

# **PTSDA Karate Black Belt Terminology Requirements**

## **Ee Dan Level**

1. What does Ee Dan mean?
2. Explain Your Tang Soo Do Lineage as far back as who taught Supreme Grandmaster Hwang Kee.
3. Recite and Explain the importance of the three Tang Soo Do Principles.
4. Translate and Explain Animal and Concept of Chinte and Kee Mah Hyung Sam Dan.
5. Demonstrate and Explain three Applications of Movements from Chinte, Kee Mah Hyung Sam Dan and Bong Hyung Sam Dan (Required with only the Hyungs learned).
6. Provide two goals you are currently pursuing in your training.
7. Recite and Explain 5 Requisites of Physical Training (RC 1: 1, RC 2: 1-3, RC 3: 1-5).
8. Recite and Explain 11 Points of Emphasis on Physical Training (RC 1: 1, RC 2: 1-3, RC 3: 1-5, RC 4: 1-8, RC 5: 1-11).
9. Recite and Explain 14 Matters of Attention While Training (RC 1: 1-3, RC 2: 1-6, RC 3: 1-9, RC 4: 1-12, RC 5: 1-14).

10. The ability to recite in Korean and explain the basic Tang Soo Do Philosophy of Control of Power, Tension & Relaxation and Speed Control.