

PTSDA Karate Black Belt Terminology Requirements

Cho Dan Level

1. What does Cho Dan mean?
2. What is the Season of the Tang Soo Do Black Belt?
3. Explain Philosophy of Tang Soo Do Black Belt.
4. Translate, Explain Animal and Concept of Ship Soo and Kee Mah Hyung Ee Dan
5. Demonstrate & Explain three Applications of Movements from Ship Soo, Kee Mah Hyung Ee Dan and Bong Hyung Ee Dan (Required with only the Hyungs learned).
6. Provide two goals you are currently pursuing in your training.
7. Recite and Explain importance of the 5 Requisites of Mental Training (RC 1: 1, RC 2: 1-3, RC 3: 1-5).
8. Recite and Explain importance of 11 Points of Emphasis on Mental Training (RC 1: 1-4, RC 2: 1-8, RC 3: 1-11).
9. The ability to recite in Korean and explain the basic Tang Soo Do Philosophy of Courage, Endurance, Honesty and Humility.
10. What is the Basic Ideology of Tang Soo Do?