



General Knowledge

- 'Tang Soo!' = a way of greeting & honoring the art
- Tang Soo Do = The Name of the Art we Study
- Go Map Sim Nee Dah = Thank You!
- Sah Bom Nim = Master Instructor
- 3 L's = Look, Listen, Learn
- **5 primary tenets of Tang Soo Do:**
 1. **Courtesy**
 2. **Integrity**
 3. **Perseverance**
 4. **Self-control**
 5. **Indomitable Spirit**
- **Tang Soo Do Jung Shin:**
Mind & Body as One in Tang Soo Do Spirit
- **Basic Ideology of Tang Soo Do:**
"Harmony between the mind and body"
- **Why do we meditate:**
To gather one's spiritual awareness, and feeling of calm and relaxation, Sir!

Five elements of the 'worthy hand'

1. **Knowledge**
2. **Credibility**
3. **Virtue**
4. **Courage**
5. **Discipline**

Why do we bow? To show respect for ourselves and others, Sir!

Striving For: Black Belt Excellence

3 C's: -Courtesy –Consistency -Commitment

Moo Duk Kwan: The name of our style
Moo(Martial) Duk(Discipline, Moral) Kwan(School)

Five major Key concepts of Tang Soo Do:

- 1-Courage
- 2-Concentration
- 3-Endurance
- 4-Control of Power
- 5-Tension/Relaxation

Emphasis for physical development #s 1-10

Points of Emphasis for physical development

1. Vocal exhalation, for thoracic strength
2. Focus of sight
3. Continuous balance during movements
4. Flexibility of the body
5. Correct muscle tone for maximum power
6. High and low speed techniques
7. Exactness of techniques
8. Adjustment for proper distance
9. Proper breathing for endurance
10. Conditioning of hands and feet

Why is it necessary to practice basics & forms?

Forms & basics build a necessary solid foundation for achieving coordination, agility, and skill, Sir!

Name of our Tang Soo Do school:

Global Karate

Do-jahng: *the studio*

House of Discipline

Moo Duk Kwan: The Name of the Style we Study, Sir!

Ultimate purpose of our training:

To become a better person (physically & mentally) Sir

Why do we Kee Hahp (Yell)

To focus power & energy, sir!

Ten articles of faith on Mental Training

1. **Be loyal to one's country**
2. **Be obedient to ones parents & elders**
3. **Be loving to one's husband or wife**
4. **Be cooperative to your brothers**
5. **Be Respectful of Elders**
6. **Be respectful to your teacher; *Learn the truth through practice of duty, loyalty, and affection***
7. **Be faithful to friends**
8. **Be able to distinguish between right & wrong**
9. **Sacrifice for justice**
10. **Always finish what you start**

▪ Important points to remember:

1. Your reason for training should be to develop yourself both mentally and physically
2. Put effort into all your training
3. Only be satisfied if you do your best
4. Obey the instruction of seniors
5. Do not be conceited. Always look, listen and learn

Why do we practice breath control?

To develop spiritual strength and endurance, Sir!

Why do we use control in Sparring?

To demonstrate mental discipline and physical control of ourselves, Sir!

What makes power?

Power is made by weight and speed, Sir!

Membership Code of Conduct

Members shall follow the principals of Tang Soo Do

- * Tang Soo Do is a classical martial art. It is not a game to be played solely for the sake of winning, but rather a physical and intellectual activity designed to foster physical, mental and spiritual health.
- * Practitioners are at their best in helping others: at their worst in bettering others.
- * Every member shall: seek truth, work at developing his highest moral character, strive for humility, sacrifice himself for justice, contribute by example to the acceptance of Tang Soo Do as the most genuine of the martial arts, develop his endurance, and value confidence and peace of mind.

General Rules For Class

I. Upon entering the Do-Jang (studio) students shall salute the flag and bow to the instructor. (must wait to be acknowledged in the attention position) as soon as they enter the mat area of the Do-Jang.

II. During Class: Proper respect and discipline shall be maintained at all times.

- * When the chief instructor of the school enters the Do-Jang, a student in the class should call the class to attention and have the class bow.
- * When a student comes to class late, they should wait (in attention position) until the instructor recognizes them. They should approach the instructor, bow and ask permission to join the class.
- * When a student must leave the Do-Jang during training, they should first ask permission from the instructor.

III. There should be an absence of unnecessary noise in the Do-Jang. Students should remain silent, especially during forms and free sparring.

- * Students seated on the sidelines should remain still so as not to disturb those on the floor.
- * Students and spectators are prohibited from chewing gum or smoking in the Do-Jang.

STANDARD TERMINOLOGY

Tang Soo Do	Name of the Art	Gup	Jr. Rank
Moo Duk Kwan	Name of the Style	Choon Bee	Ready
Kwang Jang Nim	Grandmaster Tong Mun Kim	Hyung	Form
Sah Bom Nim	Master Instructor	Dae Ryun	Sparring
Ko Sah Nim	Assistant Instructor	Ho Shin Sool	Self-Defense
Sun Beh Nim	Senior Member	Kong Kyuk	Attack
Do-Jang	Studio	Shio	Relax
Do-Bok	Uniform	Kwan Kee	School Flag
Commands in Starting Class		Counting	
Cha Ryut	Attention	Hah Nah	One
Kuk Kee Bah Reh	Bow to Flag	Dool	Two
Bah Ro	Return	Seht	Three
Ahn Jeo	Sit	Neht	Four
Muk Nyum	Meditation	Dah Suht	Five
Bah Ro	Return	Yuh Suht	Six
Ei Eo Suh	Stand Up	Ei Gop	Seven
Kyung Ryet	Bow	Yuh Dull	Eight
		Ah-Hope	Nine
		Yohl	Ten

What is Tang Soo Do Moo Duk Kwan

Tang Soo Do is the continuation of the traditional Korean arts of self-defense dating back several thousand years. Translated freely "Tang Soo Do" means "Art of Worthy Hands". 'Tang' is 'Worth'; 'Soo' denotes 'hand', and 'Do' signifies art, ways or methods. It is dedicated to the preservation of the highest ideals of Martial Arts.

Practically the emphasis is on the development of the human body to apply scientifically designed punches, kicks and chops for both attack and defense. Spiritually its ideal is to preserve the sanctity of all life.

Tang Soo Do training develops the individual both spiritually and physically and includes; calisthenics- improving strength and fitness; hand and foot techniques; sparring to build discipline and stamina.