles of Martial Arts do you study?

-Tae Kwon Do & Tang Soo Do

What does Tang Soo Do mean?

-Tang Soo Do literally means "Way of the China Hand". Tang refers to China's Tang Dynasty and their influence on Korean Martial Arts. Soo means hand but also implies fist, strike, block... etc. Do means art, path, or way of life.

What does Tae Kwon Do mean?

-Tae Kwon Do literally means "Way of the Foot and Fist". Tae refers to the foot or kicking. Kwon means fist or punching. Do means art, path, or way of life. Can also be translated as "Way of Kicking and Punching".

When was Tae Kwon Do Formed?

-1965. In 1909 Korea was occupied by the Japanese and martial arts of any kind was outlawed. On November 9th, 1945, Korea was liberated opening up practice of many types of martial arts once again. Tae Kwon Do was officially formed shortly there after.

What is the difference between Moo Do (Martial Way), Moo Yae (Martial Arts), and Moo Sul (Martial Technique)?

-*Moo Do* refers to learning the martial arts for personal betterment in every way; Mind, Body, and Spirit. *Moo Yae* refers to learning the physical movements, forms, and techniques with little emphasis on Mind and Spirit. *Moo Sul* refers to only training to learn technique and moves. There is no emphasis on Mind or Spirit but only physical technique.

5 codes:

Loyalty to one's country
Obedience to parent's and elders
Honor friendship
Achieve your goals
In battle choose with sense and wisdom

7 tenets and definition

-**Integrity:** Being honest and trustworthy
-**Concentration:** Keeping your eyes, mind, and body focused on one thing at a time.
-**Perseverance:** Never giving up
-**Respect & Obedience:** Treating others the way you want to be treated. Listening to parents and elders and doing what is asked of you without a bad attitude or talking back.
-**Self Control:** Using your mind to control your body. To think before you act.
-**Humility:** Being humble and not boastful. Knowing that there is always room for improvement.
-**Indomitable Spirit:** The spirit that never bends or breaks; Pushing yourself past your own pre-set physical limitations.

What is Black Belt Excellence?

-Acting like a Black Belt by showing maturity, respect, and honor in and out of the Dojang. You do not have to be a Black Belt to demonstrate this special skill.

Why do we answer yes sir and yes ma'am?

-To show respect. We also do this to develop a good habit of answering everyone with respect and courtesy.

Why do we practice forms?

-To develop a strong fighting spirit and to demonstrate the “art” in martial arts.

What is a weapon??

-An extension of your body. Training with weapons develops excellent hand/eye coordination.

Why do we bow?

-To show respect, humility, and trust.

What are the 5 keys elements to a good form?

- Speed
- Power
- Balance
- Focus
- Spirit

Why do we practice Breaking?

-To test our power, develop an effective technique, and to build confidence.

Why do we kihap?

- Tense opponent
- Tighten abdomen
- Focus energy
- Show spirit

What makes a good self defense technique?

- Effectiveness
- Reaction Speed

What are some important rules and guidelines to remember while sparring?

- Keep your hands up
- Stay moving
- Keep your body sideways
- Lead with your front side
- Use control
- Don't strike the face, below the belt, or to the back

What do the parts of the American Flag represent?

- American Flag is called Mi Kugki
- 50 stars: 50 states
- 13 stripes: 13 original colonies
- Red: Bloodshed for freedom. Hardiness & Valor (The capacity for enduring hardship; surviving.)
- White: Purity & Innocence
- Blue: Courage and Loyalty

What do the parts of the Korean Flag represent?

- Korean Flag is called Tae Kugki.
- Um/Yang: Opposing yet complimentary forces that keep balance and harmony. The Blue section is “Um” and is considered the negative side and the Red section is “Yang” and is considered the positive side
- 3 solid bars: Heaven
- 3 broken bars: Earth
- 2 solid bars 1 broken bar: Fire
- 1 solid bar 2 broken bars: Water

Ranks

White Belt – 10th Gup
Orange Belt – 8th Gup
Green Belt – 6th Gup
Blue Belt – 4th Gup
Red Belt – 2nd Gup
Red & Black – Cho Dan Bo

White/Orange Belt – 9th Gup
Yellow Belt – 7th Gup
Purple Belt – 5th Gup
Brown Belt – 3rd Gup
Red w/ white stripe – 1st Gup
Black Belt – Dan

Black Belt Uniforms

1st Degree Black Belts – White Uniform with Black Trim
2nd Degree Black Belts – Red Uniform with Black Trim
3rd Degree Black Belts – Blue Uniform with Black Trim
4th Degree Black Belts – Black Uniform with Red Trim

Belt Philosophy

Our belt system starts at white belt and continues into the higher ranks of Black Belt. Each color represents a stage of achievement and symbolizes the cycle of the seasons.

White Belt – The lack of color represents the beginner stage. It is the beginning of life's cycle and represents the seed as it lies dormant under the snows of winter.

Orange/Yellow Belts – These Belts represent the seed that is just beginning to see sunlight and prepare for new growth as spring approaches. Student has now been introduced to the basics.

Green/Purple Belts – These belts represent the new plant that has begun to grow as summer arrives.

Blue/Brown Belts – These belts represent the nourishment received from the sky and water as the plant prepares to flower in late summer.

Red Belt – Represents life's energy. The flowers of the plant begin to bloom and ripen in early fall.

Cho Dan Bo – Represents the mature plant. Cho Dan Bo is now a candidate for Black Belt and must spend time preparing for the final step in the first life cycle.

Black Belt – Represents maturity, respect, and honor. This is the final stage in one life cycle and the beginning of the next. Reaching this goal starts the student on the path towards true mastery in the ranks of Black Belt.

Vital points on the head neck:

Philtrum, temple, eyes, bridge of the nose, throat, side of the neck, base of the skull, jaw, chin.

Vital Points on the upper body:

Solar Plexus, ribs, kidney, stomach, floating ribs, spine, liver, under the arm, collar bone.

Vital Points on the lower body:

Groin, Coccyx bone, Quadriceps, Achilles tendon, instep, side of the knee, knee cap.

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Rank Titles:

Grand Master	Kwan Chang Nim (8th Dan or above)
Assistant Grand Master	Bu Kwan Chang Nim (7 th Dan)
Senior Master	Sun Bae Sah Bum Nim (6th Dan)
Master	Sah Bum Nim (4th Dan)
Assistant Master	Bu Sah Bum Nim (3rd Dan)
Instructor	Kyo Sah Nim (2nd Dan)
Assistant Instructor	Bu Kyo Sah Nim (1st Dan)
3 rd Degree Black Belt	Sam Dan Yu Dan Ja
2 nd Degree Black Belt	E Dan Yu Dan Ja
1 st Degree Black Belt	Cho Dan Yu Dan Ja
Grading Examiner	Shim Sah Kwan Nim
Black Belt Holder	Yu Dan Ja
Color Belt Holder	Yu Gup Ja

School Equipment:

School or Training Hall	Do Jang
Uniform	Do Bohk
Belt	Dee

Weapons (Moo Gee):

Staff	Bong
Short Staff	Dan Bong
Sword	Gum
Knife	Dan Gum
Nunchaku	Ssang Chul Bong

Conversation:

Thank you	Ko Mop Sum Ni Da
How are you	Ahn Young Ha Sa Yo
I'm sorry	Jae Song Ham Nee Da
You're welcome	Chun Man Na Yo

General Commands:

Salute the Flags	Kukgi Ba Rae
Attack	Kong Kyuck
Basic	Kee Cho
Ready	Choon Bee
Begin	Shi Jak
Stop	Ko Man
Relax (or rest)	Sheo
Turn to rear	Dwi Ro Tora
By the Count	Ku Ryung E Mat Cho Soh
Without Count	Ku Ryung Up Shi
Switch	Kyo Tae
Line Up	Chul Sa
Stand Up	E La Sutt
Sit Down	Ahn Jo
Come Here	Ee Dee Wha
Hurry	Balee Balee
Attention	Cha Ryut
Bow	Kyung Yet

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7 Tenets:

Integrity	Jung Jik
Concentration	Jip Jung Yuk
Perseverance	In Neh
Respect	Chun Kyung
Obedience	Pok Jung
Self Control	Jah Jeh
Humility	Kyum Sohn
Indomitable Spirit	Paek Chul Bul Gul

Attitude and Harmonization:

Eye Focus	Shi Sun
Balance	Chung Shin
Endurance	In Neh
Yell (focus of mind and energy)	Ki Hap
Spirit	Jung Shin
Empty Mind	Moo Shim
Beginner's Mind	Cho Shim
Meditate	Muk Yum
Martial Way	Moo Do
Martial Arts	Moo Yae
Martial Technique	Moo Sul
"Way of harmonizing spirit & energy"	Hap Ki Do
"Way of kicking & punching"	Tae Kwon Do
"Way of Tang's Hand"	Tang Soo Do

Numbers and Counting:

One	Hana	Eleven	Yol Hana
Two	Tul	Twelve	Yol Tul
Three	Set	Thirteen	Yol Set
Four	Net	Fourteen	Yol Net
Five	Ta Sot	Fifteen	Yol Ta Sot
Six	Ya Sot	Sixteen	Yol Ya Sot
Seven	Il Gop	Seventeen	Yol Il Gop
Eight	Yo Dol	Eighteen	Yol Yo Dol
Nine	A Hop	Nineteen	Yol A Hop
Ten	Yol	Twenty	Sumul
Thirty	Sor Hun	Forty	Ma Hun
Fifty	Shi Hun	Sixty	Yeasoon
Seventy	Ee Roon	Eighty	Yoo dun
Ninety	Ae Hun	One hundred	Paek

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Anatomy (Hae Bu) and Striking Points:

Vital Point	Kup So
Head	Moree
Skin	Pi Bu
Forehead	Ima
Temple	Kwan Ja Nol Yi
Eye	Nun
Philtrum	In Choong
Chin	Tuck
Wind Pipe	Ki Gwan Ji
Neck	Mok
Spine	Chok Chu
Arm	Pahl
Wrist	Sohn Mohk
Hand	Soo or Sohn
Rib	Kal Pit Dae
Floating Ribs	Nuk Col
Solar Plexus	Myung Chi
Waist	Hu Ri
Lower Abdomen	Dan Jun
Groin	Nang Shim
Leg	Da Ri
Knee	Moo Roop
Ankle	Bahl Mohk
Foot	Bahl
Heel	Bahl Koom Chi
Instep	Bahl Dung

Stances:

Front Stance	Chun Kul Jah Seh
Fighting Stance	Hu Kul Jah Seh
Horseback Stance	Kee Ma Jah Seh
Punch in Horseback stance	Pahl Put Ki
Cross leg Stance	Kyo Sa Rip Jah Seh
Crane Stance	Ha Bahl See O Kee Jah Seh
Low Stance	Ha Dan Jah Seh
Ready for Kick Stance	Bahl Cha Ki Choon Be

Kick Techniques:

Kick	Cha Ki
Front Kick	Ahp Cha Ki
Roundhouse Kick	Tollyo Cha Ki
Side Kick	Yup Cha Ki
Axe Kick	Nearyo Cha Ki
Hook Kick	Hu Ryo Cha Ki
Crescent Kick	Pandal Cha Ki
Wheel Kick	Hweajun Cha Ki
Diagonal kick	Peet Cha Ki
Tornado Kick	Tae Poong Cha Ki
Spinning Back Kick	Dwi Tollyo Cha Ki -or- Dwi Yup Cha Ki
Stepping Side Kick	Ko Ro Yup Cha Ki
Stepping Hook Kick	Ko Ro Hu Ryo Cha Ki
Jumping Kicks	Ee Dan (ex: Ee Dan Ahp Cha Ki)
Spinning Kicks	Dwi (ex: Dwi Yup Cha Ki)
Jump Spinning	Ee Dan Dwi (ex: Ee Dan Dwi + kick)
Double Kicks	Sang Bahl (ex: Sang Bahl + kick)
Flying Kick	Dee Yo Ee Dan (+ kick)
360° Jump Spinning Kick	Sam Paek Yuk Sip Do Ee Dan Dwi (+ kick)
Double Jumping Front Kick	Ssang Bahl E Dan Ahp Cha Ki

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Hand Techniques:

Block	Mahk Ki
Knife Hand	Soo Do
Fore Fist	Jung Kwon
Hammer Fist	Kwon Do
Back Fist	Kap Kwon
Ridge Hand	Yuk Soo Do
Plier Hand	Jip Kye Sohn
Heel of Palm	Jang Kwon
Elbow Strike	Pal Koop Kong Kyuck
Center Punch	Choong Dan Kong Kyuck
High Punch	Sang Dan Kong Kyuck
Low Block	Ha Dan Mahk Ki
High Block	Sang Dan Mahk Ki
Inside/Outside Block	Ahneso Phaku Ro Mahk Ki
Outside/Inside Block	Pahkeso Ahne Ro Mahk Ki
Low Knife Block	Ha Dan Soo Do Mahk Ki
High Knife Block	Sang Dan Soo Do Mahk Ki
Spear Hand Attack	Kwan Soo Kong Kyuck
Low X Block	Ssang Soo Ha Dan Mahk Ki
High X Block	Ssang Soo Sang Dan Mahk Ki
Side Block	Yup Mahk Ki

Miscellaneous Terms:

National Flag	Mi Kukgi
Korean Flag	Tae Kukgi
Form	Hyung
Break Fall	Nak Bup
Front Break Fall	Ahp Nak Bup
Back Break Fall	Dwi Nak Bup
Side Break Fall	Yup Nak Bup
Exam	Shim Sa
One Step Sparring	Ill Soo Sik Dae Ryun
Staff One Step Sparring	Bong Ill Soo Sik Dae Ryun
Free Sparring	Ja Yu Dae Ryun
Self Defense Against the Grab	Hol Sin Sul
Breaking	Kyuck Pa
Friend	Chin Goo
Certain Victory	Pilsung
Warrior	Moo Sa
Dragon	Yong
Red Dragon	Hong Yong
Lion	Sa Ja
Lion Force	Sa Ja Hon