

TANG SOO DO MASTERS ALLIANCE



Student Manual

Revised December 2023

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Student Manual

Tang Soo Do Masters Alliance

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TANG SOO DO MASTERS ALLIANCE GUP MANUAL

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Student Information

Name:

Address:

City:

State:

Zip Code:

Phone:

My School:

My Instructor:

My School Address:

My School Phone:

My First Class:

Mission Statement

The Tang Soo Do Masters Alliance is a family of Masters, Instructors, students, and families who through the art of Tang Soo Do are committed to the physical, mental and character development of our members. Our mission is to develop each student's individual potential and "can-do" attitude which will support personal success and achievement in and outside the studio.

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Section 1: TSDMA

The History of the TSDMA

The Tang Soo Do Masters Alliance was founded in January, of 1996 as a not for profit organization committed to the development of our students. It is in this spirit that we do not include an apostrophe in the word Masters, which would denote ownership. In fact, what is uniquely different about the TSDMA is that our students have a great deal of control over the organization.

Founding Masters of the TSDMA

Back row left to right:	Garth Charland	Howard Daniels	Mark Laliberte
Front row left to right:	Jeff Laliberte	Ken Laliberte	



Our Affiliations



Your school's national affiliation with Moo Yea Tang Soo Do (MYTSD). Founded in 2017, MYTSD currently consists of 35 + schools across the country. The head of the MYTSD is Kwan Jang Nim David L. Sgro.



Your school's local affiliation is with the Tang Soo Do Masters Alliance. Founded in 1996, the TSDMA currently consists of schools in Connecticut and Tennessee. The head of the TSDMA is Kwan Jang Nim Garth Charland.

Section 2: Etiquette

Entering and Leaving the Dojang

It is proper etiquette, while in uniform or everyday clothes, to bow toward the flags, the dojang and/or the instructor upon entering and leaving the dojang. Students do not have to wait for the instructor to acknowledge the bow if the instructor is busy. This demonstrates respect and appreciation for your country, training hall, instructor, and the art of Tang Soo Do.

Starting and Dismissing Class

Each class will begin and end with a formal line-up by rank with the most senior student on the far right. Respect is paid to the flag, the art of Tang Soo Do and the Instructors. This is lead by the highest ranking student with the following commands:

1. Cha Ryut (Attention)
2. Ku Ki Ba Ray (Salute the flag)
3. Ba Ro (Return)
4. Muk Nyum (Meditation)
5. Ba Ro (Return)
6. Cha Ryut (Attention)
7. Kwan Jang Nim / Sa Bom Nim / Kyo Sa Nim kay kyung yet (Bow to the Grand Master / Master / Ee Dan Instructor if they have that title. Keep in mind that titles are not necessarily given with rank.)
8. The senior Cho Dan Bo or Gup will then bring the attention of the junior ranks to the black belts, they and the less senior Dans will all face the senior Dan member and the senior Cho Dan Bo will say "Ko Dan Jae Kay Kyung Yet"

The instructor or Sabom may decide to be less formal by stopping the bow in before the cho dan bo or gups take over, or at a more formal event, may allow the bow in to go down further in the ranks by having the senior green belt bow the class in to all the red belts and up.

Conduct During Class

If you arrive late, bow and wait at the entrance of the dojang until you are acknowledged by the instructor and invited to join class. You then take the lowest ranking position in class at the end of the last line. **Note:** While it is customary to wait at the entrance of the dojang, students can wait at the edge of the mats for the instructor to recognize them. This is up to the individual school/instructor.

Show respect by bowing when the instructor or a senior member offers personal assistance. A junior member should refrain from correcting a senior member in the dojang.

During the class, if you have a question, raise your hand. Stand at attention, bow, and ask the question when prompted by the instructor. After an answer is received it is proper to bow and say, "Thank you Ma'am/Sir."

If for any reason you must be excused from class, raise your hand to gain recognition from the instructor. After permission from the instructor, bow and excuse yourself. When/if you are able to rejoin class, stand at attention on the outskirts of the room until recognized by the instructor. Once recognized by the instructor, bow and rejoin class.

During the class, upon the entrance of the Kwan Jang Nim, Sa Bom Nim, Kyo Sa Nim, the chief instructor of the class will call the class to attention "Cha Ryut " and command "Kyung Yet". The class will then recognize the instructor with a bow.

At the end of the class, after the closing ceremonies, all class members should bow to their instructor according to the protocol noted above.

Club Visiting Protocol

All students are encouraged to visit other TSDMA schools throughout Connecticut, as well as our schools in Tennessee. Be sure to notify your instructor before attending class at another TSDMA school. See TSDMA website for school locations.

TSDMA students may take one free class per month at any TSDMA dojang. After the complimentary class, pay the going rate at that school.

Section 3: TSDMA Code of Conduct

Students and Instructors of TSDMA Schools should conduct themselves in the same manner as students and University professors are expected to conduct themselves in a student/teacher relationship. All interactions should be professional and held to the highest standard of respect and honor. In addition, all members of the TSDMA should strive to conduct themselves according to the Codes & Tenets of Tang soo Do. Any instance of conducting ones-self in a manner unbecoming will be brought up the chain of command to the board of Masters and dealt with accordingly.

Outside of School

Members should conduct themselves with respect and honor when they are outside of the school as well as when they are training. The school and other members are reflected by your behavior. For example, your Instructor should always be greeted and shown the same respect and protocol outside the school as they are treated in the school unless otherwise instructed.

Chain of Command

Always keep in mind that we are not military, even though “martial” in martial arts hints at it. We do however, have a chain of command that is similar to the military. Any issue that any member has, either within their dojang or within the alliance as a whole, within the Board of Directors for example, should be run up the chain of command. That chain looks like this: Parent or Family member of a member => Gup member => Dan member => Instructor = Master Instructor => Board of Masters => Kwang Jang Nim. That chain does not include the Board of Directors, but at any point, the issue may be brought to the Board of Directors for guidance in resolving such issues. No matter what the issue, it should be resolved in a timely manner and on a case by case basis.

Section 4: The Uniform

Approved Uniforms



- Students may wear any uniform authorized by the Head Instructor of the dojang.
- All Students will wear their traditional uniforms to formal events: Gradings, Tournaments, etc.
- Six Gup through Four Gup - Uniforms trimmed in green on the lapel.
- Three Gup through One Gup - Uniforms trimmed in red on the lapel.
- Cho Dan Bo - Uniforms without trim on the lapel.
- Dan Members - Uniforms fully trimmed in midnight blue around the lapel, cuffs, and bottom edges of the uniform.

Tang Soo Do Masters Alliance Patch

- The eagle represents America, liberty and the resiliency of our founding Masters. Its wings are spread to signify soaring, prospering and expanding the reach of Tang Soo Do.
- The five stars represent the original five founding Masters. (Stars are in the original TSDMA logo)
- The eagle clutches a Master belt signifying the unity among the Masters in the alliance.
- There are two crossed flags with the American pole on top signifying its importance. We are loyal, even reverent to the American flag, yet respectful to the Korean martial art, its heritage and teachings.
- There is no apostrophe which would denote ownership. This is to say that the Masters built this organization for its members, not for themselves.



Flag Patches

	
<ul style="list-style-type: none">• The stars represent each of the states• Blue represents perseverance and justice• The 13 stripes represent the original colonies• White represents purity and innocence• Red represents courage	<ul style="list-style-type: none">• Top left symbol represents Heaven• Top right symbol represents Water• Bottom left symbol represents Fire• Bottom right symbol represents Earth• White background represents purity and peace• Red half of the circle represents Yang• Blue half of the circle represents Um• The Um / Yang represents opposing forces in the universe

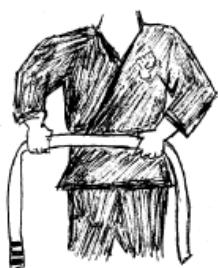
Placement of Patches

- TSDMA Patch - On the left breast of the dobak, over your heart.
- Korean Flag - On the right shoulder. Red portion of the um / yang symbol facing up.
- American Flag - On the left shoulder with the stars at top right.
- Special Patches (Black w/ Gold Trim) - On the left arm below the American flag. You may wear up to four of these patches.

Approved Special Patches

- Instructor
- Asst. Instructor
- Junior Instructor
- Instructor in Training
- Masters Club
- Leadership Club
- Black Belt Club
- Academic Achievement
- Competition Team
- Demo Team
- SWAT Team

HOW TO TIE YOUR BELT



Start with center of the belt over your belly button.



Wrap belt around and cross belt behind back.



Take the end in your right hand and cross it over the top.



Take right hand piece and wrap it around both layers.



Keep the knot close to your body and snug it up.



Now take the same piece which is now in your left hand . . .



. . . and wrap it around the remaining piece.



Snug up the knot and pull directly outward on both pieces to tighten.



Now don't you look nice and neat?

Section 5: Philosophy

Student Creed

I must develop myself in a positive manner, and avoid anything that could reduce my mental growth or physical health.

I must develop self-discipline in order to bring out the best in myself and others.

I must use common sense before self-defense and never be abusive or offensive.

This is a Black Belt School, we are dedicated, we are motivated, we are on a quest to be our best.

Tang Soo!

The Five Codes

1. Be loyal to one's country
2. Be obedient to parents and elders
3. Honor friendship
4. Never retreat in battle
5. In fighting, choose with sense and honor

The Seven Tenets

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

The Eight Key Concepts










1. Courage: Yong Ki
2. Concentration: Chung Shin Tong Il
3. Endurance: In Neh
4. Honesty: Chung Jik
5. Humility: Kyum Son
6. Control of Power: Him Cho Chung
7. Tension and Relaxation: Shin Chook
8. Speed Control: Wan Gup

Section 6: Ranks

The Belt System

As you progress from white belt to black belt and beyond, you will achieve Gup (rank) levels beginning at 10th Gup White belt and counting down to Apprentice Black Belt (Cho Dan Bo). Each Gup level takes from 2 to 6 months depending on your class attendance, practice time and work ethic.

Gup Belts and Time Requirements

Belt Color	Rank	Min. Time in Rank (Months)	Min. Total Training Time (Months)
	10th Gup: Solid White	2-4	2 - 4
	9th Gup: Orange White	3 - 4	5 - 8
	8th Gup: Solid Orange	3 - 4	8 - 12
	7th Gup: Orange Green	2 - 6	10 - 18
	6th Gup: Green White	3 - 6	13 - 24
	5th Gup: Solid Green	3 - 6	16 - 30
	4th Gup: Green Red	3 - 6	19 - 36
	3rd Gup: Red White	3 - 6	22 - 42
	2nd Gup: Solid Red	3 - 6	25 - 48

Belt Color	Rank	Min. Time in Rank (Months)	Min. Total Training Time (Months)
	1st Gup: Red Blue	3 - 6	28 - 54
	Cho Dan Bo (Apprentice Black Belt) 1st Level	3 - 6	31 - 60
	Cho Dan Bo (Apprentice Black Belt) 2nd Level	3 - 6	34 - 66
	Cho Dan Bo (Apprentice Black Belt) 3rd Level	3 - 6	37 - 72
	Cho Dan Bo (Apprentice Black Belt) 4th Level	3 - 6	40 - 78

Black Belt Minimum Time Requirements

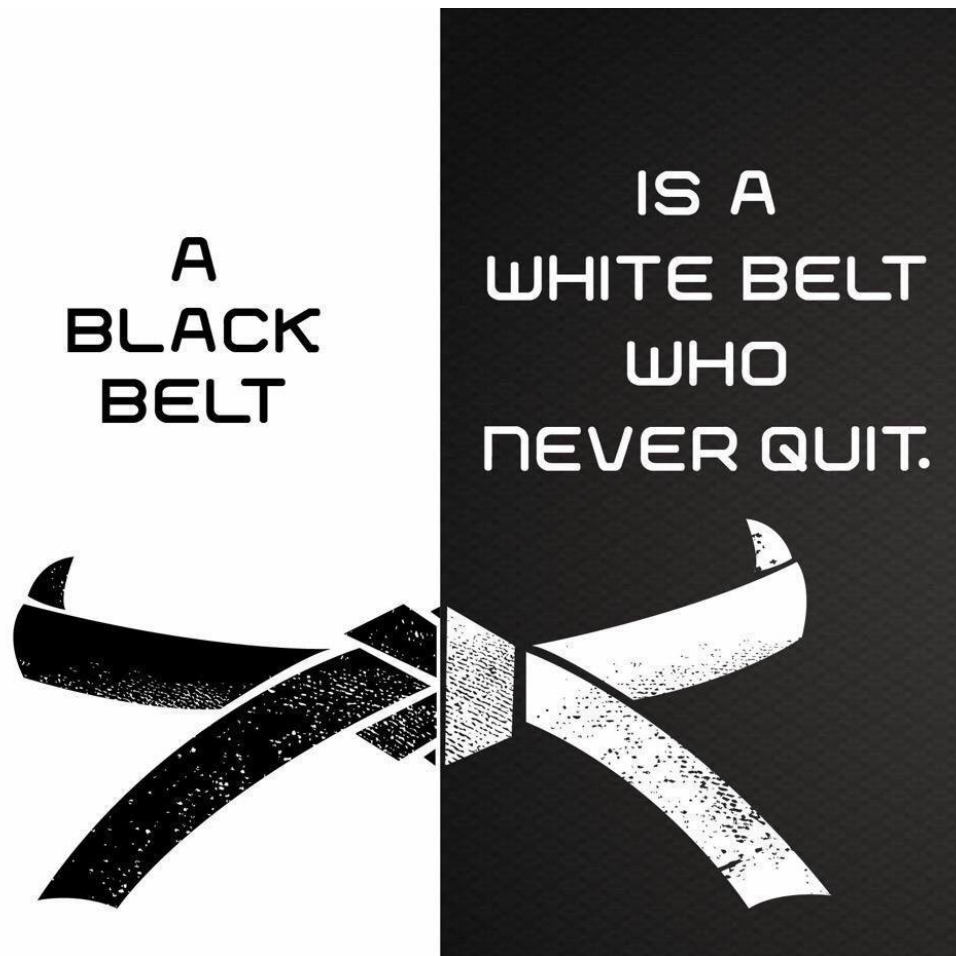
Rank	Minimum Time at Rank (Years)	Total Minimum Time (Years)
2nd Degree (Ee Dan)	2 (3 for Juniors)	5
3rd Degree (Sam Dan)	3	8
4th Degree (Sa Dan)	4	12
5th Degree (Oh Dan)	5	16
6th Degree (Yuk Dan)	6	22

Minimum Testing Requirements

New ranks are assigned to individuals of good moral character, who have been accepted as a member of, and are in good standings with their dojang and the Tang Soo Do Masters Alliance (TSDMA). There are no age requirements. Students must show consistent attendance and meet the minimum requirements outlined in the following pages to be **CONSIDERED** for rank advancement.

Remember, time alone does not count as the right to test; time plus consistent practice and the right attitude are needed for testing. Your instructor(s) reserve the right to reduce time in grade and/or skip ranks at their discretion.

Etiquette, attitude, grades, and behavior in and out of the dojang are taken into account for rank advancement.



10th Gup Solid White to 9th Gup Orange White

10th Gup



9th Gup

No Previous Rank Requirements

Minimum Training Hours:	16
Hyung:	Ki Cho Hyung il Bu
Self Defense:	Basic One Steps 1 - 2
Kicks:	Front & Round
Breaking:	Foot Stomp
Etiquette:	Bowing at Dojang Entrance
Philosophy:	First Line of <i>Student Creed</i>

Korean Terms

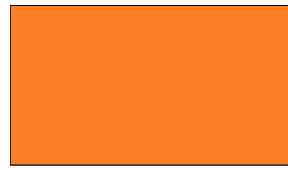
English Translation

Tang Soo Do	Way of the China Hand
Choong Be Jaseh	Ready Stance
Cha Ryut	Attention
Kung Yet	Bow
Bar O	Return
Shio	Rest
Tora	Turn
Ki Hap	Yell
Ahn Jo	Sit
Count to Ten	Hana(1) Tul(2) Set(3) Net(4) Dosot(5) Yasot(6) ilgup(7) Yodul(8) Ahop(9) Yol(10)

9th Gup Orange White to 8th Gup Solid Orange



9th Gup



8th Gup

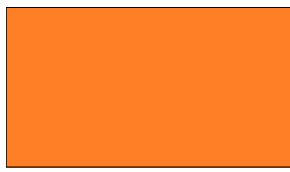
All Previous Rank Requirements Plus

Minimum Training Hours:	24
Hyung:	Ki Cho Hyung Ee Bu
Self Defense:	Basic One Steps 1 - 5
Kicks:	Round
Breaking:	Hammer Fist
Etiquette:	Bows When Asking a Question
Philosophy:	Second Line of <i>Student Creed</i>

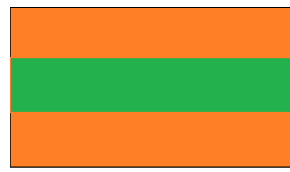
Korean Terms	English Translation
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Ahp Cha Gi	Front Kick
Yup Cha Gi	Side Kick
Tallyo Cha Gi	Round Kick
Ha Dank Yuck	Low Punch
Choon Dank Yuck	Center Punch
Sang Dan Yuck	High Punch

8th Gup Solid Orange to 7th Gup Orange Green



8th Gup



7th Gup

All Previous Rank Requirements Plus

Minimum Training Hours:	24
Hyung:	Ki Cho Hyung Sam Bu
Self Defense:	Basic One Steps
Kicks:	Crescent
Breaking:	Knee Kick
Etiquette:	Treats Fellow Students and Equipment with Respect
Philosophy:	Third Line of <i>Student Creed</i>

Korean Terms

English Translation

Chun Kul Ja Seh	Front Stance
Hu Kul Ja Seh	Back Stance
Kee Ma Ja Seh	Horse Stance
Ha Dan Mahk Ki	Low Block
Sang Dan Mahk Ki	High Block
Inside Outside Block	Ahneso Phaku Ro Mahk Ki

7th Gup Orange Green to 6th Gup Green White



7th Gup



6th Gup

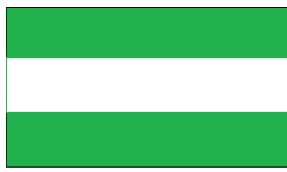
All Previous Rank Requirements Plus

Minimum Training Hours:	24
Hyung:	Pyung Ahn Cho Dan / Chilsung Ee Lo
Self Defense:	Intermediate One Steps 1 & 2
Kicks:	Back
Breaking:	Elbow
Etiquette:	Offers Assistance to Black Belts and Lower Ranks
Philosophy:	All of <i>Student Creed</i>

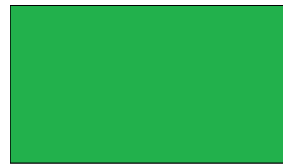
Korean Terms	English Translation
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Ki Cho Hyung il Bu	First Basic Form
Ki Cho Hyung Ee Bu	Second Basic Form
Ki Cho Hyung Sam Bu	Third Basic Form
Pyung Ahn Cho Dan	1st Peace and Confidence
Chilsung Ee Lo	2nd of Seven Stars

6th Gup Green White to 5th Gup Solid Green



6th Gup



5th Gup

All Previous Rank Requirements Plus

Minimum Training Hours:	24
Hyung:	Pyung Ahn Ee Dan
Self Defense:	Intermediate One Steps 1 - 5
Kicks:	Axe, Hook
Breaking:	Jump Pump Front Kick
Etiquette:	Offers Assistance to Black Belts and Lower Ranks
Philosophy:	The Five Codes of Tang Soo Do

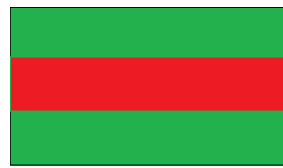
Korean Terms	English Translation
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Dwi Cha Gi	Back Kick
Ccik Cha Gi	Axe Kick
Yup Hu Ro Cha Gi	Hook Kick
Weng Jin Kong Kyuck	Side Punch
Kap Kwon Kong Kyuck	Back Fist
Kwan Do Kong Kyuck	Hammer Fist

5th Gup Solid Green to 4th Gup Green Red



5th Gup



4th Gup

All Previous Rank Requirements Plus

Minimum Training Hours:	24
Hyung:	Pyung Ahn Sam Dan / Chilsung il Lo
Weapon:	Bong Hyung il Bu
Self Defense:	Choke Hold Defense 1-3
Kicks:	Reverse Round, Spinning Kicks
Breaking:	Spinning Side Kick
Etiquette:	Knows How to bow in the Class to Senior Students

Korean Terms	English Translation
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Peet Cha Gi	Reverse Round Kick
Ahneso Phaku Ro Cha Gi	Inside Outside Crescent Kick
Phakesu Ahnu Ro Cha Gi	Outside Inside Crescent Kick
Chit Pal Gi	Stomp Kick
Sa Ko Rip Ja Seh	Side Stance
Dae Ryun Ja Seh	Fighting Stance
First - Fifth	il, Ee, Sam, Sa, Oeh

4th Gup Green Red to 3rd Gup Red White



4th Gup



3rd Gup

All Previous Rank Requirements Plus

Minimum Training Hours:	24
Hyung:	Pyung Ahn Sa Dan / Chilsung Ee Lo
Weapon:	Bong hyung il Bu
Self Defense:	Choke Hold Defense 4 & 5, Advanced One Steps 1&2
Kicks:	Begin Jumping, Spinning Kicks
Breaking:	Spinning Axe Kick
Philosophy:	The Seven Tenets

Korean Terms

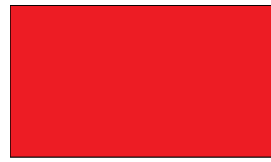
English Translation

Pyung Ahn Ee Dan	Second Peace and Confidence
Pyung Ahn Sam Dan	Third Peace and Confidence
Pyung Ahn Sa Dan	Fourth Peace and Confidence
Chilsung il Lo	First of Seven Stars
Soo Do Kong Kyuck	Open Hand Chop Attack
Yuk Soo Do Kong Kyuck	Ridge Hand Attack
Kwon Soo Kong Kyuck	Spear Hand Attack

3rd Gup Red White to 2nd Gup Solid Red



3rd Gup



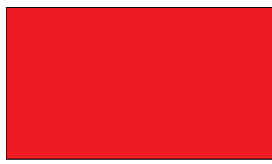
2nd Gup

All Previous Rank Requirements Plus

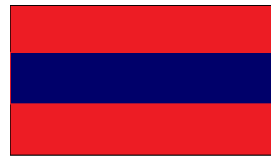
Minimum Training Hours:	24
Hyung:	Pyung Ahn Oeh Dan
Self Defense:	Advanced One Steps 1 - 5 / Takedowns 1 - 5
Kicks:	Jump Spin Side Kick, Spin Side Kick
Breaking:	Spinning Crescent, Jump Spinning Crescent
Philosophy:	The Eight Key Concepts

Korean Terms	English Translation
Pahl Koop Kong Kyuck	Elbow Strike
Kap Kwon Kong Kyuck	Backfist Attack
Phakeso Ahnu Ro Mahk Ki	Outside Inside Block
Han Dan Soo Do Mahk Ki	Low Open Hand Block
Choong Dan Soo Do Mahk Ki	Mid Open Hand Block
Sang Dan Soo Do Mahk Ki	High Open Hand Block
Low Two Fisted X Block	Sang Soo Ha Dan Mahk Ki
High Two Fisted X Block	Sang Soo Sang Dan Mahk Ki

2nd Gup Solid Red to 1st Gup Red Blue



2nd Gup



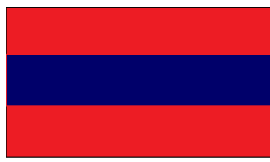
1st Gup

All Previous Rank Requirements Plus

Minimum Training Hours:	24
Hyung:	Bassai Dai
Self Defense:	Wrist Locks
Kicks:	Jump Spinning Hook
Breaking:	Spinning Hook, Jump Spinning Hook
Etiquette:	Can Bow In Class

Korean Terms	English Translation
Jang Kwon Kong Kyuck	Palm Heel Attack
Kyo Cha Rip Ja Seh	Cross Leg Stance
Choong Kul Sang Soo Mahk Kee	Two Fist Middle Block
Yuk, Chil, Pal, Ku, Sip	Sixth - Tenth

1st Gup Red Blue to Cho Dan Bo



1st Gup



Cho Dan Bo

All Previous Rank Requirements Plus

Minimum Training Hours: 24

Hyung: Naihanji Cho Dan

Etiquette: Know Meaning Behind the Flags

Korean Terms

English Translation

Pyung Ahn Oeh Dan

Fifth Peace and Confidence

Bassai Dai

Tearing Down the Tower

Naihanji Cho Dan

First Iron Horse Form

Ku Ryung E Mat Cho So

By the Instructor's Count

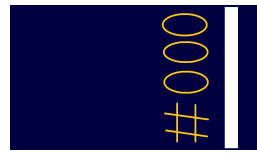
Ku Ryung Up Shi

By the Students Count

Cho Dan Bo to Cho Dan



Cho Dan Bo



Cho Dan

Must Be Able To Meet The Following Criteria

Minimum Training Hours:	12 Months
All Previous Hyungs Plus:	Chilsing Sam Lo, Du Moon A Created Empty Hand Form
Weapon:	Any Weapon Form Either Taught or Created
Self Defense:	All One Steps, Wrist Locks, Take Downs, Choke Holds, Gun & Knife Defense (Adults Only)
Etiquette:	Demonstrates Proper Dojang Procedures and Helps Instructors Teach Class.
Breaking:	At Instructors and Panels Discretion
Korean Terms:	Must Take a Written Terminology Test.
Essay:	What it Means To Be a Black Belt (Your Philosophy on The Rank)

All previous curriculum requirements must be showing consistent improvement. This is a basic outline of what is required. A full packet will be received after invitation.

The Black Belt promotion is a closed event. Only Black Belts in good standing with the Tang Soo Do Masters Alliance (TSDMA) may attend. The public is allowed to attend the demonstration and rank presentation ceremony at the final phase (Phase 5).

Section 7: One Steps and Self Defense

All one step defenses are protecting against a direct punch toward the face. Know that in a real situation, only the blocking portion is considered to be self-defense. Any retaliation is up to the defender, The movements below are based on a right hand attack from the left front stance and low block. All movements can be easily converted to the left side and should be practiced from both sides.

Basic One Steps

Basic One Step 1

1. Step back with the right foot to a front stance.
2. X the left hand in front of the right hand and execute an inside to outside open handed block
3. Execute a right uppercut punch to the stomach

Basic One Step 2

1. Bring hands to the right hip.
2. Step forward with the right foot to a front stance.
3. Block with your left hand inside to outside open handed block.
4. Attack with an open handed chop (soo do) to the opponent's neck.

Basic One Step 3

1. Lift right hand to right ear, step back to a horse stance with your left foot.
2. Execute an outside to inside block with your right hand.
3. X your right hand inside your left hand and finish with a back fist to your opponent's right temple.

Basic One Step 4

1. Step in with your right foot directly ahead of your left foot.
2. X your left hand in front of your right and execute an inside to outside open handed block with your left hand.
3. Use a forward right elbow to your opponent's solar plexus.
4. Spin around without moving your feet and execute a left backward elbow to the stomach.
5. Step forward with your right and turn into a left guard stance.

Basic One Step 5

1. Step forward with your left to a left front stance.
2. Execute a left outside to inside block with your left hand.
3. Execute a right reverse punch to your opponent's right side (kidney).

Intermediate One Steps

Intermediate One Step 1

1. Execute basic one step number one
2. Execute a right front kick.
3. As your opponent punches with their left hand, execute a right hand inside to outside block with your right hand.
4. Execute a left uppercut punch to the stomach.

Intermediate One Step 2

1. Execute basic one step number two.
2. Execute right side kick.
3. As your opponent punches with their left hand, execute a right hand inside to outside block with your right hand.
4. Execute a left chop to the right side of your opponent's neck.

Intermediate One Step 3

1. Execute basic one step number three.
2. Execute a spinning back kick.
3. As your opponent punches with their left hand, execute a left hand outside to inside block with your left hand.
4. X your left inside your right hand and execute a left back fist to your opponent's left temple.

Intermediate One Step 4

1. Execute basic one step number four.
2. Your opponent tries to front kick you in place with their right foot. From your fighting stance you execute a low block with your left hand.
3. Execute a right leg roundhouse kick toward the chest.
4. Your opponent throws a left hand reverse punch. You X your right hand in front of your left and execute a right hand inside to outside open handed block and a left reverse punch.

Intermediate One Step 5

1. Execute basic one step number five.
2. Execute a right leg crescent kick to your opponent's temple which also comes down on their right arm clearing it away.
3. Execute a left hand reverse punch to your opponent's right temple.

Advanced One Steps

Advanced One Step 1

1. Execute basic one step number one.
2. Execute right hand chop to the neck.
3. Grasp your opponent's head with both hands and pull toward your right knee.

Advanced One Step 2

1. Execute basic one step number two.
2. Grasp wrist with your left hand and the elbow with your right.
3. Rotate the elbow toward you while rotating your hips toward the opponent.
4. Lift your right heel toward the face of your opponent.

Advanced One Step 3

1. Execute basic one step number three.
2. X your right hand inside your left hand and execute a right hand back fist to your opponent's right temple.
3. Execute a left cross to the face.
4. Spinning 360 degrees around on your right foot, execute a right handed spinning back fist.

Advanced One Step 4

1. Execute basic one step number four.
2. Rake the eyes on the way downward with your right hand.
3. Execute a right elbow strike toward the left across the face and back toward the right.
4. Execute a right hand palm strike to the solar plexus.

Advanced One Step 5

1. Execute basic one step number five up to the block and parry the opponent's right hand away with your right hand.
2. Execute a left hand inside to outside block to your opponent's elbow.
3. Apply pressure and step back with your right foot.

Takedowns

Takedown 1

1. Block the attacker's punch with a double forearm block while sidestepping to the left.
2. Grab the attacker's shoulders and while kicking out the attacker's right leg at the knee, throw them to the ground and back up into a guard stance.

Takedown 2

1. Step in between the attacker's feet with your right foot while blocking the attacker's punch with your left hand.
2. Shovel punch the attacker with your right hand in the abdomen then grab their shoulder with the same hand.
3. Swing yourself around so you are facing the same direction as the attacker.
4. Sweep the attacker to the ground while pulling their upper body forward until the attacker is face down.

Takedown 3

1. Side step and chop to the groin of the attacker.
2. Drive your hips backward while driving their upper arms forward to create space.
3. Bend over and pick up the attacker's exposed foot dropping the attacker onto their back.
4. Step over the attacker's body and roll them onto their face.
5. While pinning the attacker's leg against their inner thigh, punch the attacker twice in the back of the head.

Takedown 4

1. Execute a double arm block with their front arm remaining high and their rear arm blocking low.
2. Scoop the attacker's round kick with their lower hand
3. Using your front hand, grab the attacker's closest shoulder.
4. Shuffle in with your front foot sliding behind the attacker's standing leg.
5. Sweep the attacker's standing foot dropping the attacker to their back.
6. Execute a groin punch and throw the leg over.
7. While escaping, the defender has the option of executing a punt kick to the attacker's head as they pass by.

Takedown 5

1. Execute a block and parry winding up with control of the attacker's punching hand.
2. Deliver a shovel punch to the attacker's exposed kidney region which is immediately followed by a snap roundhouse kick to the attacker's abdomen.
3. While placing your foot back on the ground, reposition your body so you are facing the same direction as the attacker.
4. Grab the attacker's closest shoulder and use your inside foot to sweep the attacker's closest foot forward.
5. Drop the attacker to their back while continuing to rotate in the direction of the sweeping leg.
6. Turn completely around and execute a foot stomp on the face of the attacker.

Choke Hold Defenses

Choke Hold Defense 1

1. Attacker reaches for the defender's throat.
2. Use the back of your hands to flick the attack upward.
3. Step high with your left foot while reaching back with your right hand.
4. Fit your right punching hand into your left pushing hand. Strike and push simultaneously at the attacker's solar plexus.

Takedown

Wrap left arm over attacker's punching arm and execute an arm bar, then with your right leg, sweep attacker's right leg while swinging a ridge hand across the attacker's upper body. Maintain control all the way to the ground.

Choke Hold Defense 2

1. Attacker reaches for the defender's throat.
2. Reach upward with both hands grabbing the attacker's wrists from the underside.
3. Stepping across your stepping leg, wrap up the attacker's arms, while turning and tripping attack over your stepping leg.

Takedown

Continue twisting motion until the attacker falls completely over your leg. Wrap the attacker's arms up in the opposite direction to maintain the arm bar.

Choke Hold Defense 3

1. Attacker gets a hold of the defender's throat.
2. Snake one arm through the attacker's arms, connect to their other hand and steps back to kee ma jas seh with the same foot as the hand that did the snake.
3. Push your attacker's hands off.

Takedown

Execute an arm bar instead of pushing the attacker's hands away from your throat by grabbing their wrist with your right hand and applying pressure to 1 inch above their elbow. Guide attacker to the ground by moving in a backwards circling motion while maintaining arm bar.

Choke Hold Defense 4

1. Attacker has your throat from behind.
2. Move your hips to one side while executing an open hand chop to the groin.
3. With the same chopping hand and foot, one turns and steps across the attacker's feet to face them while wrapping their arm around the attacker's elbows.
4. Jack up your own fist against your opponent's elbows to hyperextend.

Takedown

While maintaining a double arm bar on the attacker, reach all the way around the attacker's head and secure a grip (usually on the attacker's chin) with your left hand. Rotate the attacker's head around and guide the attacker to the ground by allowing the attacker to roll down your leg.

Choke Hold Defense 5

1. Attacker has your throat from behind.
2. Defender grabs the thumbs and back of hands, lifts them and steps back slightly with your right foot to get close enough to work the attackers elbows over your shoulders.
3. Defender uses their right foot to step across the attacker's feet while turning towards the attacker.
4. Wind up your opponent's arme like in **Choke Hold Defense 2** and twist while stepping around with the left foot.

Takedown

Defender will continue twisting motion until the attacker falls to the ground. Defender will then wrap the attacker's arms up in the opposite direction to maintain the arm bar.

Knife Defense Techniques

Knife Defense Technique 1

Attack: Inward thrust to abdomen

Basic:

1. Step back with your right foot and while turning body sideways, grab the attacker's weapon hand with your left hand.
2. Grip the hand wrapping fingers around the base of thumb and putting your own thumb on the back of the opponent's hand. Turn the wrist outward and help by using your right hand for added strength.
3. While stepping backward with your left foot pull the back of the attacker's weapon hand to the know of your belt. Take the knife.

Advanced:

1. Step back with your right foot and while turning body sideways, grab the attacker's weapon hand with your left hand.
2. Step inward, toe to toe, with your right foot as your right arm wraps the attacker's arm.
3. Defender will fold both hands over the attacker's knife hand and guide the attacker to the ground on their back. Take the knife.

Knife Defense Technique 2

Attack: Downward overhead thrust

Basic:

1. Use a left high block to stop the attack and quickly weave your right arm through the attacker's arm and grip your own left forearm.
2. Step forward with your left foot and guide the attacker to the ground. Take the knife

Advanced:

1. Use a right high block to stop the attack.
2. Defender will guide the attacker's knife hand into their thigh causing the attacker to stab themselves with their own knife. Take the knife.

Knife Defense Technique 3

Attack: Downward overhead thrust

Basic:

1. Use a cross-hand high block to stop the attack.
2. Redirect the energy of the attacker in a circular motion to your right.
3. Grab the wrist of the attacker's weapon hand with your left hand and use your right hand to bend the attacker's arm at the elbow.

4. Reach through the gap now created with your right hand and grab the clothing of the attacker's left shoulder.
5. Strip the knife with your now free left hand and while keeping the attacker's arm nestled in the bend of your elbow hold the blade to the attacker's neck. Take the knife.

Advanced:

1. Use a cross-hand high block to stop the attack.
2. Defender will maintain control of the attacker's knife hand and continue a downward circular motion while stepping under the attacker's arm.
3. The defender will then execute a corkscrew wrist lock with one hand while pushing forward on the attacker's elbow with the other hand. Take the knife.

Knife Defense Technique 4

Attack: Backhand slash

Basic:

1. As the forward slash comes at you, lean backward out of the way.
2. Once the backhand slash begins to approach, slide step forward with your left foot in the lead and using both forearms block the back of the attacker's arm (left forearm just above the elbow and right forearm just above the wrist).
3. Grab the wrist of the attacker's weapon hand and keep pressure with your left knife-hand while pulling the attacker's arm to your right hip
4. Step back with your right foot and, in a circular motion, bring your attacker to the ground. Take the knife.

Advanced:

1. Defender will drive left arm over the attacker's weapon arm and execute a 'figure-4' lock.
2. Defender then steps forward, guiding the attacker to the ground, on their back.
3. Once on the ground, the defender will maintain control of the attacker's arm. Take the knife.

Knife Defense Technique 5

Attack: Upward stab to abdomen

Basic:

1. Step in with your left foot and strike your attacker in the bicep with your left hand (knife hand block)
2. Slide your left hand directly down the arm of your attacker and grab their weapon hand at the wrist.
3. Grab the wrist in the position of 'wrist turn out' (Wrist lock/Basic knife Defense #1)

4. Support your grip with your right hand and while stepping forward with your right foot. Swing the attacker's arm to your left in a circular motion; ultimately forcing the thumb side of the attacker's hand to point at the ground.
5. Step with your right foot, making sure to match the stance of your attacker. Tackle the knife.

Advanced:

1. Defender will step in right and execute a downward palm heel strike on the attacker's weapon hand wrist.
2. The Defender will then secure the attacker's wrist in a "wrist turn in" (Wrist Lock #2).
3. Defender will punt kick the attacker in the face, placing the attacker's arm on their shoulder while maintaining control of the attacker. The defender will cross their wrists at the attacker's tricep. Take the knife.

Gun Defense Techniques

Gun Defense Technique 1

Attack: Front attack - gun held to forehead

Basic:

1. Defender will simultaneously slap the attacker on the inner forearm and back of hand while moving their head the opposite direction of the weapon.
2. Then place the attacker in a 'figure-4' lock with the gun pointing at the attacker. Disarm.

Gun Defense Technique 2

Attack: Front attack - gun held to chest

Basic:

1. Defender will simultaneously palm strike the attacker's forearm and wrist while moving their torso out of the way of the weapon.
2. Turn the attacker's weapon hand upwards and inwards towards the attacker (as in wrist lock #3). Disarm.

Gun Defense Technique 3

Attack: Rear attack - gun held to head

Basic:

1. Defender will spin around with arms up, bump the attacker's weapon hand and gain control of the attacker's weapon hand. Attacker will simultaneously execute a palm hand strike to the attacker's face.
2. Defender will then secure the attacker's arm in a 'figure-4' lock with the gun pointing at the attacker. Disarm.

Gun Defense Technique 4

Attack: Rear attack - gun held to center back

Basic:

1. Defender will spin around and, with left arm rotated downward, will bump the attacker's weapon arm away from their body while moving toward the attacker and away from the gun barrel.
2. The defender will continue to spin and with a sweeping circular motion bring their right arm around and chop downward at the attacker's elbow.
3. Defender will grab the attacker's weapon hand and point the gun at the attacker. Disarm.

Gun Defense Technique 5

Attack: Front attack - gun held to head while defender is on his/her knees.

Basic:

1. Defender will grab the gun and attacker's hand and turn the weapon to point upwards while simultaneously bending at the hips, ducking out of the way.
2. Defender will then lock the attacker's trigger finger in the trigger guard of the weapon by rotating the gun toward the attacker and locking their finger. Stand up as the attacker comes down.
3. Defender will disarm and move backward while bringing the attacker lying face down.

Wrist Lock Techniques

#1 Wrist Turn Outward

Attack: Attacker grabs lapel with right hand

1. Grab the opponent's hand with the left hand, wrapping your fingers around the base of the thumb and putting your own thumb on the back of the opponent's hand.
2. Turn the wrist outward and help by using your right hand for added strength. Step back with your left foot, pulling the attacker's hand to your belt, keeping the arm rigid while using your thumbs to 'splay' the attacker's hand, pushing forward on the wrist.

#2 Wrist Turn Inward

Attack: Attacker grabs lapel with right hand

1. Grab the opponent's hand with your right hand, this time wrapping fingers around the pinky side of the attacker's hand and putting your own thumb on the back of the opponent's hand.
2. Turn the wrist inward and help by using your left hand for added strength and pressure.
3. Force the opponent's fingers toward his shoulder

#3 Wrist Turn Under

Attack: Attacker holds out right hand, palm down.

1. Grab the opponent's whole hand around both sides using both hands.
2. Bend the hand under, turning the opponent's forearm vertical in a corkscrew motion while pushing the hand upward above your solar plexus.
3. Keep your body close to the attacker and ensure the attacker's wrist is kept in control as you twist, getting the attacker up on his toes.

#4 Wrist Twist

Attack:

1. Grab the opponent's whole hand around both sides using both hands.
2. Hold the attacker's arm against your chest, while gripping the attacker's wrist, twisting the attacker's forearm towards the ceiling.

#5 The “Z” Lock

Attack:

1. Grab the opponent’s whole hand around both sides using both hands.
2. Your right-hand comes behind the attacker’s hand, sliding your thumb into the crook of his thumb and forefinger.
3. Wrap your finger around the back of the attacker’s hand. Your other hand slides up to control the attacker’s elbow from the bottom.
4. Bend the elbow and step right in front of the attacker. Twist your hand up, twisting the attacker’s hand with it.

#6 Arm Bar

Attack:

1. Grab the opponent’s wrist, pulling to your hip. At the same time, your other hand is going to “roll” the attackers arm, pushing just above the elbow, forcing them to bend at the waist.

#7 Finger Lock (“Spock” lock)

1. Turn attacker’s hand so it is facing you (palm up or down, does not matter)
2. Grab both pairs of fingers, pulling on the knuckle, pushing with your thumbs on the attacker’s fingers, spreading the fingers apart at the same time.

#7a Bonus finger lock with elbow pressure point

1. Turn attacker’s hand so the palm is facing up
2. Position your elbow near your hip as you pull the attacker’s arm, grabbing their elbow.
3. Squeeze just above the attackers elbow for added pressure/compliance.

Wrist Lock Flow

One way to help train in the basic wrist lock techniques is the Wrist Lock Flow drill introduced by KJN Charland. It consists of seven wrist locks performed in succession and is designed to allow for fast practice of wrist manipulation techniques. In addition, there are seven different levels of this drill to allow practitioners to not only apply the wrist locks correctly, but also to understand how to defend against them.

Level 1 - Basic Wrist Lock Flow

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Appendix A

List of all TSDMA Hyungs

Below is a chart of all the hyungs (open hand and weapon) that make up the TSDMA curriculum, along with their meaning, the rank when they are required to be learned, as well as the earliest rank they can be taught.

Open/Empty Hand Hyungs

Hyung	Meaning	Required Rank	Earliest Rank to Teach
Kicho Hyung Il Bu	First Basic Form	10th Gup White	10th Gup White
Kicho Hyung Ee Bu	Second Basic Form	9th Gup Orange	9th Gup Orange
Kicho Hyung Sam Bu	Third Basic Form	8th Gup Orange	8th Gup
Pyung Ahn Cho Dan	Peace & Confidence form 1	7th Gup Orange	
Chil Sung Ee Lo	Seven Stars Second Stage	7th Gup Orange	
Pyung Ahn Ee Dan	Peace & Confidence form 2	6th Gup Green	
Pyung Ahn Sam Dan	Peace & Confidence form 3	5th Gup Green	
Pyung Ahn Sa Dan	Peace & Confidence form 4	4th Gup Green	
Chil Sung Il Lo	Seven Stars First Stage	4th Gup Green	
Pyung Ahn Oeh Dan	Peace & Confidence form 5	3rd Gup Red	
Bassai Sho	Escaping the Fortress	3rd Gup Red	
Bassai Dai	Tearing down the tower	2nd Gup Red	
Naihanchi Cho Dan	Iron Horse (Stance of Iron) stage 1	1st Gup Red	
Chil Sung Sam Lo	Seven Stars Third Stage	Cho Dan Bo	
Du Moon (Yuk Lo Cho Dan)	The Great Gate	Cho Dan Bo	
Jin Do	Crane Standing on a Rock	1st Dan	
Naihanchi Ee Dan	Iron Horse (Stance of Iron) stage 2	1st Dan	

Chil Sung Sa Lo	Seven Stars Fourth Stage	1st Dan	
So Jin	Preserve the Peace	1st Dan	
Lo Hai	Breaking Form	2nd Dan	
Naihanchi Sam Dan	Iron Horse (Stance of Iron) stage 3	2nd Dan	
Chil Sung Oeh Lo	Seven Stars Fifth Stage	2nd Dan	
Kong San Koon Seo	Named after its creator	2nd Dan	
Kong San Koon Dai	Named after its creator	3rd Dan	
Sip Soo	Ten Hands	3rd Dan	
Joong Jol (Yuk Lo Ee Dan)	Cut The Middle	4th Dan	
Wang Shu	Named after its creator	4th Dan	
Sei San	13 Influences of Tae Kuk Kwon	4th Dan	
Chil Sung Yuk Lo	Seven Stars Sixth Stage	4th Dan	
Jion	Mental & Physical development	5th Dan	
Oh Sip Sa Bo	The 54 Steps	5th Dan	
Po Wol (Yuk Lo Sam Dan)	Embrace The Moon	5th Dan	
Chil Sung Chil Lo	Seven Stars Seventh Stage	6th Dan	
Hwa Sun	The Pure Flower	6th Dan	

Weapon Hyungs

Hyung	Weapon	Required Rank	Earliest Rank to Teach
Basic Stick Form	Sticks	9th Gup	10th Gup
Bong Hyung Il Bu	Bo staff	4th Gup	6th Gup
Bong Hyung Ee Bu	Bo staff		1st Gup
Bong Hyung Sam Bu	Bo staff		1st Dan
Shiganizu	Bo staff		
Kicho Jang Gum Il Bu	Sword	Cho Dan Bo	Cho Dan Bo
Dan Gum	Knife (small dagger)	Cho Dan	
Joong Goop Jang Gum Hyung	Sword		
Ee Dan Gum	Knife (small dagger)		

Terminology

Terminology

Kicks (Cha Gi)

Ahneso Phakuro Cha Gi Inside/Outside kick

Ahp Cha Gi Front kick

Ccik Cha Gi Axe kick

Chit Pal Gi Stomp kick

Dwi Spinning

Dwi Ahp Cha Gi Spinning front kick

Dwi Cha Gi Back kick

Dwi Tollyo Yup Cha Gi Turning back side kick

E Dan Jumping

E Dan Ahp Cha Gi Jump front kick

E Dan Dwi Ahp Cha Gi Jumping spinning front kick

Yup Hu Ri Gi Hook kick

Moo Roop Cha Gi Knee kick

Phakeso Ahnuro Cha Gi Outside/Inside kick

Peet Cha Gi Reverse round kick

Tollyo Turning

Tollyo Cha Gi Roundhouse kick

Yup Cha Gi Side kick

Stances (Ja Seh)

Cha Ryut Ja Seh Attention Stance

Chun Be Ja Seh Ready Stance

Chun Kul Ja Seh Front Stance

Dae Ryun Ja Seh Fighting Stance

Hu Gul Ja Seh Back Stance

Kee Ma Ja Seh Horse Stance

Kyo Cha Rip Ja Seh Cross Leg Stance

Sa Ko Rip Ja Seh Side Stance (Modified Front Stance)

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Hand Techniques (Soo Ki)

Strikes:

Choong Dan Hang Jin Kyuck Sliding punch
Choong Dan Kong Kyuck Center punch
Ha Dan Kong Kyuck Low punch
Jang Kwon Kong Kyuck Palm Heel
Kap Kwon Kong Kyuck Back fist
Kwon Do Hammer fist
Kwan Soo Kong Kyuck Spear hand
Pahl Koop Kong Kyuck Elbow strike
Sang Dan Kong Kyuck High punch
Weng Jin Kong Kyuck Side punch
Yuk Soo Do Kong Kyuck Ridge hand

Blocks:

Ahneso Phakuro Mahk Kee Inside/Outside block
Ahneso Phakuro Yup Mahk Kee Inside to outside reinforced middle block
Choong Dan Soo Do Mahk Kee Center knife hand block
Ha Dan Mahk Kee Low block
Ha Dan Soo Do Mahk Kee Low knife hand block
Phakeso Ahnuro Mahk Kee Outside/Inside block
Sang Dan Mahk Kee High block
Sang Dan Soo Do Mahk Kee High open hand block
Sang Soo Ha Dan Mahk Kee Two fist low x block
Sang Soo Sang Dan Mahk Kee Two fist high x block

Counting

Hana One
Tul Two
Set Three
Net Four
Tasot Five
Yosot Six
Illop Seven
Yodol Eight
Ahop Nine
Yol Ten

Il First
Ee Second
Sam Third
Sa Fourth
Oh Fifth

Yuk Sixth
Chil Seventh
Pal Ninth
Ku Eighth
Sip Tenth

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Anatomy
Bahl Foot
Chu Mok Fist
Da Ri Leg
Dan Jun Low abdomen
Hur Ri Waist
Eema Forehead
Ko Hwan Groin
Moo Roop Knee
Myung Chi Solar plexus
Noon Eye
Pahl Arm
Pahl Koop Elbow
Soo or Sohn Hand
Tuk Chin

Etiquette
Chomane Yo You are welcome
Ko Map Sum Ni Da Thank you
KuKi Ba Ray Salute the flag
Kwan Jang Nim Kay Kyung Yet Bow to the Grandmaster
Kyo Sa Nim Kay Kyung Yet Bow to Certified Instructor
Sa Bom Nim Kay Kyung Yet Bow to Master Instructor
Shim Sa Kwan Nim Ge Kyung Ret Bow to the Examiner

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Basic Commands and Terms
Ahn jo Sit

Ahpo Pain
Ba ro Return
Bong Dae Ryun Stick sparring
Cha Ryut Attention
Chil Sae Dae Ryun Non contact sparring
Chun Jin Forward Movement
Dae Ryun Sparring
Dee Belt
Do Bohk Uniform
Dojang Studio
Dwi Ro/Tora Turn to Rear
E Ru Sut Stand up
Ho Sin Sul Self Defense
Hu Jin Backward movement
Hyungs Forms
Il Soo Sik Dae Ryun One step sparring
Ja Yu Dae Ryun Free sparring
Jok Ki Foot Techniques
Ki Cho Basic
Ki Hap Yell
Koong kyuck Attack
Ku Ryung E Mat Cho So By the count (Instructor)
Ku Ryung Up Shi By the count (Student)
Kuk Gi National Flag
Kyuck Pa Breaking
Kyung Yet Bow
Mahk Ki Block
Muk Nyum Meditation
Sam Soo Sik Dae Ryun Three step sparring
Shio Relax (rest)
Si Jak Begin
Tang Soo Do Way of the China Hand
Tora Turn

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Terms of Address
Cho Bo Ja Beginner

Cho Dan Bo Apprentice
Dan Degree, holder of Black belt
Dan Bon Dan number
Gup Grade, holder of color belt under Black
Hu Bae Junior Member
Je Ja Student
Ko Dan Ja Senior Dan holder, 4th Dan and up
Kwan Jang Nim “Grandmaster” or Head of Organization.
Kwan Won Student member
Kyo Sa Nim 2nd & 3rd Dan, licensed Instructor
Nim A term of respect similar to “Sir” or “Ma’am”
Sa Bom Nim 4th Dan & up, licensed Master Instructor
Shim Sa Nim Examiner
Sun Bae Seniors
Yu Dan Ja Dan holder, 1st-3rd Dan
Yu Gup Ja Color belt holder
Rank
10th White belt Sip Gup
9th Orange/White Ku Gup
8th Orange Pal Gup
7th Orange/Green Chil Gup
6th Green/White Yuk Gup
5th Green Oh Gup
4th Green/Red Sa Gup
3rd Red/White Sam Gup
2nd Red Ee Gup
1st Red/Blue Ill Gup
Apprentice Cho dan bo
1st Degree Black Cho dan
2nd Degree Black Ee dan
3rd Degree Black Sam dan
4th Degree Black Sa dan
5th Degree Black Oh dan
6th Degree Black Yuk dan
7th Degree Black Chil dan
8th Degree Black Pal dan