

# JEONSA MARTIAL ARTS FEDERATION

## STUDENT MANUAL



NAME: \_\_\_\_\_

MY INSTRUCTOR: \_\_\_\_\_

DOJANG ADDRESS: \_\_\_\_\_

DOJANG PHONE #: \_\_\_\_\_

TRAINING START DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

DOJANG WEB SITE: \_\_\_\_\_

VISIT US ONLINE @ [WWW.MPRDMA.COM](http://WWW.MPRDMA.COM) MASTER PAGANO'S RED DRAGON MARTIAL ARTS  
CLICK ON THE JEONSA MARTIAL ARTS FEDERATION TAB TO FIND INFO AND CURRICULUM  
VIDEOS!

# WELCOME

We would like to congratulate you on your decision to begin training in the Martial Arts. As a member of the Jeonsa Martial Arts Federation, you will experience a high level of instruction in a mix of martial arts that will help you become stronger, healthier, better balanced, and more confident. Martial Arts has helped people from all walks of life transform into the best versions of themselves, and we are hopeful that it will do the same for you!

Tang Soo Do and Tae Kwon Do are practiced by millions of people around the world as a method of self-defense, physical fitness and as a lifestyle. We look forward to watching you grow in our art from a beginner into a Black Belt leader.

This manual is meant to serve as a guide that provides an understanding of key concepts and fundamentals. However, there is no replacement for consistent training with your instructor. These elements combined with a desire to work hard and be your very best will ensure that your journey is successful.

Tang Soo!

*Giuseppe Pagano*

Giuseppe Pagano  
Jeonsa Martial Arts President

In memory of Grand Master Louis Marvil, who laid the foundation for all of us.

*Louis M. Marvil*

Louis M. Marvil  
Grand Master

## **RULES IN THE DOJANG**

1. Remove shoes and put them away before entering the dojang.
2. Salute the flags upon entering and leaving the dojang.
3. Warm up prior to class.
4. Sit quietly while waiting for your class to begin.
5. Keep yourself and your uniform neat, clean, and odor free.
6. Instructors and Black Belts should always be addressed in a respectful manner by using Sir/Ma'am, Mr./Miss/Mrs. or their Korean title Gyo Sah Nim/Sah Bum Nim/Gwan Jang Nim.
7. Missed classes should be made up. Talk to your instructor about your Dojang's make-up policy.
8. Practice at Home.
9. Always maintain a positive, respectful, and disciplined attitude.
10. Follow the rules and codes to the best of your ability.

## **DO BOHK/PATCHES**

The Do Bohk should have the following patches sewn on: Federation patch (left chest), American Flag patch (right shoulder under seam), Korean Flag patch (left shoulder under seam). These patches must be on your traditional Do Bohk, the one worn for testing. *\*\*For help with belt tying, please refer to the following page.*

## **STARTING CLASS**

Students will line up according to rank and seniority. The higher-ranking member will be on the right. The lead instructor will take a position in the front center of the class. Assistant instructors will line up on the right side of the class. The highest-ranking member in class will call the commands.

Cha Reut	(attention)
Gug Gi Bae Rye	(salute the flags)
Paro	(return)
Ahn Juh	(sitting position)
Mook Yum	(meditation)
Paro	(return - called by instructor)
Gwan Jang Nim Kay Gyung Lay	(bow to the Grand Master)
Sah Bum Nim Kay Gyung Lay	(bow to the Master Instructor)
Gyo Sa Nim Kay Gyung Lay	(bow to the Instructor)

## **DURING CLASS**

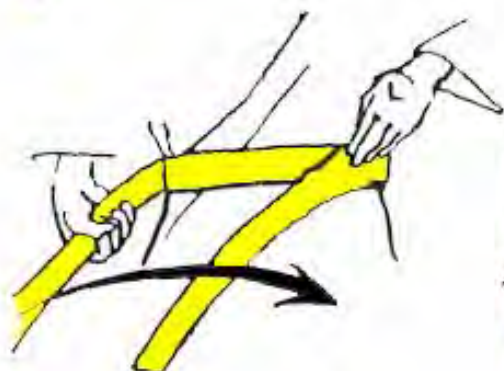
When the master instructor of the school or high-ranking guest enters the dojang, the instructor on the floor or highest-ranking member in the room should call the class to attention and have them turn and bow. After respect has been paid, the class should return to training immediately. When a student comes to class late, he/she should wait until they are recognized by the instructor, bow, and ask permission to join the class. When a student must leave the class, he/she should first receive permission from the instructor.



**STEP #1**



**STEP #2  
REAR VIEW**



**STEP #3**



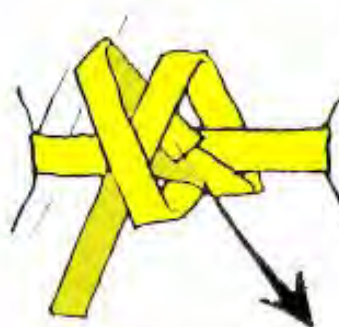
**STEP #4**



**STEP #5**



**STEP #6**



**STEP #7**

# RANK SYSTEM

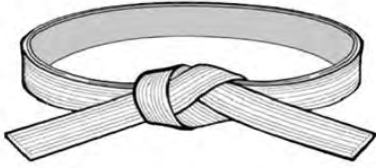
(Please Note: Required Time is not exact to every karate school and testing depends on many factors, not just attendance.)

## RANK *MINIMUM* TIME REQUIRED AT RANK



White Belt – 10 <sup>th</sup> Gup	2 Months
White/Orange Belt – 9 <sup>th</sup> Gup	2 Months
Orange Belt – 8 <sup>th</sup> Gup	3 Months
Yellow Belt – 7 <sup>th</sup> Gup	3 Months
Green Belt – 6 <sup>th</sup> Gup	3 Months
Purple Belt – 5 <sup>th</sup> Gup	2 Months
<i>Purple-Mid Term</i>	2 Months
Blue Belt – 4 <sup>th</sup> Gup	2 Months
<i>Blue-Mid Term</i>	2 Months
Brown Belt – 3 <sup>rd</sup> Gup	2 Months
<i>Brown-Mid Term</i>	2 Months
Red Belt – 2 <sup>nd</sup> Gup	3 Months
<i>Red-Mid Term</i>	3 Months
1 <sup>st</sup> Gup	3 Months
<i>1<sup>st</sup> Gup-Mid Term</i>	3 Months
Cho Dan Bo	6-12 Months
1 <sup>st</sup> Dan	2 Years
2 <sup>nd</sup> Dan	3 Years
3 <sup>rd</sup> Dan	4 Years
4 <sup>th</sup> Dan	5 years
5 <sup>th</sup> Dan	6 years

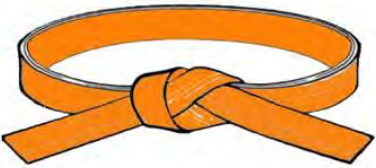
# Black Belt Progress Chart



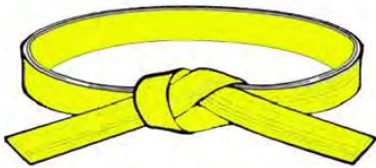
**Date:** \_\_\_\_\_



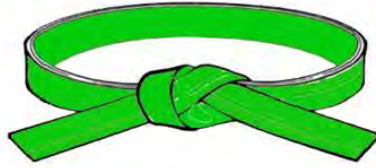
**Date:** \_\_\_\_\_



**Date:** \_\_\_\_\_



**Date:** \_\_\_\_\_



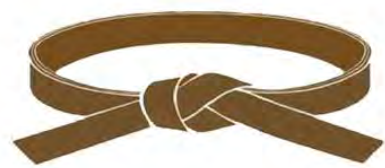
**Date:** \_\_\_\_\_



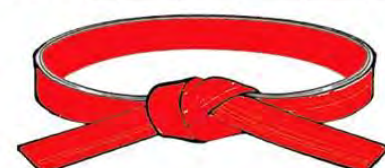
**Date:** \_\_\_\_\_



**Date:** \_\_\_\_\_



**Date:** \_\_\_\_\_



**Date:** \_\_\_\_\_



**Date:** \_\_\_\_\_



**Date:** \_\_\_\_\_



**Date:** \_\_\_\_\_

## **BELT PHILOSOPHY**

Our belt system starts at white belt and continues into the higher ranks of Black Belt. Each Gup 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 preparing 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, water and ground as the plant prepares to flower in late summer.

**RED BELT/1<sup>ST</sup> GUP** – These belts represent life's energy. The flowers of the plant begin to bloom and ripen in early fall.

**CHO DAN BO** – 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** – 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.

## **MEANING OF TANG SOO DO**

Literally translated, the word “Tang”, represents the Tang Dynasty of China which reflects the shared cultural background between China and Korea (617-907 AD). “Soo” means hand but implies fist, punch, strike, or defense, and “Do” means way of life or art. Thus “Tang Soo Do” means “The Way of Tang’s Hand”.

## **MEANING OF TAE KWON DO**

Tae Kwon Do 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”.

**MOO DO (MARTIAL WAY)**  
**MOO YAE (MARTIAL ARTS)**  
**MOO SOOL (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 less emphasis on Mind and Spirit. Moo Sool refers to only training to learn technique and moves for fighting purposes. There is little to no emphasis on Mind or Spirit.

## **BRIEF HISTORY OF MARTIAL ARTS**

The exact origin of Tang Soo Do, as well as any of the martial arts in general, is obscure, though there are several 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.

## **TANG SOO DO DEVELOPMENT IN THE EARLY AGES**

The ancestral art of Korean Tang Soo Do can be traced back to the period when Korea was divided into three Kingdoms.

*Koguryo* was founded in 37 BC in northern Korea. The *Silla* Dynasty was founded in 57 BC in the southeast peninsula, and *Paekche* was founded in 18 BC in the southwest peninsula.

After a long series of wars, the Silla Dynasty united the three kingdoms in 668 AD. During this period, 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 early days.

Among the three kingdoms, the Silla Dynasty was most famous for its development of the martial arts. A corps of young aristocrats who were called “Hwa Rang Dan” were the major group who developed those arts. These warriors were instrumental in unifying the peninsula as the new Silla Dynasty (668-935 AD) and furnished many of the early leaders of that dynasty. Most Korean martial arts trace their spiritual and technical heritage to this group. In contribution to this spiritual heritage, a monk named Won Kwang created our Five Codes of Tang Soo Do to provide the Hwa Rang Dan with a code of conduct.



## **MEDIEVAL DEVELOPMENT**

The unified Silla Kingdom was overthrown by a warlord, Wang Kun, in 918 AD and a new Kingdom called “Koryo” lasted for 475 years. In 1392 AD the “Yi Dynasty” succeeded and lasted until 1907 AD. Tang Soo Do became very popular with the general public. In those days Tang Soo Do was called Kwon Bup, Tae Kyun, Soo Bahk, Tang Soo, etc.

The very first complete martial arts book was written at this time. This most important 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 techniques.

## **MODERN HISTORY**

The subsequent occupation of Korea by the Japanese military regime took place from 1909 to 1945. During this period, practicing and teaching Korean martial arts was restricted.

After World War II, 1945, this restriction was lifted. The following martial arts training schools were erected at that time:

Moo Duk Kwan	by Hwang Kee
Chi Do Kwan	by Kwai Byung Yun
Chung Do Kwan	by Duk Song Son
Song Moo Kwan	by Byung Jik No
Chang Moo Kwan	by Nam Suk Lee
Yun Moo Kwan	by Sang Sup Chun

These founders started to establish their own organizations and Grand Master Hwang Kee organized the “Korean Soo Bahk Do Association” on November 9, 1945

Besides the Soo Bahk Do Association, there were various types of other martial arts called “Kong Soo” or “Tae Soo” existing in Korea. In 1965, all of these various systems were united into one organization called the “Korean Tae Kwon Do Association” and the art was call “Tae Kwon Do” uniformly.

As the Korean national sport, Tae Kwon Do initiated a new era. Instructors were dispatched throughout the world and international tournaments were held. In those days, Tang Soo Do strived to remain a traditional martial art while Tae Kwon Do held it’s world games and sports.

## **CURRENT STATE OF MARTIAL ARTS**

Our current style is not only Tang Soo Do or Tae Kwon Do, but also mixed with multiple other arts. Everything we learn should be considered a puzzle piece in the big picture of becoming a full and complete martial artist. We learn forms from Tang Soo Do, dynamic kicking from Tae Kwon Do, ground defense from Jiu Jitsu, joint locks from Hap Ki Do, throws from Judo, etc. Take what you like from each discipline to become the best you can! We must adopt the “Beginner’s Mind” attitude and never stop learning!

## FIVE CODES

1. Loyalty to One's Country
2. Obedience to Parents and Elders
3. Honor Friendship
4. Achieve your goals
5. In Battle Choose with Sense and Wisdom

## SEVEN TENETS

1. Integrity
2. Concentration
3. Perseverance
4. Respect & Obedience
5. Self-Control
6. Humility
7. Indomitable Spirit

## MEANING OF EMBLEM AND FLAGS



### FEDERATION EMBLEM

**Outer Circle** – The circle represents balancing our mental, physical, and spiritual wellness to become whole. It also represents a never-ending growth and learning cycle.

**Um/Yang** – The red and blue half circles in the center of the emblem represent the concept of opposing but complementary forces which create balance and harmony. The Red is considered positive and the blue negative. This force is present in all of nature. It also shows the Korean heritage as it is the central symbol of the South Korean flag.

**Fist Holding Lightning Bolt** – The fist represents Justice while the lightning bolts symbolizes the undying energy and effort we must always show during training.

**Master's Belt** – This represents the ultimate goal of mastering our art.



## AMERICAN FLAG

**Fifty Stars:** represent the 50 states

**Thirteen Stripes:** represent the 13 original colonies

**Red:** represents the bloodshed by the patriots in their fight for independence

**White:** symbolizes purity and Innocence.

**Blue:** stands for courage and loyalty.



## SOUTH KOREAN FLAG

**Um Yang:** Center Symbol of the Flag that represents Balance and Harmony. The Red is Positive, and Blue is Negative.

**Trigram:** Name for the corner symbols

**Trigram with 3 Solid Bars:** Heaven

**Trigram with 3 Broken Bars:** Earth

**Trigram with 2 Broken 1 Solid Bar:** Water

**Trigram with 2 Solid 1 Broken Bar:** Fire

## 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 YELL (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 front side, use control, don't strike illegal areas such as the back or below the 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, etc.

## **VITAL POINTS ON THE UPPER BODY:**

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

## **VITAL POINTS ON THE LOWER BODY:**

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

## TERMINOLOGY

### RANK TITLES:

Grand Master	Gwan Jang Nim (8th Dan & above)	관장님
Assistant Grand Master	Bu Gwan Jang Nim (7 <sup>th</sup> Dan)	부관장님
Senior Master	Sun Bae Sah Bum Nim (6th Dan)	선배사범님
Master	Sah Bum Nim (4th Dan)	사범님
Assistant Master	Bu Sah Bum Nim (3rd Dan)	부사범님
Instructor	Gyo Sah Nim (2nd Dan)	교사님
Assistant Instructor	Bu Gyo Sah Nim (1st Dan)	부교사님
3 <sup>rd</sup> Degree Black Belt	Sam Dan Yu Dan Ja	삼단유단자
2 <sup>nd</sup> Degree Black Belt	E Dan Yu Dan Ja	이단유단자
1 <sup>st</sup> Degree Black Belt	Cho Dan Yu Dan Ja	초단유단자
Grading Examiner	Shim Sah Gwan Nim	심사관님
Black Belt Holder	Yu Dan Ja	유단자
Color Belt Holder	Yu Gup Ja (pronounced Goop)	유급자

### SCHOOL EQUIPMENT:

School or Training Hall	Do Jang	도장
Uniform	Do Bohk	도복
Belt	Dee	띠

### WEAPONS (MOO GEE):

Staff	Bong	봉
Short Staff	Dan Bong	단봉
Sword	Gum	검
Knife	Dan Gum	단검
Nunchaku	Ssang Jool Bong	쌍절봉

### CONVERSATION:

Thank you	Go Mop Seum Ni Da	고맙습니다
How are you	Ahn Nyeong Ha Say Yo	안녕하세요
I'm sorry	Jae Song Hop Nee Da	죄송합니다
You're welcome	Cheon Man A Yo	천만에요

## GENERAL COMMANDS:

Salute the Flags	Gug Gi Ba Rye	국기배례
Attack	Gong Gyeok	공격
Basic	Gi Cho	기초
Ready	Joon Bee	준비
Return	Paro	바로
Begin	Shi Jak	시작
Stop	Gu Man	그만
Again	Da She	다시
Relax (or rest)	Sheo	쉬어
Turn to rear	Dwi Ro Dora	뒤로 돌아
By the Count	Gu Ryung E Mat Chow Soh	구령에 맞춰서
Without Count	Gu Ryung Up Shi	구령없이
Switch	Gyo Chay	교체
Line Up	Jul Suh	줄서
Stand Up	Eel Uh Suh	일어서
Sit Down	Ahn Juh	앉아
Come Here	E Lee Wa	이리와
Hurry	Balee Balee	빨리 빨리
Attention	Cha Reut	차렷
Bow	Gyung Lay	경례

## 7 TENETS:

Integrity (Honesty)	Jung Jik	정직
Concentration	Jip Joong Yuk	집중
Perseverance	In Neh	인내
Respect	Jon Gyung	존경
Obedience	Bok Jong	복종
Self-Control	Ja Jeh	자제
Humility	Gyeum Son	겸손
Indomitable Spirit	Back Jul Bul Gool	백절불굴

## ATTITUDE AND HARMONIZATION:

Eye Focus	She Sun	시선
Balance	Joong Shim	중심/균형
Endurance	In Neh	인내
Yell (focus of mind and energy)	Ki Hap	기합
Spirit	Jung Shin	정신
Empty Mind	Moo Shim	무심
Beginner's Mind	Cho Shim	충심
Meditate	Mook Yum	묵렵
Martial Way	Moo Do	무도
Martial Arts	Moo Yae	무예
Martial Technique	Moo Sool	무술
"Way of harmonizing spirit & energy"	Hap Ki Do	합기도
"Way of kicking & punching"	Tae Kwon Do	태권도
"Way of Tang's Hand"	Tang Soo Do	당수도

## NUMBERS AND COUNTING:

One	Hana	하나	Fifteen	Yeol Da Sut	열다섯
Two	Dool	둘	Sixteen	Yeol Yeo Sut	열여섯
Three	Set	셋	Seventeen	Yeol Il Gulp	열일곱
Four	Net	넷	Eighteen	Yeol Yeo Dul	열여덟
Five	Da Sut	다섯	Nineteen	Yeol Ah Hope	열아홉
Six	Yeo Sut	여섯	Twenty	Soo Mool	스물
Seven	Il Gulp	일곱	Thirty	Seo Reun	서른
Eight	Yeo Dool	여덟	Forty	Ma Heun	마흔
Nine	Ah Hope	아홉	Fifty	Swin	쉰
Ten	Yeol	열	Sixty	Ye sun	예순
Eleven	Yeol Hana	열하나	Seventy	IL Heun	일흔
Twelve	Yeol Dool	열둘	Eighty	Yeo Deun	여든
Thirteen	Yeol Set	열셋	Ninety	A Heun	아흔
Fourteen	Yeol Net	열넷	One hundred	Bak	백

## ANATOMY (HAE BU) AND STRIKING POINTS:

Vital Point	Geup So	급소
Head	Muh Lee	머리

Skin	Pi Bu	피부
Forehead	E-ma	이마
Temple	Gwan Ja Nol Yi	관자놀이
Eye	Noon	눈
Philtrum	In Joong	인중
Chin	Tuck	턱
Windpipe	Gi Gwan Ji	기관지
Neck	Mok	목
Spine	Cheok Chu	척추
Arm	Paal	팔
Wrist	Sohn Mok	손목
Hand	Soo or Sohn	수 / 손
Rib	Gal Bi Dae	갈비대
Floating Ribs	Neuk Gol	늑골
Solar Plexus	Myeong Chi	명치
Waist	Huh Lee	허리
Lower Abdomen	Dan Jeon	단전
Groin	Nang Shim	낭심
Leg	Da Lee	다리
Knee	Moo Roop	무릎
Ankle	Bal Mok	발목
Foot	Bal	발
Heel	Bal Kum Chi	발꿈치
Instep	Bal Toong	발등

**STANCES:**

Front Stance	Jeon Gool Ja Say	전굴자세
Fighting (Back) Stance	Hu Gool Ja Say	후굴자세
Horseback Stance	Gi Ma Ja Say	기마자세
Punch in Horseback stance	Paal Put Gi	팔뻗기
Cross leg Stance	Gyo Cha Lip Ja Say	교차립자세
Crane Stance	Han Bal Suh-Gi Ja Say	한발서기 자세
Low Stance	Ha Dan Ja Say	하단자세
Ready for Kick Stance	Bal Cha Gi Joon Bee	발차기 준비



## KICK TECHNIQUES:

Kick	Cha Gi	차기
Front Kick	Ahp Cha Gi	앞차기
Roundhouse Kick	Do-leo Cha Gi	돌려차기
Side Kick	Yeop Cha Gi	옆차기
Axe Kick	Nea Ryeo Cha Gi	내려차기
Hook Kick	Hu Ryeo Cha Gi	후려차기
Crescent Kick	Bandal Cha Gi	반달차기
Wheel Kick	Hweajeon Cha Gi	회전차기
Diagonal kick (Reverse Round Kick)	Beet Cha Gi	빗차기
Tornado Kick (Whirl Kick)	Tae Poong Cha Gi	태풍차기
Spinning Back Kick	Dwi Do-leo Cha Gi	뒤돌려차기
Stepping Side Kick	Gu Ruh Yeop Cha Gi	걸어옆차기
Stepping Hook Kick	Gu Ruh Hu Ryeo Cha Gi	걸어후려차기
Jumping Kicks	E Dan (ex: E Dan + kick)	이단
Spinning Kicks	Dwi (ex: Dwi + kick)	뒤
Jump Spinning	E Dan Dwi (ex: E Dan Dwi + kick)	이단뒤차기
Double Kicks	Ssang Bal (ex: Sang Bahl + kick)	쌍발차기
Flying Kick	Dwee Uh E Dan (+ kick)	뛰어 이단
360° Jump Spinning Kick	Sam Bak Yuuk Sip Do E Dan Dwi (+ kick)	360 도 이단 뒤차기
Double Jumping Front Kick	Ssang Bal E Dan Ahp Cha Gi	쌍발이단앞차기

## HAND TECHNIQUES:

Block	Mahk Gi	막기
Knife Hand	Soo Do	수도
Fore Fist	Jung Kwon	정권
Hammer Fist	Kwon Do	권도
Back Fist	Gop Kwon	갑권
Ridge Hand	Yuk Soo Do	역수도
Plier Hand	Jip Gye Son	집게손
Heel of Palm	Jang Gwan	장관
Elbow Strike	Pal Koop Gong Gyuck	팔굽공격
Center Punch	Joong Dan Gong Gyuck	중단공격
High Punch	Sang Dan Gong Gyuck	상단공격

Low Block	Ha Dan Mahk Gi	하단막기
High Block	Sang Dan Mahk Gi	상단막기
Inside/Outside Block	An-Eh-Suh Baggero Mahk Gi	안에서 밖으로 막기
Outside/Inside Block	Bak-Eh-Suh Anero Mahk Gi	밖에서 안으로 막기
Low Knife Block	Ha Dan Soo Do Mahk Gi	하단수도 막기
High Knife Block	Sang Dan Soo Do Mahk Gi	상단수도 막기
Spear Hand Attack	Gwan Soo Gong Gyuck	관수공격
Low X Block	Ssang Soo Ha Dan Mahk Gi	쌍수 하단막기
High X Block	Ssang Soo Sang Dan Mahk Gi	쌍수 상단막기
Side Block	Yeop Mahk Gi	옆막기
Side Punch	Hoying Jin Gong Gyuck	횡진공격
Spinning Chop	Dwi Soo Do Gong Gyuck	뒤수도 공격

## MISCELLANEOUS TERMS:

National Flag	Mi Gug Gi	미국기
Korean Flag	Tae Gug Gi	태극기
Form	Hyung	형
Break Fall	Nak Bup	낙법
Front Break Fall	Ahp Nak Bup	앞낙법
Back Break Fall	Dwi Nak Bup	뒷낙법
Side Break Fall	Yeop Nak Bup	옆낙법
Exam	Shim Sa	심사
One Step Sparring	Ill Soo Sik Dae Ryun	일수식 대련
Staff One Step Sparring	Bong Ill Soo Sik Dae Ryun	봉일수식 대련
Free Sparring	Ja Yu Dae Ryun	자유 대련
Self Defense Against the Grab	Ho Sin Sool	호신술
Breaking	Gyuck Pa	격파
Friend	Cheen Goo	친구
Certain Victory	Pil Seung	필승
Warrior	Jeonsa	전사
Dragon	Yong	용
Red Dragon	Hong Yong	홍룡
Lion	Sa Ja	사자

# WHITE TO WHITE/ORANGE BELT REQUIREMENTS

## HAND TECHNIQUES

1. Back Fist
2. Jab
3. Cross
4. Low Block
5. High Block
6. Inside/Outside Block
7. Outside/Inside Block

## KICK TECHNIQUES

1. Front Kick
2. Roundhouse Kick
3. Side Kick
4. Stepping Side Kick
5. Flying Side Kick

## SELF DEFENSE

1. Forward Roll
2. Back Break Fall

## ADDITIONAL REQUIREMENTS/NOTES:

---

---

# WHITE/ORANGE TO ORANGE BELT REQUIREMENTS

## HAND TECHNIQUES

1. *Improve White Belt Techniques*
2. Bag Work - Jab/Cross
3. Bag Work - Hook

## KICK TECHNIQUES

1. Spinning Back Kick
2. Axe Kick
3. Jumping Front Kick
4. Double Roundhouse Kick

You will begin learning the basics of Line Drill Combinations, Staff Basics, Sparring Basics and Forms in preparation for your 8<sup>th</sup> Gup.

## ADDITIONAL REQUIREMENTS/NOTES:

---

---

# ORANGE TO YELLOW BELT REQUIREMENTS

## **HAND TECHNIQUES**

1. Low Block/Center Punch
2. High Block/High Punch
3. Inside Outside Block/Center Punch
4. Outside Inside Block/Center Punch
5. Bag Work - Uppercut
6. Bag Work - Spinning Backfist

## **KICK TECHNIQUES**

1. Hook Kick
2. Spinning Hook Kick
3. Jumping Round Kick

## **FORMS**

Way of the Dragon Open Hand Form #1 – *Yong Do Il Jang*

## **WEAPONS**

Staff- Forward Figure 8

Basics - Low Block, High Block/Down Block, High Strike, Punch, Jab

## **SELF DEFENSE**

Same Side Wrist Grab

Cross Side Wrist Grab

Double Wrist Grab

## **JIU JITSU**

*Various techniques from the Novice Jiu Jitsu Set*

Standing in Base

3 Main Positions (Mount, Guard, Side Mount)

Mount Controls

## **SPARRING**

Begin learning the basics of sparring:

Hands up, body sideways, proper movement, using lead side attacks

## **ADDITIONAL REQUIREMENTS/NOTES:**

---

---

---

# YELLOW TO GREEN BELT REQUIREMENTS

## **HAND TECHNIQUES**

1. High Knife Hand Block
2. Bag Work - Elbows

## **KICK TECHNIQUES**

1. I/O Crescent Kick/Spinning Hook Kick Combination
2. Hook/Roundhouse Kick

## **FORMS**

No new Federation Form required at this level.

## **WEAPONS**

Staff– Reverse Figure 8  
Basics - Downward Strike, Uppercut, Up Swing/Down Swing

## **SELF DEFENSE**

Shoulder Grab  
Double Shoulder Grab  
Double Lapel Grab

## **TAKEDOWN**

Outside Leg Sweep/Trip

## **JIU JITSU**

*Various techniques from the Novice Jiu Jitsu Set*  
Trap and Roll - Against Punch  
Trap and Roll - Against chest posting opponent  
Trap and Roll - Against Hooks & Head Control  
Basic Elbow Escape (Wide Base)  
Americana - 2 Variations & 1 Counter

## **SPARRING**

Continue to improve combinations, defense, and proper technique.

## **ADDITIONAL REQUIREMENTS/NOTES:**

---

---

---

# GREEN TO PURPLE BELT REQUIREMENTS

## HAND TECHNIQUES

1. Spear Hand Attack

## KICK TECHNIQUES

1. Jump Spinning Back Kick
2. Round Kick/Spinning Wheel Kick Combo
3. Jumping Axe Kick
3. Stepping Hook Kick

## FORMS

Way of the Dragon Kama Form #1 *Yong Do Kama Hyung*  
(1st Half up to Double Thrust)

## WEAPONS

Staff – Left-Hand Figure 8 & Right-Hand Figure 8  
Chucks - Switches  
Chucks - Figure 8  
Chucks - Triangle Whip

## SELF DEFENSE

Hair Grab  
Double Front Choke

## TAKEDOWN

Inside Leg Sweep/Trip

## JIU JITSU

*Learning Various techniques from the Novice Jiu Jitsu Set*  
Arm Bar from Mount  
Arm Bar Counters  
Twisting Arm Control from Mount

## SPARRING

Continue to improve combinations, defense, and proper technique.

## ADDITIONAL REQUIREMENTS/NOTES:

---

---

---

# PURPLE TO BLUE BELT REQUIREMENTS

## KICK TECHNIQUES

1. Spinning Crescent Kick
2. Pop-Up Front Kick
3. Pop-Up Roundhouse Kick

## FORMS

Way of the Dragon Kama Form #1 *Yong Do Kama Hyung*  
(Entire Form up to the kneeling strike)

## WEAPONS

Staff– Switching Hands Figure 8  
Chucks - Behind the Back Switch  
Chucks - Through the Legs strike  
Chucks - Through the Legs switch

## SELF DEFENSE

Haymaker Punch

## TAKEDOWN

Hip Throw

## JIU JITSU

*Various techniques from the Intermediate Jiu Jitsu Set*  
Side Mount Escape - Shrimping into Guard  
Side Mount Maintaining & Re-Mounting

## SPARRING

Continue to improve combinations, defense, and proper technique.

## ADDITIONAL REQUIREMENTS/NOTES:

---

---

---

# **BLUE TO BROWN BELT REQUIREMENTS**

## **HAND TECHNIQUES**

1. Low X Block/High X Block

## **KICK TECHNIQUES**

1. 360 Back Kick

2. Tornado Kick

## **FORMS**

Finishing Section for Way of the Dragon Kama Form

## **WEAPONS**

Staff- In Front of the body spin

## **SELF DEFENSE**

Straight Punch Defense

Roundhouse Kick to Body Defense

Back Bear Hug (Over arms)

Back Bear Hug (Under arms)

## **TAKEDOWN**

Shoulder Throw

## **JIU JITSU**

*Various techniques from the Intermediate Jiu Jitsu Set*

Side Mount Submissions – Americana, Straight Armbar, Kimura  
Guard Stages

## **SPARRING**

Continue to improve combinations, defense, and proper technique.

## **ADDITIONAL REQUIREMENTS/NOTES:**

---

---

---



# **BROWN TO RED BELT REQUIREMENTS**

## **HAND TECHNIQUES**

1. Side Punch/Spinning Chop
2. Jab/Cross Counters - Parry Blocking/In Front Shield/Catch/Slips
3. Cross counter with Slip, Lead Hook counter with Bob & Weave
4. Jab counter with Slip, Rear Hook counter with Bob & Weave

## **KICK TECHNIQUES**

1. 360 Roundhouse Kick
2. Rapid Fire Combo – Spinning Hook Kick/Pop-Up Roundhouse Kick

## **FORMS**

No new Federation Form required at this level.

## **WEAPONS**

Staff - Behind the Back Spin  
*Staff - Vortex Spin (Not required, extra curriculum)*

## **SELF DEFENSE**

Headlock  
Strangle Hold  
Full Nelson

## **TAKEDOWN**

Double Leg Takedown  
Single Leg Takedown

## **JIU JITSU**

*Various techniques from the Intermediate Jiu Jitsu Set*  
Guard Submission and Defense - Kimura  
Guard Submission and Defense – Guillotine Choke  
Guard Submission and Defense – Armbars High and Low

## **ADDITIONAL REQUIREMENTS/NOTES:**

---

---

---

# **RED BELT TO 1<sup>ST</sup> GUP REQUIREMENTS**

## **KICK TECHNIQUES**

1. Jump Spinning Hook Kick
2. Jump Spinning Crescent Kick
3. F-5 Combo: Spinning Crescent Kick/Jump Spinning Crescent Kick/Tornado Kick

## **FORMS**

Way of the Dragon Staff Form #1 *Yong Do Bong Hyung Il Bu*  
(1st Half up to the end of the spinning combo for Mid-Term)  
(Entire Form for Belt Test)

## **WEAPONS**

Staff - Whip Spin (Not required, extra curriculum)  
Staff - 360 Spin  
All Staff Transitions  
Ability to Free Style with Staff  
Ability to Free Style with Chucks

## **KNIFE DEFENSE**

Stab  
Inward Slash or Stab  
Back handed Slash or Stab

## **TAKEDOWN**

Body Fold Takedown

## **JIU JITSU**

*Various techniques from the Advanced Jiu Jitsu Set*  
Guard Sweep - Elevator  
Guard Sweep – Double Ankle & Cross Hook  
Guard Escape – Double Underhook & Standing Escape

## **ADDITIONAL REQUIREMENTS/NOTES:**

---

---

---

# 1ST GUP TO CHO DAN BO REQUIREMENTS

## KICK TECHNIQUES

1. Double Jumping Kick Combos: Jumping Front/Front; Jumping Front/Round; Jumping Front/Axe
2. Double Action Kick – Outside Inside Crescent/Side Kick
3. Double Action Kick – Front/Roundhouse Kick
4. Double Action Kick – Front/Back Kick

## FORMS

Way of the Dragon Chuck Form #1 *Yong Do Ssang Chul Bong Il Bu*  
(1st Half up to Side Kick for Mid-Term)  
(Entire Form for Belt Test)

## KNIFE DEFENSE

Up Slice  
Rear Hostage  
Random Attacks: 30 Seconds to take control of knife

## JIU JITSU

*Various techniques from the Advanced Jiu Jitsu Set*  
Guard Submission & Escape – Triangle Choke  
Guard Submission – Armbar into Omoplata  
Take the Back from Guard  
Back Control  
Back Submission – Rear Choke and Counter

## ADDITIONAL REQUIREMENTS/NOTES:

---

---

---

# **CHO DAN BO TO 1<sup>ST</sup> DEGREE BLACK BELT REQUIREMENTS**

## **TECHNIQUES**

Full understanding of all hand and kick techniques.

## **FORMS**

Way of the Dragon Form #1

Bassai

Ability to Freestyle hand and kick techniques

## **WEAPONS**

Full understanding of Staff Spins and strikes.

Full understanding of Chuck Spins and strikes.

1 Kama Form, 1 Staff Form and 1 Chuck Form.

Ability to Free style with weapons.

## **SELF DEFENSE**

All Self Defense against the grab, attack, and knife.

## **TAKEDOWNS**

Set of 7 Takedowns.

## **JIU JITSU**

Full understanding of all Jiu Jitsu techniques from Novice, Intermediate and Advanced Sets. Ability to freestyle roll with an opponent.

## **SPARRING**

Full understanding of rules and proper technique. Ability to spar with both defensive and offensive skills and put combinations together.

## **PHYSICAL CONDITIONING**

### **Iron Man Challenge**

(1 mile run, 500 jump rope, 50 push-ups, 50 sit-ups, 1 mile run: Under 28 minutes)

## **BREAKING**

360 jump spinning back kick or Flying Side Kick over pads or classmate  
Hammer fist or Speed Knife Hand; Spinning hook kick

## **KNOWLEDGE**

Full understanding of all information and terminology in student manual.  
Start Black Belt Essay on what martial arts has taught you, your experience, and your future goals. (1,000 words minimum)

## **ADDITIONAL REQUIREMENTS/NOTES:**

---

---

# WAY OF THE DRAGON FORM NUMBER ONE

## YONG DO IL JANG

### ORANGE BELT/8<sup>TH</sup> GUP REQUIREMENT

Start in Joon Bee

- 1) Look to the left and perform a left inside/outside chop and right center punch in a front stance.
- 2) Look to the right and pivot into a right front stance while performing a right inside/outside chop and left center punch.
- 3) Look down the center by looking over your left shoulder and perform a left-hand low block in a left front stance.
- 4) Step forward and do a right-hand high block in a right front stance.
- 5) Step forward and do a left hand Inside Outside block in a left front stance.
- 6) Perform a right front kick landing in a right front stance and execute a left high punch. **KIHAP!**
- 7) Look over your back left shoulder and do a 270° turn with your left foot. Perform a left inside/outside chop and right center punch in a front stance.
- 8) Look to the right and pivot into a right front stance while performing a right inside/outside chop and left center punch.
- 9) Look down the center by looking over your left shoulder and perform a left-hand low block in a left front stance.
- 10) Step forward and do a right-hand high block in a right front stance.
- 11) Step forward and do a left hand Inside Outside block in a left front stance.
- 12) Perform a right front kick landing in a right front stance and execute a left high punch. **KIHAP!**
- 13) Look over your back left shoulder and do a 270° turn with your left foot. Perform a left inside/outside chop and right center punch in a front stance.
- 14) Look to the right and pivot into a right front stance while performing a right inside/outside chop and left center punch. **KIHAP!**

# **WAY OF THE DRAGON KAMA FORM** **YONG DO KAMA HYUNG**

**GREEN BELT/6<sup>TH</sup>, PURPLE BELT/5<sup>TH</sup>, AND BLUE BELT/4<sup>TH</sup> GUP REQUIREMENT**

Start in Joon Bee

## **COMBINATION ONE**

- 1) Look to the left 45° angle and perform a left inside/outside chop and right punch in a front stance.
- 2) Look to the right 45° angle and pivot into a right front stance while performing a right inside/outside chop and left punch.
- 3) Look down the center line and step back with you right foot making a left front stance. Perform a left inside/outside chop, right vertical punch, and right-angle slice from left shoulder to right hip. (Your kama will end up on your right side in line with your hip)

## **COMBINATION TWO**

- 4) Perform a right front kick, right jumping front kick and land in a cross-leg stance while performing a double low slice to your sides. Look over you left shoulder and spin into a left front stance with a left inside/outside chop and right punch. **KIHAP!**

## **TURN AROUND**

- 5) Execute a right inside/outside crescent kick followed by a right spinning hook kick bringing your foot back behind you. As you pull it back, look over your right shoulder toward the back of the room and execute a left punch in a right front stance. **KIHAP!**

## **COMBINATION THREE**

- 6) Execute a right punch while chambering your left kama on your right shoulder. Quickly step with your left foot and execute a left inside/outside chop followed by a right leg roundhouse kick. (Once 4<sup>th</sup> Gup, add a right leg tornado kick after the roundhouse kick.) As you put your foot down, turn back to the front, make a front stance, and perform a double thrust with your kamas in line with your chest and parallel to each other. **KIHAP!**

## ***Halfway Point***

## **COMBINATION FOUR**

- 7) Execute a double chop out to both sides. Circle your kamas around to your sides while bringing your front foot back and putting your feet together. Take a step and then execute a pop-up front kick. (As an optional modification, you can add a forward roll before your pop-up kick.) After you land, look to the left 45° angle and step into a left front stance while executing a left high block/right punch simultaneously. **KIHAP!**

## COMBINATION FIVE

- 8) Look to the right and pivot into a right front stance while performing a right inside/outside chop and left punch. Perform a left leg axe kick and pull it back behind you. Turn to the front while putting your right knee on the ground and execute a right down strike toward the floor. **KIHAP!**

### *Finishing Point for 5<sup>th</sup> Gups*

## COMBINATION SIX

- 9) Put your kamas in your right hand while standing up and looking toward the front right 45° angle. Slide your left foot to your right and then step toward the right angle executing a right chop and left center punch in a right front stance. Step to the left with your right foot and execute a right tornado kick. Spin so you end with your left leg in front and execute a right punch toward the front left 45° angle. **KIHAP!** (As an optional modification, you can replace the tornado kick with a Z wheel)
- 10) Execute a figure 8 spin with the kamas in your right hand while stepping forward with the left and executing a left low back fist. **KIHAP!**

## RETURN

Bring your left foot back to your right while bringing your hands behind your back. Hand off one of the kamas to your left and then punch both kamas down into your Joon Bee Position.

**WAY OF THE DRAGON STAFF FORM NUMBER ONE**  
**YONG DO BONG HYUNG IL BU**  
**RED BELT/2<sup>ND</sup> GUP REQUIREMENT**

- 1) Start in a switch grip with your staff in front of your right arm. Lift the staff and then quickly swing it down into a one-handed figure 8. Catch with the left hand and step into a right front stance while executing a right jab. **KIHAP!**
- 2) Execute a right high strike, followed by stepping and executing a right punch. Perform a right upswing and quickly step with your right foot into a front stance and execute a right downward strike.

**COMBINATION ONE**

- 3) Quickly perform a left up-strike, right down strike, left punch, right punch, right sweep through, right downward strike. **KIHAP!**

**COMBINATION TWO**

- 4) Look to your right front 45° angle and step with your right foot while executing a right jab, step with the left and perform a left punch, perform a spin step until your right leg is in front and execute a right sweep through and right downward strike. **KIHAP!**

**COMBINATION THREE (SPINNING COMBO)**

- 5) Put your staff in your right hand and position by your ribs while bringing your feet closer together. Start the spin by executing 1 and a half right-hand figure 8s toward your right side. When your staff is in front of your chest, turn palms up and re-grab with your left hand from the top. Step over to the left with your right foot while handing your staff off to your right hand behind the back. Spin through ending with your left foot in front, put both hands on the weapon and execute a right high punch to the left 45° angle. **KIHAP!** (Spin modifications include tossing the staff instead of handing off, spinning through legs instead of behind back and adding a hand roll before finishing punch.)

*Halfway Point*



## COMBINATION FOUR

- 6) Turn toward the front right 45° angle and pivot into a right front stance while performing a right high strike and high block combination. Execute a right jumping front kick and land in a right front stance with a thrust to the chest. **KIHAP!**

## COMBINATION FIVE

- 7) Quickly Execute a right high strike, turn to the left, and execute a right low punch on a knee, turn back to the right and execute another high strike. With your left hand, bring your staff over to your left hip while stepping across with your right foot and executing a right tornado kick. Spin through until your left leg is in front and execute a right punch. **KIHAP!**
- 8) *2 Versions- choose which is best for you:* Execute a right high strike that comes all the way behind you and perform a left low back fist while stepping to the front **\*\*or\*\*** execute the whip spin and perform a left low back fist while stepping to the front. **KIHAP!**

## ADD-ON SECTION

- 9) Look to the left 45° angle and execute a right punch followed by a right low block to the right 45° angle. Quickly come out of your stance with a left up-strike followed by a half figure 8 spin into left front stance while executing a right punch. Perform a right upswing followed by stepping into a right front stance with a downward strike.
- 10) Execute a right high strike and quickly swing your staff overhead while switching your right grip so both palms are facing you. Step with your right foot and turn into your Total Package Spin. (Total Package Spin: Feed the staff around your back into a right single punch, bring your staff overhead followed by bringing it through your legs from behind to the front, switching into your left hand. Turn your palm up on the left and re-grab with the right hand into a whip spin that turns you back to the front using your right foot to turn) Bring your staff to your right hip, keeping it parallel to the ground while landing in a right knee up kneeling stance.
- 11) Perform a right Capoeira kick (Jumping Roundhouse kick from a kneeling position) followed by spinning into a left front stance toward the left front 45° angle and execute a right punch. Quickly step forward into a right front stance and execute a right high strike. Spin step back over your left shoulder and drop to a left knee up kneeling stance while executing a left high strike to the left side and right knife hand block to the right side simultaneously. **KIHAP!**

# **WAY OF THE DRAGON CHUCK FORM NUMBER ONE** **YONG DO SSANG CHUL BONG IL BU**

## **1<sup>ST</sup> GUP REQUIREMENT**

Start in Joon Bee

### **COMBINATION ONE**

- 1) Look to your left side and pivot into your left front stance. Chamber your chucks on your left shoulder and then switch to your right shoulder.
- 2) Strike across your waist with your right side and then catch the chucks behind your back and chamber them up on your left shoulder.
- 3) Step into a right fighting stance and chamber your chucks up on your right shoulder.
- 4) Figure 8 with your right hand for 3 seconds.
- 5) Look over your left shoulder and make a 180° turn into a left front stance. Chamber your chucks on your left shoulder and then switch to your right shoulder.
- 6) Strike across your waist with your right side and then catch the chucks behind your back and chamber them up on your left shoulder.
- 7) Step into a right fighting stance and chamber your chucks up on your right shoulder.
- 8) Figure 8 with your right hand for 3 seconds.
- 9) Look 90° to your left and step down the center line with your left foot making a front stance. Thrust the chain of your chucks forward at throat level. **KIHAP!**

### **COMBINATION TWO**

- 10) Perform a left jumping front kick and then step forward into a right front stance.
- 11) Circle your chucks up on your right shoulder and then circle strike down between your legs and perform a switch through your legs starting behind your right leg.
- 12) Once you catch the chucks in your left hand, look to your left 45° angle and step into a left front stance. Chamber onto your left shoulder. **End of Combo #2**
- 13) Put your chucks into your left hand and execute a right leg front kick to your left 45° angle and a right side kick to your right 45° angle without putting your foot down. Land in a right front stance and perform a left reverse punch with the chucks. **KIHAP!**
- 15) Look down the center line and execute a left chop with your chucks, pivot into your horseback stance and perform right punch followed by pivoting into a left front stance to the left side and perform a right inside outside block down the center line.
- 16) Side kick with your right foot. **KIHAP!**

*Halfway Point*

### COMBINATION THREE

- 17) Look over left shoulder and step into a left fighting stance on a back left 45° angle. Chamber your chucks on your left shoulder. Execute a left triangle whip. Put your chucks in your right hand, execute a right roundhouse kick and spin to a left front stance while performing a left chop and right punch with your chucks. **KIHAP!**
- 18) Look to your right and perform a right fighting stance on a 45° angle while chambering your chucks on your right shoulder. Execute a right triangle whip. Put your chucks in your left hand, execute a left roundhouse kick and spin to a right front stance while performing a right chop and left punch with your chucks. **KIHAP! End of Combo #3**
- 19) Look down the back center line and bring your right foot together with your left while chambering your right hand up to your ear and your left arm in front of your chest with your palm facing down. Step into a right horseback stance and perform a right outside inside block followed by a right chop.
- 20) Perform a right stepping hook kick. Land in a right front stance and execute a left punch with your chucks. **KIHAP!**
- 21) Chamber your chucks up on your left shoulder.
- 22) Step back and make a left fighting stance while chambering your chucks on your right shoulder.
- 23) Perform a right side over the head strike while stepping with your right foot and then performing a left back step that turns you toward the front center line. Take an extra step back into a left fighting stance and chamber your chucks on your right shoulder.

### COMBINATION FOUR

- 24) Execute a right inside figure 8 strike to the front followed by bringing your chucks around your back. Once in your left hand, bring your chucks over to the right hip and then quickly back over to your left hip while stepping forward slightly with your right foot to execute a right low back fist to finish. **KIHAP!** (As an optional modification, when bringing your chucks from right hip to left hip you can perform an in-place stepping tornado kick with your right foot and then finish with the low back fist.)

### RETURN

Put your feet together by stepping back with your right foot. Strike across your waist and execute an around the back switch with your chucks ending on the right shoulder. Then step out with left foot and punch chucks down in Joon Bee Position.

**BASSAI**  
**TRANSLATION: PENETRATE THE FORTRESS**  
**CHO DAN BO REQUIREMENT**

**BASSAI JOON BEE**

Open hands and extend arms to sides in line with shoulders while lifting your left foot. Grab your left thumb with your right hand and wrap the rest of your fingers around your right fist. Bring your feet together and make your legs straight while extending your hand down. **KIHAP!**

- 1) Slowly turn your chest to the left while lifting to the balls of your feet. Start leaning toward the front and catch yourself in a right leg cross leg stance while executing a right inside outside block. Let your left hand stay on the pinky finger side of your right forearm, creating a re-enforced block.
- 2) Look over your left shoulder toward the back and execute a left inside/outside block followed by a right inside/outside block in a left front stance.
- 3) Look over your right shoulder, turning back to the front, and execute a left outside/inside block followed by a right inside/outside block in a right front stance.
- 4) Look to your right side and quickly lift your right foot into a crane stance while executing a right low back fist. Circle the back fist up to your right ear and execute a right outside/inside block followed by a left inside/outside block in a right front stance.
- 5) Look toward the front and reposition into a horseback stance while positioning your left arm in a 90° angle in front of your chest, palm in. Execute a left single spear hand, right center punch and pivot into a left front stance while executing a right inside/outside block. Shift back into your horseback stance and execute a left center punch followed by pivoting to a right front stance with a left inside/outside block.
- 6) Slide your left foot behind your right while chambering both hands on your left hip. Step forward into a right fighting stance and execute a right high knife hand block. Do another with the left hand and one more with the right hand. Quickly step back and perform one last high knife hand block in a left fighting stance.
- 7) Execute a right open hand high block coming up to your left hand. While doing this, twist into a cross leg stance with your right leg behind the left. Perform a right side kick and **KIHAP!** Turn to the back and execute a left high knife hand block in a left fight stance.
- 8) Step forward and execute a right high knife hand block. Slide your right foot back to you left while extending your arms out to the sides. Circle both arms in and execute a double high block. Slightly separate your hands and then step into a right front stance while executing an inward double hammer fist strike to the ribs.
- 9) Perform a jumping center punch into a right front stance. **KIHAP!**
- 10) Turn back to the front over your left shoulder and execute a right low spear in a left front stance. Pull back into a left fighting stance while executing a left low block to the front and a right inside/outside

block to the back at a 90° angle simultaneously. Pull your feet together so they are touching and execute the same double block once again.

- 11) Twist your right shoulder to the front and execute a right outside/inside block. Perform a right outside/inside crescent kick and land in a right horseback with a right low block. Quickly turn to the back and execute an open back fist strike in a left horseback stance.
- 12) Perform a right outside/inside crescent kick to your hand and land in a horseback stance with a right elbow strike. **KIHAP!** Perform a right low punch while keeping your left hand open and moving it over your right shoulder. Execute 2 more consecutive low punches, left and then right, while the opposite hand (closed in a fist) positions over the shoulder.
- 13) Look to the back and shift into a right front stance while quickly positioning your right arm in front of your chest with your palm facing in. Execute a U punch with your left hand on the top.
- 14) Slide your right foot back bringing your feet together while positioning your right arm in front of your chest with your palm facing down. Quickly switch your arms bringing the left in front of your chest with your palm facing down.
- 15) Execute a left outside/inside crescent kick and land in a left front stance. Perform a U punch with your right hand on the top.
- 16) Slide your left foot back bringing your feet together while positioning your left arm in front of your chest with your palm facing down. Quickly switch your arms bringing the right in front of your chest with your palm facing down.
- 17) Execute a right outside/inside crescent kick and land in a right front stance. Perform a U punch with your left hand on the top. **KIHAP!**
- 18) Look back to the front over your left shoulder and make a 270° turn. Kneel until your right knee is almost touching the ground while executing a right inside/outside block ending parallel to the ground. Quickly shift to the other side and execute the same block with your left hand.
- 19) Slide your left foot behind the right while chambering both hands on your left hip. Step forward into a right fighting stance and execute a right high knife hand block.
- 20) Look to the right and execute a right high knife hand block in a right fighting stance. Look back to the front while taking a right step with your toes facing out and chambering both hands on your right hip. Step forward with left foot and execute a left high knife hand block in a left fighting stance. **KIHAP!**

## **RETURN**

Bring your left foot back to right while finishing with the same Bassai Joon Bee that you started the form with. Then step back out in your regular Joon Bee.

# **SELF-DEFENSE SET**

Good Self-Defense shows proper reaction speed and effective technique. When complete, you must be in control of your attacker and no longer in danger. Knife Defense must end with defender in possession of the weapon and in full control.

## **FRONT GRABS**

- 1) Same Side Wrist
- 2) Cross Side Wrist
- 3) Double Wrist
- 4) Shoulder Grab
- 5) Double Shoulder Grab
- 6) Double Lapel Grab
- 7) Hair Grab
- 8) Double Front Choke

## **BACK GRABS**

- 1) Bear Hug (Over Arms)
- 2) Bear Hug (Under Arms)
- 3) Full Nelson
- 4) Strangle Hold
- 5) Headlock

## **ATTACK**

- 1) Haymaker Punch
- 2) Straight Punch Defense
- 3) Roundhouse Kick to Body

## **KNIFE ATTACKS**

- 1) Front Stab
- 2) Outside/Inside Slash or Stab
- 3) Inside/Outside Slash or Stab
- 4) Up Slice
- 5) Rear Hostage
- 6) Freestyle Attacks

## **JIU JITSU – NOVICE SET**

This set of Jiu Jitsu skills is meant for students from Orange to Purple Belt. You will learn these techniques at different times throughout your beginner training and should have a good understanding by the time you test for Blue Belt.

### **STANDING UP IN BASE – THREE WAYS**

### **MOUNT, SIDE MOUNT AND GUARD**

### **TRAP AND ROLL - THREE WAYS**

### **ELBOW ESCAPE – THREE WAYS**

### **MOUNT CONTROLS**

Base (Opponent pushing from side to side), anchors and hooks, low and high swims (Opponent pushing up on chest; Opponent trying to collapse arm for trap and roll)

### **MOUNT SUBMISSION – AMERICANA TWO VERSIONS**

### **MOUNT SUBMISSION – AMERICANA COUNTERS**

### **MOUNT SUBMISSION – ARMBAR**

### **MOUNT SUBMISSION – ARMBAR COUNTERS**

### **MOUNT SUBMISSION/ SET-UP – TWISTING ARM CONTROL**

### **DRILLING –**

- Maintain Mount.
- Americana drilling with counters.
- Maintain Armbar position.
- Armbar drilling with counters.

# **JIU JITSU – INTERMEDIATE SET**

This set of Jiu Jitsu skills is meant for students from Blue to Red Belt. You will learn these techniques at different times throughout your Intermediate training and should have a good understanding by the time you test for 1<sup>st</sup> Gup.

## **MAINTAINING SIDE MOUNT AND RE-MOUNTING**

Base (Opponent trying to roll you over), Sit-Out (Against Shrimping out), North South Variation (Against strong frames)

## **COUNTERING SIDE MOUNT – PULLING GUARD**

## **SIDE MOUNT SUBMISSIONS – AMERICANA, STRAIGHT ARMBAR, KIMURA**

## **GUARD STAGES**

## **GUARD SUBMISSION – KIMURA**

## **GUARD SUBMISSION – KIMURA COUNTER**

## **GUARD SUBMISSION – GUILLOTINE CHOKE**

## **GUARD SUBMISSION – GUILLOTINE CHOKE COUNTER**

## **GUARD SUBMISSION – ARMBARS HIGH AND LOW**

## **GUARD SUBMISSION – ARMBAR COUNTERS**

## **DRILLING –**

- Maintain Side Mount.
- Guard Stage Drilling.
- Kimura Sit-ups.
- High Variation alternating armbars.



## **JIU JITSU – ADVANCED SET**

This set of Jiu Jitsu skills is meant for students from 1<sup>st</sup> Gup to Cho Dan Bo. You will learn these techniques at different times throughout your Advanced training and should have a good understanding by the time you test for Black Belt.

**GUARD SWEEP – ELEVATOR** Against opponent starting to stand up

**GUARD SWEEP – DOUBLE ANKLE** Against opponent who stood to both feet

**GUARD SWEEP – CROSS AND HOOK** Against opponent who stands to both feet and steps back.

**GUARD ESCAPE – DOUBLE UNDERHOOK**

**GUARD ESCAPE – STANDING**

**GUARD SUBMISSION – TRIANGLE CHOKE**

**GUARD SUBMISSION – TRIANGLE CHOKE COUNTER**

**GUARD SUBMISSION – ARMBAR INTO OMOPLATA**

**TAKE BACK FROM GUARD**

**BACK CONTROL**

**BACK MOUNT SUBMISSION – REAR NAKED CHOKE**

**BACK MOUNT SUBMISSION – REAR NAKED CHOKE COUNTER**

**DRILLING –**

- Maintain Guard or sweep while opponent is trying to escape.
- Triangle Sit-ups.
- Maintain Back Control while opponent is trying to escape.

## TAKEDOWN SET

Step one of any takedown is gripping. Step two is to break the balance of your opponent and step three is follow through. Please make sure when practicing takedowns to use the appropriate breakfall.

- 1) **OUTSIDE LEG SWEEP** - Start with right leg in front, grab lapel with right hand and sleeve with left. Break opponent's balance by pushing them back and putting their weight on front leg. Sweep out their front leg while continuing the off-balance pressure.
- 2) **INSIDE LEG SWEEP** - Start with right leg in front, grab lapel with right hand and sleeve with left. Step forward with left foot while pulling opponent in circular direction with right hand. Your opponent will step forward due to your off-balancing and right as their foot hits the floor, sweep from inside. (Switching right hand grip to around waist is a variation)
- 3) **HIP THROW** - Start with right leg in front, grab lapel with right hand and sleeve with left. Re-grip with right hand around waist and cut the corner with left foot to line up hips. Pull your opponent as close as possible, getting rid of all space. Bend knees, pull opponent and toss over hip.
- 4) **SHOULDER THROW** - Start with right leg in front, grab lapel with right hand and sleeve with left. Lock right arm under opponent's right arm and cut the corner to line up hips. Pull opponent as close as possible, getting rid of all space. Bend knees and throw over shoulder. (Grabbing your opponent's sleeve under triceps is a variation)
- 5) **DOUBLE LEG** - Change level and take a penetration step. Push shoulder to opponent's stomach, cup around knees, push head up & toward opponent, take a final drive step and takedown on an angle.
- 6) **SINGLE LEG** – Scoop opponent's front leg with your front arm while grabbing their heel with your back hand. Lock their leg between your knees while keeping good downward pressure. Turn in a circle toward your back shoulder while continuing the downward pressure to complete takedown.
- 7) **BODY FOLD** - Move in with hands up blocking face. Lock low around opponent's waist and keep head on chest of opponent. Bow forward while pulling your opponent's hips in to finish the takedown. Add leg hook if necessary.

# **ADDITIONAL CURRICULUM REQUIREMENTS**

Along with the required curriculum for the Jeonsa Federation, your instructor may teach and require additional curriculum as well. Please refer to your Instructor and your Dojang Rules. You will notice additional curriculum space in your manual for you to add-on or take notes for yourself.

## **JEONSA REQUIREMENTS**

You will find all Forms, Self-Defense, Jiu Jitsu and Takedown requirements for the Jeonsa Martial Arts Federation listed step by step for your review and practice. Video resources can also be found at [www.mprdma.com](http://www.mprdma.com)

## **TRADITIONAL TANG SOO DO FORMS**

Your Dojang may require that you know the included Pyung Ahn Forms. You will find them listed out step by step for your review and practice.

# PYUNG AHN CHO DAN

Meaning: Calm and Peace of Mind #1

Creator: Master Idos

Date of Creation: 1870

Move	Count	Description
1	1	Turn 90° to the left into a left front stance and execute a left low block.
2	2	Step forward into a right front stance and execute a right center punch.
3	3	Turn 180° to the right into a right front stance and execute a right low block.
4		Draw your right foot back to the left into an “L” shape while snapping your right arm back towards your body with palm up. Execute a right circular downward hammer fist strike.
5	4	Step forward into a left front stance and execute a left center punch.
6	5	Turn 90° to the left into a left front stance and execute a left low block.
7		From the same position execute a single center knife hand block.
8	6	Step forward into a right front stance and execute a right center punch.
9	7	Step forward into a left front stance and execute a left center punch.
10	8	Step forward into a right front stance and execute a right center punch. <b>KIHAP!</b>
11	9	Turn 270° to the left into a left front stance and execute a left low block.
12	10	Step forward into a right front stance and execute a right center punch.
13	11	Turn 180° to the right into a right front stance and execute a right low block.
14	12	Step forward into a left front stance and execute a left center punch.
15	13	Turn 90° to the left into a left front stance and execute a left low block.
16	14	Step forward into a right front stance and execute a right high block.
17	15	Step forward into a left front stance and execute a left high block.
18	16	Step forward into a right front stance and execute a right high block. <b>KIHAP!</b>
19	17	Turn 270° to the left into a left fighting stance and execute a left low knife hand block.
20	18	Step 45° to the right into a right fighting stance and execute a right low knife hand block.
21	19	Turn 135° to the right into a right fighting stance and execute a right low knife hand block.
22	20	Step 45° to the left into a left fighting stance and execute a left low knife hand block.

# PYUNG AHN E DAN

Meaning: Calm and Peace of Mind #2

Creator: Master Idos

Date of Creation: 1870

Move	Count	Description
1	1	Turn 90° to the left into a left back stance and execute a simultaneous right high block and left inside/outside block with palm turn outward.
2	2	Execute a right upper cut while pulling left fist to the right shoulder.
3		Shift into a left horseback stance and execute a left side punch.
4	3	Pivot 180° to the right into a right back stance and execute a simultaneous left high block and right inside/outside block with palm turn outward.
5	4	Execute a left upper cut while pulling right fist to the left shoulder.
6		Shift into a right horseback stance and execute a right side punch.
7	5	Look 90° to the right and bring the left foot to the with right hand chamber on right ribcage and left arm in front of chest with palm facing down. Switch hands to the left side with left fist on left ribcage and right arm in front of chest with palm facing down and chamber right foot to left knee.
8	6	Execute a right side kick while extending the right arm parallel with kicking leg.
9		Look 180° to the left and land into a left back stance while executing a left high knife hand block.
10	7	Step forward into a right back stance and execute a right high knife hand block.
11	8	Step forward into a left back stance and execute a left high knife hand block.
12	9	Step forward into a right front stance and execute right center spear hand. <b>KIHAP!</b>
13	10	Turn 270° to the left into a left back stance and execute a left high knife hand block.
14	11	Turn 45° to the right into a right back stance and execute a right high knife hand block.
15	12	Turn 135° to the right into a right back stance and execute a right high knife hand block.
16	13	Turn 45° to the left into a left fighting stance and execute a left high knife hand block.
17	14	Turn 45° to the left into a left front stance and execute a right inside/outside block.
18	15	Execute a right front kick.
19		Land into a right front stance and execute left center punch.
20		From same position execute a left inside/outside block.
21	16	Execute a left front kick.
22		Land into a left front stance and execute a right center punch.
23	17	Step forward into a right front stance and execute a two-handed block.
24	18	Turn 270° to the left into a left front stance and execute a left low block.
25		From same position execute a left single center knife hand block.
26	19	Turn 45° to the right into a right front stance and execute a right high block.
27	20	Turn 135° to the right into a right front stance and execute a right low block.
28		From same position execute a right single center knife hand block.
29	21	Turn 45° to the left into a left front stance and execute a left high block. <b>KIHAP!</b>

# PYUNG AHN SAM DAN

Meaning: Calm and Peace of Mind #3

Creator: Master Idos

Date of Creation: 1870

Move	Count	Description
1	1	Turn 90° to the left into a left back stance and execute a left side block.
2	2	Bring right foot to the left and execute a simultaneous right inside outside block and left low block.
3		From same position execute a simultaneous left inside outside block and right low block.
4	3	Turn 180° to the right into a right back stance and execute a right side block.
5	4	Bring left foot to the right and execute a simultaneous left inside outside block and right low block.
6		From same position execute a simultaneous right inside outside block and left low block.
7	5	Turn 90° to the left into a left front stance and execute a two-handed block.
8	6	Step forward into a right front stance and execute a right center spear hand strike.
9	7	Bring left foot behind the right and twist right hand downward and pull behind the right hip.
10		Immediately spin 360° to the left into a left horseback stance and execute a left downward Hammer fist strike.
11		Step forward into a right front stance and execute a right center punch. <b>KIHAP!</b>
12	8	Turn 180° to the left and bring left foot back to the right while bringing both fists to ribs just above the belt. (First two knuckles touch ribs)
13	9	Execute a right outside inside crescent kick.
14		Land into a right horseback stance keeping fists on ribs and execute a right elbow block by twisting the waist.
15		Execute a right back fist strike.
16		Pull right fist back to the ribs.
17	10	Execute a left outside inside crescent kick.
18		Land into a left horseback stance keeping fists on ribs and execute a left elbow Block by twisting the waist.
19		Execute a left back fist strike.
20		Pull left fist back to the ribs.
21	11	Execute a right outside inside crescent kick.
22		Land into a right horseback stance keeping fists on ribs and execute a right elbow block by twisting the waist.
23		Execute a right back fist strike.
24	12	Step forward into a left front stance and execute a left center punch.
25	13	Slowly bring right foot to left and step sideways into a horseback stance.
26	14	Turn 180° to the left into a left horseback stance and execute a simultaneous left elbow strike with left hand chambered to the ribs and a right punch over the left shoulder.
27		Jump one stance length to the right and land in a horseback stance while executing a simultaneous right elbow strike with the right hand chambered to the rib cage and a left punch over the right shoulder. <b>KIHAP!</b>

# PYUNG AHN SA DAN

Meaning: Calm and Peace of Mind #4

Creator: Master Idos

Date of Creation: 1870

Move	Count	Description
1	1	Turn 90° to the left into a left back stance and execute a simultaneous left high knife hand block and a right open hand high block.
2	2	Turn 180° to the right into a right back stance and execute a simultaneous right high knife hand block and a left open hand high block.
3	3	Turn 90° to the left into a left front stance and execute a low X block.
4	4	Step forward into a right back stance and execute a two-handed block.
5	5	Bring left foot to the right with hands chambered on the left with left fist on left ribcage and right arm in front of chest with facing palm down and quickly switch chamber to the right side with right fist on right ribcage and left arm in front of chest with palm facing down while chambering the left foot to the right knee. (Focus is to the left side)
6	6	Execute a left side kick with left arm extended palm down.
7		Land into a left front stance and execute a right elbow strike to the left palm.
8	7	Pivot 180° to the right into a right back stance and chamber hands to the left side with left fist on left ribcage and right arm in front of chest with palm facing inward.
9	8	Bring left foot to the right and chamber hands to the right with right fist on right ribcage and left arm in front of chest with palm facing down and quickly switch chamber to the left side with left fist on left ribcage and right arm in front of chest with palm facing down while chambering the right foot to the left knee.
10	9	Execute a right side kick with right arm extended palm down.
11		Land into a right front stance and execute left elbow strike to the right palm.
12	10	Pivot 90° to the left and execute a simultaneous right high outside inside knife hand strike and a left open hand high block.
13	11	Execute a right front kick.
14		Hop forward into a right cross leg stance and execute a right back fist. <b>KIHAP!</b>
15	12	Turn 135° to the left into a left front stance with wrists crossed in front of chest and hands opened with left hand on top. Make hands into fists and rotate palms down and twist right palm up.
16	13	Execute a right front kick while extending left arm and chambering right hand to ribs.
17		Land into a right front stance and execute a right center punch.
18		Immediately execute a left center punch Block by twisting the waist.
19	14	Turn 90° to the right into a right front stance with wrists crossed in front of chest and hands opened with right hand on top. Make hands into fists and rotate palms down and twist left palm up.
20	15	Execute a left front kick while extending right arm and chambering left hand to ribs.
21		Land into a left front stance and execute a left center punch.
22		Immediately execute a right center punch.
23	16	Turn 45° to the left into a left back stance and execute a two-handed block.
24	17	Step forward into a right back stance and execute a two-handed block.

- 25      18      Step forward into a left back stance and execute a two-handed block.
- 26              Shift forward into a left front stance and extend open hands with palms facing down at the shoulder level.
- 27      19      Execute a right knee strike pull both fists down past knee. **KIHAP!**
- 28              Turn 135° to the left into a left back stance and execute a left high knife hand block.
- 29      20      Turn 90° to the right into a right back stance and execute a right high knife hand block.



# PYUNG AHN O DAN

Meaning: Calm and Peace of Mind #5

Creator: Master Idos

Date of Creation: 1870

Move	Count	Description
1	1	Turn 90° to the left into a left back stance and execute a left side block.
2	2	Twist into a right ¾ punch.
3	3	Bring right foot to the left and chamber hands to the left side with left fist on left ribs and right fist facing palm down immediately switch chamber to the right side with right fist on right ribs and left fist facing palm down. Focus is forward.
4	4	Turn 90° to the right into a right back stance and execute a right side block.
5	5	Execute a left ¾ punch.
6	6	Bring left foot to the right and chamber hands to the right side with right fist on right ribs and left fist facing palm down immediately switch chamber to the left side with left fist on left ribs and right fist facing palm down. Focus is forward.
7		Step forward into a right front stance and execute a two-handed block.
8	7	Step forward into a left front stance and execute a low X block.
9	8	From same position immediately execute a high X block.
10	9	Rotate open hands to the right side with left palm on top of the right palm while lifting right foot to the left knee.
11		Immediately execute a left high knife hand strike.
12	10	Step forward into a right front stance and execute a right center punch. <b>KIHAP!</b>
13	11	Turn 180° to the left leading with the right arm and execute a right outside inside crescent kick.
14		Land in a right horseback stance and execute a right low block.
15	12	Look 180° to the left and execute a left backhand strike with arm extended.
16	13	Execute a right outside inside crescent kick to the left palm.
17		Land into a right horseback stance and execute a right elbow strike to the left palm.
18		Look 90° to the right and step with left leg behind right into a cross leg stance and execute a two-handed block.
19	14	Look 180° to the left and step into a left back stance and execute a right uppercut with hand still in previous position.
20	15	Jump forward and land into a right low cross leg stance and execute a low X block. <b>KIHAP!</b>
21		Step forward into a right front stance and execute a right two-handed block.
22		Turn 180° to the left into a left front stance and execute a right low spear hand strike with the left open hand in front of the right shoulder.
23	16	Shift back into a left back stance and execute a simultaneous left low block and right inside outside block to the rear.
24	17	Bring left foot to the right keeping the hands in same position. This movement is done with controlled breathing.
25	18	Twist 180° into a cross leg stance and execute a simultaneous double inside outside block to the sides.
26		Step forward into a right front stance and execute a left low spear hand strike with the right open

- 27 hand in front of the left shoulder.
- 19 Shift back into a right back stance and execute a simultaneous right low block and left inside outside block to the rear.



## **BLACK BELT TESTING PREPARATION**

Use the next few pages to help with your Black Belt Preparation. Included is a sample Black Belt Testing Format and a sample Black Belt Written Exam.

### **BLACK BELT TESTING PREPARATION – PHYSICAL CONDITIONING**

Along with your Martial Arts Curriculum and Written Exam, you will be required to successfully complete the following Physical Conditioning Section under 28 minutes.

1 Mile Run  
500 Jump Rope  
50 Sit-Ups  
50 Push-Ups  
1 Mile Run

### **BLACK BELT TESTING PREPARATION – 1,000-WORD ESSAY**

Prior to your exam, you will be required to write a 1,000-word essay about your martial arts journey. Be sure to include what you have learned, how it has helped you in your everyday life, and your future goals in martial arts.

# **SAMPLE BLACK BELT TESTING FORMAT**

## **WARM UP**

- 100 Jumping Jacks
- Stretching
- Punching Exercise, Center punch, Double punch, 50 punches
- Back Fist/Reverse Punch
- Back Fist/Reverse Punch/Back Kick
- Shadow Boxing (30 seconds)

## **LINE DRILLS**

- Ha Dan Mahk Gi/ Joong Dan Gong Gyuck Low Block/ Center Punch
- Sang Dan Mahk Gi/ Sang Dan Gong Gyuck High Block/High Punch
- An-Eh-Suh Baggero Mahk Gi/ Joong Dan Gong Gyuck Inside Outside Block/ Center Punch
- Bak-Eh-Suh Anero Mahk Gi/ Joong Dan Gong Gyuck Outside Inside Block/ Center Punch
- Sang Dan Soo Do Mahk Gi High Knife Hand
- Gwan Soo Gong Gyuck Spear Hand Attack
- Sang Soo Ha Dan Mahk Gi/ Sang Soo Sang Dan Mahk Gi Low X Block/High X Block
- Hoying Jin Gong Gyuck/Dwi Soo Do Gong Gyuck Side Punch/Spinning Chop

## **LINE DRILL KICKS**

- Ahp Cha Gi/ Do-leo Cha Gi Front Kick/Double Roundhouse Kick
- E Dan Ahp Cha Gi/Nea Ryeo Cha Gi Jumping Front Kick/Axe Kick
- Gu Ruh Yeop Cha Gi Stepping Side Kick
- Gu Ruh Hu Ryeo Cha Gi Stepping Hook Kick
- Bandal Cha Gi/ Tae Poong Cha Gi Crescent Kick/Tornado Kick

## **IN PLACE DOUBLE ACTION KICKS**

- Front Leg Double Roundhouse Kick
- Front Leg Hook/Roundhouse Kick
- Back Leg Front/Roundhouse Kick
- Back Leg Crescent/Side Kick
- Back Leg Front/Back Kick

## **HOLDING KICKS FOR 30 SECONDS EACH LEG**

- Front Kick
- Roundhouse Kick
- Side Kick

## **PADDLE TARGETS**

- Axe Kicks (Front Leg, Back leg, slip/step, jumping, spinning, etc.) **(30 Seconds)**
- Pop-up Front Kick **(30 Seconds)**
- Jumping Roundhouse Kick **5x**
- Spinning Hook **3x**
- Spinning Hook/Jump Spinning Hook Kick **3x**
- *RAPID FIRE*: Spinning Hook Kick/Pop-Up Round Kick **(30 seconds)**
- *F5*: Spinning Crescent Kick/Jump Spinning Crescent Kick/Tornado Kick **3x**
- Spinning Kick/Roll or Cartwheel/Running Jumping Front Kick **(1 Minute)**
- (2 Pads) Jumping Front/Front Kick **5x**
- (2 Pads) Jumping Front/Axe Kick **5x**
- (2 Pads) Running Double Front Kick **(1 Minute)**
- Running Jumping Roundhouse Kick **(1 Minute)**
- Running Flying Side Kick **(1 Minute)**

## **BODY SHIELDS**

- Continuous Knees and Punches **(30 seconds)**
- Stepping Side Kick **5x**
- Power Roundhouse kick **5x**
- Spinning Back Kick **5x**

## **HEAVY BAGS**

- Roundhouse Kick/Spinning Wheel Kick
- Front Leg Side Kick/Jump Spinning Back Kick
- Jumping Front/Roundhouse Kick
- 360 Jump Spinning Back Kick
- 360 Jump Spinning Roundhouse Kick

## **GLOVES AND MOUTHPIECE** (In Place and Heavy Bags)

- In Place – Shadow Boxing
- In Place – Jab/Cross/Hook
- In Place – Front Hook/Uppercut
- On Bag - Freestyle Striking Rounds **KICKS & HANDS**
- On Bag - Freestyle Striking Rounds **JUST HANDS**
- Partner Up – Light Boxing Rounds

## **FORMS AND KAMAS**

- Red Dragon Form 1
- *Bassai*
- Red Dragon Kama Form 1

## **STAFF**

- Freestyle in Place – Just blocks and strikes (30 Seconds)
- Freestyle Moving – Everything (45 Seconds)
- Forward Figure 8
- Reverse Figure 8
- Left hand Figure 8
- Right hand Figure 8
- Switching Hands Figure 8
- Front Spin
- Back Spin
- Freestyle Spins (30 Seconds)
- Red Dragon Staff Form 1

## **CHUCKS**

- Regular Switches (30 Seconds)
- Switches w/ triangle whip (30 Seconds)
- All Switches (30 Seconds)
- Forward Figure 8 (Each Hand 30 Seconds)
- Freestyle in Place (30 Seconds)
- Freestyle Moving – Everything (45 Seconds)
- Red Dragon Chuck Form 1

## **KNIFE DEFENSE**

- Straight Stab
- Inward Stab/Slash
- Back Stab/Slash
- Upward Slash
- Rear Hostage
- *Freestyle Defense starting from seated position.*

## **SELF DEFENSE & JIU JITSU**

- Random Front Grabs
- Random Back Grabs
- Straight Punch Defense
- Haymaker Punch Defense
- Body Roundhouse Kick Defense
- Roll, Back Breakfall, Stand up in base all 3 ways
- Demonstrate Takedowns (**1 minute**)
- Hold Mount Partner 1, Escape Mount Partner 2 (**30 seconds**)
- Mount – Armbar; Americana; Twisting Arm Control Armbar; Side Choke
- Hold Guard Partner 1, Escape Guard Partner 2 (**30 seconds**)
- Guard – Close and Far Armbar; Triangle Choke; Kimura; Guillotine Choke
- Guard – Sweeps; Take Back and lock in Rear Naked Choke
- Hold Side Mount Partner 1, Escape Side Mount Partner 2 (**30 seconds**)
- Side Mount – Americana; Straight Armbar; Kimura; Spinning Armbar
- Roll (**2-minute Rounds**)

## **SPARRING**

- 1 on 1
- 1 on 1 (Allowed to grab kicks and follow with controlled takedown)
- 2 on 1

## **BREAKING**

- 360 Jump Spinning Back Kick or Flying Side Kick (While jumping over something)
- Spinning Hook Kick
- Hammer Fist (Board amount will vary)

# **JEONSA MARTIAL ARTS FEDERATION WRITTEN EXAM**

**NAME:** \_\_\_\_\_ **RANK:** \_\_\_\_\_

1) What Styles of Martial Arts do we study?

---

2) What does Tang Soo Do mean?

- A) The way of Tang's Hand      B) The Gentle Way      C) The Way of the Fist

3) What does Tae Kwon Do mean?

- A) The way of Tang's Hand      B) The Gentle Way      C) Way of Kicking & Punching

4) When was Tae Kwon Do Formed?

- A) 1965      B) 2010      C) 1945

5) What does Moo Do mean?

- A) Martial Way      B) Martial Technique      C) Martial Arts

6) What does Moo Yae mean?

- A) Martial Way      B) Martial Technique      C) Martial Arts

7) What does Moo Sul mean?

- A) Martial Way      B) Martial Technique      C) Martial Arts

8) 5 Codes #1:

---

9) 5 Codes #2:

---

10) 5 Codes #3:

---

11) 5 Codes #4:

---

12) 5 Codes #5:

---

13) 7 Tenets #1:

---

14) 7 Tenets #2:

---

15) 7 Tenets #3:

---



16) 7 Tenets #4:

---

17) 7 Tenets #5:

---

18) 7 Tenets #6:

---

19) 7 Tenets #7:

---

20) What does Integrity mean?

A) Honesty

B) Never give up

C) Think before you act

21) What does Self Control mean?

A) Honesty

B) Never give up

C) Think before you act

22) What does Perseverance mean?

A) Honesty

B) Never give up

C) Think before you act

23) What does Black Belt Excellence mean?

---

---

24) Why do we say yes sir and yes ma'am?

---

25) Name the 3 Kingdoms of Ancient Korea and which Kingdom unified them.

---

---

26) What is a weapon?

A) Staff, sword, etc.

B) Extension of body

C) Instrument of pain

27) Why do we bow?

A) Because we have to

B) To show fear

C) To show respect

28) Who originated the 5 codes?

A) Won Kwang

B) Bruce Lee

C) Wang Kun

29) Which is NOT one of the reasons for practicing breaking?

A) Stress Relief

B) Test Power

C) Build confidence

30) Which is NOT one of the reasons we kihap?

A) Yelling is fun

B) Tighten Abdomen

C) Show Spirit

- 31) What does the fist on the Jeonsa Federation Emblem represent?  
A) Growth                                      B) Justice                                      C) Perseverance
- 32) What do the 13 stripes represent on the American Flag?  
A) Lucky Number 13                      B) 13 Original States                      C) 13 Original Colonies
- 33) What does the Red represent on the American Flag?  
A) Bloodshed for Freedom              B) Fruit Punch                              C) Red Dragon
- 34) What does the Blue represent on the American Flag?  
A) 50 States                                      B) Courage & Loyalty                      C) Water
- 35) Which part of the Um/Yang is considered positive?  
A) Red    B) Blue
- 36) What do the 3 solid tri-grams represent?  
A) Fire    B) Heaven                                      C) Earth
- 37) What do the 3 broken tri-grams represent?  
A) Fire    B) Heaven                                      C) Earth
- 38) What does the Master's Belt Represent on the Jeonsa Federation Emblem?  
A) Persistence                                      B) Ultimate Goal                              C) Perfection

39) Belt Philosophy: What does the White Belt (10th Gup) represent?

---

---

40) Belt Philosophy: What do the Orange (8th Gup) and Yellow Belts (7th Gup) represent?

---

---

41) Belt Philosophy: What does the Red Belt (2nd Gup) represent?

---

---

42) List 3 Vital Points on the head and neck:

---

---

43) List 3 Vital Points on the upper body:

---

---

44) List 3 Vital Points on the lower body:

---

---

45) How can Black Belts be role models for lower ranking students?

---

---

- 46) \_\_\_\_\_ Master
- 47) \_\_\_\_\_ Black Belt Holder
- 48) \_\_\_\_\_ Color Belt Holder
- 49) \_\_\_\_\_ Grading Examiner
- 50) \_\_\_\_\_ 3rd Degree Black Belt

- a) Sam Dan Yu Dan Ja
- b) Yu Gup Ja
- c) Shim Sa Gwan Nim
- d) Yu Dan Ja
- e) Sah Bum Nim

- 51) \_\_\_\_\_ School or Training Hall
- 52) \_\_\_\_\_ Staff
- 53) \_\_\_\_\_ Uniform
- 54) \_\_\_\_\_ Thank You
- 55) \_\_\_\_\_ Sword
- 56) \_\_\_\_\_ Begin
- 57) \_\_\_\_\_ Salute the Flags
- 58) \_\_\_\_\_ Belt
- 59) \_\_\_\_\_ Red Dragon
- 60) \_\_\_\_\_ Endurance
- 61) \_\_\_\_\_ Lion
- 62) \_\_\_\_\_ Self Control
- 63) \_\_\_\_\_ Form
- 64) \_\_\_\_\_ Self-Defense
- 65) \_\_\_\_\_ Break Fall

- a) Gum
- b) In Neh
- c) Sa Ja
- d) Ja Jeh
- e) Do Jang
- f) Hong Yong
- g) Hyung
- h) Gug Gi Ba Rae
- i) Ho Sin Sool
- j) Bong
- k) Shi Jak
- l) Do Bohk
- m) Go Mop Seum Ni Da
- n) Dee
- o) Nak Bup

- 66) \_\_\_\_\_ Low Block
- 67) \_\_\_\_\_ Spear Hand
- 68) \_\_\_\_\_ Back Fist
- 69) \_\_\_\_\_ Ridge Hand
- 70) \_\_\_\_\_ Low X Block
- 71) \_\_\_\_\_ Plier Hand
- 72) \_\_\_\_\_ Knife Hand
- 73) \_\_\_\_\_ High Knife Hand Block
- 74) \_\_\_\_\_ Hammer Fist
- 75) \_\_\_\_\_ High Block

- a) Sang Dan Soo Do Mahk Gi
- b) Yuk Soo Do
- c) Ssang Soo Ha Dan Mahk Gi
- d) Soo Do
- e) Sang Dan Mahk Gi
- f) Kwon Do
- g) Gop Kwon
- h) Ha Dan Mahk Gi
- i) Jip Gye Son
- j) Gwan Soo Gong Gyuck

- 76) \_\_\_\_\_ Front Kick
- 77) \_\_\_\_\_ Jumping Roundhouse Kick
- 78) \_\_\_\_\_ Spinning Hook Kick
- 79) \_\_\_\_\_ Jumping Side Kick
- 80) \_\_\_\_\_ Tornado Kick
- 81) \_\_\_\_\_ Axe Kick
- 82) \_\_\_\_\_ Hook Kick
- 83) \_\_\_\_\_ Crescent Kick
- 84) \_\_\_\_\_ Wheel Kick
- 85) \_\_\_\_\_ Stepping Hook Kick

- a) E Dan Do-leo Cha Gi
- b) Nea Ryeo Cha Gi
- c) Hweajeon Cha Gi
- d) Hu Ryeo Cha Gi
- e) E Dan Yeop Cha Gi
- f) Gu Ruh Hu Ryeo Cha Gi
- g) Ahp Cha Gi
- h) Dwi Hu Ryeo Cha Gi
- i) Tae Poong Cha Gi
- j) Bandal Cha Gi

**EXTRA CREDIT:** List 3 Korean Terms not seen on the test:

- 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

# TRAINING NOTES

