

**WELCOME TO THE**  
**ASIA TANG SOO DO FEDERATION**

Tang So Do is one of the oldest martial arts. It originated in Korea over 2,000 years ago. Its philosophy and techniques are still being taught today. The art of Tang Soo Do is a method of empty hand and foot fighting based on the scientific use of the body in self-defense.

Our instruction is designed to provide you with the unique system of physical coordination that Tang Soo Do demands. Moreover, you will find that our course of instruction stresses the development of individual character, integrity, and respect for others. As you advance through our program of instruction, you will realize that Tang Soo Do is a way of life. You will gain a new way of thinking and acting which will guide you in all areas of life; so that you will be happier, healthier, and wiser.

This manual will provide guidance to all beginners. It will show you the methods of Tang Soo Do. No matter how well this manual is written, remember only as a student in the formal class will you learn to use your hands and feet in such a manner as to simulate actual combat with an armed or unarmed opponent. Hard work will be the key to your success.

Welcome to our Tang Soo Do family!

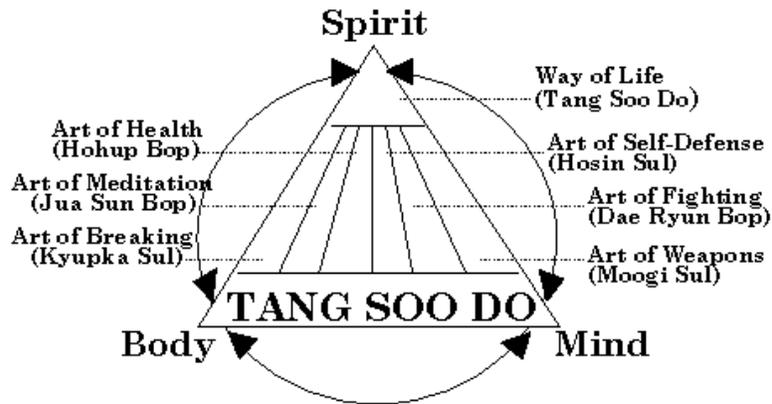
**SCHOOL PHILOSOPHY**

*Practice makes Perfect*  
*Perfection brings Confidence*  
*Confidence brings Good Spirits*  
*Good Spirits brings Better Production*  
*Better Production brings Happiness*

## BACKGROUND INFORMATION

### Art of Tang Soo Do

The art of Tang Soo Do is depicted as an Eternal Triangle in which the body, mind, and spirit are interrelated. The concept of the Eternal Triangle is used to design classes that will simultaneously develop all aspects of the total person.



### Meaning of Tang Soo Do

Literally translated to the word “Tang” meaning the Tang Dynasty of China, reflects the shared cultural background between China and Korea (617-907AD). “Soo” means hand, but implies defensive strike. “Do” means “way of life or art”. Thus “Tang Soo Do” means the Korean classical martial art which was influenced by the tang method of martial art.

### Ancient History



The exact origin of Tang Soo Do (as well as any of the martial arts in general) is obscure, though there are a number of 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 world as they were needed by primitive people.

The ancestral art of Korean Tang Soo Do can be traced back to the period of the three kingdoms. The three kingdoms are as follows:

- ❖ Koguryo was founded in 37 BC in Northern Korea.
- ❖ Silla Dynasty was founded in 57 BC in the S. East of the peninsula.
- ❖ Paekche was founded in 18 BC in the S. West of the peninsula.

After a long series of wars, the Silla Dynasty united the three kingdoms in 668 A.D. Among the three kingdoms, the Silla Dynasty was the most famous for its development of martial arts.

A corps formed by young aristocrats who were called the “Hwa Rang Dan” was the major group who developed the art. These warriors were instrumental in unifying the peninsula as the new Silla Dynasty and furnished many of the early leaders of that dynasty.

The unified Silla Kingdom was overthrown by a warlord named Wang Kun in 918 AD; and a new kingdom, called “Koryo”, lasted 475 years. In 1392 AD the new kingdom, Yi Dynasty, succeeded and lasted for about 500 years. Approximately a 1,000-year period elapsed between the two dynasties. Tang Soo Do became very popular among the military and public societies. In those days it was called Soo Bahk Do, Kwon Bup, Tae Kyun, etc.

### **Modern History**

The subsequent occupation of Korea by the Japanese military regime took place from 1909 to 1945. During this period, practicing and teaching martial arts was forbidden. After World War II in 1945, this restriction was lifted and several martial arts schools were established.

<b>MARTIAL ART</b>	<b>MASTER/FOUNDER</b>
<b>Moo Duk Kwan</b>	<b>Hwang Kee</b>
<b>Chi Do Kwan</b>	<b>Kwai Byung, Yun</b>
<b>Chung Do Kwan</b>	<b>Duk Sung, Son</b>
<b>Song Moo Kwan</b>	<b>Nam Suk, Lee</b>
<b>Chang Moo Kwan</b>	<b>Nam Suk, Lee</b>
<b>Yun Moo Kwan</b>	<b>Sang Sup, Chun</b>

These founders started their own organizations respectively, and Grand Master Hwang Kee organized the Korean Soo Bahk Do Association, Besides the Soo Bahk Do association’s existence in Korea, there were various types of other martial arts, called Kong Soo or Tae Soo. In 1965, all of the various systems were unified into one organization called the Korean Tae Kwon Do Association, and these arts were called Tae Kwon Do uniformly. As a Korean national sport, Tae Kwon Do initiate a new era, and instructors were dispatched throughout the world and international tournaments were held. It was during those days that Tang Soo Do and Tae Kwon Do divided. Tang Soo Do strives to remain a fully traditional art.

## ASPECTS OF TRAINING

### Purpose of Tang Soo Do Training

- **Self-Defense:** We protect our lives and possessions from injustice and danger.
- **Health:** We promote our physical and spiritual health and enjoy strong bodies and sound minds through rigorous training.
- **Better Person:** We strive to be of better character through endurance and hard work.

### Hyungs & Boon Hae – Forms & Application

Forms hold the essence of and are basic to all aspects of the martial arts. After basic movements are learned they are applied and transferred into forms. The forms are sequences of hand and foot techniques that may simulate responses to many kinds of attacks and strategies for defense. As you progress in your training, the forms become increasingly complex in the variety, combination, and sequence of blocks, kicks, thrusts, jumps, and turns.

### II Soo Sik – One Step Sparring

One step sparring techniques can be defined as the structured execution of a combination of techniques permitting the repetition required for one to achieve mastery of our art. The practice of II Soo Sik accomplishes this needed repetition. One step techniques are the application of basic techniques, executed in many situations. The attributes of speed, balance, concentration, focus, and control are fine-tuned with respect sessions. This training prepares the Tang Soo Do student for unexpected, spontaneous encounters.

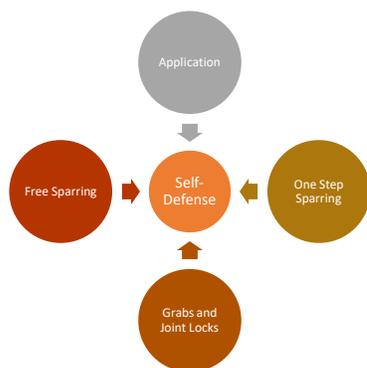
### Hap Ki Do – Grabs

It is a form of self-defense that employs joint locks, grappling, and throwing techniques similar to those of other martial arts, as well as kicks, punches, and other striking attacks.

### Ja Yu Dae Ryun – Free Sparring

The true purpose of free sparring within the confines of the Dojang (school or training gym) is to practice your control. True fighting skills lie in the ability to touch your target with speed and finesse. Sparring should be a time when you practice multiple combination techniques against your opponent. Never should you be concerned with being able to score a point on your classmate. If any contact should be made, you should stop and bow to your opponent to show your regret for lack of control. Protective gear conforming to A.T.F. rules must be worn at all times while fighting.

## Ho Sin Sul – Self-defense



In order to defend oneself effectively, mental training is more important than physical training. The student needs to practice a long time in order to develop the self-confidence and ability to react spontaneously in a real situation. A few lessons in self-defense cannot possibly prepare a person to respond to an attack. Only disciplined training can prepare the student to respond.

The principle behind self-defense technique is to defend oneself as quickly as possible without taking unnecessary chances. Every situation is different. There are many techniques which can be applied to each situation, but it is necessary to evaluate the particular situation and apply a self-defense strategy that ensures a minimal risk of injury.

By training in Tang Soo Do, a student will gain mental confidence and the ability to control panic in an attack. The combination of mental control and physical skill is a necessary combination when resisting an attack. Various techniques are taught that are particularly effective for all individuals. However, it should be noted that the best defense is to remain calm until the situation has been evaluated.

Each method of defense needs to be practiced with an opponent many times and in combination with many attacks. Thus, your techniques should be practiced religiously to sharpen your reflexes to the point of instinct and not reaction.

Key elements in practicing Ho Sin Sul:

1. When attacked, use only the amount of force necessary to remove yourself from the situation.
2. Distraction is a key element in the proper execution of an effective technique.
3. You must become proficient with all the holds and joint twists to be able to properly control your attacker.
4. If necessary, disarm and/or disable your attacker with whatever force is appropriate.

## Ki Hap – Yelling & Focusing of Energy

The Ki Hap is a weapon. It is a weapon you always carry that can reach out beyond your hands and feet to strike an opponent.

It is a weapon that strengthens you and weakens your opponent at the same time. Developing an effective Ki Hap is a vital part of your training in Tang Soo Do. The Ki Hap should be used during your training according to a simple set of rules:

1. At the moment you attain a fighting stance when you face an opponent.
2. When you deliver any punch or kick, at the moment of contact with an actual or perceived target.
3. When you turn to the rear, at the moment you reach the stance chosen for your next move.
4. When you execute the first movement of a new series of techniques.
5. At specific times during one step and three step techniques.

## PHILOSOPHY

### The Charter of the Moo Duk Kwan

Reverence for life is as important as offense and defense within Moo Duk Kwan. Our basic charter charges all members to protect life, even that of an enemy. Developing reverence for nature, with emphasis on beauty, speed, and rightness of action, are training goals held forth by the charter.

### Respect

What is respect? The dictionary's definition of respect is Respect – admiration for, or sense of the worth or excellence of a person: deference to a right, privilege or privileged position: the condition of being esteemed or honored.

Respect is not fear, submission or patronage. When you show true respect, you will gain all the strength from the person or group you respect. This is because your respect will echo like the sound off a mountain, and it will come back to you in form of respect from others. Before you expect respect from a specific person, you should show respect to the person when you want to get respect from. The ability to demonstrate respect for human life is a vital part of your Tang Soo Do training.

In today's fast-paced society, people seem to have forgotten the basics. In order to be successful in your life, it is necessary to hold a high regard for all people, honor them, and be courteous to them. Tang Soo Do teaches us Oriental philosophy in which respect plays a major role. The act of bowing is a physical way of demonstrating respect for the person you are greeting. The bow should also bend from the waist. True respect comes from within.

### Five Codes of Tang Soo Do

Two of the greatest of the Hwa Rang Do warriors were Jul San and Chu Kwang. Through their influence, the five codes were established to be used to govern their lives and purify their minds. The codes become an all-encompassing guideline by which they would conduct themselves as martial artists.

The five codes of Tang Soo Do apply to all members and are meant to guide the Tang Soo Do student. All members are required to memorize and fully understand the meaning of the codes:

1. Loyalty to country.
2. Obedience to parents
3. Honor friendship ( trust and brotherhood among friends )
4. No retreat in battle ( always finish what you start )
5. In fighting, choose with sense and honor ( never take a life unless another life is in danger)

### Tenets of Tang Soo Do

In order to conform and live by the codes of Tang Soo Do, a true martial artist must have belief in the following:

1. Integrity
2. Concentration
3. Perseverance
4. Respect and obedience
5. Self-control
6. Humility
7. Indomitable spirit

### **FOURTEEN ATTITUDES REQUIRED TO MASTER TANG SOO DO**

1. Purpose of training should be the 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 and follow the direction of your instructor or senior members.
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 you learn new techniques, learn thoroughly the theory and philosophy of the techniques as well.
13. When you begin to feel idle, try to overcome this.
14. Cleanliness is required after training. Keep yourself and your surroundings clean.

### **CHILDREN'S HOME RULES**

1. Children must show respect to their parents and family members at all times.
2. Children shall greet their parents when they enter the house and tell them goodbye when they leave.
3. Children will be truthful at all times.
4. Children will maintain a good relationship with their brothers and sisters.
5. Children must help with household chores.
6. Children will keep their own rooms neat and clean.
7. Children must keep their body, hair, and teeth clean every day.
8. Children will not interrupt adult conversations.
9. Children will study their homework at school and at home.
10. Children must show respect for teachers and peers at all times.

\* Children who do not follow the 10 home rules, show respect and cheerfully obey their parents and instructors may be reduced in rank.

### **A.T.F RULES AND REGULATIONS**

1. If you arrive to class after it has begun, enter the Dojang, and wait on your right knee until the instructor places you in the class. Do not leave class without your instructor's permission.
2. The following are prohibited in the Dojang: Shoes, Smoking, Eating, Drinking, Chewing Gum, Intoxication, Bad Language, Arguing, and Horseplay.
3. Always wear a clean A.T.F. uniform to class and wear no jewelry (except in religious nature).
4. Full gear must be worn at all times when sparring. Sparring gear consists of Head, Hand, and Foot protection. Men will wear protective cups and all participants use mouth guards.
5. Whenever you approach your instructor to address him or her, bow first and then speak to him politely.
6. Senior belt students should set a good example. They should show respect for and help lower belt students. Lower belts should always show respect for there for their senior belt fellow students.
7. Do not demonstrate or teach Tang Soo Do outside the Dojang without the express permission of your instructor. Never degrade Tang Soo So or the reputation of the school.
8. You must have permission from your instructor to participate in any tournament or other martial art activity. All awards will be displayed for recognition at the school for a short duration.

## DOJANG ETIQUETTE

### Upon Entering and Leaving the Dojang

Students either in Do Bohk or street clothes should bow and salute the flags, bow to and greet the instructor on the floor as soon as they enter the Dojang. This will be done without exception. The student does not have to wait for the instructor to acknowledge the bow if the instructor is busy.

The Formal Greetings you are to say to the Instructor each time you enter or leave the Dojang:

#### **Ahn Yug Ha Se Yo** – How are you? (Formal Greeting)

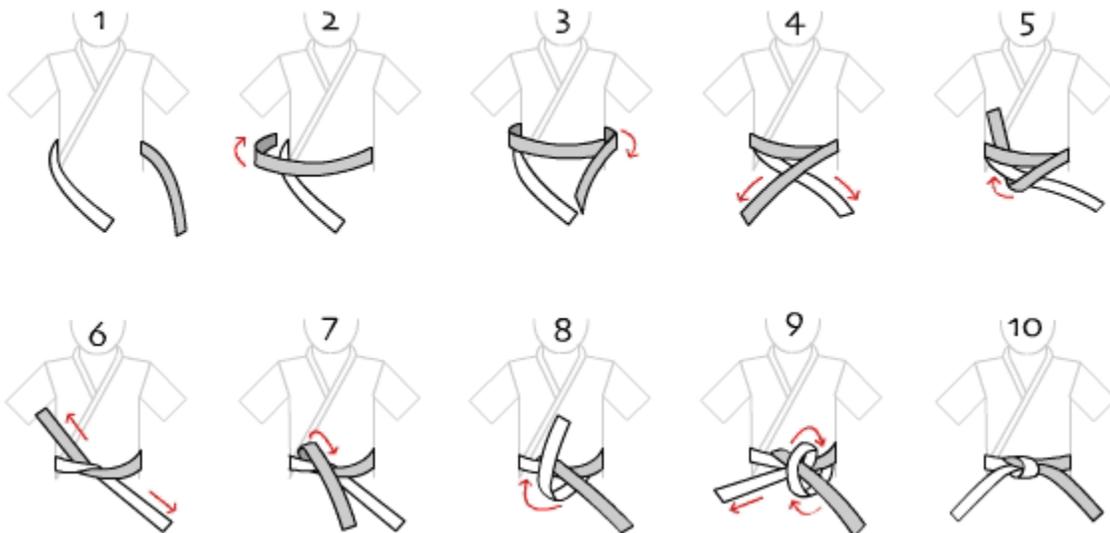
- Choong Jae Nim
- Kwan Chang Nim
- Si
- Sah Bum Nim
- Kyo Sa Nim
- Cho Kyo Nim

#### **Ahn Yung He Ke Se Yo** – Good Bye!

- Kwan Chan Nim
- Sah Bum Nim
- Kyo Sa Nim
- Cho Kyo Nim

#### **Tang Soo!**

#### Belt Tying



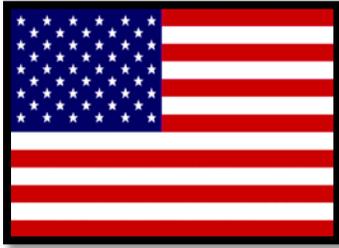
# Common Terms Used During Class

Students Responses In Class (after ending each technique).

*Ko Map Sum Ni Da — Thank You*

<b>Cha Ryut</b>	Attention
<b>Kuk Ki Bae Rye</b>	Salute the Flag
<b>Ba Ro</b>	Return
<b>Ahn Jo</b>	Sit
<b>Muk Yum</b>	Meditation
<b>Kwan Chang Nim, E Kyung Yet</b>	Bow to Grandmaster
<b>Soo Suk Sa Bum Nim, E Kyung Yet</b>	Bow to 6 <sup>th</sup> and 7 <sup>th</sup> Dan Master
<b>Sah Bum Nim, E Kyung Yet</b>	Bow to Master
<b>KyoSaNim, E Kyung Yet</b>	Bow to Instructor
<b>Cho Kyo Nim, E Kyung Yet</b>	Bow to Training Instructor
<b>Choon Bee</b>	Ready
<b>Bahl Cha Ki Choon Bee</b>	Ready for Kicks
<b>Shio</b>	Rest
<b>Tora</b>	Turn
<b>Dwi Ro Tora</b>	Turn to Rear
<b>Ku Ryung</b>	Command
<b>Ku Ryung E Mat Cho So</b>	By the Count
<b>Ku Ryung Up Shi</b>	Without Count
<b>Hana</b>	One
<b>Dtul</b>	Two
<b>Set</b>	Three
<b>Net</b>	Four
<b>Tasot</b>	Five
<b>Yosot</b>	Six
<b>Ilgop</b>	Seven
<b>Yodol</b>	Eight
<b>Ahope</b>	Nine
<b>Yol</b>	Ten

### Sung Cho Ki - The American Flag



The 50 star flag was raised for the first time officially at 12:01 AM on July 4, 1960, at Fort McHenry National Monument in Baltimore, Maryland.

The flag of the United States of America consists of 50 white stars on a blue field, representing the 50 states of the union. There are 13 alternate red and white stripes representing the 13 original colonies.

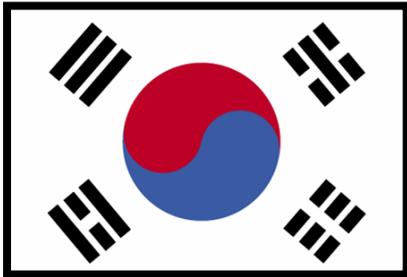
Originally, when the stars and stripes were adopted, the 13 stars were arranged in a circle representing a new constellation in the Heavens. Every time a new state was added, a new stripe and star were added to the flag. However, it became evident the flag would become overburdened with stripes. Congress thereupon ordered that after July 4, 1818, the flag would have 13 stripes.

Our forefathers looked upon the United States as a bright shining star in the world. They wanted a symbol of this “newness” and “permanence” so they chose stellar creations in a blue sky with vibrant colors to symbolize our strength, the American Flag.

The colors of the American Flag symbolize the virtues of the entire nation:

<b>BLUE REPRESENTS</b>	Vigilance, Perseverance and Justice
<b>WHITE REPRESENTS</b>	Purity and Innocence
<b>RED REPRESENTS</b>	Hardiness (strength and Valor (courage)
<b>13 STRIPES REPRESENT</b>	13 Original Colonies
<b>50 STARS REPRESENT</b>	50 States

### The Korean Flag - Tae Kuk Ki



Tae Kuk Ki, the Korean flag, symbolizes the thought, philosophy, and mysticism of the eastern culture. The center of the flag consists of a circle equally divided and in perfect balance. The symbol is known as the UM Yang or Yin Yang. This symbol represents the dual nature of the universe and of every aspect of life and the absolute unity of all being.

The upper RED SECTION is called Yang and represents the Hae or “active” part of the balance. The bottom BLUE SECTION (Um or Yin ) is the Tal or “passive” and is the ancient symbol of the creation of the universe. The central thought in Tae Kuk Gi indicates that while there is constant movement within the sphere in the martial arts as a teaching in the form of nonviolence against violence, soft against hard, circle against the line, etc.

The bars at each corner also carry ideas of opposition and balance. In the upper left corner, the three bars symbolize sky or heaven. In the lower right, the six bars are a symbol for ground or earth. The upper right corner five bars are the symbol for water and the lower left four bars are the symbol for the fire. The white field represents the people of Korea, the white color taken from the ancient dress of the Korean people.