

History:

Tang Soo Do - "The Knife Hand Way"

Tang – Refers to the Tang Dynasty of China (617AD – 907AD)

Soo – Hand

Do – The Way

Formal name of Tang Soo Do – Soo Bahk Ki

- Martial arts originated in all parts of the ancient world as needed.
- Tang Soo Do is believed to be over 2000 years old.
- Mural paintings, ruins, and tombs depict early forms of Tang Soo Do being used in warfare.

Three Ancient Korean Kingdoms:

57 BC Silla in South East Korea

37 BC Koguryo in North Korea

18 BC Paekche in South West



- 3 - 427 AD Muyong Chong Royal Tomb from the Koguryo Dynasty was build. It was excavated in 1935 and contained a mural painting of early Tang Soo Do. The tomb is located in southern Manchuria.
- 600 AD The origin of the Do Bohk can be traced back to a Korean mural painting from 600 AD
- 668 AD The Hwa Rang Dan - a group of young aristocratic warriors who were instrumental in developing the martial arts and who unified the 3 ancient Korean kingdoms into the Unified Silla Dynasty.
- 668 - 935 AD Unified Silla Dynasty – most famous for its development of martial arts
Kumgang Yoksa Statue – depicted a warrior pose, an example of early martial arts from the Unified Silla Dynasty
- 918 - 935 AD Wang Kŏn (aka King Taejo) rose to power and overthrew the Unified Silla Dynasty
- 935 - 1392 Wang Kŏn established the Koryŏ Dynasty. The word Korea is derived from Koryŏ.
- 1392 - 1910 Chosŏn Dynasty lead by the Yi ruling family. During this period Tang Soo Do became highly popular among the military and general public.
- 1790 Muye Dobo Tongji – the oldest surviving Korean marital arts book was written
- 1910 - 1945 The Japanese occupied Korea and restricted martial arts
- Dec 20, 1936 Grandmaster Jae C. Shin was born in South Korea
- Nov 9, 1945 Master Hwang Kee founded the Moo Duk Kwan style and opened his first school in Seoul, Korea. Grandmaster Shin was inspired to begin his training by an unknown monk. Shin began training at age 12 under Hwang Kee at the Seoul Moo Duk Kwan Central Gym where he reached Black Belt and became a Tang Soo Do instructor.
- 1958 Grandmaster Shin taught American soldiers in the Korean Air Force at Osan Air Base
- June 30, 1960 The Korean Soo Bahk Do Association was formed by Hwang Kee
- 1965 The Korean Tae Kwon Do Association was organized. Tae Kwon Do focused on sports competition and Tang Soo Do continued as a traditional martial art developing the whole person.
- 1968 Grandmaster Shin got his Master's Degree in Political Science from the Korean University
- 1968 Grandmaster Shin came to the U.S. representing the Korean Soo Bahk Do Association
- 1968 Shin formed the U.S. Tang Soo Do Federation with his first school in Burlington, New Jersey
- 1968 Grandmaster Shin was honored in Black Belt Magazine's book *20th Century Warrior*
- Nov 13-14, 1982 The World Tang Soo Do Association Charter Convention held in Philadelphia, PA
Jae C. Shin was named the Grandmaster of the WTSDA, a new constitution was passed, the WTSDA logo was selected, and the uniform and belt system were revised. The WTSDA was formed with 164 charter members from 17 studios across 12 countries. The WTSDA has since grown to thousands of members in nearly 30 countries.

- August 1984 Chief Monk Hang Jung invited Grandmaster Shin to visit the Shaolin Temple. The Shaolin Monastery was built at the end of 5th Century and it is known as the cradle of oriental martial arts. This was the first time a foreign martial arts association was officially invited to visit the shrine. A stone monument stands at the temple and is inscribed with the 28 names of the 1984, 1985, and 1987 WTSDA Delegation members.
- Nov 22, 1986 1st World Championship held in Philadelphia, PA
- July 17, 2010 Ground breaking for WTSDA Headquarters located in Burlington, North Carolina
Grandmaster Shin was promoted to 9th Dan at the 2010 World Championship
- 2012 Grandmaster Jae C. Shin passed away and Robert E. Beaudoin assumed the role of Grandmaster.
WSTDA Headquarters opened in Burlington, North Carolina
- 2020 Grandmaster Beaudoin passed away and William R. Strong assumed the role of Grandmaster.

Founder and Grandmaster Jae C. Shin:

- Grandmaster Shin’s Dan Number #698
- Grandmaster Shin’s areas of expertise include self-defense, forms, breaking, weapons, health care, and meditation.
- Grandmaster Shin received great joy in teaching children, becoming an expert in child development.
- Grandmaster Shin said, “When examining your abilities as an instructor, examine your young students’ manners, attitudes, school reports, and health conditions. Their improvements should mirror your own.”
- Grandmaster Shin’s teaching experience in chronological order is:
 - Seoul Moo Duk Kwan Central Gym
 - Korean University
 - Seoul Central YMCA
 - Korean Air Force
- Well known martial artist Chuck Norris began his training under Grandmaster Shin

Philosophy:

3 Purposes of Tang Soo Do Training:

- Health – strong bodies, sound minds
- Better Person – strive to better character
- Self-Defense – protect lives/possessions

3 Mottos of the WTSDA – Traditionalism, Professionalism, Brotherhood

The ultimate goal of Tang Soo Do is to understand, appreciate, and become one with nature.

Five Codes - originated by monk Wŏn Kwang

1. Loyalty to Country
2. Obedience to parents
3. Honor Friendship
4. No Retreat in Battle
5. In Fighting, Choose with Sense and Honor

Seven Tenets:

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

14 Attitude Requirements:

1. Purpose of training should be enhancement of mental and physical betterment.
2. Serious approach.
3. All out effort.
4. Maintain regular and constant practice.
5. Practice basic techniques all the time.
6. Regularly spaced practice sessions.
7. Always listen to and follow the direction of instructor and seniors.
8. Do not be overly ambitious.
9. Frequently inspect your own achievements.
10. Always follow a routine training schedule.
11. Repeatedly practice all techniques already learned.
12. When learning new techniques, learn thoroughly the theory and philosophy as well.
13. When you begin to feel idle try and overcome this.
14. Cleanliness is required after training. Keep yourself and your surroundings clean.

Flags:

World Tang Soo Do Association Flag - Sae Kye Tang Soo Do Hyup Hoi Ki



6 Stars – the 6 inhabited continents where Tang Soo Do is practiced

Globe – our organization covers the world

Flying Side Kick – the special and unique character of Tang Soo Do and the whole person concept

Practitioner – mastering the art of Tang Soo Do

Red Circle – unity and brother/sisterhood

Master's Belt – the ultimate goal of all Tang Soo Do students.

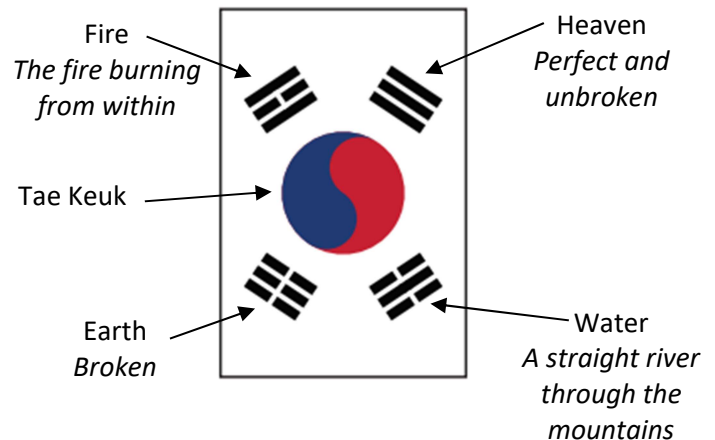
The WTSDA Anthem was composed by Kim Tong Jin. It starts “From deep within the might mount ...”

National Flag – Kukgi

Korean Flag – Tae Keuk Ki

Tae Keuk - **Um / Yang** (Um is Blue, Yang is Red)

Represents the concept of balance between opposing yet complementary forces: pull/push, soft/hard, male/female



Belt System: represents the cycle of the seasons

White – the seed lies dormant in the snow

Orange – new growth in spring

Green – speedy development of summer

Brown – power, stability, agility, weight, & wisdom

Red – blood, life, energy, attention, & control

Blue – maturity, respect, & honor

Black – mastery, calmness, dignity, & sincerity

Five Virtues of a Black Belt: Humanity, Righteousness, Etiquette, Wisdom, and Trust

Il Soo Sik:

What important skills do students learn from practicing Il Soo Sik Dae Ryun? - Distance, Timing, and Targeting

Hyung:

Master Itosu – reorganized the older Jae Nam Hyung into the five Pyung Ahn Hyungs because he believed that Jae Nam was too long to teach to children.

Pyung Ahn – signifies calm, balance, safety, confidence, and peace. Its animal is the Turtle

Bassai – selection of the best. Its animal is the Snake

Naihanchi – knight on horseback

Sip Soo – Ten hands

Jin Do – Forward and backward movement

Ro Hai – Vision of a crane

What is the former name of Bassai and Nahanchi in Korean?

Pal Che – Original name of Bassai

Nae Bun Ji or Nae Bo Jin – Original name of Naihanchi

When was Dan Gum Hyung adopted by the WTSDA?	Created by WTSDA in 1982
When were the Bong forms adopted by the WTSDA?	Created by the WTSDA in 1982
When were the Sae Kye Hyung forms created?	Developed by Jae Chul Shin in 1987

Moves in Dan Gum Hyung:

- Moves: 37
- Counts: 22
- Ki Haps: 2

Moves in Pyung Ahn Oh Dan:

- Moves: 27
- Counts: 17
- Ki Hap: 2

WTSDA Protocol and Procedures:

Students should aim to arrive 15 min before class to get stretched out.

If a student is late to class they should bow to the instructor and wait for permission to join the class.

In order to transfer to another WTSDA certified studio/club a student must get written permission from the instructors of both schools. If the student has relocated more than 15 miles they do not need written permission.

How many students must a Tang Soo Do school have to graduate from club status to studio status? 25 Students

How frequently must studio certifications and instructor certifications be renewed? Once a Year

What are the requirements of the Instructor Trainee Program?

- Students must be a Cho Dan Bo or higher
- Display quality teaching skills
- Log 100 hours of teaching under the guidance of a Certified Instructor

What is the minimum age requirement to be a Certified Instructor? 18

What topic should receive the most time during classes? Hyung

Example: In a 60 min class 15 min should be spent on Hyung

Testing Requirements by Rank

	Hyung	Weapons	Minimum Time*	Minimum Age
10th Gup	New Student			
9th Gup	Sae Kye Hyung Il Bu		6 Weeks	
8th Gup	Sae Kye Hyung E Bu		3 Months	
7th Gup	Sae Kye Hyung Sam Bu		6 Months	
6th Gup	Pyung Ahn Cho Dan		9 Months	
5th Gup	Pyung Ahn E Dan		12 Months	
4th Gup	Pyung Ahn Sam Dan		15 Months	
3rd Gup	Pyung Ahn Sah Dan		18 Months	
2nd Gup	Pyung Ahn Oh Dan		21 Months	
1st Gup	Bassai	Bong Hyung Il Bu	24 Months	
Cho Dan Bo	Naihanchi Cho Dan	Bong Hyung E Bu	27 Months	
Cho Dan	Sip Soo		6 Months After Cho Dan Bo (33 Months)	10
E Dan	Naihanchi E Dan	Bong Hyung Sam Bu	2 Years After Cho Dan	13
Sam Dan	Naihanchi Sam Dan Jin Do	Dan Gum Hyung Ki Cho Jang Gum Hyung	3 Years After E Dan	17

* In general, Gup students must have a minimum of 24 classes and 3 months of training between ranks.

Basic Medical/First Aid:

- **Strains/Sprains:** Apply ice, compression, and elevation. Immobilize an injured joint and do not allow a student to walk on a sprained ankle or knee.
- **Concussions:** The student must rest and take a break from strenuous physical and mental activity for a few days. Use ice to reduce swelling. If symptoms are severe or persistent, seek professional medical assistance.
- **Dehydration:** Give the student plenty of fluids, such as water or sports drinks, and have them rest in a cool place. If symptoms are severe or persistent, seek professional medical assistance.
- **Heat Stroke:** If a student becomes exhausted and has hot, dry skin, confusion, and/or dizziness these are symptoms of heat stroke. You must call emergency medical personnel (911).
- **Epileptic Attack/Seizer:** Prevent the person from injury by gently guiding them to the floor and moving furniture away. If possible gently position the person lying on their side. Ensure all air ways are clear and the person is breathing normally. Do not fight/forcefully restrain the person, this could cause further injury. Do not offer them food or drink until they are fully conscious and aware of their surroundings.

General Rules to follow in most medical situations:

- If the injury is serious, the person is unconscious, the person has a neck or spine injury, or you feel in any way unsuited to properly deal with the injury call emergency medical personnel (911).
- Applying ice is often a good first step to reduce swelling.
- Applying compression is a good first step to reduce bleeding.
- For most serious injuries you should not attempt to move the person or their injured joints.

Read Over the Black Belt Oath:

“I *Your Name*, a member of the World Tang Soo Do Association, solemnly swear or affirm that I will forever conduct all my affairs, both public and private, in accordance with the invincible spirit of Tang Soo Do and always focus my energies toward the promotion and enhancement of Tang Soo Do. Furthermore, I solemnly swear or affirm that I will be loyal to my studio, instructor, Grandmaster, and the World Tang Soo Do Association for the rest of my life.”

Korean Terminology:

GENERAL TERMINOLOGY

Tang Soo Do	The Art we are studying
Kwan Chang Nim	Grandmaster
Sah Bum Nim	Instructor, teacher
Dan	Black Belt
Gup	Color Belt
Dojang	Training hall, studio
Do Bohk	Uniform
Dee	Belt
Je Ja	Pupil, student
Sae Kye Tang Soo Do Hyup Hoi	World Tang Soo Do Association
Shim Sa Kwan Nim	Examiner
Shim Sa	Testing both Gup and Dan
Sun Bae	Senior member
Hu Bae	Junior member
Kukgi	National flag
Hyup Hoi Ki	Association flag
Choon Bee Woon Dong	Warm-up exercise
Ki Cho Woon Dong	Basic techniques exercise
Hyung	Form or pattern
Il Soo Sik Dae Ryun	One step sparring
Ja Yu Dae Ryun	Free sparring
Ho Sin Sul	Self-defense
Kyuck Pa	Breaking
Ki Hap	Yell (focus one’s mind and energy)

Ipjuk – Confirming Your Oath

In the term Dojang, “*jang*” means what? - Place

In Sah Bum Nim what does “Bum” mean? – Example

Ko Dan Ja	Senior Dan holder
Yu Dan Ja	Dan holder
Yu Gup Ja	Gup holder
Cho Bo Ja	Beginner
Nae Kong	Internal power exercise
Weh Kong	External power exercise
Shim Kong	Spiritual power exercise
Mahk Ki	Block
Kong Kyuck	Attack
Him	Power force
Shi Sun	Focus of eyes
Chung Shim	Balance
Jung Kwon	Fore fist
Kap Kwon	Back fist
Kup So	Vital point
Chung Shin	Spirit
Dan Ryun	Polishing mind and body
Ryun Ma	Refining self
Jang Kwon	Heel of palm
Soo Do	Knife hand
Yuk Soo Do	Ridge hand
Kwan Soo	Spear hand
Soo Ki	Hand technique
Jok Ki	Foot technique
Cha Ki	Kick
Ha Dan	Low part
Choong Dan	Middle part
Sang Dan	High part
Ahp	Front
Yup	Side
Dwi	Back
Hur Ri Twul Ki	Waist twisting
Shi Hap	Competition
Ki Gong	Breathing practice
Sun	Full session of meditation

Instructor Titles

1st Dan	Cho Dan	Boo Kyo Sah Nim
2nd Dan	E Dan	Kyo Sah Nim
3rd Dan	Sam Dan	Boo Sah Bum Nim
4th Dan	Sah Dan	Sah Bum Nim
5th Dan	Oh Dan	Sunim Sah Bum Nim
6th Dan	Yuk Dan	Kookjae Sah Bum Nim
7th Dan	Chil Dan	Sunim Kookjae Sah Bum Nim
8th Dan	Pahl Dan	Boo Kwan Chang Nim
9th Dan	Ku Dan	Kwan Chang Nim

Sunim - Senior

Kookjae - International

COMMANDS IN CLASS

Cha Ryut	Attention
Kukgi Bae Rye	Salute to flag
Baro	Return
Ahn Jo	Sit
E Ru Sut	Stand up
Muk Yum	Meditation
Kwan Chang Nim E Kyung Yet	Bow to Grandmaster
Sah Bum Nim E Kyung Yet	Bow to Instructor
Choon Bee	Ready
Bahl Cha Ki Choon Bee	Ready for kick
Shio	Relax or rest
Shi Jak	Begin
Ko Mahn	Finish
Kyo Dae	Change
Tora	Turn
Dwi Ro Tora	Turn to rear
Ku Ryung	Command

NUMBERS

Il	Hana	One
E	Tul	Two
Sam	Set	Three
Sah	Net	Four
Oh	Tasot	Five
Yuk	Yosot	Six
Chil	Ilgop	Seven
Pahl	Yodol	Eight
Ku	Ahop	Nine
Sip	Yol	Ten

TENETS

Ko Map Sum Ni Da	Thank you
Chung Shin Tong Il	Concentration
In Neh	Endurance
Kyum Son	Humility
Chon Kyung	Respect
Moo Shim	Empty mind
Soo Ryun	Training

ANATOMY

Pahl	Arm
Bahl	Foot
Chu Mok	Fist
Mok	Neck
Hur Ri	Waist
Da Ri	Leg
Soo or Sohn	Hand
Pahl Koop	Elbow
Moo Roop	Knee
Noon	Eye
I Ma	Forehead
Tuck	Chin
Myung Chi	Solar Plexus
In Choong	Philtrum
Dan Jun	Low abdomen
Ko Hwan	Groin

The 3 vital points considered to be deadly are the:
 Philtrum (In Choong)
 Solar Plexus (Myung Chi)
 Temple

BASIC STANCES

Choon Bee Ja Seh	Ready stance
Chun Kul Ja Seh	Front stance
Hu Kul Ja Seh	Fighting stance
Kee Ma Ja Seh	Horse riding stance
Sa Ko Rip Ja Seh	Side stance
Kyo Cha Rip Ja Seh	Cross leg stance

BASIC HAND TECHNIQUES

Pahl Put Ki	Punch exercise, horse riding stance
Ki Cho Dong Jak	Basic motion
Ha Dan Mahk Ki	Low defense
Choong Dan Kong Kyuck	Middle section attack
Sang Dan Kong Kyuck	High attack
Sang Dan Mahk Ki	High defense
Ahneso Pahkuro Mahk Ki	Inside/outside block
Pahkeso Ahnuro Mahk Ki	Outside/inside block
Choong Dan Hang Jin	Side punch
Chun Kul Ssang Soo	Two hand block, front stance
Hu Kul Sang Dan Mahk Ki	High block, fighting stance
Ssang Soo Sang Dan Mahk Ki	High two hands X block
Ssang Soo Ha Dan Mahk Ki	Low two hands X block
Choong Dan Yup Mahk Ki	Side defense
Sang Dan Soo Do Mahk Ki	High knife hand block
Ha Dan Soo Do Mahk Ki	Low knife hand block
Kwan Soo Kong Kyuck	Spear hand attack
Yuk Jin	Knife hand defense and reverse punch, fighting stance
Yuk Soo	Knife hand defense and reverse punch, front stance
Yuk Soo Do	Ridge Hand

BASIC KICK TECHNIQUES

Bahl Poto Oly Ki	Front stretch kick	Ahneso Pahkuro Cha Ki	Crescent kick inside/outside
Ahp Cha Ki	Front kick	Pahkeso Ahnuro Cha Ki	Crescent kick outside/inside
Yup Cha Ki	Side kick	Dwi Hu Ryo Cha Ki	Wheel kick
Yup Poto Oly Ki	Side stretch kick	Yup Hu Ryo Cha Ki	Hook kick
Tollyo Cha Ki	Round house kick	Cchik Ki	Axe kick
Dwi Tollyo Cha Ki	Spinning back kick	Bit Cha Ki	Diagonal kick
Dwi Cha Ki	Straight back kick	Deah Cha Ki	Jumping kick
		Deah Ahp Cha Ki	Jump front kick
		Deah Yup Cha Ki	Jump side kick
		Deah Tollyo Cha Ki	Jump round house kick
		Deah Dwi Tollyo Cha Ki	Jump spinning back kick
		E Dan Cha Ki	Two-step jumping kick
		E Dan Ahp Cha Ki	Jumping front kick
		E Dan Yup Cha Ki	Jumping side kick
		E Dan Tollyo Cha Ki	Jumping round house kick
		E Dan Dwi Tollyo Cha Ki	360° jumping spinning back kick

In Yup Hu Ryo Cha Ki what does Hu Ryo mean?
Whip or whipping