

Tang Soo Do Mi Guk Kwan®  
Association, Inc.

# GUP MANUAL



**CHARLES FERRARO**  
FOUNDER AND PRESIDENT

# My GUP **MANUAL**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ CELL PHONE \_\_\_\_\_

E-Mail ADDRESS \_\_\_\_\_

MY INSTRUCTOR \_\_\_\_\_

SCHOOL (DoJang) ADDRESS \_\_\_\_\_

DOJANG PHONE # \_\_\_\_\_

Date I Started Training at the Dojang \_\_\_\_ / \_\_\_\_ / \_\_\_\_

DOJANG E-Mail ADDRESS \_\_\_\_\_

DOJANG WEB SITE \_\_\_\_\_

TSDMGK WEB SITE \_\_\_\_\_

# GUP MANUAL



**CHARLES FERRARO**  
FOUNDER AND PRESIDENT

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“ Circle of Infinity...  
Emptiness with fullness,



To end and to begin  
all things visible, all things unseen.  
...circle of life.”

Tang Soo Do Mi Guk Kwan®

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*Grandmaster Charles Ferraro, Founder and President of the Tang Soo Do Mi Guk Kwan.  
Founder and President of the World Mi Guk Kwan Association  
President Tang Soo Do Mi Guk Kwan Association, Inc.  
Co-founder – Worldwide Tang Soo Do Family*

Congratulations for your decision to place your membership with the Tang Soo Do Mi Guk Kwan Association, Inc. Your decision to train in Tang Soo Do will reward you in many ways and as a member you will have many opportunities to contribute to the Mi Guk Kwan operational functions. You are encouraged to communicate with your peers and instructors. Each member, by participating in due process, can make proposals to the Board of Directors at Association Board meetings. Tang Soo Do Mi Guk Kwan practitioners care about each other, as "family". As part of the Mi Guk Kwan family you will experience tremendous growth in knowledge and strength. Your growth will be a direct result of your efforts and the efforts of your certified studio instructors). The benefits you receive are a direct result of the individual contributions of the membership in general.

Tang Soo Do Mi Guk Kwan is considered a classical martial art. As an art form, it is primarily concerned with scientific and martial theory, form and aesthetics. Because of its evolvement of practical and effective self-defense techniques. Tang Soo Do, being a classical art, draws upon a vast body of knowledge from Eastern Philosophy. Additionally, since this art was developed in the USA it also draws about the vast experience and lessons learned through the fostering of the American way of life. As a Mi Guk Kwan member, you have access to this collection of Eastern and Western philosophy. You can use this combination of Eastern and Western Wisdom imparted by Tang Soo Do as a means of improving the quality of your life in every way.

Your Tang Soo Do Mi Guk Kwan Association has a responsibility to provide you with a clean and safe training area, the highest quality instruction possible and intra-association communication. Through your instructor you have access to books, videos and other media that are being developed as a supportive adjunct to your studies of Tang Soo Do. Your membership card will be accepted at all Tang Soo Do Mi Guk Kwan Association studios worldwide. You will also be able to participate in seminars, clinics, summer camps, and workshops when they are offered.

As an organization that is genuinely interested in the growth and development of each individual as well as the membership in general, we encourage you to express yourself in presenting any idea or program that you feel might strengthen or improve your Association. All Dan members are considered voting members and as such have the right to express their feelings and beliefs. Any member, whether Gup or Dan, can be voted to the Board of Directors and subsequently has the right to hold office in the Association and to speak openly and freely.

The association is a "C" corporation, incorporated and governed by the laws of the state of Connecticut. There are no stockholders, only members. The day-to-day business decisions are made by appointed and elected Tang Soo Do men and women such as you. They are legally and morally bound to manage this organization for the ultimate benefit of its members.

On behalf of your Association, I extend to you our best wishes for a long and rewarding membership. May God bless you and yours.

Yours in Tang Soo Do   
  
Charles Ferraro, President  
Tang Soo Do Mi Guk Kwan Assoc., Inc.

## Technical Advisory **Committee**

The appointed members of the Technical Advisory Committee are responsible for upholding the technical and moral high standards set by Grandmaster Charles Ferraro. The TAC is dedicated to its mission of insuring that you will have the proper technical guidance and insight needed to continue your study of the Mi Guk Kwan system. Grandmaster Charles Ferraro has established very high technical standards for rank certification of his students as well as teacher certification for those who wish to instruct Tang Soo Do to others. The TAC, with the guidance of the Board of Directors, establishes curriculum and evaluates all activities within the Association to preserve the integrity, purity and standards of the Mi Guk Kwan.

The Chairman of the TAC reviews all requests for certification of studios, instructors and/or individual rank. The Chairman may approve deny any applicant's request based on individual qualifications. After certification is approved, the TAC will coordinate all activities and continue to evaluate instructors to be sure the technical and moral standards set by the Grandmaster are maintained.

You continued growth mentally and physically in the Tang Soo Do Mi Guk Kwan art from is greatly enhanced because of the TAC's dedication, commitment and dedication. Additionally, the TAC of the Tang Soo Do Mi Guk Kwan is dedicated to obtaining worldwide recognition and standing for its standards of excellence.



Sa Bom Nim  
**Howard Dugan**

Grandmaster  
**Charles Ferraro**

Sa Bom Nim  
**Richard Kopf**

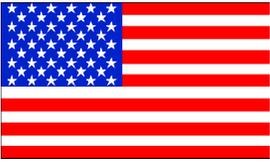
Sa Bom Nim  
**Joseph De Vita**

# The Tang Soo Do Mi Guk Kwan Emblem

## *Traditional and Cultural Background*

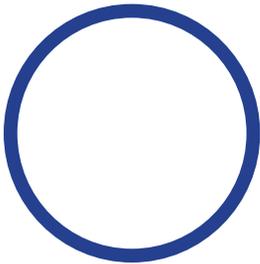
### The Dojang **Flags:**

On the wall of our Dojang's (studio) you will see three flags. The flag on the left is the American Flag. On the right is the flag of South Korea, which represents the heritage of our martial art, and in the center flies the Mi Guk Kwan flag, Kwan Gi, which symbolizes the goals and ideals central to our training.



### The Mi Guk Kwan **Flag** (*Kwan Gi*) **and Patch**

The Mi Guk Kwan Flag (Kwan Gi) represents the organization or style of the martial art, Tang Soo Do. It has Both physical and philosophical significance in our training.



### The Outside **Circle**

Symbolizes the cycles of nature.

The cycle nature of all life is borne out in numerous examples. The cycles of birth to death, of the seasons, planting to harvest, growth, stagnation and decline, order to chaos, are but a few examples of this. It also represents the earth itself and reminds us of our obligation to respect and protect the planet and environment in which we live.

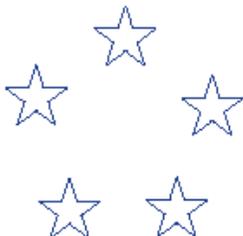
### Um / **Yung**

Denotes the duality of nature and the law of opposites. Any item in nature exists in some sort of balance with its opposite. You cannot have love without hate. One cannot understand peace without the incidence of war. In fact one gives birth to its opposite and vice versa. The curved line indicates that in nature there are no absolutes. The lines that separate a concept or quality are not sharply delineated, they instead are represented more correctly as a gradual change, sort of blending, a change by degree.



## American **Flag** (5 Star version)

The American flag represents the philosophy of the West and the American way of life. It is superimposed over the Oriental UM/Yang in order to represent the blending of the philosophies of the East and the West.



### Five **Stars**

Represents the five-element theory; Each of the fundamental movements of Tang Soo Do Mi Guk Kwan represents one of the five elements. A step forward is identified with metal, withdrawal with wood, looking left is associated with water, looking right with fire, and central equilibrium is connected to earth. **Water** has properties of soaking and descending, (since water flows downward). **Fire** both

heats and moves upward, (since flames rise in the air). **Wood** allows its form to be shaped into straight or curved pieces. **Metal** can be melted, molded and then hardened. **Earth's** properties include the provision of nourishment through sowing/reaping. There are four major principles describing changes in and interrelationships among the five elements: mutual creation, mutual closeness, mutual destruction, and mutual fear.

According to mutual creation the five elements create each other: Wood creates fire, fire creates earth, earth creates metal, metal creates water, and water creates wood. According to the principles of mutual closeness each element is considered attracted to its source. Thus wood is close to water, water to metal, metal to earth, earth to fire, and fire to wood. An element becomes close to its creator in much the same way that a child is close to its mother. According to the principle of mutual destruction there is a series of conflicts between pairs of elements: Wood weakens earth by removing nutrients from the soil. Earth limits water as exemplified by man made dams. According to the well-known Chinese proverb, "When water comes it must be stopped by earth". Water extinguishes fire. Fire conquers metal by melting it. Metal, in the form of axes and knives, can cut down trees and carve wood. Finally and conversely, by the principle of mutual fear, an element respects and fears the element which could destroy it. Wood fears metal, metal fears fire, fire fears water, water fears earth, and earth fears wood. The similarities any differences among the principles can be analyzed in terms of Um and Yang, which supports why the stars are housed within the Um/Yang symbol. Creation and closeness, both constructive principles, are considered Yang; whereas destruction and fearfulness, their opposites, are viewed as Yin. In addition to representing forces in the natural world, the five elements provide guiding principles for physiology, pathology, diagnosis, and therapy in traditional Chinese medicine. In the human body, the internal organs are divided into two groups: the five Yin or solid organs, and the six Yang or hollow organs. Each of the Yin and Yang organs is identified with one of the elements. The heart (Yin) and small intestine (Yang) are associated with fire; the spleen (Yin) and

the stomach (Yang) with earth; the lungs (Yin) and large intestine (Yang) with metal; the kidney (Yin) and bladder (Yang) with water; and the liver (Yin) and gallbladder (Yang) with wood. Chinese physicians began applying the theory of the five elements to the maintenance of health and the cure of illness thousands of years ago. In sensitively evaluating both the effects of medicines and the illness of the organs in terms of the five-element theory, Chinese doctors exemplified an understanding of wholeness and harmony in the body's functioning.

In the founding of the Mi Guk, Grandmaster Nim Ferraro was careful to conform with what Kwan Jhang Nim Hwang Kee referred to as the Sip Sam Seh, or the Thirteen Influences, (the combination of the five elements and the eight directions). As a system of health Tang Soo Do Mi Guk Kwan employs not only Yin-Yang principles but also the five-element theory. Thus in addition to developing a healthy Yin-Yang relationship between mental activity and physical movement, Tang Soo Do Mi Guk Kwan is designed to balance the internal organs and promote harmony in the entire body. Maintaining a dynamically balanced system preserves health by preventing illness and improves the quality as well as the length of life.

## Chinese Symbol “Moo”

Represents the prevention of conflict. Conflict resolution on an internal as well as an external basis is one of the major goals of a Tang Soo Do Mi Guk Kwan practitioner. The symbol is drawn in eight strokes. Each stroke represents the eight points of the compass: N, S, E, W, NE, SE, NW, SW. These directions correspond with the eight trigrams. The I Ching, also called the Book of Changes, tells of the formation of the eight trigrams, or Pa-Kua. According to Tachuan: in the system of the I Ching, there is the Tai-Chi, or the Grand Terminus, which generated two forms or Liung-Yi. Those two forms generated four symbols or Ssu-Hsiang. Those four symbols divided to further generate the eight trigrams or Pa-Kua. Each direction corresponds to different types of martial arts techniques. Warding off, or deflecting; rolling back or absorbing, pressing or slow steady pressure, (pressure points, application of wrist locks, etc.); and pushing; are located in the south, north, west and east respectively, hence are named the four directions or Ssa Cheng. The act of pulling down, or shocking the opponent by disrupting concentration and balance; of splitting or throwing; of elbow strikes, punching techniques, or kicking techniques; and shoulder strikes, or knee techniques; are in the southeast, northwest, southwest, and northeast, respectively, so these are called the Four Corners or Ssa Yu. Collectively these eight directions are often referred to as the Eight Gates. When we take the five stars and the eight strokes of the symbol for “Moo” we have a representation of the 13 influences of the Sip Sam Seh, from which the art of Tang Soo Do was formulated. The Chinese symbol also reminds us of the Southern and Northern Chinese influence in the development of Tang Soo Do.



## Laurel **Leaves**

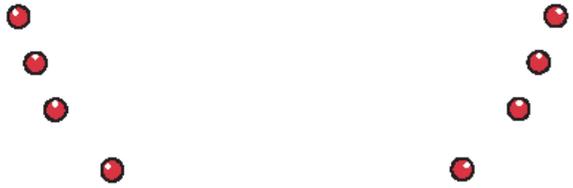
The leaves represent life. Our art is living art and will continue to grow and evolve in accordance with the time, place, culture, where the art is practiced, as well as, the development of our individual practitioners.



The leaves also represent peace. The ultimate goal of martial arts training is the fostering of world peace through human relations. There are 13 leaves on each side further emphasizing the Sip Sam Seh.

## **Berries**

The berries represent the fruitful result of training. There are a total of eight berries each representing one of the eight key concepts, Courage, Humility, Honesty, Concentration, Endurance, Control of Power, Relaxation and Tension, and Speed Control.



## Korean **Symbols**

The Korean letters at the bottom of the patch stand for Tang Soo Do Mi Guk Kwan, (*Brotherhood or school in America where the way of the empty hand defense is practiced*).



Together with the Chinese symbol for "Moo", the Korean letters remind us of the Korean and Chinese influences that played in the development of Tang Soo Do.

## Fibonacci **Numbers**

Throughout the emblem the numbers **5**, **8**, and **13** continually appear. These numbers are all *Fibonacci Numbers* whose significance lies in the frequency that they appear in nature.

- 5** stars
- 8** berries
- 13** laurel leaves on each branch
- 13** stripes

## The Colors of the **Patch**

The colors of the emblem are consistent with the ranking system of Tang Soo Do Mi Guk Kwan. The white area, the stars, and the white stripes of the American Flag correspond to the beginner level. The winter season, represents the emptiness, innocence, hidden potential and purity. The orange Chinese symbol for “Moo’ symbolizes the second belt of our ranking system and signifies an awareness of one’s potential. The green laurel leaves correspond to the intermediate student or green belt. The green belt represents the spring season with its growth, spreading, and advancement. The red berries and red stripes of the American flag corresponds with the advanced student or red belt. The red belt represents the summer season, the ripening of ones skills, active, (Yang). The blue portion of the American flag corresponds with the Dan student or blue belt. The Dan belt, (blue) equivalent of the black belt of other martial arts represents the autumn season, with maturity, calm, passive, (Um), harvest. The red letters outlined in blue for the Korean words “Tang Soo Do Mi Guk Kwan” represent the master belt. The master is a master most importantly of himself. A fully integrated individual capable of teaching and directing Dans in the study of Tang Soo Do. Do.



The martial art known as Tang Soo Do is relatively modern. However, its basis, the Korean disciplines of Soo Bahk and Tae Kyun, dates back many centuries. Tang Soo Do is a composite style influenced by the Northern Chinese arts, the Southern Chinese arts, and the Okinawan discipline of Karate. The Chinese influences were as follows: Basic Training (Seh Bop - method of postures; Bo Bop - method of steps; Ryun Bop - method of conditioning) and form and combat applications (Dham Toi Sip E Ro and "Tae Kuk Kwon"). The Okinawan influences were primarily a result of the Japanese occupation of Korea from 1910- 1945. The term "Tang Soo Do" was the name Grandmaster Lee, Won Kuk, founder of Chung Do Kwan, originally applied to his art. After a meeting with Mr. Lee in 1947, Kwan Jhang Nim Hwang Kee decided to integrate the art of "Tang Soo Do" (referred to by the Korean community at that time as "Okinawan discipline of Karate") into his Hwa Soo Do discipline. Our kicking techniques, for which Tang Soo Do is recognized, are based on the ancient Korean kicking style of Tae Kyun and were later formalized by Grandmaster Hwang Kee, founder of the Hwa Soo Do Moo Duk Kwan and Tang Soo Do Moo Duk Kwan styles. Tang Soo Do is both a hard and soft style, deriving its hardness in part from Soo Bahk and its soft flowing movements from the Northern and Southern Chinese systems.

Grandmaster Charles Ferraro, founder of the Mi Guk Kwan style, began his studies in Tang Soo Do Moo Duk Kwan in 1967 under Mr. Robert Cheezic, pin #2278. After the formation of the U. S. Tang Soo Do Moo Duk Kwan Federation in 1976, Kwan Jhang Nim Ferraro became a student of Master Hyun Chul Hwang, son of Grandmaster Hwang Kee. From 1976-1995 Kwan Jhang Nim Ferraro studied and obtained a high level of proficiency in many martial and natural health disciplines (8th Dan - Recognized as founder (Kwan Jhang Nim) of Tang Soo Do Mi Guk Kwan, 6th Dan Ju-jitsu, 8th Dan Tang Soo Do Moo Duk Kwan, 5th Dan Aiki-jitsu, 3rd Dan American Goju, Master instructor Hai Dong Gumdo (Korean sword), Certified Instructor Kali, and Master of Reiki - the art of natural healing).

Kwan Jhang Nim Charles Ferraro opened his first Dojang in 1976 in New Haven, CT, under the name of New England Tang Soo Do Academy. After moving his Dojang to West Haven, CT, in 1978, Kwan Jhang Nim Ferraro decided to change the name of his school to West Haven Academy of Karate, Achievement Centers.

Because of the aforementioned achievements, growth and development of his various Dojangs, and the philosophical and fiscal direction of the existing federations, Grandmaster Charles Ferraro founded and established the TSDMGK , ("A brotherhood, school, and place in America to practice the way of the empty hand defense").

On December 9th, 1995, fifty-nine of Kwan Jhang Nim Ferraro's senior students

and studio owners held an unprecedented and historic meeting. It was at this meeting that it was decided by unanimous vote to form a new martial arts organization. It was through the dedicated efforts of those in attendance at this inaugural meeting that the Tang Soo Do Mi Guk Kwan Association, Inc. was formed with Kwan Jhang Nim Charles Ferraro as it's president.

Although Tang Soo Do and its great combat applications can be adapted to competition, it is not a sport. As a classical martial art, its purpose is to develop every aspect of the "self" in order to create a mature person who totally integrates his/her intellect, body, emotions, and spirit. This integration helps to create a person who is free from inner conflict and who can deal with the outside world in a mature, intelligent, forthright, and virtuous manner. The Mi Guk Kwan name gives us a direction where we can blend the philosophies of the East and the West, a vehicle through which we can focus our mental training and foster the American way of life. Tang Soo Do is the technique, Mi Guk Kwan is the philosophy. Tang Soo Do technique requires the mental and physical discipline that Mi Guk Kwan offers. The two combined produce the total integration of mental, spiritual, and physical development, which increases the benefits of each. From their harmony an awareness of being is created that makes Tang Soo Do Mi Guk Kwan training a valuable art form.

As a result of the decision to form the Tang Soo Do Mi Guk Kwan Association, Inc., an elected and appointed Board of Directors was established to guide it's membership in the growth and continuation of Tang Soo Do Mi Guk Kwan in the United States and abroad. The Board also maintains the standards of excellence set by Grandmaster Charles Ferraro and his appointed Technical Advisory Committee. The chartered members of the TAC are Sa Bom Nim Richard Kopf, Sa Bom Nim Howard Dugan, and Sa Bom Nim Joseph DeVita.

Due to the vision, courage, and action of Kwan Jhang Nim Ferraro and many mature, intelligent, and independent individuals including the Charter Members, Technical Advisory Committee and Board of Directors who worked to create the Association, the future success of the Tang Soo Do Mi Guk Kwan is a virtual certainty.

Tang Soo Do practitioners are positive thinkers with a "rock-hard determination" to succeed. We are proud of our achievements, yet we know there is much more to learn. We are winners who share an unbreakable solidarity, yet we have independence to speak what we feel. These qualities will forever hold us together as kinsmen, as a family, and assure future generations that they will inherit the way of Tang Soo Do Mi Guk Kwan.



*Sa Bom Nim Mike Murphy, Kyo Sa Bill Nunez, unknown competitor and Sa Bom Nim Bernard Redfield winning awards at championship in Las Vegas, NV – 2001.*



*Kwan Jhangs and Sa Boms are led into the competition in Las Vegas, NV, 2001 by Kwan Jhang Nim C. I. Kim, KJN Andy Ah Po and KJN Charles Ferraro.*



*Sparring competition – Las Vegas, NV – 2001.*



*Kodanja Shimsa – West Haven Dojang – January 2010.*

# Student Code of **Conduct**

*Members must conduct themselves in accordance with and abide by the following principles of Tang Soo Do Mi Guk Kwan.*

- 1.** The major function of Tang Soo Do is developing ones mental and physical abilities and realizing ones personal potential in these areas.
- 2.** Every member shall: lead by example, be truthful to yourself and others, love your country, demonstrate sound moral character, strive to help others in need, develop a “peaceful confidence” and demonstrate by example that you are worthy of and value being a Tang Soo Do Mi Guk Kwan practitioner.
- 3.** As a practitioner you should recognize the benefits of respectful competition as a tool of developing qualities such as concentration, respect, sportsmanship, control of power, humility, courage, and cooperation with others.
- 4.** Tang Soo Do is a classical martial art, not a sport. It is not something that I used solely for the sake of winning. Tang Soo Do is a discipline that utilizes physical and intellectual activities to develop mental, physical and spiritual health.
- 5.** Practitioners have a responsibility to maintain the purity of Tang Soo Do Mi Guk Kwan and never tarnish its name, techniques or philosophy.
- 6.** Your fellow practitioners are your sisters and brothers. We are family and must always work together helping one another as a team.
- 7.** Members shall remember that their bodies are their temples. Drugs and smoking tobacco should be avoided at all costs.
- 8.** Members shall never use alcohol in an abusive manner.
- 9.** Members shall maintain their dues on a current basis.
- 10.** Tang Soo Do practitioners must always keep their uniforms and person clean. You represent the Mi Guk Kwan Association, and your personal hygiene is very important.

# Ten Elements of **Effective Training**

*One must always approach their martial arts training with the mind of a beginner, an empty cup if you will. Keeping an open mind toward your training and instructor will foster a positive learning environment. Remember that the purposes and goals of Tang Soo Do training are not the same as sport endeavors. The following are ten reasons why everyone should practice Tang Soo Do Mi Guk Kwan.*

- 1. Martial arts excellence can be and is achieved by young children, men and women, and the elderly; all it takes is discipline, dedication, and desire.**
- 2. Martial arts training is free and nonrestrictive, the only limitations are those of the individual practitioner.**
- 3. Martial arts practice is natural and reasonable; nothing but space and desire is needed.**
- 4. Martial arts combines the best attributes that civil and martial disciplines have to offer. Teaching its practitioners to be both strong (*aggressive when necessary*) and submissive (*yielding when necessary*).**
- 5. Martial arts practice is good for effective self-defense, for the improvement of personal health, and for increased longevity of life.**
- 6. Martial arts practice is good for mental, spiritual, and physical well being.**
- 7. Martial arts can be practiced in groups or on an individual basis.**
- 8. Martial arts can be practiced anywhere. Your dojang is wherever you decide to practice.**
- 9. Martial arts practice requires no props, equipment, or apparatus.**
- 10. Martial arts practice does not require you to have a partner.**

*When we train in Tang Soo Do, we are not playing a “game” or contest, instead we face physical, mental, and spiritual interaction between ourselves and our art. As such, the benefits that one achieves from the practice of Tang Soo Do are immediate and lasting. Whether we are met with an outside challenge or have to deal with one of our weaknesses, we forge our character on a strong sense of discipline, replacing the temporary condition of victory or defeat with the lasting benefits of greater selfesteem, improved personal health, and self-confidence.*

## Eight **Key Concepts**

Always strive to improve the Eight Key Concepts.

1. **Yong Gi** - Courage
2. **Chung Shin Tong Il** - Concentration
3. **In Neh** - Endurance
4. **Chung Jik** - Honesty
5. **Kyum Son** - Humility
6. **Him Cho Chung** - Control of Power
7. **Shin Chook** - Tension & Relaxation
8. **Wan Gup** - Speed Control

## Twelve **Tenets of Tang Soo Do Mi Guk Kwan**

- |                         |                                      |
|-------------------------|--------------------------------------|
| 1. <b>Self Control</b>  | 7. <b>Cleanliness</b>                |
| 2. <b>Courage</b>       | 8. <b>Unselfishness</b>              |
| 3. <b>Faith</b>         | 9. <b>Secrecy</b>                    |
| 4. <b>Forbearance</b>   | 10. <b>Sense of Oneness (Nature)</b> |
| 5. <b>Honesty</b>       | 11. <b>Perseverance</b>              |
| 6. <b>Concentration</b> | 12. <b>Gratitude</b>                 |

## Seven **R's**

1. Right **Thought**
2. Right **Meditation**
3. Right **Faith**
4. Right **Resolve**
5. Right **Effort**
6. Right **Speech**
7. Right **Action**

# Benefits of Mi Guk Kwan **Membership**

## **1. The Grandmaster, TAC, and Senior Master Instructors** -

Grandmaster Charles Ferraro dedicates much of his time to developing the Mi Guk Kwan style. He is recognized throughout the world for his vast martial arts knowledge, extraordinary teaching abilities, and his high standards of technical excellence. The Mi Guk Kwan Association gives you access to the Grandmaster, TAC, and Senior Master Instructors through its Gup and Dan testings, clinics, special seminars, and tournaments. If you ever have a question about any aspect of Tang Soo Do Mi Guk Kwan, you should feel free to call at once.

**2. Clinics, Accredited Workshops, and Summer Camps** - As a member, you will have several opportunities to participate in special events that focus on self-defense, hand and foot techniques, sweeping techniques, study of philosophy, grappling, free sparring, forms, and many other aspects of the martial arts. These Mi Guk Kwan events offer members the chance to greatly expand their martial arts knowledge while developing greater physical strength and technical abilities. All special events are supervised by master level instructors.

**3. Mi Guk Kwan Charter, Copyright, and Authority** - The Tang Soo Do Mi Guk Kwan Association is the only organization in the United States chartered by and under the direction of Grandmaster Charles Ferraro, its founder. The name "Mi Guk Kwan" is copyrighted and registered and can only be used by Certified Mi Guk Kwan Studios.

**4. Certification of Instructors and Studios** - Every Tang Soo Do Mi Guk Kwan instructor must be certified before they are permitted to teach. To become a Certified Instructor, candidates must pass a special test conducted by the TAC and a Board of Examiners. All Tang Soo Do Mi Guk Kwan schools are inspected and certified, and must maintain the high standards set by the Grandmaster.

**5. Books on Tang Soo Do Mi Guk Kwan** - Grandmaster Ferraro is constantly developing educational material and as it is published, it will be made available to the membership at discounted rates.

**6. Visiting Rights** - When traveling, you will have the right to study at any Tang Soo Do Mi Guk Kwan certified studio. You should always inform your instructor and obtain permission from the studio you plan to visit. Name, addresses and phone numbers of certified studios are available at Headquarters.

**7. Video Tapes** - The Mi Guk Kwan Association will make video tapes of basic hand and foot techniques, forms, as well as advanced techniques available to all members as soon as they are developed.

8. **Centralized Headquarters** – As a member, you are welcome to contact Headquarters for information relating to membership, tournaments, clinics, seminars, Dan and Ko Dan Ja testing schedules. You can also get information concerning the names, locations, addresses, and phone numbers of other Mi Guk Kwan certified schools.
9. **Culture and Philosophy Seminars** - Special seminars concentrating on the history, philosophy and tradition of Tang Soo Do Mi Guk Kwan are conducted by Grandmaster Ferraro and his Senior Master Instructors. Other seminars that benefit the growth and development of members are also conducted. Ask your instructor for details.
10. **Tournaments** - Tournaments give you the opportunity to use the skills you learn in class in a “competitive environment”. Tournaments are great learning experiences for students of all ranks. Confidence, respect for your opponent, control of power and humility are just a few of the concepts you will experience in tournament competition.
11. **Newsletter** - A TSDMGK newsletter is published and distributed by the Association. The newsletter contains information about the achievements of members, new techniques and upcoming events. You are encouraged to contribute to YOUR newsletter.
12. **Transferring between Studios** - If you should have to move, the Association will locate the nearest certified studio for you. All active members will be able to continue training at their new studio at their current rank.
13. **Media Coverage** - Tang Soo Do Mi Guk Kwan will continue to grow internationally because of the coverage in martial arts magazines and regional and national news media. These publicity vehicles enhance the membership, reputation and the name of the Tang Soo Do Mi Guk Kwan.
14. **Standardization of Techniques** - All Certified Mi Guk Kwan instructors follow the standardized techniques established by Grandmaster Ferraro and the Technical Advisory Committee. All Mi Guk Kwan Certified schools follow the same standardized curriculum.
15. **Sharing Knowledge** - Grandmaster Ferraro, the TAC, the Board of Directors and Senior Masters have a wealth of knowledge to share with you. When you participate in Association events you will become stronger physically, sharper technically and smarter mentally through the knowledge the instructors share with you.

16. **Legitimacy of Mi Guk Kwan Association** - The Tang Soo Do Mi Guk Kwan Association is recognized worldwide for its high standards of martial arts excellence. As a member, you will grow in many ways and you will never stop learning. Your Mi Guk Kwan certification of rank is recognized throughout the martial art world.
17. **Voting and Holding Office** - All Dan members have the right and are expected to vote in any Association Election of Officers and Charter revisions. Any member of the Mi Guk Kwan Association can hold office, regardless of their rank.
18. **Your Right to be Heard** - If you have concerns about any of the Associations policies or procedures it is your right to express your concerns. You can express your concerns by writing to the Board of Directors, the Executive Committee, or the appropriate Committee Chairman.
19. **Your Mi Guk Kwan Association will Support You** - The Tang Soo Do Mi Guk Kwan Association will back you in any way it can if your credentials should ever be questioned. All members will be supported with the full cooperation and authority of the Association.
20. **Promotion Diplomas** - Every student who passes all the test requirements will receive an official Tang Soo Do Mi Guk Kwan “Certificate of Rank” diploma. All Gup and Dan level students receive diplomas.
21. **Identification Card and Gup/Dan Numbers** - Members are given identification cards with assigned Gup or Dan numbers. All numbers are recorded in the official Mi Guk Kwan Gup/Dan Registration Book.

# Your Uniform (DoBok)

The correct name for your uniform is “Do Bok”. The word “Do” means “Way of Life” and the word “Bok” means “clothing” or “apparel”. The word “Gi” is the Japanese term for uniform and is inappropriate for use in our art.

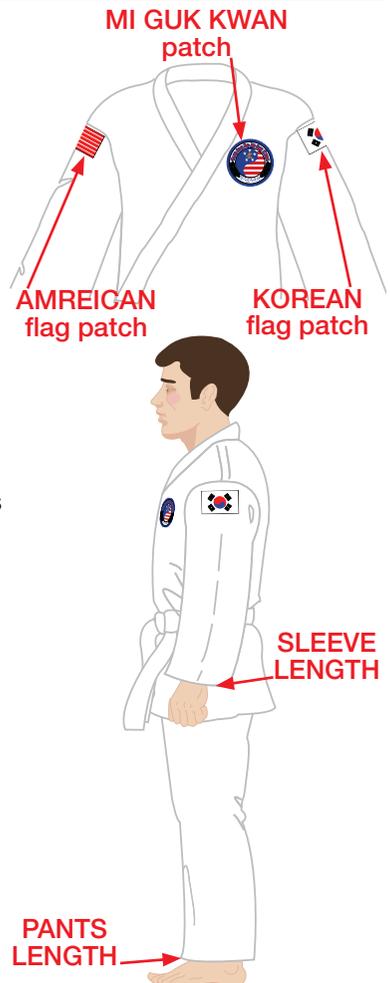
The Do Bok is the symbol of your loyalty to the Mi Guk Kwan and your commitment to mental, physical, and spiritual self-improvement. The traditional white color of the Do Bok has been maintained since ancient times. The white color represents the practitioner’s respect for life, purity of spirit and commitment to avoid unjust conflict. You should always wear your Do Bok with pride and respect it as you do your own body. Keep it clean and in good shape. To be proud of your outside appearance can only mean you feel good on the inside.

## Proper Placement Of Patches

Flag patches may be placed on the sleeves of your uniform. If the American Flag is positioned on the right sleeve just below the horizontal seam or shoulder seam, we must use a “reversefield” patch, i. e., the field of stars is worn closest to the heart.

The Korean Flag, red portion up, is positioned on the left sleeve just below the horizontal seam or shoulder seam. If both flags are worn on the same sleeve, they should be on the left with the American Flag on top (regular field of stars, more easily obtained) of the Korean flag. Both flags are optional, not required. The Tang Soo Do Mi Guk Kwan patch is mandatory. You must have a Mi Guk Kwan patch. It should be positioned over the left chest. Be sure the patch is straight when the Do Bok is tied (put your uniform on and tie it completely, then pin the patch on straight to secure it for sewing).

When tying the top of your Do Bok, pull the right side to the left side and tie it. Take the left side and pull it over the right side and tie it. The left side of the Do Bok is always on top. The sleeves should come to the wrist area; never roll up your sleeves as this shows lack of discipline and disrespect to your instructor. The lapel can be trimmed at the green and red belt levels. The Do Bok pants should be hemmed just below the ankles. No part of your Do Bok should be frayed, torn or stained in any way.



*In the Korean culture it is inappropriate to wear clothing out of context. In the dojang you wear a TSD Do Bok, at the grocery store or the gas station you wear street clothes. To adhere to this tradition you should change your clothing at the dojang in the changing area provided. Your TSD Do Bok can be transported in a workout bag and stored in the changing area during class. We are not responsible for your valuables (wallets, purses, jewelry, etc.). Valuables should be left in your vehicle, at home, or may be stored separately under one of the benches in the dojang if necessary.*

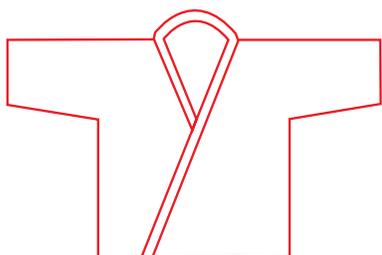
## Proper Care for a **Do Bok**

- 1.** Wash After Every Use: You sweat in your Do Bok each time it is worn. The bacteria remaining in the Do Bok will need to be washed out to prevent odor and disintegration of seams. Wash the Do Bok after each time you wear it.
- 2.** Wash It Immediately - Do not delay in washing your Do Bok. As soon as you return home from practice, it must go straight into the washing machine. Bleach can be added to the wash to assist in removing stains and reducing odor.
- 3.** Dry Immediately - When the wash cycle is complete dry the Do Bok right away.
- 4.** Fold Properly - When your uniform has finished drying, you will find that it is usually quite wrinkled. Ironing of your Do Bok is not necessary if the Do Bok is folded correctly.

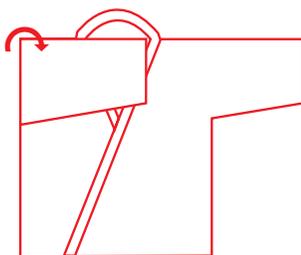
## How to Fold Your **Do Bok**

- 1.** Use the Floor - The first step to properly folding a Do Bok is to get on your knees on the floor. Lay the jacket out with the back down to the floor. Spread the sleeves out so that they point straight out to the sides in opposite directions. Smoothing the Do Bok fabric throughout the process will eliminate wrinkles later.
- 2.** Fold right Sleeve Over – Fold the right sleeve towards the center, stopping at the edge of the shoulder seam.
- 3.** Fold left Sleeve Over – Fold the left sleeve towards the center, stopping at the edge of the shoulder seam.
- 4.** Fold the right outer edge inward all the way over so it lines up with the opposite side of the lapel (folding the uniform in thirds).
- 5.** Fold the left outer edge inward over the top of the previous fold until it is even with the opposite side of the lapel (now completely folded in thirds).
- 6.** Fold Do Bok pants – Fold the Do Bok pants in half.
- 7.** Fold Do Bok pants once again bottom to top in half.
- 8.** Place pants on top of the bottom side of the Do Bok Top after turning the pants sideways.
- 9.** Fold the entire Do Bok package (top and pants) in half bringing the bottom up to the top.

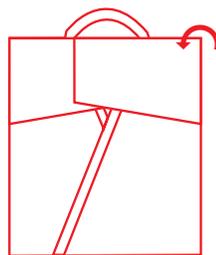
# How to Fold Your Do Bok



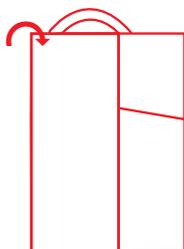
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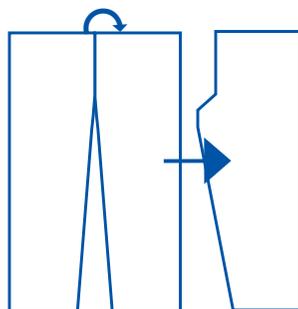
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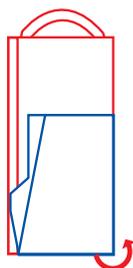
5.



6.



7.



8.



9.

# Proper Care for **Your Belt (Dee)**

Your Dee, or belt, should be treated with care and folded after each use.

Wash Once a Month: You should wash your belt, but far less frequently than you gi. Do not use bleach or soaps with bleach additives. The belt can be dried in a dryer. **DO NOT WASH YOUR BELT WITH YOUR Do Bok.**

## How to Fold a **Dee**

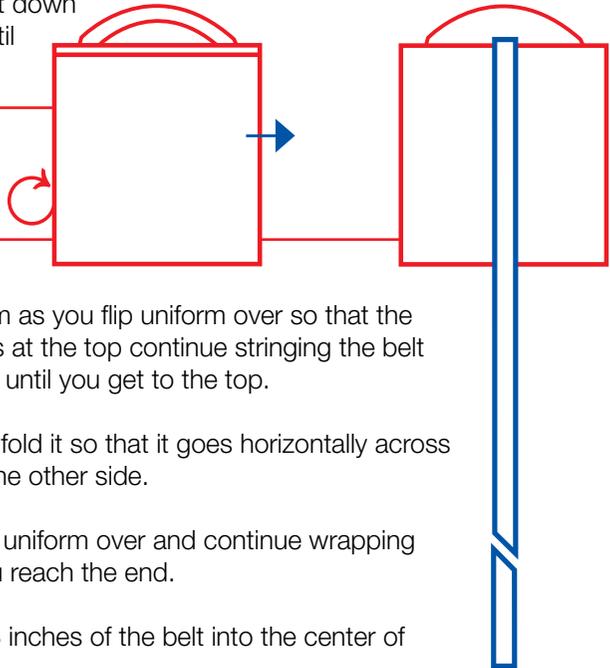
**The following is a diagram detailing the folding of the Dee around the Do Bok**

Your belt should be folded after cleaning and after use.

1. Turn folded Do Bok so the collar is at the top and upwards. Place belt end at the collar. String belt straight down the center of the uniform until you get to the bottom.

**Folded Do Bok**

**Belt (Dee)**



2. Wrap belt around bottom as you flip uniform over so that the bottom trim of the uniform is at the top continue stringing the belt up the center of the uniform until you get to the top.

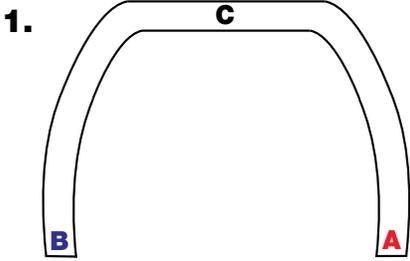
3. Then pinch the belt and fold it so that it goes horizontally across the uniform and around to the other side.

4. Then once again flip the uniform over and continue wrapping the belt horizontally until you reach the end.

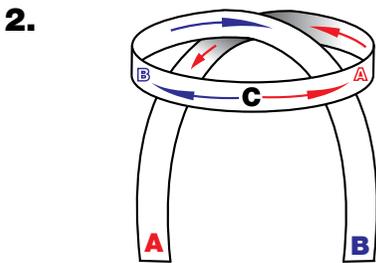
5. You will tuck the last 4-8 inches of the belt into the center of the Do Bok.



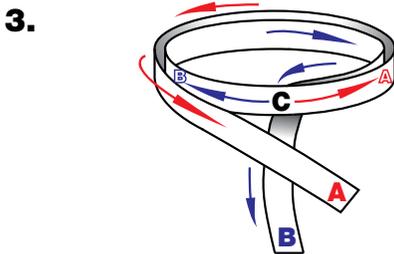
# How to Tie **Your Belt** (Dee)



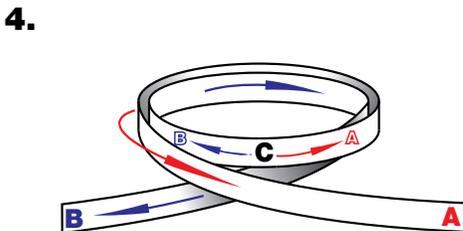
Hold the belt in front of you with both ends (A and B) even. All strips should be on side B.



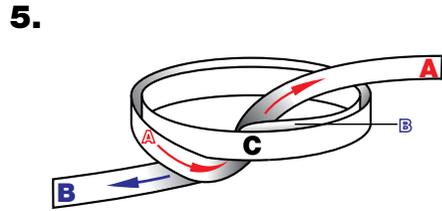
Wrap both A and B around to the back of you, keeping side A to the outside and B to the inside.



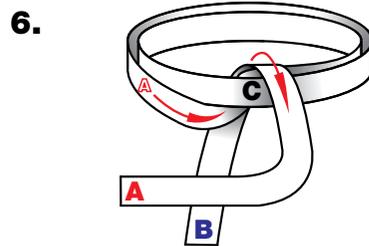
Keeping both sides even Side B should be under side A.



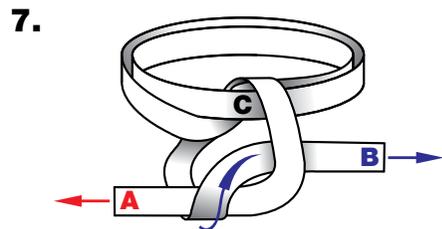
With Side A wrapping around to the front in front of C and side B also wrapping to the front in back of C.



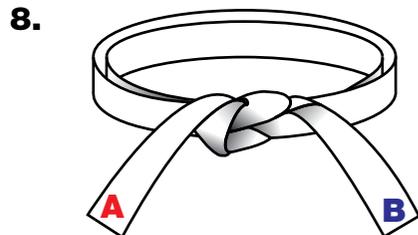
Tuck side A under C and B and pull both ends, A and B, to tighten the belt.



Bring side up and over C from back to front and point side A to your right.



Side B goes under A and loops through side A. Pull both ends, A and B, to tighten.



When finished, both ends of the belt should be even. IF NOT, try again.

- 1.** Form training requires both mental and physical discipline.
- 2.** Concentration is essential. Make sure there are no distractions while you practice.
- 3.** Every attempt at form requires and should involve maximum effort. Always make your practice time “quality time”.
- 4.** Perfection requires “total focus” of the mind with continuous and consistent practice.
- 5.** Forms are a method of preserving and perpetuating the art. “You are your forms!” The way you perform your forms is a representation of you and the way you represent the art of Tang Soo Do.
- 6.** In learning a new form, first learn the history (origin) and characteristics of the hyung. Then memorize the sequence, study the practical applications and cultivate an awareness of body postures (Chung Se). Concentrate on breathing control (Ho Hup Cho Chung), relaxation and tension (Shin Chook), control of power (Him Cho Chung), line of sight (Shi Sun), focus and intention. Next try to establish the natural combat rhythm of the form. Last, take on the mental significance and Tang Soo Do meaning of the form.
- 7.** Study and practice the forms your instructor shows you. Never attempt a form beyond your ability, or without the consent of your instructor.
- 8.** Patience is as important as physical ability in developing a perfect form,
- 9.** Develop your own psychological technique for overcoming idleness, inertia, distractions, and mental blocks.
- 10.** Learn to relax after you have practiced and to appreciate the gains you have made, no matter how small they may be.

Free sparring is an extremely important part of Tang Soo Do training. It TSDMGK Sparring where one must pay very careful attention to proper practice. It is essential to approach sparring practice with a solid strategy, a sound technical foundation, a healthy attitude, a good sense of personal discipline and a proper etiquette, as well as an understanding of the appropriate use of technology with regards to safety and equipment.

One must understand that each Tang Soo Do instructor does a great deal of preparation with students, before introducing them to free-sparring. Students are introduced to the basic techniques through line work during regular training sessions.

Tang Soo Do instructors Meticulously drill their students on the blocks, punches and kicks that will later be integrated into the free-sparring. Students spend many hours perfecting hyungs (forms). Hyung practice imparts such qualities as transitions between stances, focus, and proper technique development. All of these qualities are essential to developing a good understanding of free-sparring. It is always easier to develop a practitioner who is a champion in hyung into an excellent free-sparring practitioner than it is to develop a champion in free sparring into an excellent hyung practitioner. Tang Soo Do instructors also spend a lot of time teaching their students one-step sparring. This type of training helps students understand distance, focus and proper footwork, all attributes of a good fighter. Finally Tang Soo Do instructors will personally direct each student's introduction to sparring making sure that they are aware of all the regulations associated with safety and competition.

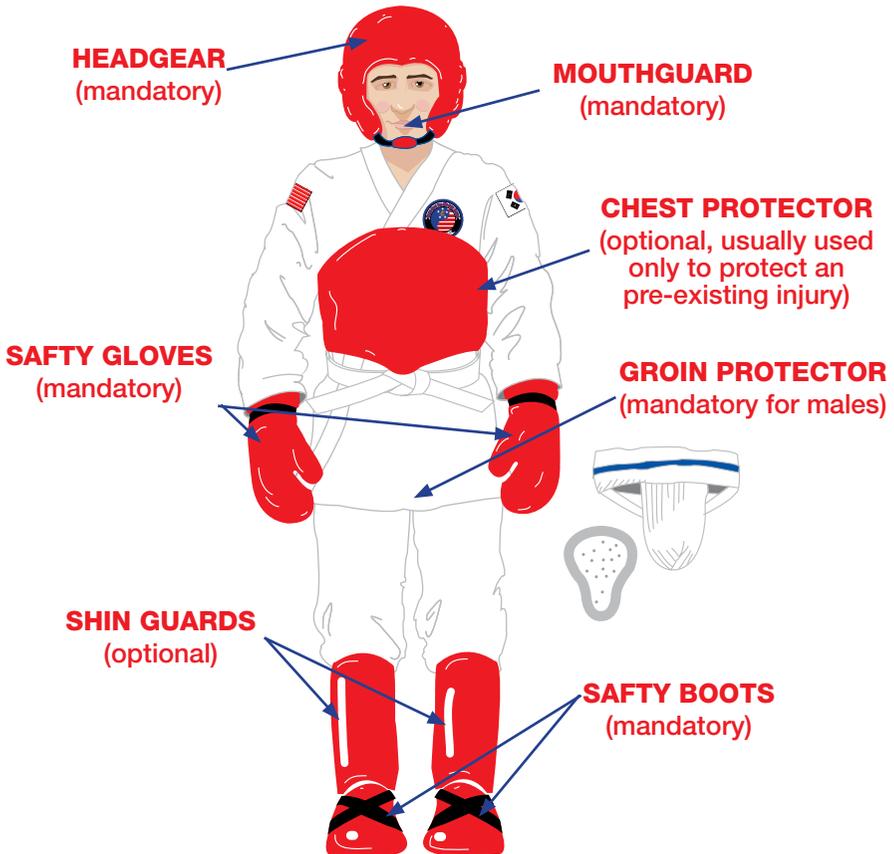
There are two major types of free-sparring suitable for Tang Soo Do schools. The two types of sparring are referred to as (A) Dojang sparring, (B) competition (sport) sparring. Although the techniques used in these types of sparring could be potentially dangerous and could result in a knockout or serious injury if not properly controlled, full contact sparring (kick boxing), traditionally is not included in the Tang Soo Do venue.

Dojang sparring is primarily concerned with students exchanging energy in a positive way. In other words, Dojang sparring is a method where both practitioners can learn from each other in a supportive way. Students are encouraged to alternate their offense and defense while attempting to develop more of a versatile repertoire of techniques. The emphasis is not on scoring points but rather on a continuous exchange of energy, sometimes giving energy (attacking) and sometimes receiving energy (defending). Dojang sparring allows the practitioners to develop combinations and precision timing that can later be applied to point or competition sparring.

Competition sparring on the other hand emphasizes the sport aspect of sparring.

It is in this method of sparring that students can compete in an atmosphere that cultivates their growth and development while providing a set of rules that places the safety of the competitors first. All practitioners whether they participate in Dojang sparring or competitive sparring are required to wear protective gear for the head, hands and feet. Practitioners are also required to wear mouth guards and groin cup protectors. Tang Soo Do competitions do not allow contact to face or groin, or the back while allowing light moderate contact to the sides and front of the body. When one looks at injuries occurring in other sports, such as Hockey, Basketball or Football, one realizes that Sport karate is actually a very safe activity. Qualities like sportsmanship, mutual respect for each other and personal discipline insures that karate practitioners compete in the healthiest environment possible.

## Sparring Equipment



# Belt Ranking System

The colors used in the Mi Guk Kwan belt ranking system signify “Growth in Knowledge”. The belt colors are the same colors used in the Mi Guk Kwan flag and patch. Study the meaning of each belt color and you will better understand and enjoy the feeling of growth as you progress in rank.

Belt Color	Season	Meaning	
	White	Winter	Hidden Potential, Emptiness
	Orange *	Early Spring	Awareness of potential, desire
	Green	Spring	Growth, advancement, life, peace
	Red	Summer	Ripening, active, Yang
	Blue	Autumn	Harvest, passive, maturity, success

\* Originally Tang Soo Do used only White, Green, Red and Blue belts. The Orange belt was added in 1975 as a means of improving student motivation and student retention.

# Belt and Uniform Requirements

Rank	Belt	Uniform
10th Gup	 White Belt	White –  lapel trim
9th Gup	 White Belt /one blue stripe	White –  lapel trim
9th Gup upgrade *	 White Belt /one black stripe	White –  lapel trim
8th Gup	 Orange Belt	White –  lapel trim
7th Gup	 Orange Belt /one blue strip	White –  lapel trim
6th Gup	 Green Belt	White –  lapel trim
5th Gup	 Green Belt /one blue strip	White –  lapel trim
4th Gup	 Green Belt /two blue strips	White –  lapel trim
4th Gup upgrade *	 Green Belt/two black strips	White –  lapel trim
3rd Gup	 Red Belt	White –  lapel trim
2nd Gup	 Red Belt /one blue strip	White –  lapel trim
1st Gup	 Red Belt/two blue strips	White –  lapel trim

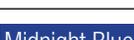
\* These ranks are optional, not part of the official ranking system of TSDMGK

# Minimum Time Requirements

Rank	Belt	Minimum Time	Total Time
10th Gup	 White Belt	1 to 2 Months	1 to 2 Months
9th Gup	 White Belt /1 blue stripe	1 to 2 Months	2 to 4 Months
9th Gup upgrade*	 White Belt /1 black stripe	1 to 2 Months	3 to 6 Months
8th Gup	 Orange Belt	3 Months	6 to 9 Months
7th Gup	 Orange Belt /1 blue stripe	3 Months	9 to 12 Months
6th Gup	 Green Belt	3 Months	12 to 15 Months
5th Gup	 Green Belt /1 blue stripe	3 Months	15 to 18 Months
4th Gup	 Green Belt /2 blue stripes	3 Months	18 to 21 Months
4th Gup upgrade*	 Green Belt /2 black stripes	3 Months	21 to 24 Months
3rd Gup	 Red Belt	6 Months	27 to 30 Months
2nd Gup	 Red Belt /1 blue stripe	6 Months	33 to 36 Months
1st Gup	 Red Belt /2 blue stripes	9 Months	42 to 45 Months

\* These ranks are optional, not part of the official ranking system of TSDMGK

## Dan Belt and Uniform Requirements

Rank	Belt	Uniform
1ST Dan	 Midnight Blue	 Midnight Blue lapel, sleeve and border trim
2nd Dan	 Midnight Blue, 2 white stripes	 Midnight Blue lapel, sleeve and border trim
3rd Dan	 Midnight Blue, 3 white stripes	 Midnight Blue lapel, sleeve and border trim
4th Dan	 Midnight Blue, red stripe in center of belt all round	 Midnight Blue lapel, sleeve and border trim
5th Dan	 Midnight Blue, red stripe in center of belt all round	 Midnight Blue lapel, sleeve and border trim
6th Dan	 Midnight Blue, red stripe in center of belt all round	 Midnight Blue lapel, sleeve and border trim
7th Dan	 Midnight Blue, red stripe in center of belt all round	 Midnight Blue lapel, sleeve and border trim
8th Dan	 Midnight Blue, alternating red & midnight blue rectangular segments	 Midnight Blue lapel, sleeve and border trim
9th Dan	 Midnight Blue, alternating red & midnight blue rectangular segments	 Midnight Blue lapel, sleeve and border trim

# Minimum Time Requirements for **Dans**

*(Minimum time before next Promotion)*

<b>Rank</b>	<b>Belt</b>	<b>Minimum Time</b>	<b>Total Time</b>
1ST Dan	 Midnight Blue	2 or More years	2 years
2nd Dan	 Midnight Blue, 2 white stripes	3 or more years	5 years
3rd Dan	 Midnight Blue, 3 white stripes	4 or more years	9 years
4th Dan	 Midnight Blue, red stripe in center of belt all round	5 or more years	14 years
5th Dan	 Midnight Blue, red stripe in center of belt all round	6 or more years	20 years
6th Dan	 Midnight Blue, red stripe in center of belt all round	6 or more years	26 years
7th Dan	 Midnight Blue, red stripe in center of belt all round	6 or more years	32 years
8th Dan	 Midnight Blue, alternating red & midnight blue rectangular segments	7 or more years	39 years
9th Dan	 Midnight Blue, alternating red & midnight blue rectangular segments	7 or more years	46 years

\*\* These time requirements are based on consistent and regular training at a Certified Associated Studio.

Any Dan member who has recognized credits and the approval of by the Chairman of the Technical Advisory Committee may receive up to (6) months reduction between Dan testing periods. Also, any member who has achieved outstanding recognition and credit from Grandmaster Charles Ferraro may have time requirements reduced between tests at the discretion of the Grandmaster.

## **NOTE:**

- All blue or black stripes on Gup rank belts and all white stripes on Dan rank belts are to be on the left end of the belt only. Stripes should be 1/2" wide tape with the first stripe approximately 2" from the end of the belt; second and third stripes should be 1/2" apart.
- Gup and Dan lapel trip shall cover the lapel binding (approximately 1 3/4"). Green and Red belt students shall have trimmed uniform jackets on lapel only. Orange belt students do not trim their uniform jackets.
- Dan members must trim (in midnight blue) the sleeve cuffs, lapel and all around the bottom border of their uniform jackets.
- Commercial or brand labels should be removed from lapels and belts.

*Tang Soo Do Mi Guk Kwan is a traditional marital Art based on respect for all life. It is important to develop this respect of our Art, our Country, our Grandmaster, our Senior Kodanja, our Senior Dans, and all our members, in accordance Tang Soo Do Mi Guk Kwan principles.*

## **1. Entering the Dojang:**

Upon entering the Dojang, pause by the entrance; face the flags and salute by holding the right hand open and across the chest with palm facing the heart and bow in the direction of the flags. This demonstrates respect and appreciation of our country, our style, our training and the country of origin of the art of Tang Soo Do. The act of bowing is also a sign of your commitment to your training. You should perform this discipline upon entering and leaving the Dojang.

## **2. General Situation in the Dojang:**

### **A. Upon entering the Dojang**

Upon entering the Dojang one must show respect by personal preparation. Cease talking and try to acquire a quiet state both mentally and physically. Turn your thoughts towards training. All this creates an atmosphere of “Jong Sook” quite internal peace. As you enter the Dojang, you must recognize every senior member by bowing. Standing at attention and bowing from the waist about 45 degrees perform the appropriate bow. The senior member will bow in return. While in the Dojang, upon the entrance of a senior member, you must recognize him/her with a bow from the attention position. Junior members always bows to senior first. The senior member, in accordance, bows back.

### **B. Late Entrance**

When a student arrives late and enters the Dojang after the class has begun, the student follows this protocol: Quietly enter the Dojang and stand by the door. First bow in the direction of the flags. Then remain at an attention position by the door until you are recognized by your instructor. After recognition from the instructor, is achieved, bow to the instructor and walk behind the other members of the class to assume your appropriate position with the class.

## **3. Receiving Instruction:**

At any time before, after or during class, when the instructor or any senior member offers personal correction of instruction to a junior member must bow and repeat “Thank you Sir/Ma’am”. This show appreciation and respect. A junior member should refrain from correcting a senior member in the Dojang.

At the end of the class after the closing ceremonies, all class members should bow to their instructor.

### **A. Questions**

During the class, if a student has a question, they must raise their hand. When the instructor recognizes him/her, the student must stand to attention, bow, and ask the question. After the answer is received, the student will bow and say “Thank you Sir/Ma’am”.

## **B. Leaving Class**

During the class, if a student has to be excused from class, the student will raise their hand to gain recognition from the instructor. After getting permission from the instructor, the student bow and leave, making sure not to walk in front of senior members. On returning, the student must stand at attention on the outskirts of the room until recognized by the instructor. Once recognized by the instructor, the student will bow and rejoin the class.

## **4. Entering the Dojang:**

During the class, upon entrance of the Sa Bom Nim or the Chief instructor, the most senior member of the class will call the class to attention “Cha Ryut” and command “Kyung Ret” \* The class will then recognize the Sa Bom Nim with a bow.

## **5. Entering the Office:**

**A.** Never walk into your instructor’s office unannounced. Always knock first at the door and wait for instructions.

**B.** Upon seeing the instructor, the student bows from the attention position.

**C.** Student stands until recognize by the instructor.

**D.** Student remains standing at attention during conversation unless otherwise instructed by the Sa Bom/Kyo Sa, (if asked to be seated, student may sit and then begin conversation).

**E.** It is the instructors responsibility to show respect to his/her student by extending the courtesies to him/her to be seated before the conversation begins.

**F.** When the conversation is concluded, the student thanks the instructor and proceeds to walk backwards (*not showing their back to the instructor*) until they reach the door. The student bows before exiting.

**G.** No student should seat themselves at the instructors desk at any time. (Whether in the presence or absence of the instructor.)

The conversation between the instructor and the student should always maintain a tone of respect and the words “Sir/Ma’am” should be used regardless if you are in or out of your Do Bok.

## **6. At a Social Event (restaurant):**

**A.** The student should be in the restaurant earlier than the expected arrival of the instructor.

**B.** When the instructor arrives, all students should rise and greet the instructor with a bow.

**C.** The instructor should be seated first and the students should begin to be seated rotating from the left side of the instructor to the right according to seniority. Seniors sit down first others follow. If already seated, the student should stand and remain standing until all their seniors are seated.

**D.** Placement of seating is flexible. However it is usual for the seniors to be placed next to the instructor. (*This is not a rigid rule.*)

**E.** Students should not smoke or drink alcohol while the instructor is present, unless the instructor gives their prior permission.

**F.** When the food is served the student should wait until the instructor starts to eat and then the student may begin.



## Your Roll as a Member

As a member of the Mi Guk Kwan Association you are being taught a classical martial art that is known and respected throughout the world. This art of Tang Soo Do has been studied by thousands of individuals for the past 50 years, with its Korean and Chinese roots dating back thousands of years. Only professional Instructors certified by Grandmaster Charles Ferraro teach the art of Tang Soo Do. As you study and learn more about Tang Soo Do you will see your true potential not only in the physical aspects of training but also in the mental and spiritual aspects.

You are expected to be an “action oriented” person. You are expected to attend class on a regular basis and to give 100% in everything you do. Your attitude must be positive in nature, losers look for excuses... winners look for solutions. Challenge yourself, not others, for you are the one who is responsible and will determine whether you achieve your goals. Your role is to take a good look at yourself and if you don't like what you see, have the determination to do something about it. Most importantly, you must remember that discipline always comes before personal desire.

You can and should participate in as many Association functions as possible. Clinics, national and inter school tournaments, special workshops, summer camps, Gup and Dan tests, even school picnics are scheduled for your enjoyment and benefit. Your support of these events makes your school, your art, and your character stronger. As with every aspect of the Mi Guk Kwan, we are family. Each member experiences a special bonding to all the members of the Tang Soo Do Mi Guk Kwan Association. This is our “brotherhood”, our “Moo Do Shim Gung”.

**Rank Certification** - After each rank examination Instructors submit all promotion requests to the Technical Advisory Committee and Grandmaster Ferraro. Within a short period of time students who have passed their exam are given authentic Tang Soo Do rank certificates. Only registered Tang Soo Do Mi Guk Kwan students can receive official rank certificates.

**Certified Instructors** - Your Certified Instructor is highly qualified and has successfully passed several physically and mentally enduring tests by the Technical Advisory Committee and Grandmaster Ferraro. His/her primary objective is to help you, to guide you as you train and learn the Tang Soo Do way of life. They are totally dedicated to preserving the high standards of Tang Soo Do.

# How to Contact the **Association**

You are free to contact your Association headquarters for any information you can not get directly from your instructor or for something you feel is urgent enough to be directed to headquarters. However, ordering sales items, educational material or general information can and should be handled directly by your instructor. Your instructor may advise you to contact a TAC member, Board of Directors member or to call directly to headquarters. When communicating with headquarters you should do it in a respectful manner in keeping with the “Moo Do” aspect of our art. If you require further assistance concerning philosophy, history or technical aspects, or if you have any questions regarding student or studio certification you should consult your instructor concerning the proper etiquette and direct your communication to:

**Chairman of the Technical Advisory Committee**  
**Tang Soo Do Mi Guk Kwan Association, Inc.**  
**P.O. Box 26096**  
**West Haven, CT 06516**

**Voice: 203-923-5335**  
**Fax: 203-931-9005**  
**Web Page: [www.tsdmgk.com](http://www.tsdmgk.com)**

Any further assistance concerning Association policies, programs, tuition, certification, or a concern you have already attempted to resolve with your instructor’s assistance, but still need additional help, should be directed to the Chairman of the Board.

*Direct this communication to:*

**Chairman of the Board of Directors**  
**Tang Soo Do Mi Guk Kwan Association, Inc.**  
**P.O. Box 26096**  
**West Haven, CT 06516**

**Voice: 203-932-5335**  
**Fax: 203-931-9005**

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*Normal Hours of Operation*  
*12:30P.M. to 7:30 P.M. Eastern Standard Time*  
*Monday through Friday*

# White to Orange Belt Testing Requirements

(10th and 9th Gup) to (8th Gup)

## General Requirements

1. Candidates must show good moral character, discipline, loyalty and abide by the Tang Soo Do Mi Guk Kwan Code of Conduct.
2. Candidates must be registered students of an officially recognized Dan member of the Tang Soo Do Mi Guk Kwan Association, Inc. in order to receive a promotion diploma.
3. Candidates must have completed a minimum of three months of faithful training at the Dojang.

## General Knowledge

1. Conceptual knowledge of basic technique.
2. General rules of class conduct.
3. Basic Tang Soo Do etiquette.

## Demonstration of Basic Hand and Foot Techniques (Gi Cho)

1. **Hand techniques:** Low block, Middle punch, High punch, High block, Inside/outside block, Outside/inside block, Side punch (*horse stance*), Side block (*hu gul jaseh*)
2. **Foot techniques:** Front stretch kick, Front snap kick, Front pushing (*thrust kick*), Side stretch kick, Side snap kick, Roundhouse kick

## Forms (Hyung)

1. Ki Cho Hyung Il Bu - 10th - 9th Gup (*blue stripe, 1 month for adults; 2 months for young children*)\*
2. Ki Cho Hyung Ee Bu - 9th Gup - 9th Gup upgrade (*black stripe, 2 months for adults; 4 months for children*)\*
3. Ki Cho Hyung Sam Bu - 9th Gup upgrade - 8th Gup (*orange belt, 3 months for adults; 6 months for children*)

## One-Step Sparring (Ill Soo Sik Dae Ryun)

Basic One-Step # 1 - # 3 - 10th Gup - 9th Gup\*

Basic One-Step # 1 - # 5 - 9th Gup - 9th Gup upgrade\*

Basic One-Step # 1 - # 10 - 9th Gup upgrade\* - 8th Gup (*Orange belt*)

**Self-Defense (Ho Sin Sool)** None required

**Breaking (Kyok Pa)** - One board with any hand technique - 9th Gup upgrade and 8th Gup (*Orange belt*)

## Culture and Terminology

### White Belt (10th to 9th gup) Culture and Terminology

1. What is the name of art you study?
2. What is the meaning of Tang Soo Do?
3. What is the name of the two ancient Korean martial arts from which Tang Soo Do was derived?
4. If Tang Soo Do is the name of the art then what is the name of the style (organization)?
5. What is the meaning of Mi Guk Kwan?
6. What is the meaning of Tang Soo Do Mi Guk Kwan?
7. What is the Korean word for uniform?
8. What is the Korean word for senior members?
9. What is the Korean word for junior members?
10. What is the Korean word for martial art training hall?

Answers on pages 50 and 51

\*Students may move to 8th Gup in two steps (*from 10th Gup, then 9th Gup to 8th Gup*) or, at the instructor option, in three steps (*10th Gup to 9th Gup, 9th Gup to 9th Gup upgrade, and 9th Gup upgrade to 8th Gup*).

# Continued

***White Belt (9th gup to 9th gup upgrade) Culture and Terminology***

1. What is the Korean title for a certified Instructor who is ranked from 1st to 3rd dan?
2. What is the Korean title for a certified Instructor who is ranked 4th dan and up?
3. What is the Korean title for founder of an art?
4. What does the Korean word "Nim" signify?
5. Who is the founder of Tang Soo Do Chung Do Kwan?
6. Who is the founder of Hwa Soo Do (Tang Soo Do / Soo Bahk Do) Moo Duk Kwan?
7. Who is the founder of our style Tang Soo Do Mi Guk Kwan?

***White Belt (9th gup upgrade to 8th gup orange) Culture and Terminology***

1. Name the three flags that we bow to when entering the dojang.
2. Briefly state why we bow to each flag.
3. Why do you bow before entering and leaving the dojang?
4. What is the Korean word for belt?
5. How often should you wash your belt?
6. Briefly describe the proper protocol when asking your instructor a question.
7. Name the first of the 8 Key Concepts.

Answers on pages 50 and 51

# Orange Belt Testing Requirements

Orange Belt (8th Gup) to Orange Belt (7th Gup)

## *General Requirements*

1. Must be a member in good standing of the **Tang Soo Do Mi Guk Kwan Association, Inc.**
2. Sound moral character
3. No age requirement.
4. Regular weekly Dojang attendance

## *General Knowledge*

1. Conceptual knowledge of all lower rank techniques.
2. Understanding of Mi Guk Kwan spirit by demonstrated attitudes
3. Additional knowledge of the basic techniques of Tang Soo Do

## *Demonstration of Basic Hand and Foot Techniques (Gi Cho)*

1. **Hand techniques:** Knife hand low block, Reverse punches (*high and middle*), Knife hand center block, Two fist block (*back and front stance*), Spear hand attack; Hand combinations: Low block, reverse middle punch; High block, reverse high punch
2. **Foot techniques:** Back kick, Hop side kick, Hop hook kick, Spin hook kick, Reverse hook kick, Jump front kick

*Form (Hyung)* - Pyung Ahn Cho Dan and Chil Sung Ee Rho

*One-Step Sparring (Ill Soo Sik Dae Ryun)* - Intermediate One-steps #1 - #4

*Self-Defense (Ho Sin Sool)* - Cross hand grabs #1 & #2

*Free-sparring (Ja Yu Dae Ryun)*

*Breaking (Kyok Pa)* - One board with a kick of their choice

## *Culture and Terminology*

1. Count to ten in Korean
2. Name the second of the 8 Key Concepts.
3. Date and place of creation of first modern TSD style.
4. Date and place of creation of MGK style of TSD
5. Name the Martial Arts that influenced the development of Tang Soo Do

Answers on pages 50 and 51

# Orange to Green Belt Testing Requirements

Orange Belt (7th Gup) to Green Belt (6th Gup)

## General Requirements

1. Must be a member in good standing of the Tang Soo Do Mi Guk Kwan Association, Inc.
2. Sound moral character
3. No age requirement.
4. Regular weekly Dojang attendance

## General Knowledge

1. Conceptual knowledge of all lower rank techniques.
2. Understanding of Mi Guk Kwan spirit by demonstrated attitudes
3. Additional knowledge of the basic techniques of Tang Soo Do

## Demonstration of Basic Hand and Foot Techniques (Gi Cho)

1. **Hand techniques:** Double fist middle block (back and front stance), Soo Do low block, Soo Do middle block, Spear hand attack, Yuk Jin Kong Kyuk (*back stance, reverse punch*); Hand combinations.
2. **Foot techniques:** Back kick, Hop side kick, Hop hook kick, Spin hook kick, Reverse hook kick, Jump front kick

**Forms (Hyung)** - Pyung Ahn Cho Dan, Chil Sung Ee Rho and Pyung Ahn Ee Dan

**One-Step Sparring (Ill Soo Sik Dae Ryun)** - Intermediate One-steps #5 - #8

**Self-Defense (Ho Sin Sool)** - Cross hand grabs #3 & #4

**Free Sparring (Ja Yu Dae Ryun)**

**Breaking (Kyok Pa)** - One board with a hand technique of their choice; one board with a foot technique of their choice

## Culture and Terminology

1. What is the Korean word for Basic?
2. What is the Korean commandment for Bow?
3. What is the Korean word for Block?
4. What is the Korean word for Sparring?
5. What is the Korean commandment for Return?
6. Which is the Third Key Concept of TSD?
7. What is the Korean word for Attack?
8. What is the Korean word for Form?
9. What is the Korean commandment for Begin?
10. What is the Korean commandment for Attention?
11. What is the Korean commandment for Meditation?
12. Is TSD a hard style or a soft style?:

Answers on pages 50 and 51

*Examiner may require a demonstration of lower belt knowledge and techniques.*

# Green Belt Testing Requirements

Green Belt (6th Gup) to Green Belt (5th Gup)

## *General Requirements*

1. Must be a member in good standing of the Tang Soo Do Mi Guk Kwan Association, Inc.
2. Sound moral character
3. No age requirement.
4. Regular weekly Dojang attendance

## *General Knowledge*

1. Conceptual knowledge of all lower rank techniques.
2. Understanding of Mi Guk Kwan spirit by demonstrated attitudes
3. Additional knowledge of the basic techniques of Tang Soo Do

## *Demonstration of Basic Hand and Foot Techniques (Gi Cho)*

1. **Hand techniques:** High “x” block, Low “x” block, all previous hand techniques singularly or in combination
2. **Foot techniques:** Inside/outside crescent kick, Outside/inside crescent kick, Jump round kick, Jump side kick, Jumping inside/outside downward heel kick, all previous kicks singularly or in combination

*Forms (Hyung)* - Chil Sung Ee Rho, Pyung Ah Ee Dan and Pyung Ahn Sam Dan

*One-step sparring (Il Soo Sik Dae Ryun)* - Intermediate one-step #9 and #10

*Self-defense (Ho Sin Sool)* - Same side grabs #1 - #4

*Free sparring (Ja Yu Dae Ryun)*

*Breaking (Kyok Pa)* - One board Dwi Cha Gi (*Back kick*); 1 board Ee Dan Ahp Cha Nut Gi (*Jump front kick*)

## *Culture and Terminology*

1. What is the meaning of Pyung Ahn?
2. How can you use Pyung Ahn outside the Dojang?
3. What is the meaning of Il?
4. What is the meaning of Ee?
5. What is the meaning of Sam?
6. What is the meaning of Sa?
7. What is the meaning of O?
8. What is the meaning of Yuk?
9. What is the meaning of Chil?
10. What is the meaning of Pahl?
11. What is the meaning of Gu?
12. What is the meaning of Ship?
13. Which is the Fourth Key Concept of TSD?

Answers on pages 50 and 51

*Examiner may require a demonstration of lower belt knowledge and techniques.*

# Green Belt Testing Requirements

Green Belt (5th Gup) to Green Belt (4th Gup) and 4th Gup Upgrade\*

## General Requirements

1. Must be a member in good standing of the Tang Soo Do Mi Guk Kwan Association, Inc.
2. Sound moral character
3. No age requirement.
4. Regular weekly Dojang attendance

## General Knowledge

1. Conceptual knowledge of all lower rank techniques.
2. Understanding of Mi Guk Kwan spirit by demonstrated attitudes
3. Additional knowledge of the basic techniques of Tang Soo Do

## Demonstration of Basic Hand and Foot Techniques (Gi Cho)

1. **Hand techniques:** Soo Do attacks, Yuk Soo Do attacks, all previous techniques either singularly or in combination
2. **Foot techniques:** Inside/outside crescent kick, Outside/inside crescent kick, Jumping round kick, Jumping side kick, Jumping inside/outside downward heel kick, all previous kicking technique either singularly or in combination.

**Forms (Hyung)** - Pyung Ahn Ee Dan, Pyung Ahn Sam Dan and Pyung Ahn Sa Dan

**One-Step Sparring (Ill Soo Sik Dae Ryun)** - Intermediate One-steps #11 & #12

**Self-Defense (Ho Sin Sool)** - Two hands on one grabs #1 - #3

**Free sparring (Ja Yu Dae Ryun)**

**Breaking (Kyok Pa)** - Flying side kick (1 board), Reverse punch (1 board), Jump round kick (1 board)

## Culture and Terminology

1. What is the korean word for Self-Defense?
2. What is the meaning of Weh Gung ?
3. What is the meaning of Neh Gung?
4. What is the meaning of Shim Gung?
5. What is the korean word for Free sparring?
6. What is the korean word for Breaking?
7. Which is the Fifth Key Concept of TSD?
8. What is the meaning of Muk Nyum?
9. What is the korean word for One-step sparring?

Answers on pages 50 and 51

*Examiner may require a demonstration of lower belt knowledge and techniques.*

\*4th Gup upgrade is an optional step 3 months after a student achieves 4th Gup, otherwise the student waits 6 months and grades for 3rd Gup.

Testing for 4th Gup upgrade:

Have student attend regular Gup testing and demonstrate all Hyungs, Gi Cho # 1 - #3; Pyung Ahn Cho Dan; Chil Sung Ee Rho; Pyung Ahn #2- #5

# Green to Red Belt Testing Requirements

Green Belt (4th Gup) to Red Belt (3rd Gup) Including 4th Gup Upgrade (Green Belt with two black stripes)

## General Requirements

1. Must be a member in good standing of the Tang Soo Do Mi Guk Kwan Association, Inc.
2. Sound moral character.
3. No age requirement.
4. Regular weekly Dojang attendance.
5. Service to the Dojang or Association.

## General Knowledge

1. Conceptual knowledge of all lower rank techniques.
2. Some basic Korean Tang Soo Do terminology, etiquette, and further development of Mi Guk Kwan attitudes and spirit.
3. Philosophy and history of Tang Soo Do Mi Guk Kwan.
4. Development of a leadership role and responsibility in the Dojang.

## Demonstration of Basic Hand and Foot Techniques (Gi Cho)

1. **Hand techniques:** All basics and combinations are required.
2. **Foot techniques:** All basic foot techniques, Kicking combinations, Hand and foot combinations can be required.

**Forms (Hyung)** - Pyung Ahn Sa Dan, Pyung Ahn O Dan, Chil Sung Ill Rho Hyung

**One-step sparring (Ill Soo Sik Dae Ryun)** - Intermediate one-steps #13 & #14

**Self-defense (Ho Sin Sool)** - One hand on each #1 - #4

**Free sparring (Ja Yu Dae Ryun)**

**Breaking (Kyok Pa)** - Hand technique of their choice (2 boards); Jump downward heel kick (1 board); Hop side kick (2 boards)

## Culture and Terminology

1. Philosophy and history of Tang Soo Do Mi Guk Kwan.
2. Terminology of Tang Soo Do movements.
3. Which is the First Key Concept of TSD?
4. Which is the Second Key Concept of TSD?
5. Which is the Third Key Concept of TSD?
6. Which is the Fourth Key Concept of TSD?
7. Which is the Fifth Key Concept of TSD?
8. Which is the Sixth Key Concept of TSD?
9. Which is the Seventh Key Concept of TSD?
10. Which is the Eighth Key Concept of TSD?
11. Responsibilities of senior students to the studio.
12. What are some of the things we respect in the martial arts and why?
13. Why is loyalty to instructor, school and style important?
14. Which is the physical characteristic for which TSD is unique among the other martial arts?

Answers on pages 50 and 51

The examiner may require a demonstration of lower belt knowledge and techniques.

# Red Belt Testing Requirements

Red Belt (3rd Gup) to Red Belt (2nd Gup)

## **General Requirements**

1. Must be a member in good standing of the TSDMGK Association, Inc.
2. Sound moral character.
3. No age requirement.
4. Regular weekly Dojang attendance.
5. Service to the Dojang or Association.

## **General Knowledge**

1. Conceptual knowledge of all lower rank techniques.
2. Some basic Korean Tang Soo Do terminology, etiquette, and further development of Mi Guk Kwan attitudes and spirit.
3. Philosophy and history of Tang Soo Do Mi Guk Kwan.
4. Development of a leadership role and responsibility in the Dojang.

## **Demonstration of Basic Hand and Foot Techniques (Gi Cho)**

1. **Hand techniques:** All basics and combinations are required, with emphasis on Teul Oh (*twisting*) defensive and offensive techniques, Korean terminology for all hand techniques and combinations
2. **Foot techniques:** Jump back kick, Jump spinning hook kick, Jump spinning wheel kick short, Jump spinning wheel kick long. All previous kicks and combinations, Korean terminology for all kicks.

**Forms (Hyung)** - Pyung Ahn O Dan, Chil Sung Ill Rho Hyung and Bassai Hyung.

**One-step sparring (Ill Soo Sik Dae Ryun)** - Intermediate one-steps #15 & #16.

**Self-defense (Ho Sin Sool)** - Side grab #1 (natural grip); Side grab #2 (unnatural grip)

**Free sparring (Ja Yu Dae Ryun)** - Introduction to two or more on one (Da Soo In Dae Ryun)

**Breaking (Kyok Pa)** - Jump back kick (1 board).

## **Culture and Terminology**

1. Terminology of Tang Soo Do movements.
2. Philosophy and History of Tang Soo Do and the Mi Guk Kwan.
3. Why are the Eight Key Concepts important to Tang Soo Do training?
4. How can you apply Yong Gi outside of the Dojang?
5. How can you apply In Neh outside of the Dojang?
6. How can you apply Kyum Son outside of the Dojang?
7. Why is assisting in teaching classes important at the Red Belt level?
8. List The Ten Articles of Faith of TSD:
9. Ten Articles of Faith and its relationship to mental training.

Answers on pages 50 and 51

*The examiner may require a demonstration of lower belt knowledge and techniques.*

# Red Belt Testing Requirements

Red Belt (2nd Gup) to Red Belt (1st Gup)

## **General Requirements**

1. Must be a member in good standing of the TSDMGK Association, Inc.
2. Sound moral character.
3. No age requirement.
4. Regular weekly Dojang attendance.
5. Service to the Dojang or Association.

## **General Knowledge**

1. Conceptual knowledge of all lower rank techniques.
2. Korean Tang Soo Do terminology, etiquette, and further development of Mi Guk Kwan attitudes and spirit.
3. Philosophy and history of Tang Soo Do Mi Guk Kwan.
4. Increased responsibility in the class with the approval of the Sa Bom – Kyo Sa.

## **Demonstration of Basic Hand and Foot Techniques (Gi Cho)**

1. **Hand techniques:** All basics and combinations are required, Techniques with Hu Jin (stepping back) singularly or in combination may be required. Korean terminology for all hand techniques.
2. **Foot techniques:** All Jump spinning kicks, all single jumping kicks required, hand and foot combinations moving forward and back can be required.

**Forms (Hyung)** - Chil Sung III Rho Hyung, Bassai Hyung and Chil Sung Sam Rho Hyung

**One-step sparring (Il Soo Sik Dae Ryun)** - Intermediate one-steps #17 & #18

**Self-defense (Ho Sin Sool)** - Behind the back one hand on each grabs #1 & #2 (*short and long distance*)

**Free sparring (Ja Yu Dae Ryun & Da Soo In Dae Ryun)**

**Breaking (Kyok Pa)** - Hop side kick (*2 boards children, women; 3 boards men*); Jump back kick (*face height 1 board children, women; 2 boards, men*); Spin hook kick (*1 board*)

## **Culture and Terminology**

1. Some simple questions abouts Korean Tang Soo Do etiquette.
2. Philosophy and history of Tang Soo Do Mi Guk Kwan.
3. Terminology of Tang Soo Do movements.
4. Who's the creator of the Pinan Katas, the source material for our Pyung Ahn Hyungs?
5. Name and place of creation of the Pinan Katas, the source material for our Pyung Ahn Hyungs?
6. Who developed our Pyung Ahn Hyungs?
7. What is the korean word for "Control of Breathing"?
8. Why is it important to have good Ho Hup Cho Chung ?
9. What is the meaning of "Do"?
10. What is the meaning of "Moo"?
11. What is the meaning of the Chinese character found in the middle of the 5 stars in the MGK Patch?
12. What is the meaning of "Neh Khang Weh Yu"?
13. How do you apply the concept of Neh Khang Weh Yu to your training?
14. How do you apply the concept of Neh Khang Whe Yu to activities outside of the dojang?
15. What is the meaning of Bassai? What is ancient name of Bassai and what is its meaning?
16. What is the meaning of Chil Sung?
17. Candidates are responsible for all previous information.

Answers on pages 50 and 51

*The examiner may require a demonstration of lower belt knowledge and techniques.*

# Red to Cho Dan Testing Requirements

Red Belt (1st Gup) to Cho Dan (1st Dan) (Midnight Blue – “Black Belt”)

## **General Requirements**

1. Must be a member in good standing of the TSDMGK Association, Inc.
2. Sound moral character.
3. No age requirement.
4. Regular weekly Dojang attendance.
5. Contribution in service to the TSDMGK Association and/or Dojang.
6. Must have minimum required evaluations by the Regional Examiners or his/her designee.

## **General Knowledge**

1. Conceptual knowledge of all lower rank techniques.
2. Assistance in teaching and class responsibilities with ability to conduct formal classes with the approval of the Sa Bom – Kyo Sa.
3. Ability to explain the relationship between forms and mental discipline.
4. Philosophy and history of all aspects of Tang Soo Do Mi Guk Kwan.
5. General knowledge of unique characteristics of Tang Soo Do Mi Guk Kwan.
6. General knowledge of responsibilities and meaning of being a Dan member (Midnight Blue – “Black Belt”)

## **Demonstration of Basic Hand and Foot Techniques (Gi Cho)**

1. **Hand techniques:** All lower belt requirements can be requested. Test of basic movements will be conducted using Korean terminology.
2. **Foot techniques:** All lower belt requirements can be requested. Test of basic movements will be conducted using Korean terminology.

**Forms (Hyung)** - Gi Cho Hyung Sam Bu, Chil Sung Ill Rho Hyung, Bassai Dae Hyung, Chil Sung Sam Rho Hyung, Naihaji Cho Dan Hyung. Examiner may require any lower forms.

**Endurance (In Neh)** - Candidate will be required to demonstrate Pahl Put Ki (*horse stance punching*) minimum of 120 repetitions, with proper form and power, within a 30 second time period.

**One-Step Sparring (Ill Soo Sik Dae Ryun)** - Intermediate One-steps #1 - #18

**Self-Defense (Ho Sin Sool)** - Review of all Gup self-defense may be requested.

## **Free sparring (Ja Yu Dae Ryun)**

**Breaking (Kyok Pa)** - Jump back kick at face level (*bottom of board at chin*): Adult men, (3 boards); adult women and young adults, (2 boards); children under 10, (1 board)

## **Specific Knowledge of Culture; written T.A.C. exam.**

Knowledge of the meaning and history of specific hyungs.

Knowledge of the meaning behind the “Midnight Blue Belt” as opposed to the “Blackbelt” .

Knowledge of the responsibilities of the Midnight Blue Belt to the Association and to the Dojang.

**Written essay** - What Tang Soo Do Mi Guk Kwan means to me. Minimum 1000 words (*three typewritten pages*).

*The examiner may require a demonstration of lower belt knowledge and techniques.*

**Continued**

### ***Culture and Terminology***

1. Ability to explain the relationship between forms and mental discipline.
2. Philosophy and history of all aspects of Tang Soo Do Mi Guk Kwan. Should be more specific here.
3. General knowledge of unique characteristics of Tang Soo Do Mi Guk Kwan.
4. General knowledge of responsibilities and meaning of being a Dan member
5. List the Seven “Rs” of TSD Mi Guk Kwan.
6. Describe the protocol sequence at the beginning of the class.
7. Describe the protocol sequence at the end of the class.
8. Brief history of TSD Mi Guk Kwan in your country
9. Candidates are responsible for all previous information.

*Specific Knowledge of Culture; written T.A.C. exam.*

10. Knowledge of the meaning and history of specific hyungs Bassai Dae – Naihanchi Cho Dan.
11. Knowledge of the meaning behind the “Midnight Blue Belt” as opposed to the “Blackbelt” .
12. Knowledge of the responsibilities of the Midnight Blue Belt to the Association and to the Dojang.  
*Written essay –*
13. What Tang Soo Do Mi Guk Kwan means to me?. Minimum 1000 words (three typewritten pages).

**Answers on pages 50 and 51**

# Culture and Terminology **Answers**

## White Belt (10th to 9th gup) Culture and Terminology

Answers: (1) Tang Soo Do; (2) Way of the empty (worthy or China) hand. (3) Soo Bahk and Tae Kyun; (4) Mi Guk Kwan; (5) Brotherhood, style or place in America; (6) Brotherhood, style or place in America where the way of the worthy (empty) hand is practiced; (7) Do Bok; (8) Sun Beh Nim; (9) Hu Beh; (10) Dojang.

## White Belt (9th gup to 9th gup upgrade) Culture and Terminology

Answers: (1) Kyo Sa Nim; (2) Sa Bom Nim; (3) Kwan Jhang Nim; (4) It is a term or title which means "Honorable"; (5) Kwan Jhang Nim Won Kuk Lee; (6) Kwan Jhang Nim Hwang Kee; (7) Kwan Jhang Nim Charles Ferraro

## White Belt (9th gup upgrade to 8th gup orange) Culture and Terminology

Answers: (1) from left to right: your country, The Style (Mi Guk Kwan), South Korea; (2) To show respect to the country where the practitioner lives and practices his / her art, To show respect to the style of the martial art we study, To Show respect for the country where our art originated; (3) To show respect for the room where we train our art and to indicate our commitment to practice our art in the proper manner; (4) Dee; (5) Never, the dirt and sweat in the belt symbolize our hard work and should never be washed out; (6) Raise your hand and wait to be acknowledged by the instructor; when acknowledged bow and ask your question, stand at attention while you wait for your answer from the instructor, bow to instructor after answer is received and move back into choon bi; (7) Yong Gi (courage).

## Orange Belt (8th gup orange to 7th gup orange) Culture and Terminology

Answers: (1) Hana, Dool, Set, Net, Da Sot, Yuh Sot, Il Gup, Yo Dull, Ah Hope, Yohl ; (2) Concentration - Chung (Jong) Shin Tong Il ; (3) 1945 in Seoul, South Korea.; (4) November 09th, 1995 in the U.S.; (5) Soo Bahk, Tae Kyun, Okinawan Karate, Northern Chinese Arts, Southern Chinese Arts.

## Orange Belt (7th gup orange to 6th gup green) Culture and Terminology

Answers: (1) Gi Cho; (2) Kyung Ret; (3) Mahk Kee; (4) Dae Ryun; (5) Ba Ro; (6) Endurance - In Neh; (7) Kong Kyuk; (8) Hyung; (9) Shi Jak; (10) Cha Ryut; (11) Muk Nyum; (12) Both.

## Green Belt (6th Gup) to Green Belt (5th Gup) Culture and Terminology

Answers: (1) Peaceful confidence; (2) personal explanation; (3) First; (4) Second; (5) Third; (6) Fourth; (7) Fifth; (8) Sixth; (9) Seventh; (10) Eighth; (11) Ninth; (12) Tenth; (13) Honesty - Chung (Jong) Jik.

## Green Belt (5th Gup) to Green Belt (4th Gup) and 4th Gup Upgrade Culture and Terminology

Answers: (1) Ho Sin Sool; (2) External Power; (3) Internal Power; (4) Spiritual Power; (5) Ja Yu Dae Ryun; (6) Kyok Pa; (7) Humility - Kyum Son; (8) Meditation; (9) Il Soo Sik Dae Ryun; (10) Student's personal explanation; (11) Student's personal explanation; (12) Student's personal explanation; (13) Student's personal explanation; (14) "Thank you Sir/Madam" (you say this as you bow to your senior)

# Culture and Terminology **Answers**

## Green Belt (4th Gup) to Red Belt (3rd Gup) Including 4th Gup Upgrade (Green Belt with two black stripes) Culture and Terminology

Answers: (1) Student's personal explanation; (2) Student's personal explanation; (3) Courage - Yong Gi; (4) Concentration - Chung (Jong) Shin Tong Il; (5) Endurance - In Neh; (6) Honesty - Chung (Jong) Jik; (7) Humility - Kyum Son; (8) Control of Power – Him Cho Chung; (9) Relaxation and Tension – Shin Chook; (10) Speed Control – Wan Gup; (11) Student's personal explanation; (12) Student's personal explanation; (13) Student's personal explanation; (14) The extensive use of the lateral rotation of the hip in all of our movements

## Red Belt (3rd Gup) to Red Belt (2nd Gup) Culture and Terminology

Answers: (1) Student's personal explanation; (2) Student's personal explanation; (3) Student's personal explanation; (4) Student's personal explanation; (5) Student's personal explanation; (6) Student's personal explanation; (7) Student's personal explanation; (8) Be loyal to your country, Be obedient to your parents, Be loving between husband and wife, Be cooperative between brothers, Be respectful to your elders, Be faithful between teacher and student, Be faithful between friends, Be discreet in killing, Never retreat in battle, Always finish what you start; (9) Student's personal explanation;

## Red Belt (2nd Gup) to Red Belt (1st Gup) Culture and Terminology

Answers: (1) Student's personal explanation; (2) Student's personal explanation; (3) Student's personal explanation; (4) Mr. Itosu (Idos); (5) Okinawan Islands, 1880; (6) Kwan Jhang Nim Hwang Kee; (7) Ho Hup Cho Chung; (8) Student's personal explanation; (9) Way; (10) Martial, militar; (11) This is "Moo" and its meaning is: "to stop the spear" or "to stop the sword". It could be understood as "preventing the conflict"; (12) "Strong inside, soft outside"; (13) Student's personal explanation; (14) Student's personal explanation; (15) Bassai: "penetrating the fortress" - Old name is "Pal Che": "the selection of the best/fast movements; (16) Chil Sung means "Seven Stars", and also "Spiritual Way"

## Red Belt (1st Gup) to 1st Dan (Midnight Blue) Culture and Terminology

Answers: (1) Student's personal explanation; (2) Student's personal explanation; (3) Student's personal explanation; (4) Student's personal explanation; (5) Right Thought, Right Meditation, Right Faith, Right Resolve, Right Effort, Right Speech, Right Action; (6) Cha Ryut - Kuk Gi Bay Ray - Ba Ro, An Jo (Chuk Suk) - Muk Nyum - Ba Ro, Cha Ryut - Kwan Jhang Nim Kay - Kyung Ret, Cha Ryut - Sa Bom Nim (or Kyo Sa Nim) Kay - Kyung Ret, Choon Bee; (7) Cha Ryut - Kuk Gi Bay Ray - Ba Ro, An Jo (Chuk Suk) - Muk Nyum - Ba Ro, Cha Ryut - Kwan Jhang Nim Kay - Kyung Ret, Cha Ryut - Sa Bom Nim Kay - Kyung Ret, Cha Ryut - Kyo Sa Nim Kay - Kyung Ret, Cha Ryut - Sun Beh Nim Kay - Kyung Ret; (8) Student's personal explanation; (10) Student's personal written work; (11) Student's personal written work; (12) Student's personal written work; (13) Student's personal written essay;

# Personal Resume of **Grandmaster Ferraro**

## *RANK HISTORY*

### *Karate-Tang Soo Do Moo Duk Kwan and Shio Karano Kempo Karate:*

#### *Karate-Tang Soo Do Moo Duk Kwan*

1st Dan- Master Jae C. Shin- 1969

1st Dan- Grandmaster Hwang Kee-1977 (retesting required with Federation membership)\*

2nd Dan- Grandmaster Hwang Kee-1980\*

3rd Dan- Grandmaster Hwang Kee-1983\*

4th Dan- Grandmaster Hwang Kee-1986\*

5th Dan- Grandmaster Hwang Kee-1991\*

6th Dan- Grandmaster Roger Haines-1996

7th Dan- Grandmaster Andy Ah Po-2003

Recognized as Founder with Kwang Jhang title of the Tang Soo Do Mi Guk Kwan style- Soke Clemet Reidner-1996 (see Shio Karano Kempo karate)

\*Personal instructor Master H. C. Hwang, son of Grandmaster Hwang Kee

#### *Shio Karano Kempo Karate*

2nd Dan- Professor Dan Grady and Soke Clemet Reidner-1978

3rd Dan- Soke Clemet Reidner-1980

4th Dan- Soke Clemet Reidner-1983

5th Dan- Soke Clemet Reidner-1986

6th Dan- Soke Clemet Reidner-1990

7th Dan- Soke Clemet Reidner-1993

8th Dan- Soke Clemet Reidner-1996\*\*

\*\*Certificate issued with Soke/Kwan Jhang title as well as recognition as founder of Tang Soo Do Mi Guk Kwan style

#### *Shio Karano Jujutsu*

1st Dan- Soke Clemet Reidner-1980

2nd Dan- Soke Clemet Reidner-1983

3rd Dan- Soke Clemet Reidner-1986

4th Dan- Soke Clemet Reidner-1988

5th Dan- Soke Clemet Reidner-1991

6th Dan- Soke Clemet Reidner-1994

#### *Other Martial Arts Ranks*

1st Dan Okinawan CHA-3 Go Shin Jutsu Kenop Karate-Robert Meyers, Ky-1975

1st Dan Aikido-New Haven Aikikai-instructor Bob Barrett under Yamada Sensei-1979

3rd Dan American Goju-Grandmaster Peter Urban-1980

Appointed Soke-Dai:Inheritor-Shio Karano Ryu-Soke Clement Reidner-4/26/1992

Instructor Certification-Sinatirsiawali (Kali, Arnis, Escrima)-Master Guru P.Greg Alland-1993

## Personal Resume of **Grandmaster Ferraro**

8th Dan- Soke/Kwan Jhang title and recognition as founder of Tang Soo Do Mi Guk Kwan  
Soke Clemet Reidner-1996

8th Dan- Soke/Kwan Jhang title and recognition as founder of Tang Soo Do Mi Guk Kwan  
Soke John Larlee-1996

8th Dan- Soke/Kwan Jhang title and recognition as founder of Tang Soo Do Mi Guk Kwan  
Soke William Van Camp-1996

8th Dan- Soke/Kwan Jhang title and recognition as founder of Tang Soo Do Mi Guk Kwan  
Soke Ron Cherry-1996

Master Instructor Certification-Hai Dong Gumdo (Korean Sword)-Grandmaster Tae Kim-2003

### ***NATURAL HEALING-INITIATIONS and HISTORY***

#### ***Reiki:***

##### ***Usui System of Reiki***

Initiated to 1st Degree level-Carolyn Pistey, Melanie Chong-May 1995

Initiated to 2nd Degree level-Carolyn Pistey, Melanie Chong-June 1995

Initiated to 3rd Degree level and Membership-Carolyn Pistey, Melanie Chong-July1995

##### ***Seichem-Reiki (Earth Ray), Sakara (Fire Ray), Sophie-El (Water Ray), Angelic Light<sup>9</sup> (Air Ray): Tera-mai System of Reiki and Seichem***

***Initiated into:*** Sakara (Fire Ray) 1st Degree level; Sophie-El (Water Ray) 1st Degree; Angelic Light (Air Ray), levels 1-66; Seichem, Level1-Kathleen Milner, November 1995

***Initiated into:*** Seichem, Level 2; Sakara (Fire Ray) 2nd Degree level; Sophie-El (Water Ray) 2nd Degree; Angelic Light (Air Ray), levels 67-317 -Kathleen Milner, November 1995

***Initiated into:*** Seichem Master Level; Sakara (Fire Ray) 3rd Degree level; Sophie-El (Water Ray) 3rd Degree; Angelic Light (Air Ray), levels 318-333; Seichem, Level1-Kathleen Milner, December 1995

# Personal Resume of **Grandmaster Ferraro**

## **OTHER**

Attended Clinics and Seminars:

Accupressure: "Neck and Shoulders Releases" - Michael Lee Gaulk -1989

Studied Yang-style Tai Chi - Master Ai Ping Chen and Kathleen Brenner -  
1995 to present

## **MARTIAL ARTS ACHIEVEMENTS AND AWARDS**

### ***Competition History***

- Frequent form and sparring competitor throughout the Eastern United States, having won 11 Grand Championships in 8 states - 1971 - 1986
- Placed first, second or third in the Black belt heavyweight sparring division each year in the U. S. Tang Soo Do Moo Duk Kwan Federation National Championships - 1981-1986
- Placed first in forms (Masters Division) at the U. S. Tang Soo Do Moo Duk Kwan National Championships held in Fort Lauderdale, FL - 1991
- National Tang Soo Do Sparring Champion; U. S. Tang Soo Do Moo Duk Kwan Federation - 1985, 1986
- U. S. Tang Soo Do Moo Duk Kwan National Team Member - 1983, 1986 International Sparring Champion - Waterford, England -1986

•Coached Team WHAK Competition Team to:

23 first place National Team Sparring Championships.

5 second place National Team Sparring finishes.

11 first place National Form Team Championships.

7 second place National Form Team finishes and 2 third place finish.

As of this writing, his students have garnished thousands of individual first place National Championships, hundreds individual National Grand Championships and of individual first place International Championships.

- Member of U. S. A. National Demonstration Team - International Goodwill Demonstration - Seoul, Korea
- U. S. A. National Karate Team Coach - International Championships, Wald, Switzerland - 1993
- Founder and promoter of the Annual St. Patrick's Day Classic - 1978 – 1984
- Founder and promoter of the Annual CT State Diamond Classic - 1985 - 1989
- Founder and promoter of the Annual CT State Tang Soo Do Championships - 1990 to present
- Served on the National Tournament Committee as Tournament Director and Coordinator, U. S. Tang Soo Do Moo Duk Kwan Federation 1984 - 1995
- Served as the National Tournament Director, Shio Karano Kai International – 1994, 1995, 1996.
- Co-promoted with the Tang Soo Mi Guk Kwan Association the Annual All Tang Soo Do International Championships 1995

# Personal Resume of **Grandmaster Ferraro**

## *Other Awards and Accomplishments*

- Earned B. S. Degree, Biology - Southern CT State University – 1974
- Earned M. S. Degree, Fishery Biology - Murray State University - 1975
- Founder and Owner of the West Haven Academy of Karate, Inc. School System.
- Military Self-defense instructor, U. S. Army Reserve Units - Wintergreen Ave., New Haven, CT - 1976 - 1978
- Who's Who in American Karate - 1982 - 1986
- Outstanding Young Men in America Award - 1986
- Appointed State Chairman of the Connecticut Senior AAU Karate Program.
- Appointed State Chairman of the Connecticut AAU Junior Olympics Program.
- Featured in Inside **Kung Fu Magazine** - Dec. 1981; **Blackbelt Magazine** - 1985: **Blackbelt Magazine** - 1996
- Served as Chief of Security - All Tang Soo Do National and International Championships Atlantic City, New Jersey - 1982
- Served as Chief of Security and personal body guard to such personalities as Jonathan Edwards, Stephen Bishop, Livingston Taylor, and John Pusart Dart Band - Mountain Air Productions - 1984
- Served as a member of the Board of Directors of the U. S. Tang Soo Do Moo Duk Kwan Federation, Inc. 1979 - 1995
- Elected and served as Vice-Chairman of the Board of Directors to the U. S. Tang Soo Do Moo Duk Kwan Federation, Inc. 1994 - 1995
- Appointed to regional examiner for New England area - U. S. Tang Soo Do Moo Duk Kwan Federation, 1993 - 1995
- Promoted thousands of individuals to the Dan level (black belt), and hundreds of individuals to the Master level worldwide.
- Master Ferraro in conjunction with his senior Dans created the Tang Soo Do Mi Guk Kwan Association, Inc. in November of 1995
- Founder and Grandmaster of the Tang Soo Do Mi Guk Kwan style.
- Elected President and Chairman of the Technical Advisory Committee of the Tang Soo Do Mi Guk Kwan Association, Inc. - November 1995
- Produced, performed and published 8 volume set of White belt through 8th dan instructional DVD series - 2001
- Conducted numerous martial arts clinics and seminars all over the United States, as well as internationally.
- Published numerous martial arts articles and professional papers.
- Introduced Tang Soo Do Mi Guk Kwan to Chile, 2000.
- Introduced Tang Soo Do Mi Guk Kwan to Mexico, 2003.
- Introduced Tang Soo Do Mi Guk Kwan to Argentina, 2004.
- Taught military combat techniques, knife fighting to 82nd Airborne, Fort Bragg, NC - 2006
- Co-founded with Grandmaster Theo Salm, Rotterdam, Netherlands "Worldwide Tang Soo Do Family" – 2009
- Hosted the 2nd Biennial Worldwide Tang Soo Do "World" Championships, Orlando, FL – Aug. 2011 (12 countries in attendance)

# Korean and Chinese Terminology

## GENERAL TERMINOLOGY:

**Tang Soo Do** - Name of the art we study

**Tang** - Tang Dynasty (showing Chinese influence of our style)

**Soo** - Hand

**Do** - Way

**Mi Guk Kwan** - Brotherhood, Style or Place in America

**Mi** - Beautiful

**Guk** - Country

**Kwan** - Place, Style, or Brotherhood

**Kwan Jhang (Nim)** - Grandmaster, head of Mi Guk Kwan style, (Charles Ferraro)

**Sa Bom (Nim)** - Master Instructor (4th Dan and up)\*

**Kyo Sa (Nim)** - Instructor (1st Dan through 3rd Dan)\*

**Nim** - A term of respect similar to "Sir" or "Honorable"

**San Beh (Nim)** - Senior member

**Hu Beh** - Junior member

**Dan** - Degree, holder of the midnight blue belt

**Gup** - Grade, holder of a color belt under midnight blue belt

**Ko Dan Ja** - Senior Dan holder (4th Dan and up)

**You Dan Ja** - Dan holder (1st Dan through 3rd Dan)

**Dan Bun** - Dan number

**You Gup Ja** - Gup holder

**Kwan Won** - Student member

**Cho Bo Ja** - Beginner

**Dojang** - Training hall (studio)

**Do Bok** - Training suit (uniform)

**Dee** - Belt

**Kuk Gi** - National Flag

**Kwan Gi** - Flag of style or school of Tang Soo Do, i.e., Mi Guk Kwan Gi

**Ki Cho** - Basic

**Hyung** - Form

**Dae Ryun** - Sparring

**Ho Sin Sool** - Self-defense

**Soo Gi** - Hand techniques

**Jok Gi** - Foot techniques

**Neh Gung** - Internal power or control in exercise

**Weh Gung** - External power or control in exercise

**Shim Gung** - Mental power or control in exercise

**Mahk Kee** - Block

**Kong Kyuk** - Attack

**Ha Dan** - Low part

**Choong Dan** - Middle part

**Sang Dan** - High part

**Ahp** - Front

**Yup** - Side

**Dwi** - Back

**O Rin Jok** - Right side

**Wen Jok** - Left side

**Tuel Oh** - Twisting, (reverse)

**Cha Gi** - Kick

**Ki Hap** - Yell

**Shi Sun** - Line of sight or focus of eyes

**Choong Shim** - Balance

**Chung Kwon** - Forefist

**Cap Kwon** - Backfist

**Soo Do** - Knife hand

**Yuk Soo Do** - Reverse (inside edge) knife hand

**Kwan Soo** - Spear hand

**Jang Kwan** - Heel of hand

\*The terms Sa Bom and Kyo Sa are reserved for certified instructors.

# Terminology **Continued**

## *BASIC STANCES (Gi Cho Jaseh)*

**Choon Bee Jaseh** - Ready stance  
**Chun Gul Jaseh** - Front stance  
**Hu Gul Jaseh** - Back stance  
**Ki Ma Rip Jaseh** - Horse stance  
**Han Bal Seo Kee Jaseh** - One Knee Stance  
**Han Bal Seo Kee Jaseh** - One Legged Crane Stance  
**Ko-yang Jaseh** - Cat Stance  
**Pol Wol Seh** - Embracing the Moon Stance (Po Wol Hyung)  
**Sa Ko Rip Jaseh** - Side stance  
**Kyo Cha Rip Jaseh** - Cross-legged stance

## *COMMANDS IN TRAINING*

**Ku Ryung** - Count  
**Ku Ryung Up Shi** - Without count  
**Kyung Ret** - Bow  
**Shi Jak** - Begin  
**Shio** - Relax (rest)  
**Dwi Ro Tora** - Turn to rear  
**Jin** - Movement  
**Wheng Jin** - Sideways movement  
**Yuk Jin** - Movement while maintaining a reverse relationship between hand and foot  
**Chong Gan Jawh** - Intermediate position

**Ku Ryung E Mat Cho So** - By the count  
**Cha Ryut** - Attention  
**Jhoon Bee** - Ready  
**Ba Ro** - Return  
**Tora** - Turn  
**Bal Cha Gi Jhoon Bee** - Ready for kick  
**Chun Jin** - Forward movement  
**Hu Jin** - Backward movement  
**Dasi** - Again or repeat

## *NUMBERS (Bun)*

### KOREAN

**Ha Na** - One  
**Dool** - Two  
**Set** - Three  
**Net** - Four  
**Da Sot** - Five  
**Yuh Sot** - Six  
**Il Gop** - Seven  
**Yo Dull** - Eight  
**Ah Hope** - Nine  
**Yohl** - Ten

### CHINESE

**Il** - First  
**Ee** - Second  
**Sam** - Third  
**Sa** - Fourth  
**O** - Fifth  
**Yuk** - Sixth  
**Chil** - Seventh  
**Pahl** - Eighth  
**Gu** - Ninth  
**Ship** - Tenth

**E Ship** - Twenty  
**Sam Ship** - Thirty  
**Sa Ship** - Forty  
**O Ship** - Fifty  
**Yuk Ship** - Sixty  
**Chil Ship** - Seventy  
**Pahl Ship** - Eighty  
**Gu Ship** - Ninety  
**Baek** - One hundred

## *COMMANDS FOR STARTING AND CLOSING CLASS*

**Cha Ryut** - Attention  
**Kuk Gi Bay Ray** - Bow to flag  
**Ba Ro** - Return  
**An Jo or Chuk Suk** - Sit  
**Muk Nyum** - Meditation  
**Ba Ro** - Return  
**Sa Bom Nim Kay Kyung Ret** - Bow to Master instructor  
**Kyo Sa Nim Kay Kyung Ret** - Bow to (certified) instructor  
**Sun Beh Nim Kay Kyung Ret** - Bow to senior member  
**Sahng Ho Kan E Kyung Ret** - Bow to partner (each other)  
**Shim Sa Kwan Nim Ge Kyung Ret** - Bow to Judge or Examiner  
**Kwan Jhang Nim Kay Kyung Ret** - Bow to the Grandmaster

# Terminology **Continued**

## *DEFENSIVE HAND TECHNIQUES (Soo Gi)*

1. Closed Fist, Front Stance

**Ha Dan Mahk Kee** - Low Block, front stance (also tuel oh, twisting)

**Sang Dan Mahk Kee** - High block, front stance (also tuel oh, twisting)

**Ahneso Phakuro Mahk Kee** - Inside outside block, front stance (also tuel oh, twisting)

**Pahkeso Ahnuro Mahk Kee** - Outside Inside block, front stance (also tuel oh, twisting)

**Ssang Soo Ha Dan Mahk Kee** - Two fist, low block, front stance (x block)

**Chun Gul Ssang Soo Mahk Kee** - Two fist, middle block, in front stance

**Yang Soo Ahneso Phakuro Yuk Soo Do Mahk Kee, Ahneso Phakuro Kwon Do Mahk Kee**

2. Closed Fist, Back Stance

**Hu Gul Yup Mahk Kee** - Side block, back stance

**Hu Gul Ha Dan Mahk Kee** - Low block, back stance

**Hu Gul Sang Dan Mahk Kee** - High block, back stance

**Hu Gul Pahkeso Ahnuro Mahk Kee** - Outside inside block in back stance

**Hu Gul Ssang Soo Mahk Kee** - Two fist middle block in back stance

**Hu Gul Ssang Soo Ha Dan Mahk Kee** - Two fist low block in back stance

3. Open Hand, Front Stance

**Ssang Soo Sang Dan Mahk Kee** - Two hand high x-block, front stance

4. Open Hand, Back Stance

**Hu Gul Jang Kwon Ahnuro Mahk Kee** - bottom of palm, back stance

**Choi Ha Dan Soo Do Mahk Kee** - Ground block with knife hand (very low)

**Hu Gul Ha Dan Soo Do Mahk Kee** - Low knife hand block, back stance

**Hu Gul Sang Dan Soo Do Mahk Kee** - High knife hand block, back stance

**Hu Gul Choong Dan Soo Do Mahk Kee** - Middle knife hand block, back stance

5. Open Hand, Cross-legged Stance

**Bal Ja Ba Mahk Kee** - Foot hold defense, palm heels together

## *OFFENSIVE HAND TECHNIQUES (Soo Gi)*

1. Closed Fist, Forward Stance

**Choong Dan Kong Kyuk** - Middle punch, front stance (also teul oh, twisting)

**Sang Dan Kong Kyuk** - High punch, front stance (also teul oh, twisting)

2. Closed Fist, Horse Stance

**Wheng Jin Kong Kyuk** - Side punch, horse stance

3. Closed Fist, Hu Gul Jaseh

**Yuk Jin Kong Kyuk** - Reverse punch, back stance

**Oh Ryo Pan-dae Kong Kyuk** - Uppercut punch (Pyong Ahn Ee Dan)

**Tuloh Pan-dae Kong Kyuk** - inverted punch (Chil Sung Sahn Rho)

4. Open Hand, Front Stance

**Kwan Soo Kong Kyuk** - Spear hand attack, front stance (also tuel oh)

**Soo Do Kong Kyuk** - Knife hand (also tuel oh)

**Yuk Soo Do Kong Kyuk** - Reverse knife hand attack, ridge hand (also tuel oh)

5. Open Hand, Back Stance

**Hu Gul Soo Do Kong Kyuk** - Knife hand attack, back stance

6. Other Attacks (Kong Kyuk) - (also tuel oh)

**Chung Kwon** - Forefist

**Cap Kwon** - Backfist

**Ban Jul Kwan Soo** - Knuckle spear hand, all four second knuckles

**Yoo Kwon** - Soft fist, using knuckles of first and second fingers

## Terminology **Continued**

**Ee Ji Kwon Soo** - Two finger spear hand

**Il Ji Kwon** - One finger fist, using middle knuckle or forefinger knuckle

**Jip Kye Son** - Plier hand web of thumb

**Jang Kwan** - Palm Heel

**So Il Ji Kwon Soo** - One finger spear hand

**hn Mok Deung** - Upper wrist

**Pal Kwon Do** - Hammer fist

**Mok** Inner or outer side of wrist

7. Elbow Attacks (Kong Kyuk)

**Pal Koop Chi Kee** - Chun Gul Jaseh (also teul oh, twisting)

**Pal Koop Chi Kee** - Sa Ko Rip Jaseh

**Jang Cap Kwon Kong Kyuk** - Double Back Fist Strike

**Hwa Kuk Cap Kwon Kong Kyuk** - Catching / smashing of Du Mun Hyun  
(Changing of hand position from Jang Cap Kwon Kong Kyuk).

**Jang Kwon Do Kong Kyuk** - Double Hammer Fist.

**Hwa Kuk Kwon Do Kong Kyuk** - Catching / smashing of Sal Chul Hyung  
(Changing of hand position from Jang Kwon Do Kong Kyuk).

**Do Mahl Sik** - Painting / smearing as in Du Mun Hyung

**Ta Ko Sik** - Hitting the drums as in Chil Sung Sahn Rho (final movements).

**Yo Sik** - to beat eggs / to whip cream both fist against sides of body striking with  
elbows as you twist your hips as in Jinto or Chil Sung Sa Rho Hyungs.

### *FOOT TECHNIQUES (Jok Gi) - (E Dan Jumping)\**

#### 1. OFFENSIVE

**Ahp Cha Nut Gi** - front snap kick

**Yup Cha Gi** - side snap kick

**Ahp Podo Oll Ri Gi Cha Gi** - front stretch kick

**Yup Podo Oll Ri Gi Cha Gi** - side stretch kick

**Yup Podo Cha Gi** - side thrust kick

**Dull Ryo Cha Gi** - roundhouse kick

**Dwi Cha Gi** - back kick

**Dwi Podo Cha Gi** - back snap kick

**Ahneso Pahkuro Cha Gi** - inside/outside kick

**Pahkeso Ahnuro Cha Gi** - outside/inside kick

**Dwi Dull Ryo Ahneso Pahkuro Cha Gi** - short/long spinning inside/outside kick

**Dwi Dull Ryo Hu Ri Gi Cha Gi** - long back spinning kick

**Dwi Hu Ri Gi Cha Gi** - reverse hook kick

**Moo Roop Cha Gi** - knee kick

**Yup Hu Ri Gi Cha Gi** - side hook kick

**Chit Pahl Gi Cha Gi** - stomping kick

**Ahp Mee Ro Cha Gi** - front pushing kick

**Peet Cha Gi** - reverse roundhouse kick

**Du Bal Cha Gi** - double kick, in sequence

**Ssang Bal Cha Gi** - double action kick, same time

**Yeon Sok Cha Gi** - continual or combination kicking

**Dee Mul Yup Podo Cha Gi** - hopping side kick

**Dee Mul Hu Ri Gi Cha Gi** - hopping hook kick

**Getten Bahl** - same foot

\*The addition of this term indicates a "jumping kick."

# Terminology **Continued**

## 2. DEFENSIVE:

**Bahl Ba Dak Euro Mahk Kee** – outside/inside sole of foot block

**Bahl Yup Euro Mahk Kee** - inside/outside outer edge of foot block

## 3. AREAS OF THE FOOT

**Bal Ba Dak Mit** - sole of the foot

**Bal Yup Koom Chi** - outer edge of the foot

**Bal Ap Koom Chi** - ball of the foot

**Bal Dwee Koom Chi** - heel of the foot

## FORMS (Hyungs)

**Ki Cho Hyung Il Bu** - #1

**Ki Cho Hyung Ee Bu** - #2

**Ki Cho Hyung Sam Bu** - #3

**Pyung Ahn Cho Dan** - #1

**Pyung Ahn Ee Dan** - #2

**Pyung Ahn Sam Dan** - #3

**Pyung Ahn Sa Dan** - #4

**Pyung Ahn O Dan** - #5

**Bassai Dai**

**Naihanji Cho Dan Hyung** - #1

**Naihanji Ee Dan Hyung** - #2

**Naihanji Sam Dan Hyung** - #3

**Chil Sung Il Ro Hyung** - #1

**Chil Sung Ee Ro Hyung** - #2

**Chil Sung Sam Ro Hyung** - #3

**Chil Sung Sa Ro Hyung** - #4

**Chil Sung O Ro Hyung** - #5

**Chil Sung Yuk Ro Hyung** - #6

**Chil Sung Chil Ro Hyung** - #7

**Yuk Ro Cho Dan Hyung (Du Mun)** - #1

**Yuk Ro Ee Dan Hyung (Joong Jol)** - #2

**Yuk Ro Sam Dan Hyung (Po Wol)** - #3

**Yuk Ro Sa Dan Hyung (Yeon Pyan)** - #4

**Yuk Ro O Dan Hyung (Sahl Chu)** - #5

**Yuk Ro Yuk Dan Hyung (Choong Rho)** - #6

**Pyung** – balance    **Ahn** – security, confidence  
**chil**– seven        **Sung** – star

## SPARRING (Dae Ryun)

**Sam Soo Sik Dae Ryun** - three-step sparring

**Il Soo Sik Dae Ryun** - one-step sparring

**Ja Yu Dae Ryun** - free sparring

**Jua Dae Ryun** - sparring in a sitting position

**Bong Dae Ryun** - stick sparring

**Da Soo In Dae Ryun** - sparring against two or more opponents

**Kyo Deh** - change positions or assume partner's position

**Dan Do Dae Ryun** - short knife sparring

**Gun Nun Dae Ryun** - no-contact sparring

## ANATOMY

**Jok (Chinese) or Bahl (Korean)** - foot

**Soo (Chinese) or Sohn (Korean)** - hand

**In Choong** - between mouth and nose

**Chu Mok** - fist    **Hu Ri** - waist

**Da Ri** - leg

**Eema** - forehead

# Terminology **Continued**

**Pahl Koop** - elbow      **Moo Roop** – knee      **Tuck** - chin      **Pahl** - arm  
**Ko Whan** - groin      **Dan Jun** - abdomen      **Myung Chi** - solar plexus

## KEY CONCEPTS IN TANG SOO DO

**Yong Gi** - courage  
**Chung (Jong) Shin Ton Il** - concentration  
**In Neh** - endurance  
**Chung (Jong) Jik** - honesty  
**Kyum (Kyom) Son (Shon)** - humility  
**Him Cho Chung (Jong)** - control of power  
**Shin Chook** - relaxation and tension  
**Wan Gup** - speed control

## TOURNAMENT TERMINOLOGY

**Shi Jock** - start of the match (begin)  
**Gu Man** - temporary stop  
**Kay Sok** - resume match (when the match has been stopped with the proclamation of the referee)  
**Sun Soo Eep Jang** - ordering the contestants into the match area  
**Sun Soo Wi Chi Jung Nee** - ordering the contestants to their fixed position  
**Shi Gan** - time  
**Han Jom** - one point  
**Du Jom** - two points  
**Seh Jom** - three points  
**E Sang** - the end of the match  
**Beck Soong (White)** - victory for the white  
**Hong Soong (Red)** - victory for the red  
**Shim Sa** - judgement  
**Bee Gim** - a draw  
**Yon Jang Jon** - extending the time of the match  
**Moo Jom** - no point  
**Ban Chuk** - foul  
**Kyong Go** - warning  
**Sil Jae Dae Ryun** - contact sparring  
**Gun Nun Dae Ryun** - non-contact sparring  
**Ja Kyok Sang Shil** - disqualified  
**Soong Ja** - winner  
**Boot Jap Um** - holding  
**Pah Ja** - loser

## COURTESY AND ETIQUETTE

**Kahm Sa Ham Ni Da** - thank you  
**Chun Mhan Eh Yo** - you're welcome  
**An'nyong Ha Sip Ni Ka** - hello  
**Ao'nyong Hi Kye Sip Sio** - go in peace (good-bye)

# My Ranking History

I began my White Belt karate training on: \_\_\_/\_\_\_/\_\_\_

I received my 9th Gup White belt Blue stripe on: \_\_\_/\_\_\_/\_\_\_

I received my 9th Gup White belt Black stripe Upgrade on: \_\_\_/\_\_\_/\_\_\_

I received my 8th Gup Orange Belt on: \_\_\_/\_\_\_/\_\_\_

I received my 7th Gup Orange Belt Blue stripe Upgrade on: \_\_\_/\_\_\_/\_\_\_

I received my 6th Gup Green Belt on: \_\_\_/\_\_\_/\_\_\_

I received my 5th Gup Green Belt 1 Blue stripe Upgrade on: \_\_\_/\_\_\_/\_\_\_

I received my 4th Gup Green Belt 2 Blue stripes Upgrade on: \_\_\_/\_\_\_/\_\_\_

I received my 4th Gup Green Belt 2 Black stripes Upgrade on: \_\_\_/\_\_\_/\_\_\_

I received my 3rd Gup Red Belt on: \_\_\_/\_\_\_/\_\_\_

I received my 2nd Gup Red Belt 2 Blue stripes Upgrade on: \_\_\_/\_\_\_/\_\_\_

I received my 1st Gup Red Belt 2 Black stripes Upgrade on: \_\_\_/\_\_\_/\_\_\_

I received my first Cho Dan Evaluation on: \_\_\_/\_\_\_/\_\_\_

I received my second Cho Dan Evaluation on: \_\_\_/\_\_\_/\_\_\_

I received my Cho Dan (Midnight Blue Belt) on: \_\_\_/\_\_\_/\_\_\_

# Tournament History

Tournament #1

Where: \_\_\_\_\_

Date: \_\_\_ / \_\_\_ / \_\_\_ Results: \_\_\_\_\_

Tournament #2

Where: \_\_\_\_\_

Date: \_\_\_ / \_\_\_ / \_\_\_ Results: \_\_\_\_\_

Tournament #3

Where: \_\_\_\_\_

Date: \_\_\_ / \_\_\_ / \_\_\_ Results: \_\_\_\_\_

Tournament #4

Where: \_\_\_\_\_

Date: \_\_\_ / \_\_\_ / \_\_\_ Results: \_\_\_\_\_

Tournament #5

Where: \_\_\_\_\_

Date: \_\_\_ / \_\_\_ / \_\_\_ Results: \_\_\_\_\_

Tournament #6

Where: \_\_\_\_\_

Date: \_\_\_ / \_\_\_ / \_\_\_ Results: \_\_\_\_\_

Tournament #7

Where: \_\_\_\_\_

Date: \_\_\_ / \_\_\_ / \_\_\_ Results: \_\_\_\_\_

Tournament #8

Where: \_\_\_\_\_

Date: \_\_\_ / \_\_\_ / \_\_\_ Results: \_\_\_\_\_

Tournament #9

Where: \_\_\_\_\_

Date: \_\_\_ / \_\_\_ / \_\_\_ Results: \_\_\_\_\_

# Clinics **Attended**

Clinic # 1

Where: \_\_\_\_\_

Date: / / Instructor: \_\_\_\_\_

Clinic # 2

Where: \_\_\_\_\_

Date: / / Instructor: \_\_\_\_\_

Clinic # 3

Where: \_\_\_\_\_

Date: / / Instructor: \_\_\_\_\_

Clinic # 4

Where: \_\_\_\_\_

Date: / / Instructor: \_\_\_\_\_

Clinic # 5

Where: \_\_\_\_\_

Date: / / Instructor: \_\_\_\_\_

Clinic # 6

Where: \_\_\_\_\_

Date: / / Instructor: \_\_\_\_\_

Clinic # 7

Where: \_\_\_\_\_

Date: / / Instructor: \_\_\_\_\_

Clinic # 8

Where: \_\_\_\_\_

Date: / / Instructor: \_\_\_\_\_

Clinic # 9

Where: \_\_\_\_\_

Date: / / Instructor: \_\_\_\_\_









## It is not **Easy...**

To Apologize.  
To Begin Over.  
To Take Advice.  
To Be Unselfish.  
To Admit Error.  
To Face a Sneer.  
To Be Charitable.  
To Be Considerate.  
To Avoid Mistakes.  
To Endure Success.  
To Keep on Trying.  
To Be Broad-minded.  
To Forgive and Forget.  
To Profit by Mistakes.  
To Think, Then Act.  
To Keep Out of the Rut.  
To Make the Best of Little.  
To Shoulder the Blame.  
To Maintain a High Standard.  
To Recognize the Silver Lining.

...but it always **Pays!**



*Grand Championship awards for Team Sparring and Team Forms for National Tang Soo Do Championships.*



*Trophies for Tang Soo Do Mi Guk Kwan Annual National Championships – Portsmouth, RI – 2007.*



*1st picture – Students engaging in Kyok Pa (Board Breaking) during the “Weekend with the Masters” training seminar – Shelton CT – 2010.*



*Student learning Bong Hyung Cho Dan at “Weekend with the Masters” training – Shelton, CT – 2010.*



*Sa Bom Nim Davide Bankowski,  
(Wilton, CT) - teaches sparring  
techniques at "Weekend with  
the Masters", University of  
Bridgeport - 2009.*



*Grandmaster Charles Ferraro  
promotes Mr. Carlos Marciano to  
Cho Dan - West Haven Dojang  
- 2006.*



*Sa Bom Nim Bankowski and Sa Bom Nim Donald Allen training during Hanshi Mike Cunningham's short fighting clinic at "Weekend with the Masters" – Shelton, CT – 2010.*



*Kwan Jhang Nim C. I. Kim instructing self defense techniques to Mr. Jason Thornhill – Las Vegas, NV – 2001.*

*Kodanja Shimsa (Master's testing) West Haven Dojang, 2008: (left to right – Soke John Larlee – 10th dan, Boko Miso Ryu Jujutsu; Kwan Jhang Nim Robert Beaudoin, 8th dan, World Tang Soo Do Association; Kwan Jhang Nim Andy Ah Po – 9th dan, Tang Soo Do Martial Way Association, Inc.; Kwan Jhang Nim Charles Ferraro – 8th dan, Tang Soo Do Mi Guk Kwan Association; Kwan Jhang Nim Richard Byrne – 8th dan, American Tang Soo Do Association; Hanshi Mike Cunningham – 8th dan, Shotokan Karate*



*Kwan Jhang Nim Charles Ferraro – Breaks 450 lbs of Ice at Oxford, CT – 2008.*

# The Song of **Sip Sam Seh**

## 십삼세

(Thirteen Influences)

Never neglect any of the Sip Sam Seh.

The source of the will is in the waist.

Pay attention to the slightest change from full to empty.

Let energy flow through the whole body continuously.

Stillness embodies motion, motion stillness.

Seek stillness in motion.

Surprising things will happen when you meet your opponent.

Give awareness and purpose to every movement.

When done correctly all will appear effortless.

At all times pay attention to the waist.

Relaxed clear awareness of abdomen, the energy can be activated.

When the base of the spine is erect, energy rises to the top of the head.

The body should be flexible.

Hold the head as if suspended from a string.

Keep alert and seek the meaning and purpose of your art.

Bent and stretched, open and closed, let nature take its course.

Beginners are guided by oral teaching.

Gradually one applies himself more and more.

Skill will take care of itself.

What is the main principle of the martial arts?

The mind is the primary actor and the body the secondary one.

What is the purpose and philosophy behind the martial arts?

Rejuvenation and prolonging of life beyond the normal span.

So and eternal spring.

Every word of this song has enormous value and importance.

Failing to follow this song attentively, you will sigh away your time.



Dan Promotion **Certificate**



Gup Promotion **Certificate**