

## Green Belt 6<sup>th</sup> and 5<sup>th</sup> Gup Study Guide

Review information from the Orange Belt and White Belt tests. All tests are cumulative. The material here will be added on to the test you took for 7<sup>th</sup> Gup.

What does Pyung Ahn mean?

Peace and Confidence

If you are testing for your 6<sup>th</sup> Gup you should know Pyung Ahn Cho Dan. If you are testing for your 5<sup>th</sup> Gup you should know Pyung Ahn E Dan.

If you are testing for your 5<sup>th</sup> Gup, how many counts are in Pyung Ahn E Dan? What is the name of the kick in Pyung Ahn E Dan?

The animal representation of the Pyung Ahn forms is the turtle. This animal lives in a state of constant peace and confidence. Its actions are always slow and deliberate. It presents an impression of calm, comfort, and peace. Upon being attacked, it can withdraw into its shell keeping it safe from harm.

What is Tang Soo Do?

Tang Soo Do is a Korean martial art influenced by the T'ang method of martial art.

You may be interested to know that the art of Tang Soo Do teaches empty hand and foot fighting, fighting forms, self-defense, and weapons.

What do the words Tang Soo Do literally mean?

Tang T'ang dynasty of China

Soo Fist, strike or defense

Do Way of life

What is the Purpose of Tang Soo Do?

Self-defense

Health

Better Person

(review page 18 in the Gup manual) How does Tang Soo Do training make you a better person? We strive to be of better character through endurance and hard work.

How old is Tang Soo Do?

This ancient martial art traces its lineage back 2,000 years to the Korean peninsula.

Get familiar with these. The first three may show up on your test.

#### Fourteen Attitude Requirements

1. 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 to and follow the direction of instructors or seniors.
8. Do not be overly ambitious.
9. Frequently inspect your own achievements.
10. Repeatedly practice all techniques already learned.
11. Always follow a routine training
12. When you learn new techniques, learn thoroughly the theory and philosophy 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.

Explain the Um and Yang principle. **Opposite forces continually balance and complement each other.** Review page 24-25 in the Gup manual. Know which color is the Um and which color is the Yang. Know the basic characteristics of each.

Explain the association's symbol-insignia.

Review page 20 in the Gup manual. Know the meaning of the six stars, um, yang symbol, flying side kick, red circle, globe, bottom belt, and practitioner.

What is the translation of Kup So? Review page 31. What are three deadly vital points? Philtrum, solar plexus, and temple. Name two other vital points.

Why do we ki hap?

Why do students bow to the instructor?

Start to familiarize yourself with the history of Tang Soo Do. As a starting point, know the three kingdoms in the early ages of Korea. Know when they were founded and where they were located. Know the Silla Dynasty united the kingdoms in 668 AD.

**This test is much more difficult than the last two. Most students will have to study and read the Gup manual in order to pass the written test.**