

SURVIVAL GUIDE



Where everyone can be their best!

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Pensacola Tang Soo Do Academy Directory

Founder/Head Instructor:

Sa Bom Nim Chris DuFour

850-478-0680

masterdufour@ptsda.com

Academy Web Site Address:

www.ptsda.com

Youtube Channel:

www.youtube.com

Facebook Site

www.facebook.com/ptsda

Tiny Tigers Beginner Class Schedule (Ages 4 – 6)

Monday
4-4:50pm

Wednesday
4-4:50pm

Saturday
9-9:50am

Pensacola Beginner Class Schedule (Ages 7 & older)

Monday
5-5:50pm

Tuesday
6-6:50pm

Wednesday
5-5:50pm

Thursday
6-6:50pm

Saturday
9-9:50am

Perdido Beginner Class Schedule (Ages 7 & older)

Tuesday
5:45-6:30pm

Thursday
5:45-6:30pm

Saturday (Main School)
9-9:50am

A Message from Sa Bom Nim, Chris DuFour



Dear Student,

Welcome to our Tang Soo Do family! I am glad to have you as a new member of our academy. My desire is to teach you the traditional Korean art of Tang Soo Do as it has been passed down from master to student over the past 2,000 years. Throughout your training, you will learn that the martial arts are not just kicks and punches - but a way of life. It is a way to improve yourself mentally, physically, and spiritually.

Our traditional martial art emphasizes the important principles of having Honor, Courage, Self-Control, Self-Discipline, Respect for Life, and Good Attitude. Not only do I expect you to

consistently strive to become a better Tang Soo Do student, but also to become a better individual.

I welcome you to our Tang Soo Do family and your new journey in the art of Tang Soo Do.

Sincerely,

A handwritten signature in black ink, appearing to read "C. DuFour".

Chris DuFour

Founder/Master Instructor

Pensacola Tang Soo Do Academy

PTSDA Mission Statement & Instructor Purpose

MISSION STATEMENT – To provide high quality martial arts instruction to enable individuals of all ages to achieve their full potential. By emphasizing self-defense, health, fitness and life skills in a friendly, safe, positive environment, we motivate our students to become more confident, successful contributing members of society. We are committed to creating a better world filled with health, happiness, peace, and harmony built from a unique blend of traditional and modern day martial arts training.

OUR INSTRUCTORS' PURPOSE is to empower students in becoming well rounded, versatile, open minded and excellent martial art technicians in the most efficient and quickest way possible. NOW! Our focus is to enhance our students' choice of developing personal power, discipline, and respect through the PTSDA Karate's teaching process. We must master dynamic, fun, and empowering classes to keep our students motivated, educated, and inspired to train for many years to come.

About The Pensacola Tang Soo Do Academy

Sa Bom Nim DuFour founded the Pensacola Tang Soo Do Academy August of 1996. His childhood dream of being a full time Tang Soo Do instructor came true as a result of his unending dedication to helping others through Traditional Tang Soo Do.

Our academy is family oriented by design. Throughout the year, we not only offer Martial Art Clinics and Tournaments to our members, but we also offer family oriented activities such as Holiday Parties, Potluck Lunches, Beach Training Classes, Karate Camps, and Community Minded events.

The Pensacola Tang Soo Do Academy is founded on the principles of teaching excellence, personal attention and tradition. We provide you with the most complete and effective methods to reach your potential. At the Pensacola Tang Soo Do Academy, our instructors are dedicated to quality and excellence. They are continuously upgrading their skills through our weekly instructor classes/meeting, biannual Instructor Certifications Examinations, and various training seminars throughout the year. It is no surprise that the Pensacola Tang Soo Do Academy Instructors are ranked among the finest in the world.

Our academy is a certified member school of the International Tang Soo Do Federation (ITF). Sa Bom Nim DuFour's Instructor, Grandmaster C. S. Kim, founded the ITF in 1984. The goal in the formation of the ITF was to maintain the high standards of authentic Tang Soo Do. Teaching this martial art in its original form gave much-needed roots to many thousands of Tang Soo Do practitioner's worldwide.

To achieve this goal, Grandmaster C. S. Kim has dedicated a lifetime of training to create a standardization of instruction. With unending dedication, time and patience, Grandmaster C. S. Kim has brought the peace and harmony of traditional Tang Soo Do into the lives of thousands of practitioners throughout the world.



Academy Resources

We have worked very hard to develop and implement several academy resources that will enrich your martial arts experience. These academy resources include: monthly calendar, academy email updates, academy Facebook, and our you tube channel.

To keep updated on academy events, you will want to pick up our Monthly Academy Calendar. The calendar includes helpful information on individual class topics, special academy events, lessons of the week, and class times. The Calendar can be picked up at the beginning of each month at the dojang.

Another helpful resource is our Academy Email Directory. If you have an email address, please give it to our Office Receptionist. We will include you in the Academy Email Directory. Academy members in the directory receive reminders on upcoming events as well as other helpful information. This has proven to be an effective method of communicating updated information to our academy members. To begin receiving weekly email updates, you can sign up on the home page of our website www.ptsda.com. We are also on Facebook and have a PTSDA Karate Youtube Channel that includes tons of Free Videos to help you with your training.

The next resource is our Academy Web Site (www.ptsda.com). Our website is full of helpful information so that you don't get left out on any activity. The most important resource we can offer is our friendly staff. We are always ready to assist you and your family in whatever way we can be of help. Whether you need extra assistance with a specific technique or simply need a positive mentor to help speak with your child, we have an open door policy. Please feel free to take advantage of this resource.



Beginner Programs



TINY TIGERS (4-6 yrs old)

Our Tiny Tigers Class gives 4-6 year old children the opportunity to take martial arts classes at a younger age. It is important that children and parents realize that we do have fun in Tiny Tigers, but it is also a very structured learning environment. The Tiny Tigers focus on improving their balance, coordination, respect, discipline, confidence, memorization skills, and safety awareness. The class is very much like kindergarten. It provides 4-5 year olds the necessary tools to be successful in our 6 years & older classes.

We have three levels that a student must complete before graduating out of the Tiny Tiger Program. Below, you will find a sample of our **Tiny Tiger**

Check List. This list includes all requirements necessary for a new student to graduate from the Tiny Tiger Program. Upon successfully completing all level requirements in our Tiny Tiger Program, you will begin attending the 7 years & older Beginner Classes. Please check your monthly calendar for your new class schedule.

Sample Tiny Tiger Requirement Check List

Tiny Tiger Level #1 Requirements

- Tiny Tiger can perform Attention
- Tiny Tiger can Bow Correctly
- Tiny Tiger can show & say the meaning of Tang Soo Do
- Tiny Tiger can Bow In/Out of the Dojang
- Tiny Tiger can Say Ko Map Sum Ni Da (Thank You) & Tang Soo!
- Tiny Tiger can Count #1-5 in Korean
- Tiny Tiger can recite #1-2 of 10 Articles
- Tiny Tiger walks across the Blue Stones with a Front Stance w/o falling in water
- Tiny Tiger walks across the Blue Stones with a Horse Stance w/o falling in water
- Tiny Tiger can recite the emergency number (911)
- Tiny Tiger performs a in place Low Block while balancing on Blue Stones over lava

Tiny Tiger Level #2 Requirements

- Tiny Tiger can recite #1-4 of 10 Articles
- Tiny Tiger can Count #1-10 in Korean
- Tiny Tiger can pass the left and right drill
- Tiny Tiger can fall properly
- Tiny Tiger walks across the Blue Stones performing a Front Kick w/o falling in water
- Tiny Tiger can perform an in place High Block on blue stones
- Tiny Tiger can perform an in place Outside/In Block on blue stones
- Tiny Tiger can perform an in place Middle Punch on blue stones
- Tiny Tiger can explain procedures for fire safety
- Tiny Tigers can explain who is a Stranger & how to deal with a Stranger
- Tiny Tiger Self Defense #1: Tiny Tiger Pulls out his Tail from the Dragons Single Grip and runs to Safety
- Tiny Tiger Self Defense #2: Tiny Tiger Pulls out his Tail from the Dragons Double Grip and runs to Safety
- Tiny Tiger can Perform Pull the Dragon Tail Sparring

Tiny Tiger Level #3 Requirements

- Tiny Tiger can recite #1-7 of 10 Articles
- Tiny Tiger can Count #1-15 in Korean
- Tiny Tiger can correctly perform first half of tying belt
- Tiny Tiger can explain who is a Bully and how to deal with a Bully
- Tiny Tiger can Count #1-25 in Korean
- Tiny Tiger can perform a front kick
- Tiny Tiger can perform a roundhouse kick
- Tiny Tiger can perform an in place Inside Outside Block on Stepping Stones
- Tiny Tiger can perform children Ill Soo Sik #1 and #2
- Tiny Tiger can correctly walk the pattern for Giecho Hyung Ill Bo





Beginner Program (Ages 7 & Older)

We have designed our 7 & older beginner program to educate you not only on the basics of Tang Soo Do, but also on classroom procedures and etiquette. Our professional staff of instructors will patiently guide you step-by-step through the requirements of our beginner program. We have four levels that a student must complete before being eligible to test for Yellow Belt.

Below, you will find a sample of our **Beginner Check List** for ages 7 & older. This list includes all requirements necessary for a new student to graduate from the Beginner Program. Upon successfully completing each level requirement in our

Beginner Program, you will earn a Tang, Soo and Do character on your belt. Once you have earned all three characters, this signifies that you have learned all requirements to test for your Yellow Belt in Tang Soo Do Karate.

Sample 7 & older Beginner Check List

Level 1 Requirements

- | | |
|--------------------------------------------------------------------|----------------------------------------------------------------------|
| <input type="checkbox"/> New Student Orientation Tour | <input type="checkbox"/> Choon Bee (Ready Stance) |
| <input type="checkbox"/> Bow In and Out of the Dojang | <input type="checkbox"/> Kee Mah Jaseh (Horse Stance) |
| <input type="checkbox"/> Understands the Beginning/Ending Ceremony | <input type="checkbox"/> Choong Dan Wheng Jin Kong Kyuk (Side Punch) |
| <input type="checkbox"/> Recite the meaning of Tang Soo Do | <input type="checkbox"/> Chungul Jaseh (Front Stance) |
| <input type="checkbox"/> Begin Belt Tying Process | <input type="checkbox"/> Choong Dan Kong Kyuk (Middle Punch) |
| <input type="checkbox"/> Recite #1-2 of 10 Articles of TSD | <input type="checkbox"/> Bahl Cha Gi Choon Bee (Kicking Choon Bee) |
| <input type="checkbox"/> Recite #'s 1-5 in Korean | <input type="checkbox"/> Ahp Cha Gi (Front Kick) |
| <input type="checkbox"/> Cha Ryut (Attention) | <input type="checkbox"/> Test On All Level #1 Requirements |

Level 2 Requirements

- | | |
|---------------------------------------------------------------------------|----------------------------------------------------------------------------|
| <input type="checkbox"/> Recite #1-5 of 10 Articles of TSD | <input type="checkbox"/> Ahneso Pahkeru Mah Kee (Inside/Outside Block) |
| <input type="checkbox"/> Recite #'s 1-10 in Korean | <input type="checkbox"/> Pahkesu Ahnero Mah Kee (Outside/Inside Block) |
| <input type="checkbox"/> Continue Belt Tying Process | <input type="checkbox"/> Tolyu Cha Gi (Roundhouse Kick) |
| <input type="checkbox"/> First half of Giecho Hyung Ill Bo (Basic Form 1) | <input type="checkbox"/> Yup Cha Gi (Cross Step Side Kick in Horse Stance) |
| <input type="checkbox"/> Ha Dan Mah Kee (Low Block) | <input type="checkbox"/> Test On All Level #2 Requirements |
| <input type="checkbox"/> Sang Dan Mah Kee (High Block) | |

Level 3 Requirements

- | | |
|---------------------------------------------------------------------|-----------------------------------------------------------------------------|
| <input type="checkbox"/> Recite #1-10 of 10 Articles of TSD | <input type="checkbox"/> Complete Gee Cho Hyung Il Bo (Basic Form #1) |
| <input type="checkbox"/> Recite #'s 1-25 in Korean | <input type="checkbox"/> Ho Sin Sol (Self Defense) |
| <input type="checkbox"/> Tie Belt Correctly | <input type="checkbox"/> Teen/Adult Ill Soo Sik Soo Sik (One Step Sparring) |
| <input type="checkbox"/> Ha Dan Mah Kee Turn | <input type="checkbox"/> Children Long Distant Ill Soo Sik |
| <input type="checkbox"/> Sang Dan Mah Kee Turn | <input type="checkbox"/> Introduction to Jae Yu Dae Ryun (Free Sparring) |
| <input type="checkbox"/> Ahneso Pahkeru Mah Kee Turn | <input type="checkbox"/> Test on all Level 3 Requirements |
| <input type="checkbox"/> Pahkesu Ahnero Mah Kee Turn | |
| <input type="checkbox"/> Choong Dan Kong Kyuk Turn | |
| <input type="checkbox"/> Choong Dan Wheng Jin Kong Kyuk Turn | |
| <input type="checkbox"/> Ahp Cha Gi Turn | |
| <input type="checkbox"/> Tolyu Cha Gi Turn | |
| <input type="checkbox"/> Yup Cha Gi Turn | |

Your Dobok (Uniform)

In Traditional Tang Soo Do, we wear an all white dobok (uniform). Wearing a white dobok symbolizes the desire to avoid bloodshed. You must always show respect for your dobok. It should be kept clean and neat at all times. Before and after training, uniforms should be folded properly and neatly. If you're unsure of the correct method of folding your dobok, please seek instruction from a senior belt.



A dobok is never to be worn in public, unless for a special event, permission will be given to do so. It is permissible when traveling from classes, demonstrations, or championships to wear your dobok pants with a sweatshirt or T-shirt.

Never walk around within the dojang with your dobok hanging loose, or your dee (belt) untied. This shows extreme lack of respect for yourself and your training area.

You will apply only two patches to your dobok. The ITF Patch will be applied to the front left (heart area) of your dobok. The next patch applied to your dobok is the ITF USA/KOREAN combo patch. This will be applied in the center of the right arm 2" below the top of the arm seam. You can purchase this patch from our pro shop.

Our Student Level dobok's are special ordered with the Tang Soo Do Korean characters screen-printed on the left arm area. If you purchase a custom color trim dobok, you will need to have the Tang Soo Do characters embroidered on your dobok. See our Order Form for details.

Upon reaching the rank of green belt or red belt level, you will apply the appropriate color trim to the front lapel of your dobok. Upon reaching Black Belt, you will apply a midnight blue material to your dobok's cuffs, lapel, and bottom border. You have the option to apply the color trim yourself or to order the custom trimmed dobok through our dojang.

Tying your Tang Soo Do Dee (Belt)

The belt is tied in a square knot. For those not acquainted with this procedure, the pictures below will clarify. To show balance, the ends of the dee should be even upon completing the tying process. Click [here](#) for instructions on how to tie your belt!

Student Code of Conduct

Grade Requirements: It is very important that you strive to learn as much as possible while in school. Your Tang Soo Do spirit should be shown at school as well as the Karate School.

Behavior in School: All students must maintain a good attitude and behavior while in school. Types of unacceptable actions include - consistently being disciplined, fighting with others, and being disrespectful to a teacher or fellow student.

Behavior at Home: All students must maintain a healthy relationship with their family. It is your responsibility to be honest, loving, and respectful at all times toward your family.

Note: *Any Infractions of the above code of conducts will result in a conference with the student, parent, and Master Instructor. If there is a continual reoccurrence of the problem, the student will lose his/her belt until further notice. Further infractions of the code of conduct will possibly result in the student being dismissed from the academy.*

Dojang Rules

1. Courtesy and respect shall be extended at all times toward the head
2. Instructor, senior ranks, and fellow classmates.
3. Bad attitudes or profanity will not be tolerated by our Academy.
4. Each student must give **100%** effort during each class.
5. No talking during class. Raise your hand if you have a question.
6. Reply with "Yes sir/ma'am or No sir/ma'am" when asked a question by the Head Instructor or senior ranks.
7. Complete uniform must be kept clean and worn to each class.
8. No shoes are to be worn in the Dojang.
9. Do not wear jewelry (watches, rings, necklaces, etc) during class.
10. No food, gum, or beverages in the Dojang.
11. No running in the Dojang unless you are instructed to do so.
12. Maintain a safe zone around the flags, mirrors, and windows.
13. All male students must wear an athletic supporter and cup to each class.
14. All female students must wear a T-shirt underneath their uniform top to each class.
15. Any injuries should be reported to an Instructor prior to class.

General Class Information

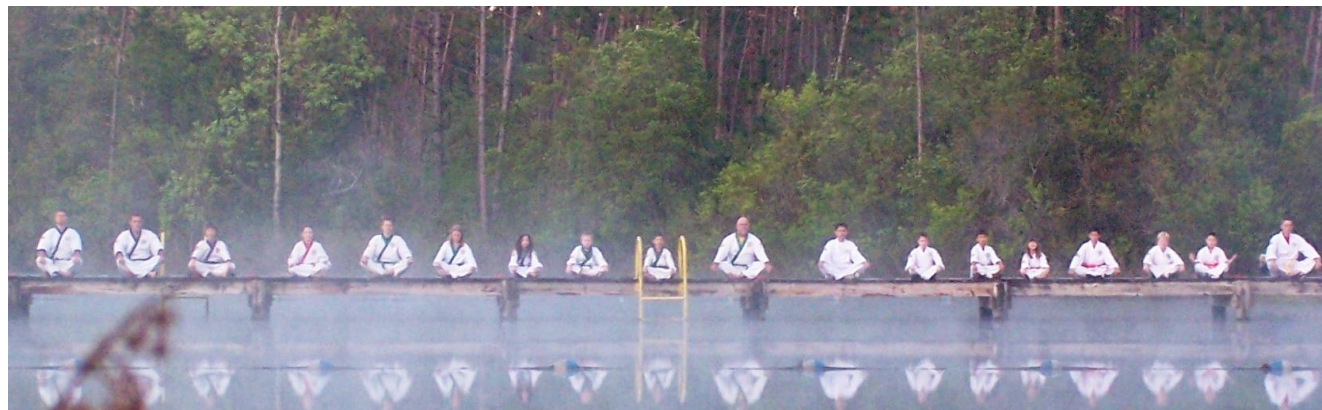
We have put much effort into making all of our classes as safe as possible. It is important that you listen and follow closely to your Instructor's guidance. Upon entering the dojang (training area) door, come to attention at the entrance. You will show respect to the countries by respectfully saluting the flags (right hand over heart). Next, you will show respect to your Instructor and training area by bowing and saying "Tang Soo". The order is reversed when leaving the dojang. (Bow, salute the flags, and say "Tang Soo").

Before entering or exiting the mat area, you will simultaneously salute (right hand over your heart) and bow. This shows your respect. After you have entered the dojang, you will need to find any Sa Bom (Master) or Dan (Black Belt) ranks and show your respect to them. You will show respect by bowing and saying "Tang Soo sir/ma'am". This will need to be done when you first arrive and before you leave class for the day.

Arrive to class at least fifteen minutes early to give yourself time to stretch out and practice basic techniques. When the highest rank student orders the class to line up for beginning ceremony, you are expected to move quickly where he or she directs you.

The class lines are organized according to rank and age. If you are older than a fellow student with the same rank, then you will take seniority in the line. The beginning/ ending ceremony includes the following: Display of Respect (saluting flags) to the Countries (USA/Korea) represented, Display of Respect to your Instructor (Bowing), and Meditation.

Meditation is simply a time for you to quiet yourself and be thankful for the opportunity to learn the art of Tang Soo Do. At the beginning of class, meditation is used to prepare your mind and body. Block out the events of the day, and concentrate on the techniques you are about to perform. At the end of class, reflect on what you have learned and need to improve. Meditation is an excellent tool for progression in the martial arts and in your daily life.



What We Offer:

Birthday Parties!

We have quality birthday parties for the special Martial Arts enthusiast! The party lasts for an hour and a half and includes a karate class that the birthday child

Summer Camps!

Does your child need a place to go during the summer? Do they like field trips to the zoo, movies, museum, parks, skating, and bowling? With karate classes, game-time, and fieldtrips everyday this is sure to be the program that your child will love the most!

After School Program!

Our After School Karate program offers pick-ups from Beulah elementary, Beulah Academy of Science, and Pine Meadow elementary schools. We have karate class every day, homework time, and indoor as well as outdoor playtime.

Campouts!

Every year we go on our annual Spring Camp Out, rain or shine! This is a fun time for all and we encourage all of our families to try and make it out. During this weekend we train, hike, swim, and most of all we EAT! The camp out is held out in Munson, FL around the Black Water State Forest.

Festivals!

Throughout the year we offer many celebrations and festivals for our members. The cost for these events has a range from FREE to \$15 for your family. We encourage as many of our students as possible to attend these events. These events are structured in a way that you can meet new people in your Karate school and feel included in the family here at PTSDA Karate.



General Gup Testing Requirements

Our rank testings are taken very seriously within our organization (ITF). We hold to the tradition that a student must earn their rank. Rank testing is held every three months, but there are a few important requirements that you will need to understand.

Requirements for rank testing include: consistent display of a good attitude, respect, discipline, concentration, consistent attendance, and display of a thorough knowledge of all required techniques. These requirements are mandatory for promotion.

A **GOOD ATTITUDE** is eighty percent of Tang Soo Do. It is very important that you display a good attitude inside and outside the dojang. Everywhere you go, you are a representative of our school--- your Tang Soo Do **family**. Be a kind and gracious person. Follow the peaceful way. Keep positive!

Respect is also a very important principle of Tang Soo Do that needs to be demonstrated to your seniors, fellow students, and yourself. Respect others, as you would have them respect you. If an individual doesn't respect you, then only offer them your courtesy.

Concentration is a vital aspect of your training in Tang Soo Do, and should also be demonstrated during your Tang Soo Do classes. Avoid the pitfall of letting your mind think about other events during your training. How you act in class will be an accurate example of how you are going to react to a confrontation on the street. Stay focused!



Regular attendance is the next testing requirement, and is extremely important. You need to attend a minimum of two classes per week in order to test. If you are unable to attend more than a week of classes, you are required to call or email the Head Instructor. Please remember that your attendance record will show whether you are serious about your training in the art of Tang Soo Do!

The last testing requirement is that you qualify at one of our Pre-testing Classes. Normally, we hold our Pre-testing classes one week before the date of the actual Gup Examination. It allows us to see if you are ready for your upcoming test. It's also an opportunity for us to see if you need further assistance in a specific area of your training.

The Pre-test is basically a trial run. You will be tested over your required techniques (Blocks, Punches, Kicks, One-step sparring, self defense, forms). Upon successfully qualifying at our Pre-test Class, you will be instructed to register for the Gup Exam.

You must be up to date in payment of your monthly tuition to be allowed to participate in Gup Testing. If needed, you can contact Sa Bom Nim DuFour with any special situations.

By consistently practicing the requirements listed above, you will feel more confident in your training. Achieving rank is very exciting and challenging. However, you must remember no attacker is impressed with what color of belt you have obtained. With this in mind, keep focused on improving your techniques and defensive instincts.

After testing, the ITF Gup Promotion Committee will review your test scores and send the results to Sa Bom Nim DuFour. He will then email a notice to the academy and make announcements in class regarding the date and times for your Rank Promotion. At the rank promotion, you will receive your ITF Rank Certificate and your new Belt or stripe.

Technical White Belt Testing Requirements

10th Gup to 9th Gup Requirements

(White Belt to Yellow Belt)

Time Period: Upon permission

Hyung:

Gee Cho Hyung Ill Bo (Basic Form #1)

Basic Hand Techniques:

Low Block.....Ha Dan Mah Kee
High Block.....Sang Dan Mah Kee
Inside to Outside Block.....Ahneso Pahkeru Mah Kee
Outside to Inside Block.....Pahkesu Ahnero Mah Kee
Middle PunchChoong Dan Kong Kyuk
Side Punch (Horse Stance)Choong Dan Hweng Jin Kong Kyuk

Basic Feet Techniques:

Front Kick.....Ahp Cha Gi
Round KickTolyu Cha Gi
Side KickYup Cha Gi

Ill Soo Sik (One-Step Sparring):

Children: #1 & 2 (See Page 14) Teen/Adult: #1 & 2 (See Page 14)

Ho Sin Sol (Self-Defense):

#1 & 2 (See Page 15)

Kyok Pa(breaking):

No breaking required.

Terminology Testing Requirements:

Ability to translate the following Korean Words:

Tang Soo Do (Way of the Defensive/Offensive Hand)	Dojang (Training Hall)
Dobok (Uniform)	Dee (Belt)
	Ha Dan (Low)
Choong Dan (Middle)	Sang Dan (High)
	Mah Kee (Block)
	Cha Kee (Kick)
	Kong Kyuck

Ability to recite the following:

Name of your martial art (Tang Soo Do)
Name of your martial art school (PTSDA Karate)
Name & Rank of your Master Instructor (Master Chris DuFour – 5th Dan)
#1-25 in Korean (See Page 17) 10 Articles of Tang Soo Do (See Page 17)
Season of the White Belt (winter)

Jae Yu Dae Ryun (Sparring):

Demonstrate basic blocking, punching and kicking skills.



White Belt Long Distant Ill Soo Sik Requirements (age 6-12)

Special Instructions!

- A. Both partners begin in a fighting stance with the left leg forward.
- B. Each combination begins as the practitioner executes an open hand low defense with the left hand (side stance) and a reverse punch (front stance) with the right hand followed by the Kicking techniques described below.
- C. Each combination ends with the practitioner executing a reverse middle punch and a high front punch in a front stance. The student will then step back as many steps taken forward and count aloud in Korean for each step.
- D. Required for Students 12 years of age and under.
- E. All Students must demonstrate proper Ki Aup during the execution of the required combination techniques.
- F. All Students are encouraged to develop self-discipline and control by executing each technique with proper focus of sight, balance, and timing.

10th Gup to 9th Gup (White Belt to Yellow Belt)

- 1. Right Leg Front Kick - Left Leg Round Kick
- 2. Right Leg Round Left - Left Leg Round Kick.

White Belt Ill Soo Sik Requirements (ages 13 & older)

Special Instructions!

- A. Each one step sparring consists of an attacker and a defender. The attacker assumes a low defense position stepping back with the right leg into a strong front stance. When the defender is prepared, he/she signals the attacker with a loud Ki Ahp. The attacker then executes a walking high front punch in a front stance. The defender then executes the appropriate defense and counter attack as described below.
- B. It should be noted that the defender begins each combination from Choon Bee - the ready stance position unless otherwise stated. For Ill Soo Sik #5 & above, both partners will finish the one-step sparring drill in a defensive position.

10th Gup to 9th Gup (White Belt to Yellow Belt)

Hand #1 & 2:

- 1. Pile your hands over your right hip then step 45 degrees inward with the right leg forming a horse stance. With the hands chambered at the right hip, simultaneously perform a left hand knife hand block to the attacker's right wrist and a high punch to the face.
- 2. Pile your hands over your left hip then step as in number one. With your left hand punch to the solar plexus then pile both hands over right hip and execute hand technique number one.

Feet #1 & 2:

- 1. Starting from right foot back fighting stance. Execute a high right foot front kick, step out 45 degrees to the right in a horse stance and deliver a left hand middle punch then a right hand high punch.
- 2. Starting from right foot back fighting stance. Execute a high right foot turning side kick, step out 45 degrees to the right in a horse stance and deliver a left hand middle punch then a right hand high punch.

White Belt Ho Sin Sol Requirements (All Ages)

Special Instructions!

- A. Each self-defense practice consists of an attacker and a defender. Both the attacker & defender begin from a Choon Bee Ja Seh (Ready Stance).
- B. It should be noted that the junior (lower rank) will begin the practice of self-defense by taking on the role of the attacker. The defender will respond with the appropriate defense and counter attack as described below.

10th Gup to 9th Gup (White Belt to Yellow Belt)

Ho Sin Sol #1 & 2

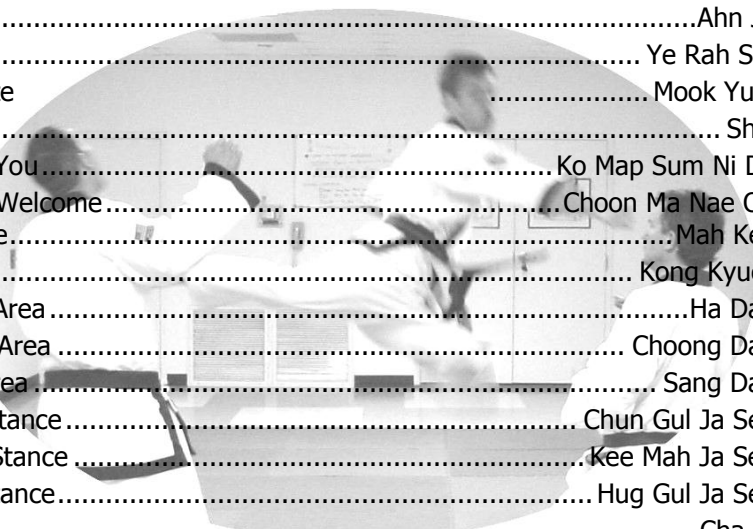
- 1. Your wrist is grabbed straight across by one hand:
Stepping backward with the grabbed side leg into a horse stance- escaping the grip by snapping the hand back to your hip (escape out of the thumb area). Cross your arms and deliver a front hand back fist to the attacker's temple followed by a reverse center punch in front stance.
- 2. Your wrist is grabbed by two hands:
Stepping backward with the grabbed side leg into a horse stance- escaping the grip by snapping the hand up and back to your hip (use your free hand to grab your own wrist and pull up & out). Cross your arms and deliver a front hand back fist to the attacker's temple followed by a reverse center punch in front stance.



General Class Terminology

English:

Korean:



Way of the Defensive or Offensive Hand	Tang Soo Do
Grandmaster C. S. Kim	Choong Jae Nim
Master Instructor	Sa Bom Nim
Certified Instructor	Kyo Sa Nim
Black Belt	Dan
Student	Kwon One
Grade.....	Gup
Training Hall	Dojang
Uniform	Dobok
Belt	Dee
Ready Stance.....	Choon Bee
Line Up	Jule Sara
Attention	Cha Ryut
Salute the Flags	Kuk Ki Bay Ray
Return to Original Position	Ba Roh
Sit	Ahn Jo
Stand	Ye Rah Sut
Meditate	Mook Yum
Rest	Shio
Thank You	Ko Map Sum Ni Da
You're Welcome	Choon Ma Nae Oh
Defense.....	Mah Kee
Attack	Kong Kyuck
Lower Area	Ha Dan
Middle Area	Choong Dan
High Area	Sang Dan
Front Stance	Chun Gul Ja Seh
Horse Stance	Kee Mah Ja Seh
Back Stance	Hug Gul Ja Seh
Kick.....	Cha Gi
Front Kick.....	Ahp Cha Gi
Round Kick	Tolyu Cha Gi
Side Kick(Horse Stance)	Yup Cha Gi
Turning Side Kick	Tolyu Yup Cha Gi
One Step Sparring.....	Ill Soo Sik
Sparring	Jae Yu Dae Ryun
Self Defense	Ho Sin Sol
Breaking.....	Kyok Pa
Form	Hyung
Basic Form #1	Giecho Hyung Ill Bo
Left.....	Wen
Right.....	O Rin

Counting Numbers in Korean:

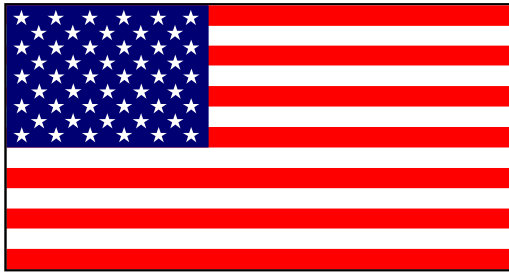
One	Hana
Two.....	Dul
Three	Set
Four	Net
Five.....	Dosut
Six.....	Yosut
Seven	Il Gup
Eight	Yodul
Nine	Ihop
Ten	Yole
Eleven	Yole Hana
Twelve.....	Yole Dole
Thirteen.....	Yole Set
Fourteen.....	Yole Net
Fifteen	Yole Dosut
Sixteen	Yole Yosut
Seventeen.....	Yole Il Gup
Eighteen	Yole Yodul
Nineteen.....	Yole Ihop
Twenty	Sumul
Twenty One	Sumul Hana
Twenty Two.....	Sumul Dole
Twenty Three.....	Sumul Set
Twenty Four	Sumul Net
Twenty Five	Sumul Dosut

Ten Articles of Tang Soo Do Training

1. Be loyal to your country.
2. Be obedient to your parents.
3. Be loveable between husband and wife.
4. Be cooperative between brothers.
5. Be faithful between friends.
6. Be respectful to your elders.
7. Be faithful between teacher and student.
8. Know the difference between good and evil.
9. Never retreat in battle.
10. Always finish what you start.

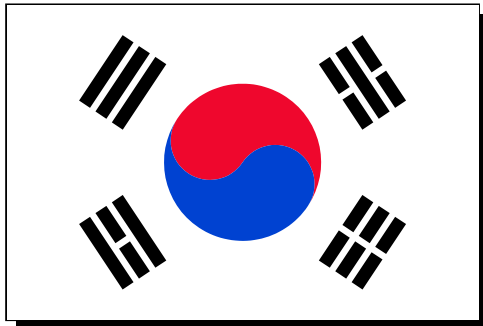
Symbolism of the USA, Korean, and Federation Flag

United States Flag (Song Cho Ki)



The flag of the United States of America consists of 50 white stars on a blue field, representing the 50 states of the Union. There are 13 alternating red and white stripes representing the 13 original states. The colors of the American Flag symbolize the virtues of the entire nation. Blue is for justice, preservation, and vigilance. White is for innocence. Red symbolizes strength and courage.

Korean Flag (Kuk Ki)



The Flag of the Republic of Korea is a white field dominated in the center by the symbol of the Uhm Yang. This symbol represents the dual nature of the Universe and the dual nature of every aspect of life. The red section (top section) of the uhm-yang represents the active (i.e. Fire, Heaven, and Father). The blue section of the uhm-yang represents passive (ie. Water, Earth, and Mother).

Around the uhm-yang are anagrammed symbols representing this concept. In the upper left is the symbol for Heaven, it's opposite - Earth is in the lower right corner. In the upper right is the symbol for Water, it's opposite - Fire is in the lower left corner.

The white field represents the people of Korea. This is the only flag representing the philosophy of the people. To have peace in life, the people and the forces around them must work in harmony with one another.

Federation Flag (Kwan Ki)



The International Tang Soo Do Flag represents many important philosophies of our Tang Soo Do training, history, and tradition. Below are listed the symbols, and a brief description of what they are to represent.

Two Red Decorative Symbols - Stand for the Points of a Compass, representing the spreading out of the International Tang Soo Do Federation worldwide.

The Chinese Character (Middle)

Do – Way

The Korean Lettering (from left to right)

Tang - Defense/Offensive

Soo – Hand

Do – Way

PENSACOLA TANG SOO DO ACADEMY

SPARRING REGULATIONS

1. **Required** sparring equipment:
 - Headgear
 - Mouthpiece
 - Hand pads- foam dipped
 - Foot pads- foam dipped
 - Male- groin cup***Please see Page 20 for Sparring Gear Packages**
2. Maintain a positive attitude while sparring.
3. Be thoughtful of your safety as well as the safety of your opponent and others.
4. Maintain a safe zone between all wall and wall décor.
5. **Legal techniques** include all front or reverse fist attacks to body and all front or rear leg techniques except knee kicks.
6. **Illegal techniques** include knee strikes, elbow strikes and head butts OR any attacks or blows which are not specific under legal target area.
7. The **legal target area** is defined as the front and sides of the body above the belt. Well-controlled hand or kicking techniques is permitted to areas not defined above.
8. **Illegal target areas** are defined as facial, below belt, neck and back area.
9. Absolutely **NO** sweeping, takedowns or grappling allowed.
10. **NO** excessive contact.

***Green Belts are allowed to use light contact with their hand techniques to the headgear of Green Belts and above.**

*****Red – Black Belts are allowed light contact to the sides of the headgear and are allowed the use of open hand attack or defense techniques.**

Pro Shop Items

Uniform



Middle weight (8oz)
Super Middle weight (10oz)
Heavyweight (12oz)

☐ Screen print \$55 ☐ Embroidery \$72
☐ Screen Print..... \$105 ☐ Embroidery \$122
☐ Screen Print..... \$115 ☐ Embroidery \$132

Uniform Options

☐ Flag Patch \$8
☐ **Red Trim \$15
☐ **Sleeve Alteration \$12

☐ ITF Patch \$5
☐ **Green Trim \$15

☐ **Patch Application.... \$6
☐ **Blue Trim \$25
**Patches not Included

SIZE _____

Sparring Gear



☐ Student Package \$95

Sparring Ala Cart

☐ Head.....\$38 ☐ Hands.....\$33 ☐ Feet \$33 ☐ Shin.....\$28 ☐ Mouth
w/case.....\$6

☐ PTSDA Premium Sports Gear Bag \$55

Weapons



☐ Bong (Staff)\$20
☐ Nunchuka Blue\$10
☐ Nunchuka Black\$10
☐ Nunchuka Pink\$10

Size: 4' 4'6" 5' 5'6" 6'

Apparel



Short sleeve t-shirt..... \$15 Blue____ Pink____ Yellow____
Long sleeve t-shirt \$25 Blue____ Pink____ Grey____ White____
Hoodie \$35 Blue____ Pink____ Grey____

****All orders are made on the 5th & 20th of each month.***

***** Embroidery, Trim or Patch Application services are
submitted on the 1st & 15th of each month.***

Expect two - three weeks for jobs to be completed.

******Prices are subject to change without notice.***