

White Belt Stripe Program

2 Kicks: Yellow Stripe

Front Stretch Kick
Inside Outside kick

5 Hand Technique: Yellow Stripe

High Block Middle Punch
Middle Block High Punch
Low Block

March the Floor: Orange Stripe

Low Block, Middle Block, Middle Punch

March the Floor: Orange Stripe

High Block, High Punch

1 One-step: Green Stripe

One-step against a punch #1

1 Self-defense: Green Stripe

Cross Wrist Grab #1

Target Routine: Red Stripe

Cross Punch, Cross Punch, Duck, Knee, Knee

Target Routine: Red Stripe

Back Fist, Reverse Punch, Front Snap Kick

1 Kicks: Blue Stripe

Front Snap Kick

Physical Strength / Endurance: Blue Stripe

5 Push-ups, 5 Sit-ups, 5 Jumping Jacks

Terminology #1: Black Stripe

Name of the Art: *Tang Soo Do*

Name of the Style: *Moo Duk Kwan*

Instructor: *Sa Bom Nim* (4th Dan & Up Instructor)

Kyo Sa Nim (1st – 3rd Dan Instructor)

Terminology #2: Black Stripe

Senior: *Sun Beh Nim*

Junior: *Hu Beh*

Uniform: *Do Bok*

Studio: *Do Jang*

Courage: *Yong Gi*

GUP PROMOTION REQUIREMENTS FOR 9th to 8th (Yellow to Orange)

HAND TECHNIQUES *Orange Stripe*

Outside/inside Block, Side Block, Side Punch

FOOT TECHNIQUES *Orange Stripe*

Roundhouse Kick Outside/Inside Kick

ONE STEP SPARRING *Green Stripe*

Punch #1- #2

SELF-DEFENSE *Green Stripe*

Cross Wrist Grab #1- #2

45 DEGREE HAND TECHNIQUES *Red Stripe*

Low Block Reverse Middle Punch

FORMS / HYUNG *Red Stripe*

Gi Cho Hyung Il Bu

BREAKING—None

Physical Strength / Endurance *Blue Stripe*

10 Push-ups, 10 Sit-ups, 10 Jumping Jacks

TERMINOLOGY *Blue Stripe*

KOREAN

ONE / HANA

TWO / DUL

THREE / SET

FOUR / NET

FIVE / DA SOT

SIX / YUH SOT

SEVEN / IL GOP

EIGHT / YO DUL

NINE / AH HOPE

TEN / YOHL

CHINESE

ONE / IL

TWO / Ee

THREE / SAM

FOUR / SA

FIVE / O

SIX / YUK

SEVEN / CHIL

EIGHT / PAL

NINE / CU

TEN / SIP (SHIP)

2 of the 8 Key Concepts

Yong Gi: Courage

En Neh: Endurance

GUP PROMOTION REQUIREMENTS FOR 8th TO 7th (Orange belt to Orange belt W/Stripe)

HAND TECHNIQUES *Yellow Stripe*

Side Block, Knife Hand Low Block, Knife Hand Strike

FOOT TECHNIQUES *Yellow Stripe*

Front Jump Kick, Side Kick, Back Kick

ONE STEP SPARRING *Green Stripe*

Front Kick #1

SELF-DEFENSE *Green Stripe*

2 on 2 Grab #1

45 DEGREE HAND TECHNIQUES *Red Stripe*

High Block, Reverse High Palm Heel Strike

FORMS / HYUNG *Red Stripe*

Gi Cho Hyung Ee Bu

COMBINATIONS *Blue Stripe*

Low block reverse high punch

High block reverse middle punch

Side punch / side block

Physical Strength / Endurance *Blue Stripe*

10 Push-ups, 10 Sit-ups, 10 Jumping Jacks

BREAKING *Black Stripe*

1 board Elbow

TERMINOLOGY *Black Stripe*

All White & Yellow Belt Terminology

Ha Dan: Low

Choong Dan: Middle

Sang Dan: High

Mahk Kee: Block

Kong Kyuk: Punch (Strike or Attack)

Cha Gi: Kick

Ahp: Front

Yup: Side

Dwi: Back

**GUP PROMOTION REQUIREMENTS FOR
7th to 6th (Orange W/Stripe to Green Belt)**

HAND TECHNIQUES *Yellow Stripe*

Two Fist Middle Block (front stance)
Knife Hand Middle Block, Spear Hand

FOOT TECHNIQUES *Yellow Stripe*

Step Infront Roundhouse Kick,
Step Behind Side Kick
Spinning Inside/Outside Kick

ONE STEP SPARRING *Green Stripe*

Front Kick #1-#2

SELF-DEFENSE *Green Stripe*

2 on 2 Grab #1 & #2

45 DEGREE HAND TECHNIQUES *Red Stripe*

Inside / Outside Block, Reverse Spear Hand

FORMS / HYUNG *Red Stripe*

Gi Cho Hyung Sam Bu

COMBINATIONS *Blue Stripe*

Front snap kick, low block, reverse middle punch
Side kick, high block, reverse middle punch

Physical Strength / Endurance *Blue Stripe*

15 Push-ups, 15 Sit-ups, 15 Jumping Jacks

BREAKING *Black Stripe*

Yup Podo Cha Gi (Side Kick)

TERMINOLOGY *Black Stripe*

BASIC: *Gi Cho*

ATTACK: *Kong Kyuk*

BOW: *Kyung Ret*

FORM: *Hyung*

DEFENSE: *Mahk Kee*

BEGIN: *Si Jak*

ATTENTION: *Cha Ryut*

RETURN: *Ba Ro*

MEDITATION: *Muk Nyum*

#3 & 4 of the 8 Key Concepts

Chung Shin Tong Il: Concentration

Kyum Sun: Humility

**GUP PROMOTION REQUIREMENTS FOR
6th to 5th (Green Belt to Green Belt White Stripe)**

HAND TECHNIQUES Yellow Stripe

Two Fist Low Block, Two Fist High Block,
(Back Stance) Two Fist Low Block
(Back Stance) Two Fist High Block

FOOT TECHNIQUES Yellow Stripe

Hopping Roundhouse (Dull Ryo Cha Gi)
Hopping Side Kick (Yup Podo Cha Gi)

ONE STEP SPARRING Orange Stripe

Roundhouse Punch #1

SELF-DEFENSE Orange Stripe

Single Shoulder Grab #1

45 DEGREE HAND TECHNIQUES Red Stripe

Outside / Inside Block, Reverse Plier Hand (Jip Kee Sung)

FORMS / HYUNG Red Stripe

Pyung Ahn Cho Dan

COMBINATIONS Blue Stripe

Back Fist Reverse Middle Punch, Roundhouse Kick
Front / Round / Side / Back / Back Spinning IS/Os kick
Front snap kick, jumping front snap kick, reverse high punch

Physical Strength / Endurance Blue Stripe

15 Push-ups, 15 Sit-ups, 15 Jumping Jack

BREAKING Black Stripe

Dwi Podo Cha Gi (Back Kick)

TERMINOLOGY Black Stripe

Soo Do: Knife Hand

Yuk Soo Do: Ridge Hand

Jang Kwan: Palm Heel Strike

Kwan Do: Hammer Fist

Kap Kwan: Back Fist

Sang Soo: Two Fist

Chun Kwan: Fore Fist (Regular Punch)

#5 & 6 of the 8 Key Concepts

Chung Jik: Honesty

Him Cho Chung: Control of Power

**GUP PROMOTION REQUIREMENTS FOR
5th to 4th (Green White Stripe to Green Black Stripe)**

HAND TECHNIQUES *Yellow Stripe*

Ridge Hand Strike
Short Reverse Punch

FOOT TECHNIQUES *Yellow Stripe*

Side Hook Kick, Jumping Roundhouse Kick,
Jumping Side Kick

ONE STEP SPARRING *Orange Stripe*

Roundhouse Punch #1 & #2

SELF-DEFENSE *Orange Stripe*

Single Shoulder Grab #1 & #2

45 DEGREE HAND TECHNIQUES *Red Stripe*

Knife Hand Middle Block, Reverse Low Ridge Hand

FORMS / HYUNG *Red Stripe*

Chil Sung Ee Ro Hyung

COMBINATIONS *Blue Stripe*

Roundhouse kick, back kick, is/os block, reverse middle punch
Outside Inside Kick, Spinning Inside Outside Kick, Reverse Middle Punch
Knife Hand low Block , Knife Hand Middle Block, Reverse Ridge Hand

Physical Strength / Endurance *Blue Stripe*

15 Push-ups, 15 Sit-ups, 15 Jumping Jacks

BREAKING *Black Stripe*

E-Dan Yup Cha Gi

TERMINOLOGY *Black Stripe*

Self Defense: Ho Sin Sul **One Step Sparring:** IL Soo Sik Dae Ryun
Free Sparring: Ja Yu Dae Ryun **Spinning Hook Kick:** Dwi Hu Ri Gi
Breaking: Kyok Pa **Spinning Heel Kick:** Dwi Dullyo Cha Gi
Short Reverse Punch: Yuk Jin Kong Kyuk **Hook Kick:** Yup Hu Ri Gi

#7 & 8 of the 8 Key Concepts

Shin Chook: Tension & Relaxation

Wan Gup: Speed Control

GUP PROMOTION REQUIREMENTS FOR 4th To 3rd (Green Belt Black Stripe to Red Belt)

HAND TECHNIQUES *Yellow Stripe*

All Basic Techniques and Hand Combinations

FOOT TECHNIQUES *Yellow Stripe*

Spinning Hook Kick Jumping Inside/Outside kick

ONE STEP SPARRING *Orange Stripe*

Roundhouse Kick #1

SELF-DEFENSE *Orange Stripe*

Lapel Grab #1

45 DEGREE HAND TECHNIQUES *Red Stripe*

Back Fist Reverse Ridge Hand

FORMS / HYUNG *Red Stripe*

Pyung Ahn Ee Dan

COMBINATIONS *Blue Stripe*

Jumping Roundhouse (back foot), Hopping Hook Kick (front foot)

Low Block Reverse Short Reverse Punch

Side Kick, Inside/Outside Block, Reverse Ridge Hand Strike

Physical Strength / Endurance *Blue Stripe*

20 Push-ups, 20 Sit-ups, 20 Jumping Jack

BREAKING *Black Stripe*

E Dan Dullyo Cha Gi

TERMINOLOGY *Black Stripe*

8 Key Concepts

First 5 of 10 Articles of Faith

Be Loyal to One's Country

Be Obedient to One's Parents & Elders

Be Loving to One's Husband or Wife

Be Cooperative to Your Brothers

Be Respectful to Elders

GUP PROMOTION REQUIREMENTS FOR 3rd Gup (Red Belt) to Black Tip

HAND TECHNIQUES

All Basic Techniques and Hand Combinations

FOOT TECHNIQUES

All Basic Foot techniques,

ONE STEP SPARRING

Roundhouse Kick # 1 & #2

SELF-DEFENSE

Lapel Grab #1 & #2

45 DEGREE HAND TECHNIQUES

All 6 Combinations

FORMS / HYUNG

All Lower Rank Hyung
Pyung Ahn Sam Dan

COMBINATIONS

Shuffle (Kyo Cha Rip) Is/Os Kick, Roundhouse Kick, Back Kick
Back Fist Reverse Punch Low / High Roundhouse Kick
Two Fist Low Block / Two Fist High Block, Knee Kick Middle Punch

BREAKING

Ahp Cha Nut Gi

TERMINOLOGY

All lower rank terminology

10 Articles of faith

Be Loyal to One's Country
Be Obedient to One's Parents & Elders
Be Loving to One's Husband or Wife
Be Cooperative to Your Brothers
Be Respectful to Elders
Be Faithful to Your Teacher
Be Faithful to Friends
Face Combat Only in Justice and With Honor
Never Retreat in Battle
Always Finish What You Start

GUP PROMOTION REQUIREMENTS FOR 3rd Gup Black Tip to 2nd Gup (Red with White Stripe)

HAND TECHNIQUES

All Basic Hand Techniques,

FOOT TECHNIQUES

Dwi Dullyo Cha Gi
All Single Jumping Kicks

ONE STEP SPARRING

Roundhouse Kick #3 & #4

SELF-DEFENSE

Same Side Grab #1

45 DEGREE HAND TECHNIQUES

All 6 Combinations

FORMS / HYUNG

All Lower Rank Hyung
Pyung Ahn Sa Dan

COMBINATIONS

Os/Is Kick Same Foot Side Kick Reverse Middle Punch
Is/Os Block Reverse Is/Os Block Spear Hand Strike

BREAKING

Yup Hu Ri Gi

TERMINOLOGY

All Lower Terminology

Weh Gung -- External Power

Neh Gung -- Internal Power

Shim Gung -- Spiritual Power

Weh Ga Ryu -- Southern Chinese Style

Neh Ga Ryu -- Northern Chinese Style

**GUP PROMOTION REQUIREMENTS FOR
2nd Gup(Red w/ White Stripe) to Black Tip**

HAND TECHNIQUES

All Basic Hand Techniques

FOOT TECHNIQUES

All Single Jumping Kicks

ONE STEP SPARRING

Roundhouse Kick #3 - #4

SELF-DEFENSE

Same Side Grab #1 - #2

45 DEGREE HAND TECHNIQUES

All 6 Combinations

FORMS / HYUNG

Pyung Ahn O Dan

COMBINATIONS

High Block Reverse Low Block Side Punch

Low Block (back stance) Reverse High Punch Jumping Front Kick Reverse Middle
Punch

BREAKING Ee Dan Ahp Cha Nut Gi

TERMINOLOGY

Explain Pyung Ahn Forms

Origin: Okinawa

Creator: Master Idos

Date: 1870

Character: Tortoise

Meaning: Peaceful / Confidence

**GUP PROMOTION REQUIREMENTS FOR
2nd Gup Black Tip to 1st Gup (Red Belt w/ Black Stripe)**

HAND TECHNIQUES

All Basic Hand and Combination Techniques

FOOT TECHNIQUES

All Kicking and Jumping Kicks

ONE STEP SPARRING

From the Side

SELF-DEFENSE

1 Hand Throat Grab #1

45 DEGREE HAND TECHNIQUES

All 6 Combinations

FORMS / HYUNG

Chil Sung Il Ro Hyung

COMBINATIONS

Jumping Roundhouse Kick, Jump Spinning Is/Os Kick
Back Fist Reverse Punch Roundhouse Kick Spinning Heel Kick

BREAKING

Dwi Dullyo Cha Gi

TERMINOLOGY

A Working Knowledge of all Techniques and Commands

GUP PROMOTION REQUIREMENTS FOR 1st Gup (Red w/ Black Stripe) to Black Tip

HAND TECHNIQUES

All Basic Hand and Combination Techniques

FOOT TECHNIQUES

All Kicking and Jumping Kicks

ONE STEP SPARRING

All Lower Rank Requirements

SELF-DEFENSE

All Lower Rank Requirements

45 DEGREE HAND TECHNIQUES

All 6 Combinations

FORMS / HYUNG

Passai

COMBINATIONS

Jump Spinning Is/Os Kick Spinning Heel Kick
Back Fist Reverse Punch Front Snap Kick Jumping Os/Is Kick

BREAKING

Jang Kwan (Palm Heel)

TERMINOLOGY

A Working Knowledge of all Techniques and Commands

Explain Passai

Origin: Southern China

Date: 1550

Creator: Unknown

Character: Cobra

Meaning of Pal Chi (Passai Original Name)

The section of the best and fastest movements

**GUP PROMOTION REQUIREMENTS FOR
1st Gup (Red w/ Black Stripe) Black Tip to Blue/Red Belt**

HAND TECHNIQUES

All Basic Hand and Combination Techniques

FOOT TECHNIQUES

All Kicking and Jumping Kicks

ONE STEP SPARRING

All Lower Rank Requirements

SELF-DEFENSE

Bear Hug Grab
Side Neck Hold

45 DEGREE HAND TECHNIQUES

All 6 Combinations

FORMS / HYUNG

Na Hanji Cho Dan

COMBINATIONS

Low Block Reverse Knife Hand Strike Side Kick
High Block Reverse Palm Heel Strike Roundhouse Kick
Low Block Reverse Knife Hand Knee Kick Reverse Middle Punch
Spinning Heel Kick, Spinning Hook Kick, Spinning Is/Os Kick

BREAKING

Kwan Do (Hammer Fist)

TERMINOLOGY

A Working Knowledge of all Techniques and Commands

The Meaning and Philosophy of Moo

Military

To prevent inner and outer conflict
Be prepared to expand and offer examples of Moo