

WHITE BELT STUDY GUIDE

1. WHAT IS THE NAME OF OUR ART? TANG SOO DO
2. WHAT IS THE NAME OF OUR ORGANIZATION? WORLD TANG SOO DO ASSOC.
3. WHO IS THE GRANDMASTER? GRANDMASTER JAE CHUL SHIN
4. WHAT IS HIS RANK? 8TH DAN
5. WHO IS THE GENERAL MANAGER & WHAT IS HIS RANK? NATE GORDON, 3RD DAN
6. WHO IS YOUR INSTRUCTOR? NATE GORDON (SO. PHILA)  
ISMAEL ROMAN (TRENTON)  
LOUIS CASTELLI (BENSALEM)
7. WHAT IS YOUR INSTRUCTOR'S RANK? NATE GORDON (3RD DAN)  
ISMAEL ROMAN (3RD DAN)  
LOUIS CASTELLI (2ND DAN)
8. NAME THE FIVE CODES OF TANG SOO DO.  
  
LOYALTY TO COUNTRY  
OBEDIENCE TO PARENTS  
HONOR FRIENDSHIP  
NO RETREAT IN BATTLE  
IN FIGHTING CHOOSE WITH SENSE AND HONOR
9. WHAT IS THE NAME OF YOUR STUDIO? SHIN KARATE INSTITUTE
10. WHAT DOES THE WHITE BELT REPRESENT?  
  
PRIMITIVE STAGE OF ACHIEVEMENT, THE SEED AS IT LIES DORMANT BENEATH THE SNOWS OF WINTER.
11. LOW PART HA DAN
12. MIDDLE PART CHOONG DAN
13. HIGH PART SANG DAN
14. BLOCK MAH KI
15. ATTACK KONG KYUCK
16. KICK CHA KI
17. FRONT AHP
18. SIDE YUP
19. BACK DWI
20. LOW BLOCK HA DAN MAH KI
21. HIGH BLOCK SANG DAN MAH KI
22. MIDDLE PUNCH CHOONG DAN KONG KYUCK
23. HIGH PUNCH SANG DAN KONG KYUCK
24. INSIDE/OUTSIDE BLOCK AHNESO PHAKU RO MAH KI
25. OUTSIDE/INSIDE BLOCK PHAKESO AHNU RO MAH KI
26. TWO HAND BLOCK/FR STANCE CHUN KUL SSANG SOO MAH KI
27. SIDE PUNCH CHOONG DAN HAN JIN KONG KYUCK
28. SIDE BLOCK CHOONG DAN YUP MAH KI
29. TWO HAND BLOCK/BI STANCE HU KUL SSANG SOO MAH KI
30. FRONT KICK AHP CHA KI
31. ROUNDHOUSE KICK TOLLYO CHA KI
32. SIDE KICK YUP CHA KI
33. SPINNING BACK KICK DWI TOLLYO CHA KI
34. INSIDE/OUTSIDE KICK AHNESO PHAKU RO CHA KI
35. OUTSIDE/INSIDE KICK PHAKESO AHNU RO CHA KI
36. JUMP FRONT KICK E DAN AHP CHA KI
37. JUMP ROUNDHOUSE KICK E DAN TOLLYO CHA KI
38. JUMP SIDE KICK E DAN YUP CHA KI
39. GRANDMASTER KWAN CHANG NIM
40. INSTRUCTOR SAH BUM NIM
41. ATTENTION CHA RYUT
42. READY CHOON BEE
43. GYM DOJANG
44. UNIFORM DOBOHK
45. RETURN BARO
46. REST SHIO
47. BELT DEE
48. YELL KIHAP
49. FORM HYUNG
50. SAE KYE HYUNG IL BU  
  
MEANING - WORLD TANG SOO DO FORM #1  
CREATOR - GRANDMASTER SHIN  
DATE OF CREATION - 1987  
PLACE OF CREATION - W.T.S.D.A. CONVENTION, PHILADELPHIA, PA.  
# OF MOVES 20
51. SAE KYE HYUNG E BU  
  
MEANING - WORLD TANG SOO DO FORM #2

ORANGE BELT STUDY GUIDE

1. IN WHAT REGION ARE WE LOCATED? REGION 8  
2. WHAT IS THE FULL DATE THE ASSOC WAS FOUNDED? NOVEMBER 13, 1982  
3. WHY DO WE KIHAP?

TO FOCUS POWER AND ENERGY, SCARE YOUR OPPONENT, TIGHTEN ABDOMEN AND TO SHOW YOUR SPIRIT.

4. NAME THE SEVEN TENETS OF TANG SOO DO.

INTEGRITY  
CONCENTRATION  
PERSEVERENCE  
RESPECT AND OBEDIENCE  
SELF CONTROL  
HUMILITY  
INDOMITABLE SPIRIT

5. EXPLAIN THE ASSOCIATION EMBLEM.

- 6 STARS - REPRESENT THE 6 CONTINENTS OF THE WORLD AND SHOWS THAT TANG SOO DO IS NOW WORLD WIDE.  
UM & YANG - IS THE UNIVERSAL CONCEPT OF OPPOSING BUT COMPLEMENTARY FORCES, AND SHOWS OUR KOREAN HERITAGE.  
FLYING SIDE KICK - REPRESENTS THE SPECIAL AND UNIQUE CHARACTER OF TANG SOO DO AND THE WHOLE PERSON CONCEPT.  
RED CIRCLE - REPRESENTS UNITY AND BROTHERHOOD.  
GLOBE - MEANS OUR ORGANIZATION COVERS THE WORLD.  
BOTTOM BELT - MASTER'S BELT IS THE ULTIMATE GOAL OF ALL TANG SOO DO PRACTITIONERS.  
PRACTITIONER - MASTERING THE ART OF TANG SOO DO.

6. WHAT DOES ORANGE BELT REPRESENT?

REPRESENTS NEW GROWTH WHICH APPEARS IN SPRING. OUR TANG SOO DO KNOWLEDGE BEGINS TO REVEAL ITSELF.

- |  |                            |
|--|----------------------------|
| 7. NATIONAL FLAG                             | KUKGI                      |
| 8. SALUTE THE FLAG                           | KUGKI BAE RYE              |
| 9. SIT                                       | AHN JO                     |
| 10. MEDITATE                                 | MUK YUM                    |
| 11. COLOR BELT                               | GUP                        |
| 12. BLACK BELT                               | DAN                        |
| 13. BLACK BELT HOLDER                        | YU DAN JA                  |
| 14. BOW TO GRANDMASTER                       | KWAN CHANG NIM E KYUNG YET |
| 15. BOW TO THE INSTRUCTOR                    | SAH BUM NI E KYUNG YET     |
| 16. ONE STEP FIGHTING                        | IL SOO SIK DAE RYUN        |
| 17. FREE FIGHTING                            | JA YU DAE RYUN             |
| 18. COMMAND                                  | KU RYUNG                   |
| 19. CHANGE POSITION                          | KYO DAE                    |
| 20. STANCE                                   | JA SEH                     |
| 21. READY FOR KICK                           | BAHL CHA KI CHOON EEE      |
| 22. FRONT STANCE                             | CHUN KUL JA SEH            |
| 23. FIGHTING STANCE                          | HU KUL JA SEH              |
| 24. HORSEBACK STANCE                         | KI MA JA SEH               |
| 25. HAND                                     | SOO                        |
| 26. KNIFE HAND                               | SOO DO                     |
| 27. SPEAR HAND                               | KWAN SOO                   |
| 28. CENTER PUNCH EXERCISE                    | PAHL PUT KI                |
| 29. LOW KNIFE HAND BLOCK                     | HA DAN SOO DO MAH KI       |
| 30. CENTER KNIFE HAND BLOCK                  | CHOONG DAN SOO DO MAH KI   |
| 31. HIGH KNIFE HAND BLOCK                    | SANG DAN SOO DO MAH KI     |
| 32. SPEAR HAND ATTACK                        | KWAN SOO KONG KYUCK        |
| 33. KNIFE HAND BLOCK/REV. PUNCH w/FR. STANCE | YUK SOO                    |
| 34. KNIFE HAND BLOCK/REV. PUNCH w/FI. STANCE | YUK JIN                    |
| 35. FRONT STRETCH KICK                       | BAHL POTO OLY KI           |
| 36. SIDE STRETCH KICK                        | YUP POTO OLY KI            |
| 37. STRAIGHT BACK KICK                       | DWI CHA KI                 |
| 38. AXE KICK                                 | CCHICK KI                  |
| 39. HOOK KICK                                | YUP HU RYO CHA KI          |
| 40. WHEEL KICK                               | DWI HU RYO CHA KI          |
| 41. STEPPING SIDE KICK                       | MIRROR YUP CHA KI          |
| 42. STEPPING HOOK KICK                       | MIRROR YUP HU RYO CHA KI   |
| 43. JUMP BACK KICK                           | DEAH DWI CHA KI            |

44. SAE KYE HYUNG SAM BU  
MEANING - WORLD TANG SOO DO FORM #3
45. PYUNG AHN CHO DAN  
ORIGINAL NAME - JAE NAM  
MEANING OF PYUNG - WELL BALANCED, CALM, AND PEACEFUL  
MEANING OF AHN - SAFE, CONFIDENT, AND COMFORTABLE  
CREATOR - MASTER IDOS  
DATE OF CREATION - 1870  
PLACE - HA NAM PROVINCE SO. CHINA  
NUMBER OF MOVES - 22

6TH GUP GREEN BELT STUDY GUIDE

1. Explain the meaning of Tang Soo Do.

The word "Tang" represents the T'ang 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, etc., and "Do" means way of life or art. Thus "Tang Soo Do" means the Korean classical martial art which was influenced by the T'ang method of the martial art.

2. What color is Grandmaster Shin's belt?      Red and White Blocks  
3. What is the capitol of South Korea?      Seoul  
4. What is the capitol of North Korea?      Pyongyang  
5. What is the name of the Korean Flag?      Tae Kukgi

6. Explain the American Flag.

50 stars - Represent the 50 states.  
13 Stripes - Represent the 13 original colonies.  
Red - Represents the blood shed for our freedom  
White - Represents purity  
Blue - Represents the union of the states

7. Explain the Korean Flag.

3 solid bars - Represents heaven  
3 broken bars - Represents earth  
2 broken 1 solid - Represents water  
2 solid 1 broken - Represents fire  
Blue and Red Circle - Um and Yang represent opposing but complimentary forces

8. What does the green belt represent?

Speedy development of youth as summer arrives.

- |                                      |                             |
|--------------------------------------|-----------------------------|
| 9. BEGINNER                          | CHO BO JA                   |
| 10. JUNIOR MEMBER                    | HU BAE                      |
| 11. SENIOR MEMBER                    | SUN BAE NIM                 |
| 12. CLASS INSTRUCTOR                 | KYO SA NIM                  |
| 13. COLOR BELT HOLDER                | YU GUP JA                   |
| 14. BASIC TECHNIQUE EXERCISE         | KI CHO WOON DONG            |
| 15. TURN                             | TORA                        |
| 16. TURN TO THE REAR                 | DWI RO TORA                 |
| 17. WITHOUT THE COUNT                | KU RYUNG UP SHI             |
| 18. WITH THE COUNT                   | KU RYUNG E MAI CHO SO       |
| 19. BEGIN                            | SHI JAK                     |
| 20. WORLD TANG SOO DO ASSOC.         | SAE KYE TANG SOO DO YUP HOI |
| 21. BREAKING                         | KYUCK PA                    |
| 22. VITAL POINT                      | KUP SO                      |
| 23. ONE STEP FIGHTING KICK TECHNIQUE | IL SOO SIK CHA KI BUP       |
| 24. ONE                              | HANA OR IL                  |
| 25. TWO                              | TUL OR E                    |
| 26. THREE                            | SET OR SAM                  |
| 27. FOUR                             | NET OR SA                   |
| 28. FIVE                             | TASOT OR OH                 |
| 29. SIX                              | YOSOT OR YUK                |
| 30. SEVEN                            | ILGOP OR CHIL               |
| 31. EIGHT                            | YODOL OR PAL                |
| 32. NINE                             | AHOP OR KU                  |
| 33. TEN                              | YOL OR SIP                  |
| 34. BACK FIST                        | KAP KWON                    |
| 35. HAMMER FIST                      | KWON DO                     |
| 36. KNEE                             | MOO ROOP                    |
| 37. KNEE KICK                        | MOO ROOP CHA KI             |
| 38. SCISSOR SIDE KICK                | E DAN YUP CHA KI            |
| 39. JUMP HOOK KICK                   | E DAN YUP HU RYO CHA KI     |
| 40. JUMP AXE KICK                    | E DAN CCHICK KI             |

41. PYUNG AHN E DAN

5TH GUP GREEN BELT STUDY GUIDE

1. WHAT YEAR DID GRANDMASTER SHIN COME TO THE U.S.A.? 1968
2. NAME THE THREE KINGDOMS OF ANCIENT KOREA, WHERE THEY WERE LOCATED AND WHEN THEY WERE FOUNDED.

SILLA DYNASTY	SOUTHEAST PENINSULA	57 BC
KOGURYO	NORTHERN KOREA	37 BC
PAEKCHE	SOUTHWEST	18 BC

3. WHAT DYNASTY UNITED THE THREE KINGDOMS? SILLA
4. WHAT YEAR WERE THE THREE KINGDOMS UNITED? 668 AD
5. NAME THE 14 ATTITUDE REQUIREMENTS.

PURPOSE OF TRAINING SHOULD BE THE ENHANCEMENT OF MENTAL AND PHYSICAL BETTERMENT

SERIOUS APPROACH

ALL OUT EFFORT

MAINTAIN REGULAR AND CONSTANT PRACTICE

PRACTICE BASIC TECHNIQUES ALL THE TIME

REGULARLY SPACED PRACTICE SESSION

ALWAYS LISTEN AND FOLLOW THE DIRECTION OF INSTRUCTORS OR SENIORS

DON'T BE OVERLY AMBITIOUS

FREQUENTLY INSPECT YOUR OWN ACHIEVEMENTS

ALWAYS FOLLOW A ROUTINE TRAINING SCHEDULE

REPEATEDLY PRACTICE ALL TECHNIQUES ALREADY LEARNED

WHEN YOU LEARN NEW TECHNIQUES LEARN THOROUGHLY THE THEORY AND PHILOSOPHY AS WELL

WHEN YOU BEGIN TO FEEL IDLE, TRY TO OVERCOME THIS.

CLEANLINESS IS REQUIRED AFTER TRAINING. KEEP YOURSELF AND SURROUNDINGS CLEAN

6. WHAT DOES THE BROWN BELT REPRESENT?

POWER, STABILITY, AGILITY, WEIGHT, AND WISDOM. THIS IS A STABILIZING STAGE BOTH MENTALLY AND PHYSICALLY, ANALOGOUS TO THE PLANTS WHICH CURTAIL THEIR GROWTH AND PREPARE TO FLOWER IN LATE SUMMER.

- |                                |                        |
|--------------------------------|------------------------|
| 7. ASSOCIATION FLAG            | HYUP HOI KI            |
| 8. BALANCE                     | CHUNG SHIM             |
| 9. ENDURANCE                   | IN NEH                 |
| 10. FORE FIST                  | JUNG KWON              |
| 11. ARM                        | PAHL                   |
| 12. CHIN                       | TUCK                   |
| 13. ELBOW                      | PAHL KOOP              |
| 14. FIST                       | CHU MOK                |
| 15. FOOT                       | BAHL                   |
| 16. FOREHEAD                   | IMA                    |
| 17. GROIN                      | KO HWAN                |
| 18. INSTEP                     | BAHL DEOUNG            |
| 19. LEG                        | DA RI                  |
| 20. LOWER ABDOMEN              | DAN JUN                |
| 21. NECK                       | MOK                    |
| 22. PHILTRUM                   | IN CHOONG              |
| 23. SOLAR PLEXUS               | MYUNG CHI              |
| 24. WAIST                      | HUR RI                 |
| 25. WRIST                      | PAHL MOK               |
| 26. WRIST (BACK)               | SOHN DOONG MOK         |
| 27. WRIST (INSIDE-THUMB SIDE)  | AHN PAHL MOK           |
| 28. WRIST (OUTSIDE-PINKY SIDE) | PAK PAHL MOK           |
| 29. JUMP SPINNING BACK KICK    | DEAH DWI TOLLYO CHA KI |
| 30. PYUNG AHN SAM DAN          |                        |

# OF MOVES - 25

4TH GUP BROWN BELT STUDY GUIDE

1. WHAT YEAR WAS GRANDMASTER SHIN BORN? 1936
2. HOW OLD WAS THE GRANDMASTER WHEN HE STARTED TRAINING? 12
3. WHAT IS GRANDMASTER SHIN'S DAN #? 698
4. WHAT BOOK DEVOTED A FULL CHAPTER TO GRANDMASTER SHIN? 20TH CENTURY WARRIORS
5. WHAT KINGDOM IS MOST FAMOUS FOR THE DEVELOPMENT OF THE MARTIAL ARTS? SILLA DYNASTY
6. WHAT IS THE ULTIMATE GOAL OF TANG SOO DO? TO BECOME ONE WITH NATURE
7. WHY DO WE PRACTICE FORMS?  
TO DEVELOP A STRONG SPIRIT BY ALWAYS FIGHTING AND DEFEATING YOUR OPPONENTS IN THE MENTAL BATTLE
8. WHAT ARE THE FIVE MOST IMPORTANT THINGS WHEN YOU PRACTICE FORMS?

SPEED, POWER, BALANCE, FOCUS, KIHAP

- |                             |                           |
|-----------------------------|---------------------------|
| 9. SENIOR DAN HOLDER        | KO DAN JA                 |
| 10. YOUR WELCOME            | CHUN MAN E O              |
| 11. SELF DEFENSE            | HO SIN SUL                |
| 12. STAFF                   | BONG                      |
| 13. FORE KNUCKLE SPEAR HAND | KWAN JUL KWAN             |
| 14. HEEL OF PALM            | JANG KWON                 |
| 15. RIDGE HAND              | YUK SOO DO                |
| 16. ONE FINGER SPEAR HAND   | IL JI KWAN SOO            |
| 17. TWO FINGER SPEAR HAND   | E JI KWAN SOO             |
| 18. MARCHING                | HANG JIN                  |
| 19. LOW X BLOCK             | SSANG SOO HA DAN MAH KI   |
| 20. HIGH X BLOCK            | SSANG SOO SANG DAN MAH KI |
| 21. DIAGONAL KICK           | BIT CHA KI                |

22. PYUNG AHN SA DAN.

# OF MOVES - 29

23. BONG HYUNG IL BU

MEANING	-	STAFF FORM #1
CREATOR	-	GRANDMASTER SHIN
DATE	-	1983
PLACE	-	PHILADELPHIA, PA.
# OF MOVES	-	23

3RD GUP BROWN BELT STUDY GUIDE

1. WHO WAS GRANDMASTER SHIN'S INSTRUCTOR? MASTER HWANG KEE
2. WHAT YEAR WAS GRANDMASTER SHIN RECRUITED INTO THE AIRFORCE? 1958
3. WHAT TYPE OF DEGREE DOES GRANDMASTER SHIN HAVE FROM THE KOREA UNIVERSITY?

MASTER'S DEGREE IN POLITICAL SCIENCE

4. WHAT WAS THE NAME OF GRANDMASTER SHIN'S FIRST ORGANIZATION?

UNITED STATES TANG SOO DO FEDERATION

5. WHERE WAS THE FIRST GYM LOCATED? BURLINGTON, NEW JERSEY

6. TO WHAT APPROXIMATE DATE CAN THE DOBOHK BE TRACED? 600 AD

7. WHAT DOES THE RED BELT REPRESENT?

BLOOD, LIFE, ENERGY, ATTENTION, AND CONTROL. THE STUDENT'S TECHNIQUES BEGIN TO BLOOM AND RIPEN.

- |                                   |                        |
|-----------------------------------|------------------------|
| 8. HUMILITY                       | KYUM SON               |
| 9. CONCENTRATION                  | CHUNG SHIN TONG IL     |
| 10. RESPECT                       | CHON KYUNG             |
| 11. FOCUS OF EYES                 | SHI SUN                |
| 12. STOP                          | JUNG JI                |
| 13. THREE STEP FIGHTING           | SAM SOO SIK DAE RYUN   |
| 14. INTERNAL POWER EXERCISE       | NEH KONG               |
| 15. EXTERNAL POWER EXERCISE       | WEH KONG               |
| 16. SPIRITUAL POWER EXERCISE      | SHIM KONG              |
| 17. LOW BLOCK W/ FIGHTING STANCE  | HU KUL HA DAN MAH KI   |
| 18. HIGH BLOCK W/ FIGHTING STANCE | HU KUL SANG DAN MAH KI |

19. PYUNG AHN OH DAN

# OF MOVES - 27

2ND GUP RED BELT STUDY GUIDE

1. WHAT WAS THE NAME OF THE GROUP OF WARRIORS WHO WERE INSTRUMENTAL IN UNIFYING THE KOREAN PENINSULA AS THE NEW SILLA DYNASTY?

HWA RANG DAN WARRIORS

2. WHO WAS THE MONK THAT ORIGINATED THE FIVE CODES? WON KWANG  
3. WHO WERE THE TWO HWA RANG DAN WARRIORS WHO BROUGHT THE FIVE CODES BACK FROM WON KWANG?

KWI SAN AND CHU HWANG

4. WHAT WAS THE NAME OF THE FIRST COMPLETE MARTIAL ARTS BOOK WRITTEN?

MOOYAE DOBO TONGJI

5. WHAT YEAR WAS THE MOYAE DOBO TONGJI WRITTEN? 1790 AD  
6. WHAT YEAR DID MASTER HWNAG KEE ORGANIZE THE KOREAN SOO BAHK DO ASSOCIATION? 1945  
7. HOW MANY CHARTER MEMBER COUNTRIES WERE AT THE WORLD TANG SOO DO CHARTER CONVENTION IN 1982? 12  
8. WHO WERE THE 12 CHARTER MEMBER COUNTRIES?

ARGENTINA, BRAZIL, CHINA, GERMANY, GREAT BRITAIN, GREECE, ITALY, KOREA, MEXICO, PUERTO RICO, UNITED STATES, VENEZULA

9. NAME THE AREAS OF THE FOOT THAT YOU STRIKE WITH.

BALL, BOTTOM HEEL, BACK HEEL, INSTEP, ARCH, OUTSIDE EDGE

10. NAME AT LEAST 10 VITAL SPOTS AND WHERE THEY ARE LOCATED ON THE BODY.

SEE STUDENTS MANUAL PAGE 31

- |                              |                    |
|------------------------------|--------------------|
| 11. WARM-UP EXERCISE         | CHOON BE WOON DONG |
| 12. HAND TECHNIQUES          | SOO KI             |
| 13. FOOT TECHNIQUES          | JOK KI             |
| 14. TESTING BOTH GUP AND DAN | SHIM SA            |
| 15. TESTING EXAMINER         | SHIM SA KWAN NIM   |
| 16. CLAW HAND                | JIP KYE SOHH       |
| 17. RIDGE HAND BLOCK         | YUK SOO DO MAHK KI |

18. BASSAI

ORIGINAL NAME - PAL CHE  
MEANING OF PAL - SELECTION OF THE BEST CHOICE, FAST  
MEANING OF CHE - COLLECT  
CREATOR - UNKNOWN  
STYLE - SO RIM SA KWAN BUP STYLE  
DATE CREATED - MID TO LATE 16TH CENTURY  
PLACE - HA NAM PROVINCE OF SOUTHERN CHINA  
# OF MOVES - 52

19. BONG HYUNG E BU

MEANING - STAFF FORM #2  
# OF MOVES - 28

1ST GUP RED BELT STUDY GUIDE

1. WHAT DOES BLUE BELT REPRESENT?

MATURITY, RESPECT, AND HONOR. THE BLUE BELT IS GIVEN TO THE CHO DAN BO (BLACK BELT CANDIDATE.) THE CHO DAN BO MUST NOW PREPARE MIND AND BODY FOR THE FINAL STEP NEEDED TO ATTAIN BLACK BELT.

- |                                       |                            |
|---------------------------------------|----------------------------|
| 2. CRANE STANCE                       | HAN BAHL SEO KEE JA SEH    |
| 3. CROSS LEG STANCE                   | KYO CHA RIP JA SEH         |
| 4. LOW STANCE                         | CHOI HA DAN JA SEH         |
| 5. LOW KNIFE HAND BLOCK W/ LOW STANCE | CHOI HA DAN SCO DO MAHK KI |
| 6. STOMP KICK                         | CHIT PAL GI                |
| 7. BALL OF FOOT                       | AHP BAHL GUM CHI           |
| 8. DIAGONAL SPEAR HAND                | BIT KWAN SOO               |
| 9. HORIZONTAL SPEAR HAND              | PYUNG KWAN SOO             |
| 10. HEADBUTT                          | BAHK CHI KI                |
| 11. HEEL                              | DWI GUM CHI                |
| 12. PUSH KICK                         | CHOK DO CHI RU KI          |
| 13. PUSH KICK WITH BOTTOM OF FOOT     | BAHL BA DAHK CHI RU KI     |

14. NAIHANCHI CHO DAN

ORIGINAL NAME - NAE BO JIN  
MEANING - WARRIOR ON HORSE BACK  
CREATOR - MASTER CHANG SONG KYE  
DATE OF CREATION - 1100'S  
PLACE - NORTHERN CHINA  
# OF MOVES - 27

15. BONG HYUNG SAM BU

MEANING - STAFF FORM #3  
# OF MOVES - 28

## CHO DAN BO STUDY GUIDE

### 1. WHAT DOES BLACK BELT REPRESENT?

MASTERY, CLAMNESS, DIGNITY, AND SINCERITY. THE BLACK BELT IS THE FINAL STAGE OF ONE LIFE CYCLE AND THE BEGINNING OF THE NEXT. THIS IS NOT ONLY THE END OF ONE STAGE, BUT MORE IMPORTANTLY, THE BEGINNING OF A PATH WHICH LEADS UP THROUGH THE RANKS OF THE HIGHER BLACK BELTS AND TRUE MASTERY.

### 2. WHAT IS MOO SHIM?

MOO SHIM IS EMPTY MIND. THIS IS A STATE IN WHICH ONE NO LONGER THINKS BEFORE THEY DO SOMETHING, THE ACTION IS PERFORMED WITHOUT THOUGHT. THIS IS ONLY POSSIBLE WHEN THE MIND AND BODY ARE UNITED AS ONE UNIT WHICH COMES FROM MANY HOURS OF TRAINING.

FOR EXAMPLE, WHEN YOU GET INTO A CAR AND DRIVE SOMEWHERE THAT YOU HAVE BEEN TO MANY TIMES BEFORE, YOU DON'T THINK WHERE TO TURN, WHEN TO STOP OR WHEN TO GO. YOU PERFORM THIS ACTION AUTOMATICALLY WITHOUT THOUGHT BECAUSE YOUR MIND AND BODY ARE ONE.

JUST THINK OF ALL THE THINGS THAT YOU DO WITHOUT THINKING FIRST. WHEN YOU TOUCH SOMETHING HOT YOU MOVE YOUR HAND QUICKLY; WHEN SOMETHING IS THROWN AT YOU, YOU CATCH IT OR MOVE OUT OF THE WAY; WHEN YOU'RE WALKING AND SOMEONE WALKING AHEAD OF YOU STOPS, SO DO YOU. ALL OF THESE THINGS ARE DONE WITHOUT THINKING FIRST. YOU CAN THEN CONSIDER MOO SHIM (EMPTY MIND) "ACTION WITHOUT THOUGHT."

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 3. 360 DEGREES                    | SAM BAEK YUK SIP DO              |
| 4. BREAKFALL                      | NAK BUP                          |
| 5. FRONT BREAKFALL                | AHP NAK BUP                      |
| 6. SIDE BREAKFALL                 | YUP NAK BUP                      |
| 7. BACK BREAKFALL                 | DWI NAK BUP                      |
| 8. FRONT/SIDE BREAKFALL           | AHP YUP NAK BUP                  |
| 9. SPINNING KNIFE HAND ATTACK     | DWI TOLLYO SOO DO KONG KYUCK     |
| 10. SPINNING BACK FIST ATTACK     | DWI TOLLYO KAP KWON KONG KYUCK   |
| 11. FRONT PUSH KICK               | AHP POTO CHA KI                  |
| 12. SPINNING CRESENT KICK         | DWI TOLLYO AHNESO PHAKURO CHA KI |
| 13. SPINNING AXE KICK             | DWI TOLLYO CCHICK KI             |
| 14. LOW WHEEL SWEEP               | DWI CHOI HA DAN HU RYO CHA KI    |
| 15. DOUBLE KICK (SAME TIME)       | SSANG BAHN CHA KI                |
| 16. DOUBLE KICK (SEPERATE TIMES)  | YANG BAHN CHA KI                 |
| 17. LUNGE/THRUST                  | CHI RU KI                        |
| 18. KNIFE FOOT                    | CHOK DO                          |
| 19. REVERSE                       | BANDAE                           |
| 20. REVERSE ELBOW STRIKE          | BANDAE PAHL KOOP CHI KI          |
| 21. REVERSE PUNCH/FRONT STANCE    | CHUN KUL BANDAE CHI RU KI        |
| 22. HIGH REVERSE PUNCH            | SANG DAN BANDAE KONG KYUCK       |
| 23. REVERSE TWISTING IN/OUT BLOCK | TEUL OH AHNESO PHAKU RO MAHK KI  |
| 24. VERTICAL FIST                 | JIK KWON                         |
| 25. WAIST TWISTING                | HU RI TWUL KI                    |

### 26. SIP SOO

MEANING - TEN HANDS

CREATOR - UNKNOWN

DATE OF CREATION - 200 TO 300 YEARS OLD

PLACE - HA NAM PROVINCE OF NORTHERN CHINA

# OF MOVES - 25