

Orange Belt 8th & 7th Gup

Information to parents:

The kids should be getting comfortable with the information found on the beginning of this study guide. The “Seven Tenets” will be important information to learn for the upcoming tests. Any information in orange is the new material important to learn for orange belts. They should recognize it for their 8th Gup test; they should know it for their 7th Gup test.

Review how we start class:

The highest ranking member in the class will call the commands:

Cha Ryut (sounds like cheerioot)	Attention
Kukgi Bae Rye (sounds like cookie ba ray)	Salute the flag
Ba Ro	Return
Anh Jo	Sit
Muk Yum	Meditate
Ba Ro	Return
Kwan Chang Nim E Kyung Yet	Bow to Grandmaster
Sah Bum Nim E Kyung Yet	Bow to Instructor

Now ask the child the next questions. Remind them that they already know many of the answers from “bowing in”.

What is the name of our club?	Elmhurst Tang Soo Do Karate (Please remind them it is <u>not</u> Courts Plus)
What does Sah Bum Nim mean?	(Instructor)
Who is your Sah Bum Nim nim?	4 th Dan Master Michael Inoshita (Master Inoshita is exceptable)
What is the name of our organization?	World Tang Soo Do Association
Who is the Grandmaster?	Grandmaster Jae Chul Shin (Grandmaster Shin is exceptable)
How do we say Grandmaster in Korean?	Kwan Chang Nim
or	
What does Kwan Chang Nim mean?	Grandmaster

Hint, snow is white. A seed develops into a plant.

Meaning of the white belt:

Primitive stage of development. The seed as it lies dormant beneath the snows of winter.

Hint: Think of spring flowers or buds on trees in spring.

Orange represents new growth which appears in spring. Our Tang Soo Do knowledge behind to reveal itself.

Hint: we always line up according to rank in class from lowest rank to highest.

Name all the colors of Gup belts in order

White, orange, green, brown, red, midnight blue, black

This is important information to go over with your child. They may be asked a question like, "Name three rules followed in the dojang (studio or classroom)."

Come to class 15 minutes early

Wear a clean uniform

No jewelry

Warm-up

Salute flags and bow to instructor when entering and leaving

Follow instruction quickly and quietly

Notify instructor of illness or injury

Observe rules and tenants

Bow to instructors, senior members and opponents

Another possible test question may be, "Write how you show proper respect in class".

Etiquette

Salutation:

Address instructor as sir or ma'am

Bowing

to seniors and instructor

to flag

to opponents

when a Dan or guest black belt enters the room

during competition

Salute the flag

Thank you sir

Ko map sum ni da

Possible test question, "What is the meaning of Tang Soo Do?"

Tang Soo Do

Korean martial art influenced by T'ang method

Literal meaning or translation:

Tang

T'ang dynasty of China

Soo

Fist, strike or defense

Do

Way of life

This is a concept taught in class. On a test it might ask, "What is the meaning of ryun ma?" The child needs to be able to say that we practice techniques repeatedly to improve them.

Ryun Ma

Repetition and polishing

The symbol that we wear on our uniform has the following meaning. Good to know, probably not on the test.

Symbol of Elmhurst Tang Soo Do

Water	Circular, penetrating, yielding nature of Tang Soo Do
Twelve Waves	5 codes and 7 tenets of Tang Soo Do
Ten Water Drops	Master Inoshita has a goal to train 10 students to become equal or better than him

The Five Codes should be memorized by now.

Five Codes:

Loyalty to country

Obedience to Parents

Honor friendship

No retreat in battle

In fighting choose with sense and honor

The Seven Tenets are always included on the orange belt tests. Make sure the child knows the meaning of the words. We sometimes say the seven tenets in class, always in this particular order.

Seven Tenets of Tang Soo Do

1. Integrity (adherence to moral and ethical principles)
2. Concentration
3. Perseverance
4. Respect and Obedience
5. Self-Control
6. Humility
7. Indomitable Spirit (cannot be subdued or overcome)

These are important Korean terms your child should know by now. Most of these terms are used in class on a regular basis. Sometimes the child can show you what it means easier than tell you what it means. Also, breaking up the terms can help a child to remember the Korean as well as generalize to other terms. For example, a “cha ki” is a kick. An ahp cha ki is a front kick. A tollyo cha ki is a roundhouse kick, etc.

English

World form

Form

One

Two

Three

Korean

Sae kye

Hyung

Il

E

Sam

World form number one

World form number two

Sae kye hyung il bu

Sae kye hyung e bu

World form number three

Sae kye hyung sam bu

School	Do jang
Yell	Ki hap
Uniform	Do bohk

On the uniform the child should know where the American flag, Korean flag, and Association patch are placed. The stripe on the belt is always tied so that it is on the left side. This may be a question on the test.

American flag	right arm
Korean flag	left arm
Association patch	left chest
Stripe on belt is always tied	to the left side

During the test, the students will be asked to perform a series of moves as a group. This is called “marching”. When we march in class it is important that the child knows the meaning of the Korean terms. These Korean terms are also found on the written test.

Begin	Shi jak
Stance	ja seh
Attention stance	cha ryut ja seh
Ready stance	choon be ja seh
Front stance	chun kul ja seh
Fighting stance	hu kul ja seh
Horse stance	kee mah ja seh
Cross Stance	kyo cha rip ja seh

Turn	tora
Punch/attack	kong kyuck
Front punch	kong kyuck
Reverse punch	bandae kong kyuck
Side	choon dan
Side punch	choon dan han jin
Knife hand attack	soo do kong kyuck
Elbow attack	pahl koop kong kyuck

Foot	bahl
Front stretch kick	bahl poto oly ki

Punch exercise in horse stance	pahl put ki
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Block	mahk ki
High block	sang dan mahk ki

Low block

han dan mahk ki

Interesting Fact: There is no equivalent translation from Korean to English of ha dan mahk ki. Ha dan mahk ki is a low defense and we teach it as a low block in English. Therefore, low defense (ha dan mahk ki) can represent many defensive techniques not just a low block with your fist.

Inside outside block

ahneso paku ro mah ki

Outside inside block

pakeso ahnu ro mahk ki

Front stance high X block

chun kul ssang soo sang dan mahk ki

Front stance low X block

chun kul ssang soo hand an mahk ki

Kick

cha ki

Front kick

ahp cha ki

Side kick

yup cha ki

Roundhouse kick

tollyo cha ki

Push kick

chok do chi ru ki

Back kick

dwi cha ki

Spinning back kick

dwi tollyo cha ki

Stepping side kick

mirro yup cha ki