

Tang Soo Do Cadences

Met an Old Lady

Met an old lady on the way to class,
Which way to the Tang Soo School we asked.
Now, now boys ain't you had enough,
No, no Ma'm we're young and tough.
Now, now boys don't you be a fool,
'Cause I'm and instructor at the Tang Soo School!

Black Belt Camp is Fun

Black Belt Camp is mighty fun,
We're gunna run until we're done.
We're gunna learn from Master Beam,
How to line up or he'll scream.
Master Britt's gunna to teach us too,
BAD black belts both me and you.
Kwan Chang Nim will beat the drum,
Just to show how far we've come.

Dog Named Blue

I got a dog whose name is Blue,
He wants to be a black belt too.
Poor old Blue he's deaf and lame,
Wants to be one just the same.
Took away his dog chow,
Motivated his bow-wow.

Black Belt Can You See?

Black Belt Black Belt can you see?
What Tang Soo has done to me?

Used to ride in a Cadillac
Now I run to lead the pack.
Lead the pack
Up the hill
Down the hill
Over the hill.
Through the hill

1 2 3 4 (x-2)

One mile

Easy run

Two miles

Just for fun
Three miles
Just in case
Four miles
Keep the pace.

Five Codes

Loy-al-ty
To coun-try
O-bed-ience
To pa-rents
Honor Friend-ship
No retreat
Sense and Honor.

C-130

C - 130 rolling down the strip.
Black belt holder gunna take a trip.
Stand up
Hook up
Kick toward the door
Jump right out and ki hap till four.
If you chute don't open wide
Black belt got a reserve by his side.
If that one should fail me to
Look out Ma, I'm a coming through

Here we go,
All the way
One mile
Easy run
Two miles
Just for fun
Three miles
Just in case
Four miles
For the pace.

Hey front runners
Lookin' great !
Hey in the back
Your doing great

I can do it.
You can do it;

We can do it.
Clap you hands (x2)
Hold the pace
Not a race.
That's the pace
Clap your hands
Here we go
Almost done
Almost done.
Here we come.

1 2 3 4 (x.2)

Black Belt Can You See?

Black Belt Black Belt can you see?
What Tang Soo has done to me?

Used to lay around in bed.
Now I do my forms instead.

They teach,

Integrity.
Concentration.
Perseverance.
Respect
Obedience.
Self Control.
Humility.
Indomitable Spirit!
Indomitable Spirit!

Used to watch T.V. all day
Now I work out just to play.

I can dig it
You can dig it

One mile
Easy run
Two miles
Just for fun
Three miles
Just in case
Four miles
Keep the pace

Black belt
Black belt

Ability (x.2)
Humility (x2)
Brotherhood (x.2)
All around (x2)
Laugh at pain
For the gain (x2)
Easy run.

1 2 3 4 (x2)

Black Belt Black Belt can you see?
What Tang Soo has done to me?

Used to watch T.V. all day
Now I work out for my play!

Integrity.
Concentration.
Perseverance.
Respect
Obedience.
Self Control.
Humility.
Indomitable Spirit!
Indomitable Spirit!

That's me,
No quit
That's me
No quit
No quit
Everyday.

1 2 3 4 (x2)
I'm gunna run and run and run some more.
Here we go.
All the way.

One mile
Easy run
Two miles
Just for fun

Three miles
Just in case
Four miles
Keep the pace
Black belt
Black Belt

Ha ha
Ha ha
Hey ma
Look at me
Hey ma
I can't be beat.

White Belts Long Ago

We were white belts long ago,
Like the seed beneath the snow.

Orange belt then became the thing,
Like the new growth in the spring

Green belts then we wore with pride,
As development arrived

Brown belt showed stability,
Wisdom, weight, agility.

We wore with pride out belts of red,
Blood and life were what they said.

Co Dan Bo's wear belts of blue,
They show respect, and honor, too.

Black belt means sincerity,
Calmness, mastery, dignity.

Remember Black Belts as you grow
The path you walked in Tang Soo Do.

Running at Elizabethtown

We are Black Belts on the go
Getting great at Tang Soo Do.

Run up the hill, then run down
Running at Elizabethtown

Gunna run at least a mile
Keep the pace, let's go in style,

Here we go
All the way
Don't speed up
Not a race
Don't slow down
Keep the pace
Easy stride
Move along
Keep it going
Looking strong.

Here Come Black Belts

Here come black belts over the hill
Rolling like a wagon wheel.

They can run all day and night;
You know darn well their fit to fight.

They do push ups every morn
make their bodies like a rock:
They could run to Alabama
but they'd wear out their socks

Sweat! Muscle! Dojang! Work!

Sweat! Muscle! Dojang! Work!

Sweat, muscle, dojang work!

Sweat, muscle, dojang work!

Once a man and twice a child
Swim through the river with the crocodiles

Spend my days doin push ups
And my nights breaking bricks

Get up at dawn
Just to do my kicks

When it comes my time
I'll pass the test.

Born in the Back Woods

Born in the back woods;
Raised by a bear,
Double jaw boned;
Three coats of hair,
Cast iron rib cage;
Hands of stone.
I'm a tang soo black belt;
And the dojang is my home

Here We Go

Here we go:
All the way.
Here we go
Every day.
Up the hill.
Over the hill;
Through the hill.
You can do it;
You can do it,
You can run
You can jump.
You can fly;
Like me;
Like me,
Fly high;
Black belt.
Fly high;
Black belt.
Piece of cake
Piece of cake.
Hey ma look at me!
Hey ma look at me!
I can run;
I can jump.
Gunna be
Black belt,
Gunna train
every day.
Gunna be;
Number one.
On the run.
Havin fun,
Gunna be.

Black belt
Master.
Master
Lean and mean
Fight'n machine.

Run We Must & Run We Will

Run we must & run we will
Up & down, that nasty hill
We train hard our whole life long
and we sing our tang *soo song*

Forms we'll do out in the sun
100 degrees, it will be fun
Kwan Chang Nim will be the lead
Ice cold water we don't need

Clinics here & clinics there
Clinics will be everywhere
Something new we'll surely learn
Everyone will have a turn

White belts again we are to be
Our hearts filled with humility
Brotherhood in us is strong
Let us shout our tang *soo song*

Basic drill is good for us
Better not put up a fuss
Lots of fields and lots of grass
Master beam will kick our ass

Lining up is done quickly
If not lots of pain we'll see
Its not hard, just do it right
Or we'll be out here all night

Sunday its the beat of the drum
We just might start with form # one
go right through and do bassai
Make that side kick reach the sky

To much food you should not eat
You'll see green stuff at your feet
Then you'll miss out on the fun
And you won't complete this run

We train hard and we train good
Just like real black belts should
We train body, we train mind
Inner strength we always find

Other styles may be ok
But tang soo do is here to stay
Faith & love we have to keep
In our heart, our hands and feet

The run is over, its time to stop
Again tomorrow, right from the top
Running hard, running strong
Black belts will run all day long

Old Tang Soo Do!

I don't know but you've been told,
Tang Soo Do is really old ...

Taught the same way all these years,
By the Masters and their peers ...

With a lot of pain and tears,
Keeps us strong, through the years ...

Brotherhood and Sister hood too,
It's taught right and it's taught true ...

Tang Soo Do, show us the Light,
One with nature and one with Life!

With Tang Soo Do we're always right,
It can help us, win the fight!

Sound off, 1 - 2,
Sound off, 3 - 4,
Bring it on down ...
I - 2 - 3 - 4,
1 - 2, 3 - 4!

© 2002 Kevin J.P. O'Reilly, Sam Dan

Love My Tang Soo Do!

I really love my Tang Soo Do!

It makes my blood, really flow!

My girl says she loves me so!
When I do my Tang Soo Do!

We are Black Belts all day long .
We are proud and we are strong

We hold our heads up to the sky
So Grandmasters' proud, and so am I

We really love what the Masters do,
They're like your Mother and Girlfriend, too.

They let you know when you mess up,
They'll call Master Beam to straighten you up!

But we don't mind because we're tough!
Tang Soo Do has all the right stuff!

Sound off, 1 - 2,
Sound off, 3 - 4,
Bring it on down ...
1 - 2 - 3 - 4,
1 - 2 - 3 - 4!

© 2002 Kevin J.P. O'Reilly, Sam Dan

The Masters!

Master Godwin, He's the Boss
He can do Hapkido toss!

He runs us long and runs us hard
He makes us glad that we are part
Of Tang Soo Do - The Korean Art!

Master Britt, he says we're strong
He works out - all day long.

We can punch and we can kick
And we are good with the Long Stick.

Master Robinson's got cool moves,
His self-defense, it really rules.

He can slip and he can slide

He will make you go cross-eyed.

Master Vaughn - He's "old school"
But he can teach you the Golden Rule

He is fast and he is quick
And he will teach you some new tricks.

Master Causerano - he's the Man
He can make you sit or make you stand

He says go here and then go there,
He can make you crazy and lose your hair.

We jump up and we sit down
He's got us running all around

Sound off, 1 - 2,
Sound off, 3 - 4,
Bring it on down .
1 - 2 - 3 - 4,
1 - 2 - 3 - 4!

© 2002 Kevin J.P. O'Reilly, Sam Dan

Cadence #1

**We are warriors on the go
Gettin' great at tang soo do**

We are tough and we are lean
An awesome, tang soo fightin' machine

Black belt means sincerity
Calmness, mastery, and dignity

Cho dan bos wear belts of blue
Show maturity, respect, and honor too

Black belt camp's the place where we
Learn to be the best we can be

We'll workout and we'll have some fun
We won't quit until we're done

**We're gonna run at least a mile
And finish up with a great big smile**

We'll train hard and we'll do it well
We're sweatin' now and we really smell

We'll line up quickly and we'll line up straight
We must not make all the masters wait

We'll keep on and we'll never tire
Tng soo spirit we will inspire

Here we go ... all the way ... don't speed up ... not a race ... don't slow down ... keep the pace ...
easy sride ... move along ... keep it goin' ... lookin' strong!

Cadence #2

**There's some tenets that i know
One of them is self-control**

Integrity's another one
So lets all run and have some fun

Respect and obedience, humility
In a good black belt you will see

Concentrate and persevere
Don't give up, we're almost there

There's one more i can't forget
Indomitable spirit i'll show you yet

Cadence #3

Got a ticket on my way to blackbelt camp
Cop made me so nervous that my pits were damp

Told him i was in hurry, that i can't be late
Cuz blackbelt camp is really great

He said go on, please tell me more
So i told him i'd go home feeling sore

Went on to say that i'd learn a lot
With clinics that can really hit the spot

Said we kick and punch, but there's so much more

It's the spirit we show that's to adore

He said it sounds cool, but the ticket still stands
Aint nothin' i could do to change his plans

But i don't mind that i'll pay a fee
Cuz blackbelt camp is the place to be!

Black belt camp 2002

We love work & we love pain
Bring the thunder & the rain
We love the art called tang soo do
We forever will it let us grow

Not to fast this is no race
Better to just keep the pace
Test your spirit, give your all
Never will a black belt fall

Ultimate drill from master beam
Forever & a day it seems
Focus mind and body too
This is what we love to do

Up the hill down the hill over here over there
Push it hard shout it loud walk it proud never quit

Morning light it is the best
We are better than the rest
Working to obtain that goal
Building body, mind & soul

I had a dog his name was caine
That crazy dog drove me insane
Followed me most everywhere
Had rotten stuff growin in his hair

One day caine put up a fuss
Don't look now, here comes the bus

Caine was old and not too fast
Big blue bus hit him in the ass

Caine got up and walked away
One tough dog i'd have to say
Looked at me and cracked a smile
He said "i've been train'in tang soo style"

Caine is great and really cool
Makes a mess & loves to drooll
Feed him here and feed him there
Still got crap stuck in his hair