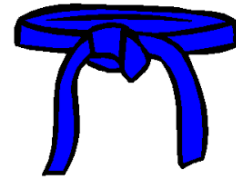




BLUE BELT TERMINOLOGY



Review all White – Red Belt Terminology.



RED BELT TERMINOLOGY



1. What is the season of the Red Belt? **Summer**
2. Name Pyong Ahn Hyungs (first to last).

Pyong Ahn Cho Dan
Pyong Ahn E Dan
Pyong Ahn Sam Dan
Pyong Ahn Sa Dan
Pyong Ahn O Dan

For the next three questions, use the table below or research on your own.

3. Give two names for your high form.
4. What is the meaning?
5. Who created it?

RANK	HIGHEST FORM	ALTERNATE NAME	MEANING	CREATOR
3RD GUP	Pahl Che So	Bassai So	Lesser Selection of the Best Choice	Anko Itosu
2ND GUP	Pahl Che Dae	Bassai Dae	Greater Selection of the Best Choice	Sokon Bushi Matsumura
1ST GUP	Kee Mah Hyung Cho Dan	Naihanchi Cho Dan	Iron Horse Form #1	Unknown. Believed that Matsumura brought it back from China

6. Show and explain one application of your new form.
7. What is the translation of "Wan Gup"? **Speed Control**
8. What is the translation of "Chung Sin Tong IL"? **Concentration; The mind and body as one.**
9. What is the translation of "Kyum Son"? **Humility**
10. Give 6 Korean Names for body parts (2 upper, 2 middle and 2 lower body).
Anatomy can be found in your ITF Manual.



GREEN BELT TERMINOLOGY



1. *What is the season of the Green Belt?* **Spring**
2. *What does Kiahp mean?* **“Spirit Breath” – Yell**
3. *What are the Korean words for low, middle and high area?*

Low Area	Ha Dan
Middle Area	Choong Dan
High Area	Sang Dan

4. *What is the Korean word for courage?* **Yong Gi**
5. *What year was the PTSDA started?* **1996**
6. *What is the translation of “Chung Jik”?* **Honesty**
7. *What is the translation of “Choong Shim”?* **Balance**
8. *Show and explain one application of your form.*
9. *What is the Korean word for Spear Hand?* **Kwan Soo**
10. *Give one Basic Tang Soo Do Etiquette rule.*

Etiquette rules can be found in your ITF Manual.



ORANGE BELT TERMINOLOGY



1. *What does Pyong Ahn mean?*

PYONG	AHN
Well-balanced	Safe
Calm	Confident
Peaceful	Comfortable

2. *Who created the Pyong Ahn Forms? **Anko Itosu***
3. *What animal represents the Pyong Ahn Forms? **Turtle***
4. *What year were the Pyong Ahn Forms created? **1901***
5. *What years were the Pyong Ahn Forms presented? **1905-1909***
6. *What is the translation of “Soo Do”? **Knife Hand***
7. *What is the translation of “Sang Soo”? **Two Fisted***
8. *Study the meanings of the USA Flag.*

Information can be found in your ITF Manual.

9. *Study the meanings of the Korean Flag.*

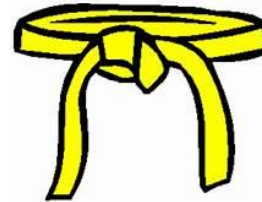
Information can be found in your ITF Manual.

10. *Study the meanings of the ITF Flag.*

Information can be found in your ITF Manual.



YELLOW BELT TERMINOLOGY



1. *What year did Grandmaster C. S. Kim start the ITF?* **1984**

2. *What is the name of your new form?*

Giecho Hyung E Bo (Basic Form #2)

3. *What is the meaning of the word Dan?*

Degree, holder of Midnight Blue (black) belt

4. *How do you say "thank you" in Korean?* **Ko Map Sum Ni Da**

5. *Recite the 10 Articles of Tang Soo Do.*

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

6. *What is the Korean word for attack?* **Kong Kyuck**

7. *What is the Korean word for block?* **Mah Kee**

8. *What is the Korean Word for kick?* **Cha Gee**

9. *What are the Korean names for the three flags?*

American Flag	Song Cho Ki
Korean Flag	Kuk Ki
School Flag	Kwan Ki

10. *What are the three principles of Tang Soo Do?*

Responsibility, Sincerity, & Justice



WHITE BELT TERMINOLOGY



1. What is the Name of the Martial Art you are studying? **Tang Soo Do**
2. Who is the founder of the ITF? **Choong Jae Nim C.S. Kim**
3. What are the Korean words for Uniform & Belt? **Dobok & Dee**
4. What is the Korean word for the Training Area? **Dojang**
5. Count (Korean) from 1-25

1 Hana	6 Yosut	11 Yole Hana	16 Yole Yosut	21 Sumul Hana
2 Dul	7 Ill Gup	12 Yole Dul	17 Yole Ill Gup	22 Sumul Dul
3 Set	8 Yodul	13 Yole Set	18 Yole Yodul	23 Sumul Set
4 Net	9 Ihop	14 Yole Net	19 Yole Ihop	24 Sumul Net
5 Dosut	10 Yole	15 Yole Dosut	20 Sumul	25 Sumul Dosut

6. What is the Season of the White Belt? **Winter**
7. What is the name of your Form? **Giecho Hyung Ill Bo (Basic Form #1)**
8. Name one stance in Korean?

Ready Stance	Choon Bee	Horse Stance	Kee Mah Jaseh
Front Stance	Chungul Jaseh	Back Stance	Hugul Jaseh

9. What are the four Blocks and Kicks in Korean?

Low Block	Ha Dan Mah Kee	Front Kick	Ahp Cha Gee
High Block	Sang Dan Mah Kee	Round Kick	Dolyu Cha Gee
Inside-Out Block	Ahneso Pahkero Mah Kee	Side Kick	Yup Cha Gee
Outside-In Block	Pahkeso Ahnero Mah Kee	Side Hook Kick	Yup Hurugi Cha Gee

10. How do you feel Tang Soo Do has helped you in your daily life?