**White Belt Requirements (10th Gup)**

**Terminology**

1. Form number 1 Name and Steps Ki Cho Hyung IL Bu 20 Steps
2. Uniform Name Do Bohk
3. Belt Name Dee
4. Training Hall (Gym) Name Do Jang
5. ATF Rules: #1
	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 the instructor’s permission.
6. Children Home Rule # 1, 2, & 3
	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.
7. Formal Greetings
	1. How are you? Ahn Yung Ha Se Yo
	2. Goodbye. Ahn Yung He Ke Se Yo
	3. Thank you Ko Map Sum Ni Da
	4. You’re welcome Chun Man Ae Yo
8. Basic Terms 9. Numbers (Counting)
	1. Form or Pattern Hyung 1- Hana 6- Yosot
	2. Attack Kong Kyuk 2- Dtul 7- ILgope
	3. Block Mahk Kee 3- Set 8- Yodol
	4. Kick Cha Ki 4- Net 9- Ahope

5- Tasot 10- Yol

**Yellow Belt Requirements (9th Gup)**

**Terminology:**

1. Form #2 Name and Steps

Ki Cho Hyung Ee Bu 20 Steps

1. Form #3 Name and Steps

Ki Cho Hyung Sam Bu 20 Steps

1. Front Stance Chun Kul Cha She
2. Fighting Stance Hu Kul Cha She
3. Horse Stance Kee Ma Cha She
4. ATF Rules: #2 The following are prohibited in the Dojang: Shoes, smoking, eating, drinking, chewing gum, intoxication, bad language, arguing and horseplay.
5. Children Home Rule # 3&4

3. Children will be truthful at all times.

4. Children will maintain a good relationship with their brothers and sisters.

1. Basic Terms
	1. Low Ha Dan
	2. Inside/Outside Ahneso Phaku Ro
	3. Outside/Inside Phakeso Ahneso Uro
	4. High Sang Dan
	5. Front Ahp
	6. Side Yup
	7. Back Dwi
	8. 2-Hand Ssang Soo
	9. Round Tollyo
	10. Jump E-Dan

**Orange Belt Requirements (8th Gup)**

**Terminology:**

1. Form #4 Name Ki Cho Hyung Sa Bu 36 Steps
2. American Flag Song Cho Ki
3. Korean Flag Tae Kuk Ki
4. ATF Flag Hyup Hoi Ki
5. ATF Rules: #3
6. Always wear a clean A.T.F. uniform to class and wear no jewelry (except for a religious nature).
7. Children Home Rule # 5&6
8. Children will help with household chores.
9. Children will keep their own room neat and clean.
10. Basic Terms All Blocks and Kicks names.

|  |  |  |  |
| --- | --- | --- | --- |
| **English** | **Korean** | **English** | **Korean** |
| Low Block | Ha Dan Mahk Kee | Inside/Outside Kick | Ahneso Phakeso Ro Cha Ki |
| Inside/Outside Block | Ahneso Phaku Ro Mahk Kee | Outside/Inside Kick | Phakeso Ahneso Uro Cha Ki |
| High Block | Sang Dan Mahk Kee | Front Kick | Ahp Cha Ki |
| 2-Hand Double Block | Ssang Soo Mahk Kee | Side Kick | Yup Cha Ki |
| Center Punch | Choong Dan Kong Kyuk | Back Kick | Dwi Cha Ki |
| Outside/Inside Block | Phakkesi Ahn Uro Mahk Kee | Roundhouse | Tollyo Cha Ki |
| Back Fist | Kap Kwon Kong Kyuk |  |  |

**Orange Belt with 1 Stripe Requirements (7th Gup)**

**Terminology:**

1. Form #5 Name and Steps Ki Cho Hyung Oh Bu 56 Steps
2. American Flag Sung Cho Ki
	1. Blue Represents-Vigilance, Perseverance, and Justice
	2. White Represents-Purity and Innocence
	3. Red Represents-Hardiness and Valor
	4. 13 Stripes Represents-13 Original Colonies
	5. 50 Stars Represent-50 States
3. ATF Rules: #4

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 will use mouth guards.

1. Children Home Rule # 7&8

7. Children must keep their body, hair, and teeth clean every day.

8. Children will not interrupt adult conversations.

1. Basic Terms All Blocks and Kicks names.

|  |  |  |  |
| --- | --- | --- | --- |
| **English** | **Korean** | **English** | **Korean** |
| Low Knife Hand Block | Ha Dan Soo Do Mahk Kee | Ridge hand Chop  | Yuk Soo Do Kong Kyuk |
| Center Knife Hand Block | Choon Dan Soo Do Mahk Kee | Hook Kick | Hu Ryo Cha Ki |
| Spear Hand Punch | Kwan Soo Kong Kyuk | Back Hook Kick | Dwi Hu Ryo Cha Ki |
| Knife Hand Chop  | Soo Do Kong Kyuk | Hammer Kick | Ahp Chik Ki |
| 2 Hand X Low Block | Ha Dan Ssang Soo Mahk Kee | Jump Front Kick | E-Dan Ahp Cha Ki |
| 2 Hand X High Block | Sang Dan Ssang Soo Do Mahk Kee |  |  |

**Green Belt Requirements (6th Gup)**

**Terminology:**

1. Turtle Form #1 Name and Step Pyung Ahn Cho Dan 22 Steps
2. Korean Flag Tae Kuk Gi
	1. 3 Bars – Sky (Heaven)
	2. 4 Bars – Fire
	3. 5 Bars – Water
	4. 6 Bars – Ground (Earth)
	5. Red Section – Sun
	6. Blue Section – Moon
3. ATF Rules: #5
4. Whenever you approach your instructor to address him or her, bow first and then speak to him politely.
5. Children Home Rule # 9&10

9. Children will study their homework at school and at home.

10. Children must show respect for teachers and peers at all times.

1. Twelve Characteristics of Forms

**Green Belt w/1 Stripe Requirements (5th Gup)**

**Terminology**

1. Form #2 Name and Steps Pyung Ahn Ee Dan 29 Steps
2. Federation Flag Terminology Sung Cho Ki
	1. Blue Represents – Vigilance, Perseverance, and Justice
	2. White Represents – Purity and Innocence
	3. Red Represents – Hardiness and Valor
	4. 13 Stripes Represent – 13 Original Colonies
	5. 50 Stars Represent – 50 States
3. ATF Rules: #6

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 their senior belt fellow students.

1. Children Home Rule ALL

**Green Belt w/2 Stripe Requirements (4th Gup)**

**Terminology:**

1. Turtle Form #3 Name Pyung Ahn Sam Dan 28 Steps

|  |  |  |  |
| --- | --- | --- | --- |
| Hand | Sohn | Fist | Chu Mok |
| Fore fist | Chung Kwon | Back fist | Kap Kwon |
| Hammer fist | Kwon do | Knife hand | Soo do |
| Ridge hand | Yup Soo do | Heel of palm | Jang Kwan |
| Plier hand | Jip kye son | Open hand knuckles | Chul ban kwan soo |
| Spear hand | Kwan soo | One finger spear | IL chi kwan soo |
| Two finger spear | Ee Chi Kwan soo |  |  |

1. ATF Rules: #7 & #8

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.

1. Children Home Rule ALL

**Red Belt Requirements (3rd Gup)**

**Terminology:**

1. Name of Turtle Form #4 Pyung Ahn Sa Dan 27 Steps
2. ATF Rules: ALL & Children Home Rule
3. Fourteen Attitudes Required To Master Tang Soo Do
	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.
4. All Foot Anatomy:

**Red Belt w/1 Stripe Requirements (2nd Gup)**

**Terminology**

1. Name Turtle #5 Pyung Ahn Oh Dan 28 Steps
2. ATF Rules: ALL & Children Home Rule:
3. Fourteen Attitudes Required To Master Tang Soo Do
	1. Regularly spaced practice sessions.
	2. Always listen and follow the direction of your instructor or senior members.
	3. Do not be overly ambitious.
	4. Frequently inspect your own achievements.
	5. Always follow a routine training schedule.
4. All Head Anatomy:

**Red Belt w/2 Stripe Requirements (1st Gup)**

**Terminology:**

1. Name Chil Song IL Lo Seven Star Form #1 33 Steps
2. ATF Rules: ALL & Children Home Rule: All
3. Fourteen Attitudes Required To Master Tang Soo Do
	1. Repeatedly practice all techniques already learned.
	2. When you learn new techniques, learn thoroughly the theory and philosophy of the techniques as well.
	3. When you begin to feel idle, try to overcome this.
	4. Cleanliness is required after training. Keep yourself and your surroundings clean.
4. Body Anatomy:

**Red Belt w/3 Stripe Requirements (pre-test 1 Cho dan bo)**

**Terminology:**

1. Name of form Bassai So 34 Steps
2. ATF Rules: ALL & Children Home Rule: All
3. 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.
1. 7 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:
* Integrity
* Concentration
* Perseverance
* Respect and obedience
* Self-control
* Humility
* Indomitable spirit
1. School Philosophy

**Red Belt w/4 Stripe Requirements (Pre Test 2 Cho Dan bo)**

**Terminology:**

1. Name of form Bassai Dae 52 Steps
2. Everything
3. ATF Rules: ALL
4. Children Home Rule: All