

WORLD TANG SOO DO ASSOCIATION

VAUGHN'S DOJANG

1st GUP STUDY GUIDE

Historical view of Tang Soo Do

What were the names of the three kingdoms in ancient Korea beginning with the earliest kingdom?	Silla, Koguryo, Paekche
In ancient Korea, in what year were the 3 kingdoms united?	668 AD (Silla)
What was the name of the young aristocrats within the Silla Dynasty who contributed mightily to the martial arts?	Hwa Rang Dan
What was the name of the 1st complete books of martial arts?	Muye Dobo Tongji
During the Yi Dynasty, Tang Soo Do was known by what name?	Soo Bahk Do
The Tang dynasty lasted from 617 to 907 AD in what country?	China
Who was the founder of Moo Duk Kwan?	Hwang Kee
In what year was JC Shin proclaimed grandmaster of the WTSDA?	1982
In what year did GM Robert Beaudoin begin his studies under JC Shin?	1962

Relevant Geography

What is the capital of South Korea?	Seoul
What is the capital of North Korea?	Pyongyang
What is the capital of China?	Beijing
What is the capital of Taiwan?	Taipei
What is the capital of Japan?	Tokyo

The Flags

What does the Tae Keuk in the center of the flag represent?	Opposing but complementary forces Constant movement within the sphere of infinity Expansion and contraction
In the Tae Keuk, what do the 3 solid (unbroken) lines represent (learn all four line patterns)?	Heaven

Belts, Trim, and Rank Requirement

What does black represent in the belt system?	Sincerity, calmness, & mastery
What does the student gain from practicing the one-steps?	Distance, timing, target awareness
What is the minimum number of classes to qualify for Cho Dan (1st Degree Black Belt)?	72 after attaining Cho Dan Bo

Hyung (Forms)

How does Pyung Ahn translate in to English?	Calm / peace of mind
How does Bassai translate into English?	Best techniques of the Shaolin Temple
What physical techniques best embody the philosophy of TSD?	Hyung

Vital points (Kup So)

What are four vital points on the head and neck?	Temple, bridge of nose, philtrum, base of neck
What are four vital points on the back of the body?	Base of skull, base of neck, back of knee, kidney
What are four vital points on the torso?	Arm pit, solar plexus, collar bone, floating rib
Of the 300 pressure points on the body, how many are 'vital'?	36

Terminology & Techniques

How do you say "Foot technique" in Korean?	Jok Ki
How do you say "Knee" in Korean?	Moo Roope
How do you say "Elbow" in Korean?	Pahl Koop
How do you say "Foot" in Korean?	Bahl
How do you say "By the count" in Korean?	Ku Ryung E Mat Cho So
How do you say "Command" in Korean?	Ku Ryung
How do you say "Bow to grandmaster" in Korean?	Kwan Chang Nim E Kyung Yet
How do you say "Front" in Korean?	Ahp
How do you say "Back" in Korean?	Dwi
How do you say "Inside to outside crescent kick" in Korean?	Ahneso Pahkuro Cha Ki
How do you say "Outside to inside crescent kick" in Korean?	Pahkeso Ahnuro Cha Ki
How do you say "Front stretch kick" in Korean?	Bahl Poto Oly Ki
How do you say "Side stretch kick" in Korean?	Yup Poto Oly Ki
How do you say "Round house kick" in Korean?	Tollyo Cha Ki
How do you say "Hook kick" in Korean?	Yup Hu Ryo Cha Ki
How do you say "Wheel kick" in Korean?	Dwi Hu Ryo Cha Ki
How do you say "Straight back kick" in Korean?	Dwi Cha Ki
How do you say "Jump spinning back kick" in Korean?	E Dan Dwi Tollyo Cha Ki
How do you say "Jump front kick" in Korean?	E Dan Ahp Cha Ki
How do you say "Inside / outside block" in Korean?	Ahneso Pahkuro Mahk Ki
How do you say "Ridge hand" in Korean?	Yuk Soo Do
How do you say "Solar plexus" in Korean?	Myung Chi
How do you say "Breaking" in Korean?	Kyuck Pa
How do you say "Knife hand" in Korean?	Soo Do
How do you say "Waist" in Korean?	Hur Ri
How do you say "Stance" in Korean?	Jah Se
Examiners at a testing session are called?	Shim Sa Kwan Nim
What does Pahl Put Ki mean?	Punching exercise in horse stance
What is the translation for Shi Sun?	Focus of the eyes
What is the translation for Dan Jun?	Lower abdomen

What is the translation for Hu Kul Sang Dan Mahk Ki?
What is the translation for Kyo Cha Rip Ja Seh

High block in fighter stance
Cross-leg stance

Courtesy and Protocol (Rules)

If a student is going to be late, what is the courteous thing to do?

Text, call, or email the instructor in advance

How early should every student arrive at every class?

15 minutes – to stretch out

Discuss personal attributes that will enhance safety

Finger and toe nails must be trimmed and filed; no jewelry while training

What sparring gear should be worn during sparring?

All required gear

Philosophy

How does the student improve?

Constant practice of Hyung
Constant practice of basic actions
Applying basic actions in sparring
Serious approach and all-out effort
To protect our lives and possessions, promote physical and spiritual health, improve our character through endurance and physical exercise

What is the purpose of Tang Soo Do training?

As you learn new techniques, how should you manage your past achievements?

Inspect them frequently

What is the purpose of repeatedly reciting the Five Codes?

To guide us as Tang Soo Do practitioners