

# Table of Contents

<b>The Meaning of Tang Soo Do</b>	.....
<b>Modern History</b>	.....
<b>Grandmaster Hwang Kee</b>	.....
<b>Grandmaster Jae Joon Kim</b>	.....
<b>Grandmaster James Saffold</b>	.....
<b>Senior Master Peter F. DeFosses</b>	.....
<b>The Aspects of Moo Duk Kwan Tang Soo Do</b>	.....
<b>Tradition and Etiquette</b>	.....
<b>The Tang Soo Do Uniform – Do Bohk</b>	.....
<b>How To Tie Your Belt - (Dee)</b>	.....
<b>Tang Soo Do Training Philosophy</b>	.....
<b>Tang Soo Do Basic Stances - Ja Seh</b>	.....
<b>Training Tang Soo Do Hyung</b>	.....
<b>Flags, Emblems and Patches; Their Meanings</b>	.....
<b>Vital Striking Areas</b>	.....
<b>Eight Directions of Escape</b>	.....
<b>Striking</b>	.....
<b>Philosophy of the Belt System</b>	.....
<b>Drills &amp; Requirements</b>	.....
<b>What is a Black Belt?</b>	.....
<b>Il Soo Sik Dae Ryun – Hand Techniques (1–5)</b>	.....
<b>Il Soo Sik Dae Ryun – Kick Techniques (1–5)</b>	.....
<b>Ho Sin Sul – Self-Defense Techniques (1 - 5)</b>	.....
<b>General Terminology</b>	.....
<b>The first six (6) Forms - Hyung</b>	.....
<b>Date of Promotion</b>	.....
<b>Autographs / Notes</b>	.....



*This book is dedicated to my teacher, mentor and friend Grandmaster Jae Joon Kim and all of the Past, Present and Future practitioners of Sebastian Karate Moo Duk Kwan Tang Soo Do.*

*With a special dedication to the original six members of the Dragon's Den who have shown true loyalty and dedication to Sebastian Karate Moo Duk Kwan.*



*Tang Soo!  
Grand Master Peter F. DeFosses*

## The Meaning of Tang Soo Do

Literally translated the word **Tang** means Tang Dynasty of China which reflects the shared cultural background between China and Korea (617-907 AD). **Soo** means hand, but it implies fist, punch, strike or defense, etc., and **Do** means way of life or art. Thus, **Tang Soo Do** means the Korean classical martial art which legendarily was influenced by the Tang method of martial art. **The Way of the China Hand!**

## Brief History

The exact origin of Tang Soo Do, as well as of any of the martial arts in general, is obscure though there are a number of historical theories. However, the most credible and traditional view is that martial arts originated not in any one country, but in almost all parts of the globe as primitive people needed them. The ancestral art of Korean Tang Soo Do can be traced back to the period of the three kingdoms. At that time, Korea was divided into three kingdoms. Koguryo was founded 37 BC in northern Korea. The Silla Dynasty was founded in 57 BC in the southeast peninsula, and Paekche was founded in 18 BC.

After a long series of wars, the Silla Dynasty united the three kingdoms in 668 AD. During this period of time, the primitive martial arts were very popular in warfare. This is evidenced by mural paintings, ruins and remains, which depicted Tang Soo Do in those days.

Among the three kingdoms, the Silla Dynasty was most famous for its development of martial arts. A corps formed by young aristocrats called Hwa Rang Dan were the major group who developed those arts. These warriors were instrumental in unifying the peninsula as the new Silla Dynasty (668 AD – 935 AD) and furnished many of the early leaders of that dynasty. Most Korean martial arts trace their spiritual and technical heritage to this group. The names of some groups and arts reflect this, such as Hwa Rang Do or Hwa Soo Do. The ten creeds of Moo Duk Kwan Tang Soo Do, originated by Won Kwang, a monk, are part of their spiritual heritage.

The unified Silla Kingdom was overthrown by a warlord, Wang Kun, in 918 AD and a New Kingdom called Koryo lasted for 475 years. In 1392 AD the New Kingdom, Yi Dynasty succeeded and lasted about 500 years. Approximately a thousand-year period elapsed between the two dynasties. Tang Soo Do became very popular among the military society. However, most importantly, this art also became very popular with the general public. In those days it was called Kwon Bop, Tae Kyun, Soo Bahk, Tang Soo etc.

---

## Sebastian Karate Moo Duk Kwan Tang Soo Do

---

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 southern Chinese Tang systems. The very first complete martial arts book was written at this time. This book is called Mooyae Dobo Tongji. It was written in 1790 AD and contained illustrations that substantiate the theory that Soo Bahk Ki the formal name of Tang Soo Do, had quickly developed into a sophisticated art of combat techniques.

### Modern History

The subsequent occupation of Korea by the Japanese military regime took place from 1909 to 1945. During this period, practicing and teaching of martial arts was restricted.

After World War II, in 1945 this restriction was lifted. Several martial art training schools were erected at that time as follows:

<u>Schools</u>		<u>Founders</u>
Moo Duk Kwan	-	Hwang Kee
Chi Do Kwan	-	Kwai Byung, Yun
Chung Do Kwan	-	Duk Sung, Son
Song Moo Kwan	-	Byung Jik, No
Chang Moo Kwan	-	Nam Suk, Lee
Yun Moo Kwan	-	Sang Sup, Chun

The man who developed Tang Soo Do Moo Duk Kwan, Grandmaster Hwang Kee, is a martial arts prodigy, having mastered Soo Bahk at the age of 22. At that time (1936) he traveled to northern China. There he encountered a Chinese variation of martial artistry called the Tang Method and developed what was to be known as Tang Soo Do Moo Duk Kwan. It is a classical martial art and its purpose is to develop every aspect of the self in order to create a mature personality who totally integrates his intellect, emotions and spirit. This total 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.

Besides the Soo Bahk Do Association's existence in Korea, there were various types of other martial arts called Kong Soo or Tae Soo. In 1965 all of these various systems were united into one organization, called the Korean Tae Kwon Do Association and the art was called Tae Kwon Do uniformly.

As a Korean national sport, Tae Kwon Do initiated a new era and instructors were dispatched throughout the world and international tournaments were held. In those days,

---

## Sebastian Karate Moo Duk Kwan Tang Soo Do

---

Tang Soo Do and Tae Kwon Do were divided, principally with Tang Soo Do striving to remain as a traditional martial art while Tae Kwon Do held its world games and sports.

### **Grandmaster Hwang Kee** **Founder of Tang Soo Do (Soo Bahk Do) Moo Duk Kwan** **November 9, 1914 - July 14, 2002**



Born November 9, 1914 in Jang Dan, Kyong Ki province, Grandmaster Hwang Kee was destined to become a part of martial arts history, alongside names such as Jigoro Kano (1860 - 1938, founder of Judo), Gichin Funakoshi (1868 - 1957, father of modern karate) and Morihei Ueshiba (1883 - 1969, founder of Aikido). His father was a scholar who was awarded a special recognition by the last King of the Yi Dynasty. Before his son's birth he dreamt of a bright star (Sam Tae Song) and named the Grandmaster "Tae Nam", meaning "Star Boy".

Often referred to as a "martial arts prodigy" the Grandmaster was widely acknowledged as a gifted martial artist, due in large part to his inquisitive nature and scholarly approach to the development and refinement of his art. It began at the age of seven, when he attended a traditional holiday festival and witnessed a confrontation where one man defeated seven or eight attackers using various martial arts techniques.

He followed the man to his home and a few days later began to observe the man practicing from a distance and imitated what he saw. Later, he approached the man and asked to be taught the techniques he witnessed. The man refused because of his young age. This did not end the Kwan Jang Nim's interest. He continued to observe the man training from afar and practiced what he saw.

### **The Moo Duk Kwan Story** **The Japanese Occupation - 1910 to 1945**

It was a difficult time when the only martial arts allowed in Korea were Kendo and Judo. The Grandmaster studied and trained on his own from 1921 until 1936. In 1936, while working with the railroad in Manchuria, he was introduced to a Chinese master, Master Yang, with whom he trained until his return to Seoul in August of 1937.

In 1939, he began work with the Cho Sun Railway Bureau. There he had a library with many books on martial arts, particularly Okinawan Karate. Through the books, he studied

---

## Sebastian Karate Moo Duk Kwan Tang Soo Do

---

this art which later influenced Tang Soo Do Moo Duk Kwan and is evidenced in the Pyung Ahn forms as well as Bassai and Kong Sang Kun.

### **The Development Period - 1945 - 1960**

With the end of Japan's occupation, the Grandmaster was free to pursue the development of his art according to his vision. On November 9, 1945 he founded the **Moo Duk Kwan** and named his art **Hwa Soo Do** (art of the flowering hand). Unfortunately, it was not immediately popular so it struggled to gain and keep students. He later met Won Kuk Lee, the founder of Chung Do Kwan, whose art was Tang Soo Do. Lee had trained in Karate in Japan, was very successful and had many more students than the Moo Duk Kwan. Because Tang Soo Do had a more recognizable martial arts name, it was better received by the public. The Grandmaster decided to combine it with his Hwa Soo Do and what he learned from the Okinawan books. In 1947 he began teaching his new art of **Tang Soo Do Moo Duk Kwan** to the public.

At the start of the Korean War in 1950 the development of the art was again disrupted until the war's end in 1953, when the Kwan Jang Nim returned to Seoul to continue his work. He leased his first commercial space in 1955 and it grew to be known as the legendary "**Joong Ang Do Jang**".

As the Moo Duk Kwan's popularity grew, more dojangs sprang up. The Moo Duk Kwan system was taught in schools, to the police and the military, both at the Naval & Air Force Academies of Korea where the Grandmaster taught personally.

In 1957, Tang Soo Do Moo Duk Kwan was first introduced to U.S. servicemen. Classes were held at the U.S. 8th Army's Trent Gym in Yong San, Seoul. By 1960 it had spread to five other U.S. military bases which led to the introduction of Tang Soo Do in the U.S. by returning servicemen.

1957 was a pivotal year in another respect. During his research, the Kwan Jang Nim discovered a 300 year-old Korean manuscript called the "**Moo Yei Do Bo Tong Ji**" that documented Korean martial techniques known as Soo Bahk. This was a fortunate find as his vision was to have a truly Korean martial art and a traditional Korean martial arts organization.

In Korea at that time there were only five original Kwans - **Moo Duk Kwan** (Hwang Kee), **Yeon Moo Kwan** (Yun, Kwei Byong), **YMCA Kwon Bup Bu** (Lee, Nam Suk), **Chung Do Kwan** (Shon, Duk Song), **Song Moo Kwan** (No, Byong Jik).

Ji Do Kwan, an offshoot of the Yeon Moo Kwan merged with the Moo Duk Kwan and on June 30, 1960 they were officially registered as the **Korean Soo Bahk Do Moo Duk Kwan Association**, with Grandmaster Hwang Kee as its head.

### **More Difficult Times - 1961 to 1966**

---

## Sebastian Karate Moo Duk Kwan Tang Soo Do

---

1961 marked the beginning of another round of hardship for the Moo Duk Kwan. On May 16th, a military revolution led by Lt. General Chong Hee Park took place. The Grandmaster was removed as instructor for the ROK Air Force base and the national police, and was prohibited from publishing his monthly publication, **Moo Yei Si Bo**. Between 1961 and 1965, operation of the the Association became very difficult as the government exercised great political control over it.

In 1964 the Korean Tae Soo Do Association was formed, which in 1965 became the Korean Tae Kwon Do Association. Due to its political influences, the Tae Kwon Do group, led by its second President, General Choi, Hong Hee, tried to unify with the Korean Soo Bahk Do Association. Kwan Jang Nim's organization was the largest of any martial arts system in Korea at the time. Grandmaster Hwang Kee agreed to discuss unification, but when it became clear that the move was designed to gain control over his organization, he ultimately refused. The result was a weakening of the Moo Duk Kwan as the Tae Kwon Do movement grew in strength, absorbing many Moo Duk Kwan members in the process.

In 1965 and again in 1966, the Kwan Jang Nim won two legal battles that would allow him to run his organization without interference and thereby work to rebuild. As a testament to the Grandmaster's perseverance in the face of great adversity, Tang Soo Do (Soo Bahk Do) is today practiced in nearly 40 countries around the world.

### **GRANDMASTER JAE JOON KIM** **Founder of the World Moo Duk Kwan Tang Soo Do Federation** **1929 ~ 2007**



Grandmaster Kim was born in Seoul, Korea in 1929. He was the son of a full-time merchant and a part-time Sumo wrestler who had trained in Japan and won the Korean Sumo Championships. The prize, Grandmaster Kim recalls, was the traditional one -- a live cow.

An avid sportsman and athlete, the elder Kim wanted his son to master a "manly" sport. In 1945, he enrolled his son in a Western-style boxing club. He was a good student, winning eleven of his fifteen bouts on the Korean amateur circuit (similar to our own Golden Gloves). Two events, however, led to a road he has traveled ever since. In his fifteenth bout he knocked out his opponent and the boy, a friend, lay unconscious for twenty minutes. "I thought" Grandmaster Kim remembers, "that I had killed him."

The other, while studying Sumo in Japan, Grandmaster Kim's father had witnessed karate training and had been impressed by what he saw. He decided to end his son's boxing career and in April of 1945, enrolled him in Grandmaster Hwang Kee's Moo Duk Kwan Tang Soo Do Dojang in Seoul. Grandmaster Kim became a devoted and gifted student of Tang Soo Do

## Sebastian Karate Moo Duk Kwan Tang Soo Do

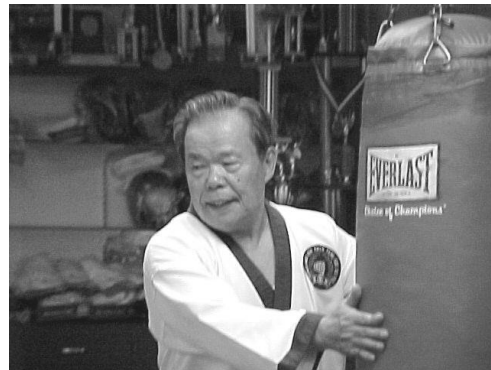
---

under Grandmaster Hwang Kee's firm leadership and iron discipline. In 1947, he earned his black belt. Grandmaster Hwang Kee's training was rigorous and sometimes brutal. He required hard body conditioning through constant repetition. Students punched and kicked the Tal Yun Bong (makiwara) 100 times a day with each hand and foot, often leaving the board stained with blood. All students had Tal Yun Bongs in their homes, Grandmaster Kim had two. Grandmaster Hwang Kee assigned "homework" and Grandmaster Kim was often up smashing the board well past midnight, sometimes to his neighbors' chagrin.

In 1952 he assisted in the formation of the Korean Tang Soo Do Association in Seoul, Korea. From 1955 to 1959 he was the top Master Instructor of Moo Duk Kwan in Korea. In 1955 he gave an exhibition at the 1st International Goodwill Tang Soo Do Tournament. In 1961, he was appointed Vice-President of the Moo Duk Kwan Tang Soo Do Association and in 1962 was elected Vice-president of the Korean Soo Bahk Do Association (the parent organization headed by Grandmaster Hwang Kee). In 1967-1968 he was the Chief Master Instructor of Korean, U.S. and Vietnamese Special Forces. In 1969 he brought Tang Soo Do to the United States and founded the Association in Detroit, Michigan.

Through the years he toured the world for exhibitions and trained Master Instructors in Europe, Asia, North and South America and South Africa. Along the way he found time to train and promote Chuck Norris, Pat Johnson and World Heavyweight Boxing Champion Leon Spinks. Grandmaster Kim also instructed Detroit Mayor Coleman Young's bodyguards. His selfless contributions to the community have resulted in numerous proclamations from mayors around the country.

Veteran martial artists will recognize that Grandmaster Jae Joon Kim holds one of the highest ranks in Tang Soo Do in the world: in fact his Dan Number is #38, which was awarded by Grandmaster Hwang Kee (the founder of Tang Soo Do). For over 50 years Grandmaster Kim has been a devoted teacher and inspiration to all who came in contact with him.



Grandmaster Jae Joon Kim has continued to develop World Moo Duk Kwan Tang Soo Do, which now stretches its way from California to New York and from Michigan (where the main club started) to Florida. Grandmaster Jae Joon Kim traveled the United States and around the world conducting tests and seminars to further the expansion of the World Moo Duk Kwan Tang Soo Do Federation. Along with his three sons and his daughter (all masters and instructors) Grandmaster Kim continued to develop the Korean Art of Moo Duk Kwan Tang Soo Do for all. He insured that his students and his instructors' students receive the finest instruction possible.



---

## Sebastian Karate Moo Duk Kwan Tang Soo Do

---

Grandmaster Jae Joon Kim passed away unexpectedly on January 9, 2007 at the age of 77. At his funeral several masters were honored by his family to be pallbearers. Among the masters were Grandmaster James Saffold, Master Mike Baird and Master Peter F. DeFosses all are now members of the American Kwan Tang Soo Do Federation.

### **GRANDMASTER JAMES SAFFOLD** **Founder of the American Kwan Tang Soo Do Federation**



As a young man growing up in Detroit, Michigan in the 1950's and 1960's you had to be tough and ready to defend yourself. Having two older brothers to wrestle with, a reputation in school as being able to stand up for himself, as well as working as a farm hand during the summers led young James to grow up strong. His parents and brothers, by their examples, were all very positive influences in his development.

In 1965, James entered the US Army and went through basic training. Because he showed a natural aptitude while still in basic training himself, he was made an assistant instructor and asked to teach other trainees how to defend themselves in unarmed (hand to hand) combat.

In 1967, the US Army stationed Second Lieutenant Saffold in Vietnam. In June of 1968, while still in Vietnam he began training in the Korean Martial Arts. Since he was an Officer and training as a beginner, one of the senior (red belts) decided to take advantage of the opportunity and was overzealous in his attacks on the young white belt. Not one to complain, he endured this until his Instructor observed what was going on and arranged for a 5<sup>th</sup> Degree Korean Army Captain, Captain Oh, to work one on one with young James. What a great learning experience this turned out to be for the young Martial Artist. Training with Master Oh was very intense. It was during this period that Master Oh introduced him to the Senior Korean Martial Arts Instructor in Vietnam, Chief Master Instructor Jae Joon Kim. Occasionally young James' workouts were taught by Chief Master Jae Joon Kim.

In 1969 after leaving the U.S. Army, young James enrolled at the newly opened school in Detroit, Michigan. Fortunately for him, Grand Master, 8<sup>th</sup> Dan, Jae Joon Kim had immigrated to the United States and chose Detroit to open his school. A deep and personal friendship grew between the two that would last until Grand Master Jae Joon Kim's death in 2007.

## Sebastian Karate Moo Duk Kwan Tang Soo Do

---

While earning his black belt (1971) at Grand Master Kim's hand, he had the opportunity to meet and train with many of the senior Korean Masters that were immigrating to the United States. It was a great thrill to be able to train and learn from so many exceptional Masters, many of whom went on to become Grand Masters. It was during this time that he met Founder and Grand Master, Hwang Kee, who came to Detroit to conduct training and a Dan Promotional test with Grand Master Jae Joon Kim.

Over the years, as a black belt, James was asked by Grand Master Kim to run different schools in the Metropolitan Detroit area. During this time James became a Police Officer with the Detroit Police Department and spent time working the streets in uniform and as an undercover Officer, frequently putting his martial arts training to use.

In 1979, he began an intense training program to prepare for his Master's testing. The three people who trained every Saturday for more than a year were Master Stan Bojanowski (who was getting ready for his fifth Dan test), Mr. William Thompson and Mr. James Saffold. Grand Master Kim would frequently help with their training. They became known as the "Three Musketeers" and developed a deep friendship.

In 1981, the test came and was a combined Tang Soo Do and Tae Kwon Do test. Grand Master Kim was also the President of the Michigan Tae Kwon Do Association at the time. All of the "Three Musketeers" performed well and were promoted.

In 1980, then Master Saffold was trained by the U.S. Secret Service in Executive Protection. He used this training and his Martial Arts training to work as a Dignitary Security Team Leader during the Republican National Convention and later as a bodyguard for Mr. Lee Iacocca and other leaders of Chrysler Corporation.

Martial Arts continued for Master James Saffold; teaching and training four or five times per week. Promotion tests came and went, working ever higher. Finally, in March, 2002 Grand Master Jae Joon Kim tested him for his Eighth Dan, earning him the rank of Grand Master.

Grand Master Saffold founded the American Kwan Tang Soo Do Federation in 2004. He did not launch this organization as his instructor, Grand Master Jae Joon Kim, was still alive and was the leader of the World Moo Duk Kwan Tang Soo Do Federation and was both his friend and teacher.

In 2007 with the unexpected death of his friend and teacher, Grand Master Jae Joon Kim, Grand Master Saffold attended the funeral and was honored by Grand Masters' wife and

## Sebastian Karate Moo Duk Kwan Tang Soo Do

---

family, many who are Grand Masters and Masters in their own right. Grand Master Saffold was allowed by the family the honor of being one of the pallbearers of his longtime friend.

Grand Master James Saffold's desire and the goal of the American Kwan Tang Soo Do Federation is to continue traditional Tang Soo Do as taught by Grand Master Hwang Kee and Grand Master Jae Joon Kim. American Kwan Tang Soo Do Federation, Inc. is a growing organization with Masters, Dan Members, and Members in several states.

Grand Master Saffold has special respect and fondness for Grand Master Jae Joon Kim, Grand Master Oh, Grand Master C.I. Kim, Grand Master Nam Kim, Grand Master Greg Boliard, and Grand Master Lee Harper, with whom it was his great pleasure to learn and practice many sparring techniques first hand over the years. Also, Grand Master Joseph Sanders cross trained him to second Dan in Hap Ki Do. There are many other Grand Masters, Masters, Instructors and students (including White Belts!) that contributed to Grand Master Saffold's knowledge and training.

As Grand Master Saffold sees it: "It is our duty as Masters of Tang Soo Do to pass on the Art of Tang Soo Do to the next generation of Martial Artists". "We need to train hard and practice to be able to pass on as pure a style as possible."

On Saturday, March 13, 2010, The League of Grand Masters confirmed and awarded the rank of **9<sup>th</sup> Degree Black Belt** to Grandmaster James Saffold. In 2011 Grandmaster James A. Saffold was awarded his 9<sup>th</sup> Dan by the World Moo Duk Kwan Federation – Korea. In 2012 he was inducted into the Legends of the Martial Arts Hall of Fame as Grandmaster of the year.



"When do we learn the midair, slow-motion stuff?"

Our Moo Duk Kwan Family Tree

**Grandmaster Hwang Kee**  
Founder of  
Moo Duk Kwan Tang Soo Do



**Grandmaster Jae Joon Kim**  
Founder of  
World Moo Duk Kwan Tang Soo  
Do  
Student of  
Grandmaster Hwang Kee



**Grandmaster James A. Saffold** Founder of  
American Kwan Tang Soo Do  
Student of  
Grandmaster Jae Joon Kim



**Master Peter F. DeFosses**  
Founder of  
Sebastian Karate Moo Duk  
Kwan Student of  
Grandmaster Jae Joon Kim



**You Are Here ~ Students of**

**Sebastian Karate Moo Duk Kwan  
American Kwan Tang Soo Do Fed.**

Grandmaster J.J. Kim was promoted to the rank of Grandmaster by Grandmaster Hwang Kee, Grandmaster J.A. Saffold was promoted to the rank of Grandmaster by Grandmaster J. J. Kim and Master Peter F. DeFosses was promoted to the rank of 5<sup>th</sup> degree Master by Grandmaster J.J. Kim, 6<sup>th</sup> degree Master by Grandmaster J. A. Saffold. Master Peter F. DeFosses June 2012 was promoted to the rank of 7<sup>th</sup> degree Senior Master by Grandmaster J. A. Saffold and Senior Grandmasters Yong Duk Kim and Hee Seok Choi

## SENIOR MASTER PETER F. DEFOSSSES Founder of the Sebastian Karate Moo Duk Kwan Tang Soo Do



*Master Peter DeFosses* - known to most as Master Pete, started his self-defense training at a young age, he grew up in New York City in the 50's, need we say anymore. At the age of 10 he started taking organized boxing lessons at the local Police Athletic League (PAL) gym; within two years at the age of 12 he also started training with a NYC-PAL wrestling coach. By the time he was in high school he had competed in both boxing and wrestling at city and state competitions with the Police Athletic League with more than a fair record. In high school he was on the wrestling, football and track teams. At the same time he continued his boxing and was now starting his training in judo at the PAL gym. known to most as Master Pete, started his self-defense training at a young age he grew up in New York City in the 50's, need we say anymore. At the age of 10 he started taking organized boxing lessons at the local Police Athletic League (PAL) gym; within two years at the age of 12 he also started training with a NYC-PAL wrestling coach. By the time he was in high school he had competed in both boxing and wrestling at city and state competitions with the Police Athletic League with more than a fair record. In high school he was on the wrestling, football and track teams. At the same time he continued his boxing and was now starting his training in judo at the PAL gym.

After high school he enlisted in the United States Marine Corps where he served two combat tours of duty in Vietnam assigned to the Third Marine Reconnaissance Group. This is where he was first introduced to Tang Soo Do and Grandmaster Jae Joon Kim. After Vietnam he was assigned to the US Marine's Counter Guerrilla Warfare School in North Carolina as a combat self-defense instructor. His last assignment in the Marine Corps was with the State Department in Washington DC. While training for his embassy assignment he had the honor of being assigned to stand duty at Pres. Eisenhower's internment and Pres. Nixon's inauguration. After completing his training he was assigned to the United States Embassy in Rio de Janeiro, Brazil. While in Brazil he had the opportunity to train in Brazilian Jujitsu and Capoeira. After two years in Brazil he returned to the states and returned to civilian life.



This is the time that Master Pete refers to as his butterfly years in the martial arts, with starting a family, working fulltime and attending NYU, unfortunately it left little time and money for any type of organized training. He trained when and where he could, like a butterfly going from flower to flower. Now that he looks back on this time, he had some great opportunities to learn without being tied to one single style. During this period he trained in multiple styles as time allowed, learning what he could, knowing someday it would pay off. The styles included Kenpo, Aikido, Hapkido, Karate, Pressure Points, and Filipino Eskrima, just to name a few. In 1976 he moved to Florida to start a new career. In 1984 he joined law-enforcement and started studying Tang Soo Do full-time. A few years later he was transferred to Tampa, Florida where he was reintroduced to Grandmaster Jae Joon Kim. This is where he continued to train and rise through the ranks under Grandmaster J. J. Kim in Moo Duk

## Sebastian Karate Moo Duk Kwan Tang Soo Do

---

Kwan Tang Soo Do. During this period of time Master Pete was one of the Master Instructors at the World Moo Duk Kwan Headquarters and served as one of Grandmaster J. J. Kim's technical advisors. At the request of Grandmaster J. J. Kim, Master Pete wrote and updated the student manuals for the World Moo Duk Kwan Tang Soo Do Federation, then designed the patch and flag currently used by the newly renamed World Traditional Tang Soo Do Federation. With Grandmaster Kim's passing in 2007, Master Pete started training with Grandmaster James A. Saffold one of Grandmaster Kim's most senior students and founder of the American Kwan Tang Soo Do Federation.

In 1994 Master Pete founded Sebastian Karate Moo Duk Kwan and still operates the school in Sebastian, Fl. On June 18, 2017 Master Pete was promoted to the rank of 8<sup>th</sup> Dan Senior Grand Master by the World Moo Duk Kwan General Federation Korea under 10<sup>th</sup> Dan Senior Grandmasters Yong Duk Kim pin #2, Hee Seok Choi pin #3 and the American Kwan Tang Soo Do Federation under 9<sup>th</sup> Dan Grandmaster J. A. Saffold. He was inducted into the World Martial Arts Magazine Hall of Fame in 2009 as Moo Duk Kwan Master of the year and in 2012 he was inducted into the Legends of the Martial Arts Hall of Fame as Tang Soo Do Master of the Year, presented to him by Grandmaster Cynthia Rothrock. In November of 2012 Master Pete attended the Seoul Tang Soo Do Moo Duk Kwan Forum along with only 18 other Grandmasters & Masters invited from around the world to discuss the past, present and future of Tang Soo Do. This event was held by the World Tang Soo Do General Federation – Moo Duk Kwan in Seoul, Korea. On June 1, 2013 he was inducted into the 21st Sokeship Council Hall of Fame as the 2013 Tang Soo Do Master Instructor of the Year, presented to him by founder of WHFSC Grandmaster F. Sanchez.

Today Master Pete has retired from law enforcement after 25 years and continues to study, train and teach the art of Tang Soo Do, that he loves. He believes we never stop learning and that it is his responsibility to honor the past and help create the future of the martial arts through current and future practitioners that comes knocking on his DoJang door regardless of style or age. We are all one family, we learn from each other; his doors are always open and he invites all to stop by.



## The Aspects of Moo Duk Kwan Tang Soo Do

### **The Principles of Moo Duk Kwan**

1. Responsibility
2. Sincerity
3. Justice

### **The 10 Creeds of Moo Duk Kwan**

1. Be loyal to your country
2. Be obedient to your parents
3. Be lovable between husband and wife
4. Be cooperative between brothers
5. Be respectful to your elders
6. Be faithful between teacher and students
7. Be faithful between friends
8. In Fighting, choose with sense and honor
9. Never retreat in battle
10. Accompany your decisions with action and always finish what you start

### **The 10 Points of Emphasis on Mental Training**

1. Reverence for Nature
2. Physical Concentration
3. Courtesy
4. Modesty
5. Thankfulness
6. Self-sacrifice
7. Cultivate Courage
8. Be Strong Inside and Mild Outside
9. Endurance
10. Reading Ability

### **The 10 points of Emphasis on 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 hands and feet

## **The 5 Requisites on Mental Training**

1. Oneness with nature
2. Complete awareness of environment
3. Experience
4. Conscience
5. Culture

## **The Purpose of Tang Soo Do Training**

1. SELF-DEFENSE, we protect our lives and possessions from injustice and danger.
2. HEALTH, we promote our physical and spiritual health and enjoy strong bodies and sound minds through rigorous training.
3. BETTER PERSON, we strive to be of better character through endurance and hard work.

## **The Tenets of Tang Soo Do**

1. Integrity
2. Concentration
3. Perseverance
4. Respect and Obedience
5. Self-control
6. Humility
7. Indomitable Spirit

## **The 14 attitude requirements to master Tang Soo Do**

1. Purpose of training should be enhancement of mental and physical betterment
2. Serious approach
3. All out effort
4. Maintain regular and constant practice
5. Practice basic techniques all the time
6. Regularly spaced practice sessions
7. Always listen and follow the direction of the instructor or seniors
8. Do not be overly ambitious
9. Frequently inspect your own achievements
10. Always follow a routine training schedule
11. Repeatedly practice all techniques already learned
12. When you learn new techniques, learn thoroughly the theory and philosophy as well
13. When you begin to feel idle, try to overcome this
14. Cleanliness is required after training. Keep yourself and your surroundings clean



## Tradition and Etiquette

***Definition: A tradition is a custom that is memorized and passed down from generation to generation, originally without the need for a writing system.***

Whether cultural or organizational, a tradition may include one or all of the following: dance or specialized movements, ceremonial clothing, ritual, tests or challenges and a code of conduct. Like many martial arts, Tang Soo Do was born from tradition and includes all of these. We practice stylized movements (hyung, one-steps), wear specialized clothing (Do Bohk), salute our flag, meditate and bow to seniors (ritual), participate in rank grading and tournaments (tests / challenges), and behave in a prescribed way with our peers and seniors (code of conduct).

Unfortunately, modern societies are changing quickly, constantly striving for the new and improved, making it much more difficult to keep a tradition alive. There are still some cultures that continue to "live" their traditions every day, but very few. Most try to walk both lines - the modern way and the old way, and it's a tough balancing act. One side will always tend to dominate (usually the modern) at the expense of the other.

As students of Tang Soo Do, we also walk both lines - living our normal lives with one set of rules and then switching gears to enter the martial arts culture with a completely different mindset and customs. Many adults, especially beginners will quit training after a short time. They may be put off by the formalities of bowing and responding with "Yes Sir / Ma'am" because it makes them feel subservient and uncomfortable. Or they may have underestimated the time and dedication required to properly learn the art in a traditional environment, as opposed to getting the quick results promised with many new non-traditional, reality-based systems.

In the end, time will always be a factor in determining the effectiveness or value of any given thing. Traditional martial arts have stood the test of time for a reason. They are effective in the real world and they also have a positive, beneficial effect on other areas of our lives. That's a winning combination. The question will continue to be, is the tradition and formality what one really wants or needs and is it worth the time and effort?

Everyone will have to answer that for themselves. But for those that consider traditional training of little value or useless, I would say this - The Boy / Girl Scouts are different than just going camping on weekends with a friend of the family and learning how to pitch a tent. Graduating from a Police Academy is different than completing a two week course on police tactics and the use of firearms. And finally, what it takes to earn the right to be called a Navy SEAL or a U.S. Marine pretty much needs no explanation. ***The greatest value of tradition, I believe, is in what you become, rather than what you get.*** That is a very important distinction shaped by time, quality of training, curriculum, organizational structure, protocol and of course the participant's attitude towards it all.

---

# Sebastian Karate Moo Duk Kwan Tang Soo Do

---

It is no surprise then that many martial arts schools and organizations have within their manuals a formal set of rules and guidelines to help practitioners understand what is proper and important for the preservation of martial arts tradition.

## **The Dojang**

The significance of the dojang is that it is a place of learning and self-sacrifice. It is also a temporary refuge from the distractions, pressures and responsibilities of daily life. Viewing it in this way is critical to making our time there more productive and meaningful. By seeing the dojang as a special place, we elevate our training to a higher level to meet that perception. It is not a gym where one goes to socialize, work up a sweat and then leave. It is a place where we transform ourselves into something more substantial.

That is why upon entering or leaving the dojang we always face the flags and salute as a sign of respect, and of course, shoes are never worn when on the dojang floor. While waiting for a class to begin, students should strive to maintain a feeling of calm and tranquility in the room. Loud conversation and horsing around only serves to bring the outside world in with you and should be avoided. It is also disrespectful to others who may want a few moments of silence to mentally prepare for the class.

Students should also show respect for the school by taking responsibility for its care and appearance. A school is a student's second home and should be treated accordingly. Cleaning the mirrors, organizing the training gear, sweeping the floor and so on are other ways of demonstrating the humility that is part our development as martial artists. The instructor should never have to ask for students' help on this matter and seniors should lead the way as an example to juniors.

## **The Beginning of Class**

The protocol for the start and end of class may differ slightly among schools, but generally it operates this way:

If there is a Dan member in the room, Gups should bow to them upon entering. The same holds true for Dans entering when senior Dans are present. If there are many Dans of different ranks in the room, there can be an excessive amount of bowing, so a minimum rank rule may be in place to limit this. Ask your instructor if in doubt.

The instructor is usually the last to enter the room and the first to leave. When he/she enters, the senior student or Dan will call everyone to attention and bow to the instructor. Students should then quickly line up according to rank with your immediate senior to your right. (Never walk slowly as it is disrespectful and shows a lack of discipline.) The senior at the head of the line will give commands, in Korean, to face the flag, salute the flag by placing right hand over heart, return hand to side, close eyes and meditate, open eyes, turn to face the instructor and then bow again. If a student is late getting to class, they should never enter the training floor once the class has begun. Rather, they must wait at the doorway

## Sebastian Karate Moo Duk Kwan Tang Soo Do

---

until recognized by the instructor and then quickly go to the end of the line. They may only take their normal place in line when directed to do so by the instructor.

### **During Class**

First and foremost, the instructor is there for you and should be given your undivided attention. Talking in class, especially when the instructor is speaking is not acceptable. If you have a question, raise your hand and be recognized before speaking. Bow first, and then ask your question. When the instructor is finished responding, bow again to show thanks.

From time to time, students may be asked to sit while the instructor speaks or other students are demonstrating. The proper seated position is legs crossed in front and hands resting over knees. Never lean against a wall or sit in a lounging position. If a student has knee problems or difficulty holding the position, consult with your instructor as to what is acceptable to overcome the problem.

### **Other things to remember:**

- Dans are addressed using Sir / Ma'am, Mr./ Ms. followed by last name or by title such as Kyo Sa Nim, Sa Bom Nim or Kwan Jang Nim. They should never be addressed by their first name, even if they are friends or relatives.
- When moving around others who are in line or working together, always walk behind them, never in front of, or in between them.
- When moving away from instructors (or test examiners and tournament judges), always do so moving backwards (facing them), not by turning your back to them.
- Unless otherwise directed by the instructor, students should avoid "teaching" or "correcting" others in matters of technique. That is the instructor's responsibility, for two reasons - he/she is better equipped to assess a student's readiness to learn a new technique, and also to ensure that demonstration and application of techniques are consistent.
- Never argue with instructor or others in class. If there is disagreement, it should be taken up in private with the instructor after class.
- When adjusting your uniform, always turn to do so, then turn back to your original position.

### **The End of Class**

The instructor will signal the end of class at which time all will line up as in the beginning. The procedure with respect to bowing, saluting flags, etc. performed at the beginning of class will be repeated at the end. Students should remain in line until instructor leaves. After the instructor leaves, Junior Dans usually turn to face the Senior Dans (Kodanja) in line and bow to them. After the Kodanja step out of line, Junior Dans will turn to face Gups and all will bow again. The class is officially over.

# Sebastian Karate Moo Duk Kwan Tang Soo Do

---

## The Uniform

How we handle our uniform speaks loudly about how we view our training and ourselves. Like any ceremonial clothing, the uniform is an essential part of the tradition. Try to remember how you felt when you first put on a Do Bohk. It was unlike anything you've ever worn before. It made you feel special wearing it. So it stands to reason that it be given special treatment and respect in return.

Uniforms should always be clean and wrinkle-free, especially for tests and public performances. After class, even though a uniform may be soaked with perspiration, it should still be folded neatly before placing in your bag. (In traditional Aikido schools, students learn and are required to fold the Hakama and Do Bohk in a very specific way.) Tang Soo Do also has a method to fold the Do Bohk, although it is not taught in very many schools. (We will be adding a pictorial guide for this in the Reference section soon.) Children, especially, should also be taught that uniforms are for training only and not to be worn while playing in the yard, eating dinner or for Halloween. Even other adornments like bandanas, wrist sweat bands and T-shirts would not be allowed in some schools, with the exception of T-shirts for women, and then in white only.

Students must also learn to properly tie their belts well before their first rank test, preferably after the first few classes. The belt is an integral part of the uniform and therefore should always be tied correctly

## The Instructor's Office

- Always knock before entering Instructor's office (even if the door is open).
- Bow before entering and when leaving.
- Never sit unless asked to do so.
- If you are an assistant instructor and have access to the office, never sit behind the instructor's desk unless permission is given, as this would be presumptuous of your position.

**Outside The Dojang** - When at tournaments or tests, all of the above still apply. Should you happen to encounter your instructor in a public place, the courtesy of a bow in greeting as well as use of the title is proper. As a martial artist, correct protocol is not limited to the training hall - it travels with you.

**Personal Obligations** - Perhaps the least talked about item in your training is the matter of personal discipline with regards to paperwork and fees. A martial arts school, in addition to providing consistent, quality instruction also has its own financial obligations and deadlines that must be met in a timely fashion if the school is to continue to operate. It is a student's responsibility to ensure that paperwork and fees are handled in the same timely manner. An instructor's love is to teach their students. Reminding them of their obligations is a task they generally do not enjoy, and it is a great show of respect on the student's part to free them from this.

# Sebastian Karate Moo Duk Kwan Tang Soo Do

---

## The Tang Soo Do Uniform – Do Bohk

The Do Bohk is not just simple training clothing but traditionally has been treated and maintained in special ways as an instrument in achieving the goal of martial arts. Students should be aware of ways of cleaning, caring and storing their Do Bohk. In the Moo Duk Kwan Tang Soo Do, the universal and traditional color is white. Only Green and Red belt students shall have their Do Bohk jackets trimmed on the lapel only. Dan (Black Belt) members must have Do Bohk jackets trimmed on the lapel, sleeve cuffs and around the bottom border with dark blue.

The only markings placed on the Do Bohk shall be the Federation patch on the left chest, the school's patch on the right arm and the country flags on the left arm. Only approved printing of the school's individual identity can go on the back of the Do Bohk. Any other symbol sign or lettering is not permitted on the Do Bohk without the permission from the Master Instructor of Sebastian Karate Moo Duk Kwan Tang Soo Do.

**Back of Do Bohk**



**Dan Do Bohk**



**Gup Do Bohk**



Students must be aware of the proper way of folding, carrying and storing their Do Bohk.



1. Place jacket flat on back, fold sleeves inward at seam towards center. Fold pants in half. Center on the jacket with tie strings even with bottom edge of jacket.
2. Fold right and left sides of jacket inward to meet at center (covering pants); then fold the Do Bohk in half, lengthwise.
3. Fold the Do Bohk in half.
4. Fold the belt evenly in half, wrap around the Do Bohk, and tie with an over-hand knot.

## How To Tie Your Belt - (Dee)

# Sebastian Karate Moo Duk Kwan Tang Soo Do

---

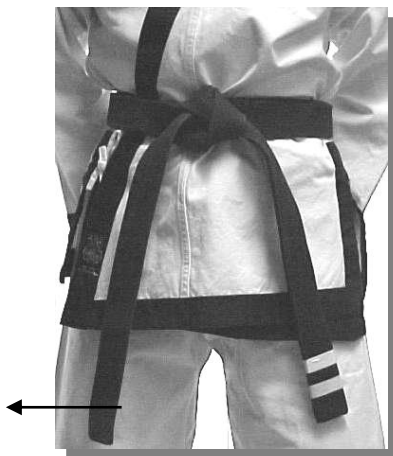


Place the center of your belt across your waist, and wrap it around your waist. Do not twist the belt; slide your hand along the belt as you move directly in front of you. Start with your rank stripe on the right side.

Bringing the opposite ends around, the ends of the belt should still be of the same length, cross the left junior end under and into the belt around your waist. Then cross the left junior end under the senior right, and tuck it into the hole. Pull both ends to finish the square knot.



The belt ends should protrude approximately six to eight inches, and both ends should hang equally. The rank stripe (s) is always on the left end of your belt after it is tied.



Each rank stripe is  $\frac{1}{2}$  inch wide, with  $\frac{1}{2}$  inch between stripes.

# Sebastian Karate Moo Duk Kwan Tang Soo Do

---

Because it is a classical martial art, the goal of Tang Soo Do is the development and unification of three basic elements - body, mind and spirit. Our effectiveness as martial artists as well as our success in life comes from a deep understanding of each of these three aspects of our nature as human beings. Through serious, dedicated and honest training we come to recognize our strengths and weaknesses, learn to face our fears and eliminate the limiting obstacles from our lives. More important, we discover how to isolate and harness the limitless power of "Ki" or "Chi" that resides and flows within each of us.

Attaining this higher level of being is a lifelong task that requires single-minded dedication, perseverance and proper preparation through instruction. This is what separates Tang Soo Do from other activities or sports. It is a way of life. The concept of "Do" - literally meaning "the way" is the goal of each martial artist. It is not only the understanding of the right way to execute physical techniques, but the correct way to act and react in life's situations, and the strength of character and conscience to lead a virtuous, balanced life.



"Do" is the journey to create this better life for ourselves, and in so doing, create better families, communities and societies. In Tang Soo Do we have available to us valuable training guidelines. These in turn revolve around the concept of "Moo Do", which translates to stopping inner and outer conflict, and is central to our art. The actual processes that take place in us during training to effect these changes is complex, but here is an overly-simplified view of how Tang Soo Do affects the three basic human elements.

## **BODY**

First, the body is trained to execute a variety of physical techniques such as correct stances, stepping, punching and kicking, with the complexity of each increasing over time. Techniques are then practiced as pre-set routines to develop good form and as drills to develop speed, power, balance and timing. As a result, the body begins to experience profound changes in flexibility, circulation, endurance, coordination and strength. Technical competence and increased physical health are gained at this level.

## **MIND**

As the body acclimates to the physical movements, the mind is trained through increased mental focus for the proper execution and refinement of the techniques. Beginning students will notice improved concentration and awareness, while more advanced practitioners begin to channel this heightened awareness on controlling the body's metabolism and energy flow, particularly through proper breathing. The mind-set of proper training habits also becomes more apparent. Discipline and self-control are indicative of this level.

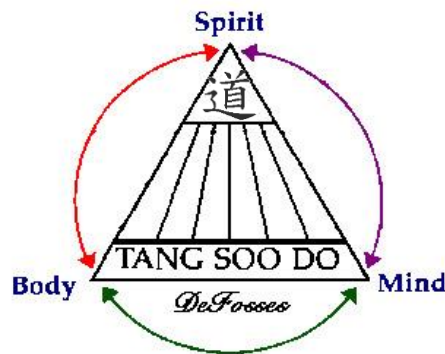
## **SPIRIT**

The third element, development of the spirit, is perhaps the most difficult to quantify as it deals with more abstract personal qualities. It usually develops in later stages as the body

and mind begin to exhibit greater unity. At this level, students display an increased sense of calm and mental balance characterized by self-confidence, self-respect, courage, humility and even compassion. Students become more aware of whom they are their accomplishments and the potential for continued growth and self-cultivation.

## SUMMARY

Ultimately, we strive to merge body, mind and spirit so that struggle in our lives is replaced by an effortless flow which is evident in everything we do. This is the quality attributed to many Masters throughout history that have dedicated themselves to the "way" - that they moved as if they glided, that one felt their presence when they entered the room, or saw the kindness and compassion in their face, or that an opponent accepted defeat simply by looking into their eyes.



## KI HAP

Literally Ki Hap is interpreted as “putting all the Ki force together.” Some call it a yell or vocal harassment, but these words are not quite correct in the interpretation of the true meaning of Ki Hap. Principally, Ki Hap is one aspect of Ki exercise and not simply a vocal yell or an oral instrument to frighten others. Rather, Ki Hap is a technique of the Ki force. It is a practical application for focusing power and energy.

Ki Hap has two aspects, one physical and one psychological. The physical aspect occurs during offense or defense when one should orally eject Ki by exhaling the breath suddenly while simultaneously tightening the abdominal muscles. The greater the ejection of Ki, the louder the natural exhaling sound will be. It never should be just a sound from the throat, but rather a natural sound pushed outward from deep within the Dan Jun.

The psychological aspect of Ki Hap affects an opponent’s state of awareness by the intensity of the sound. It instantly creates a sense of fear and anxiety by its energetic sound and its overwhelming vibration of Ki waves. As a consequence of the Ki Hap, an opponent



loses or reduces their fighting spirit. The Ki Hap, therefore, stuns an opponent both mentally and physically.

### CHON KYUNG – RESPECT

The word respect means much more to the martial artist than any other word or concept. It is the heart of what we believe in, it is the soul, the fiber the singular thread that ties all martial artist together. Regardless of your style may it be Korean, Japanese, Chinese or American the very first thing your instructor teaches you is the protocol of respect.



**Grandmaster Jae Joon Kim with Grandmaster Hwang Kee and Chuck Norris  
1972, LA California**

### Use of the Hip Defensive and Offensive

There are many factors that make our Moo Duk Kwan Tang Soo Do style very unique. One factor is our unique way to emphasize use of our hips, both in demonstration and explanation. Use of hips is extremely important in helping you to understand coordination of speed and power, as well as balance in every move you may make.

Please pay close attention to your instructors on the proper use of your hips. You will increase your awareness of yourself in every area of your performance. Proper use of hips will help you achieve higher levels in your martial arts training as well as many other physical activities you may participate in.

**“Tang Soo Do”  
The Way of the China Hand**

唐

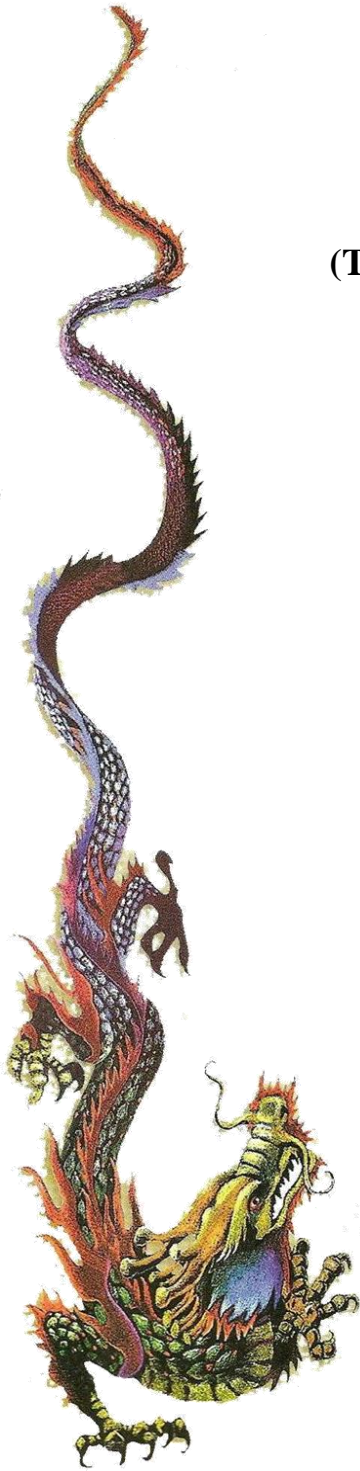
**“Tang”  
(Tang Dynasty - China)**

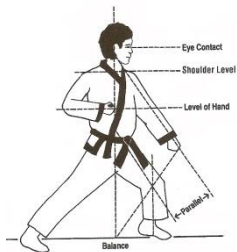
手

**“Soo”  
(Hand)**

道

**“Do”  
(The Way)**





## Tang Soo Do Basic Stances

### Ja Seh

#### Cha Ryut Ja Seh



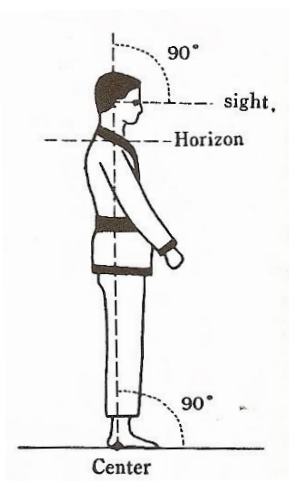
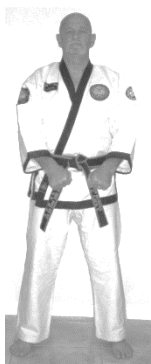
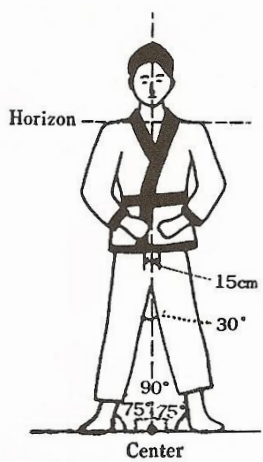
**(Relaxing)**



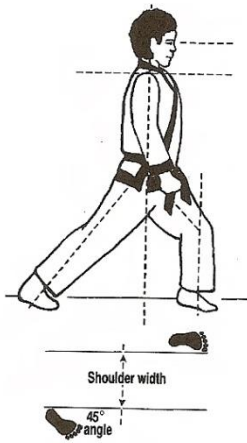
**(At Attention)**

#### Choon Bee Ja She & Ba Ro Ja Seh

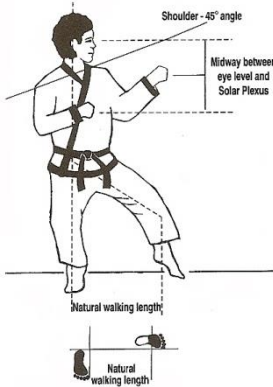
#### (Ready Stance)



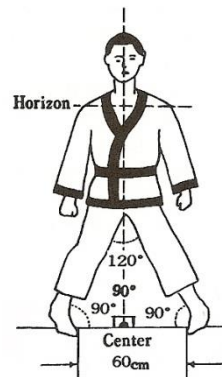
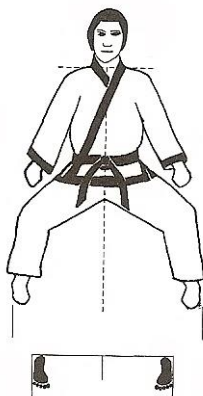
**Chun Kul Ja Seh**  
**(Front Stance)**



**Hu Kul Ja Seh**  
**(Back Stance \ Fighting Stance)**



**Kee Ma Ja Seh**  
**(Horse Stance)**



## Training Tang Soo Do Hyung

Forms training is both an application of Tang Soo Do fighting techniques and an artistic expression of those techniques. It has internal (Neh Gung) as well as external (Weh Gung) attributes and benefits. Internally, we are exercising the vital organs and developing internal energy and power (Ki) through proper breathing. Externally we learn how to control that power in the execution of the physical techniques in increasingly complex patterns against multiple opponents. As an art form, hyung practice should demonstrate not only the fighting applications from a technical aspect, but also the artistry of good presentation, and that requires more than just exhibiting strong fighting skills. That aspect is a function of the mental and spiritual (Shim Gung) state of the practitioner. In practicing forms, or learning a new one, it is useful to break the form down into components, working on different ones individually and then adding them together. Phase 1 can be considered the basic or rough draft stage while Phase 2 adds more ingredients that help the form take shape and strengthen it. Phase 3 can be considered the "polishing" phase where refinement of the form takes place.

### Phase 1

- Understand the characteristics of the form
- Learn the overall pattern of the form
- Learn the individual movements and integrate them into the form's pattern

### Phase 2

- Focus on breathing, tension / relaxation and power control
- Concentrate on the rhythm of the form
- Practice with a sense of awareness and realism

### Phase 3

The final step would be to evaluate the form in its totality, much like a painter stands back to look at his art from a distance. This perspective deals with the overall composition of the form and should consider three things: **Line, Speed, and Beauty.**

**Line** is about extension. It is characterized by longer stances and techniques extended within their full range of motion, rather than short, restricted movements. It is also about solid stances and smooth transition from one position to the next.

**Speed** is best reflected by variation in timing of directional movements as well as the speed of the techniques themselves. Avoid static, predictable timing between techniques. Some movements will be executed individually and others in combinations with varied timing. Some moves are explosive and others more relaxed and contemplative.

**Beauty** is the overall impression you create with your interpretation of the perfect form. It is a feeling experienced by the performer and transferred to the observer. Like a painting, if the audience felt or saw your inspiration, its presentation would be considered successful.

## FORMS ~ (HYUNG)

In the martial arts, the performance of forms (*hyung*) is the most structured expression of the art. For every form there is an ideal way of performing. It is this plateau that the forms practitioner seeks to reach through consistent practice. First, he practices to perfect the pattern of the movements. Next he works to implement the intrinsic attributes of the form including speed, power and timing. Finally, he strives to attain total mental and physical unity through the realization of an ideal performance. It is through this process of mastery that the beauty of the martial arts is truly understood.

***“To know a form, practice it 100 times, To comprehend it, practice it 1,000 times,  
But to master it you must practice it 10,000 times”.***

Our traditional system has its own set of forms (*hyung*) that increase in difficulty as the student progresses. In the early days of martial arts, forms were the only method of passing on the secrets of the art from master to student. Thus, each form is a series of offensive and defensive movements arranged in a meaningful order for combat against imaginary opponents. The blocks, strikes, kicks and stances of each form are well suited to the student’s current level and increase in difficulty with each succeeding form.

Form practice is extremely important because without understanding the art of forms, it is almost impossible to understand the total concept of Tang Soo Do. Through the practice of forms, students develop coordination, focus, breath control, balance, strength, flexibility, discipline, endurance and peace of mind.

The next time you practice forms, remember that they are hundreds or even thousands of years old and that each was passed down from master to student. Practice each and every movement as if you were in full combat, always with control, balance, power and focus.

***If not, the only one being fooled is you!***

Like it or not as Dan’s we lead by example. We must perform and teach with the same enthusiasm and eye for detail that our instructors and masters did with us. If we fail our fellow practitioners now, we not only disrespect them and ourselves, we do irreversible damage to our **art** for future generations. *“Garbage In, Garbage Out”* Just think what *Bassai* will look like 100 years from now. ***It’s up to us!***

***“Do not seek to follow in the footsteps of the men of old; seek what they sought.”***

- Basho

# Sebastian Karate Moo Duk Kwan Tang Soo Do

---

## The Flags and their Meanings

Flags of a country are called Kuk Gi (or Taegeukgi) and flags of a style are Kwan Gi. The example below shows the U.S., Moo Duk Kwan and the South Korean flags



### The U.S. Flag

- 13 stripes for the 13 original colonies
- Red stripes represent valor and white stripes represent purity and innocence
- The stripes themselves signify the sun's rays of light
- Stars are for each state in the union. (1st flag had only 13) They are a symbol of the heavens and the divine goal to which man has aspired
- Blue is the color of vigilance, perseverance and justice

### South Korean Flag (also called "Taegeukgi")

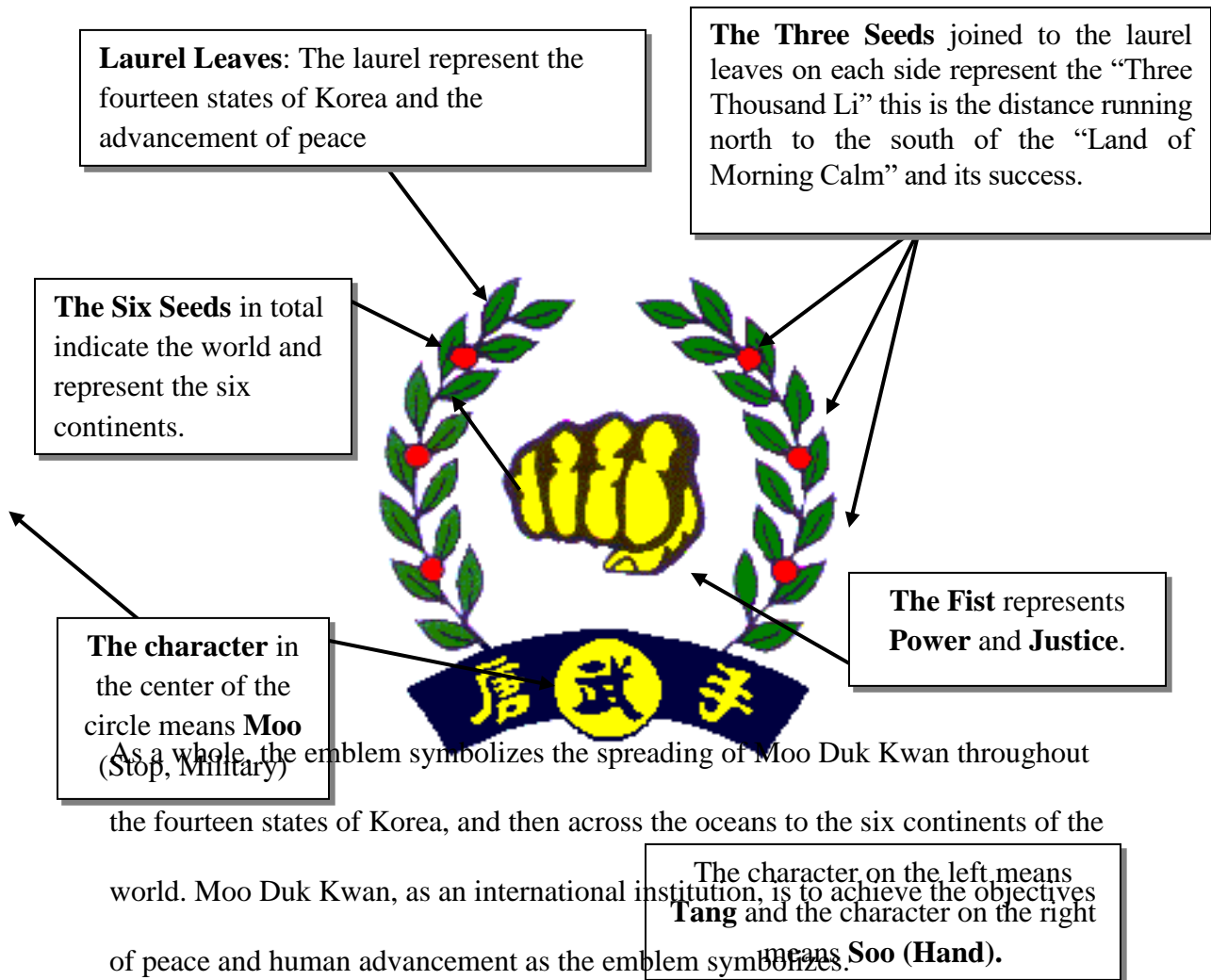
- The Blue part of circle is Um (Ying) and the Red part is Yang. Together they represent the balance of opposites in the universe.
- The White background is the traditional color of the Korean people and symbolizes peace.
- The trigrams (line symbols) also represent the concept of opposites and balance. They are taken from the I Ching (Book of Changes) which has a total of 64 trigrams.
- **Upper left** is "Geon" which denotes heaven while its opposite in **Lower right** is "Gon", meaning earth.
- **Upper right** is "Gam" for water, and its opposite in **Lower left** is "Li" meaning fire.

Together, the Um / Yang circle and the four trigrams represent universal harmony and unity. This sentiment is embodied in the South Korean pledge of allegiance to the flag, which is: "Before this proud Taegeukgi, I firmly pledge my loyalty and will devote my body and soul to the eternal glory of my country and people."

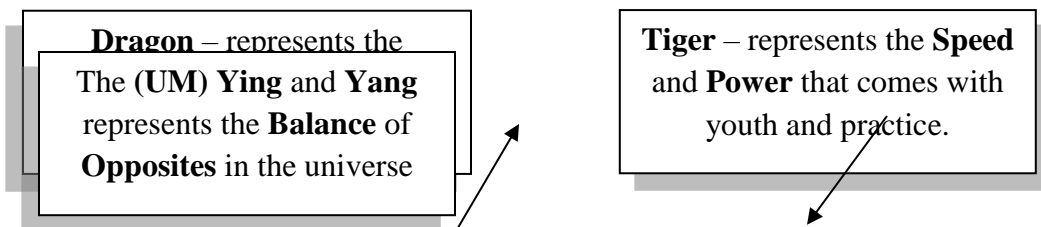
## American Kwan Tang Soo Do Federations Flag

See Page 34

### The Moo Duk Kwan Emblem



### The Sebastian Karate Moo Duk Kwan Arm Patch





1994



2000



2015



2021 US Open



## American Kwan Tang Soo Do Federations



**The flag for the American Kwan Tang Soo Do Federations, Inc.** is very meaningful. It is centered with the **Fist representing Power and Justice**. The American and Korean flags show honor to the United States of America as our home and to the country of South Korea as a source for our training.

The emblems are significant and mean:

**Upper left corner** contains the American Eagle signifying “Strength” as well as the symbols for “Dao of Ki” (Way of Energy).

**The upper right corner** contains the Liberty Bell for “Liberty” with “Honor” superimposed.

**The lower right corner** has the Statue of Liberty welcoming all and the symbols for “Humility”.

**The lower left corner** has Independence Hall representing “Independence”, with “Respect” superimposed.

As martial artists, we should develop our strength and use our Ki to fight for liberty with honor, to welcome others into the land of the free, maintain our humbleness, and respect the independence of all.

### The Dragon's Den Arm Patch



**The Patch's overall shape** represents a shield of honor, like the ones used by the ancient warriors. "Hwa Rang Dan" Silla Dynasty (668 AD – 935 AD)

**The White Background** represents the purity and innocence of the beginning student.

**The Red Color** represents valor, the end of a student's elementary level of training before becoming a Black Belt, it also represents the red strip that runs through the center of the Master Belt.

**The Blue Color** represents vigilance, perseverance and justice.

**The Navy Blue & Red Border** represents both the Black Belt and the Master's Belt working as one to teach and pass on the traditional ways of the Korean Martial Art, Moo Duk Kwan Tang Soo Do.

**The Dragon** represents the **Wisdom** and **Techniques** that comes with age and practice.

**The SK** represents Sebastian Karate Moo Duk Kwan, as the parent school of both DoJangs.

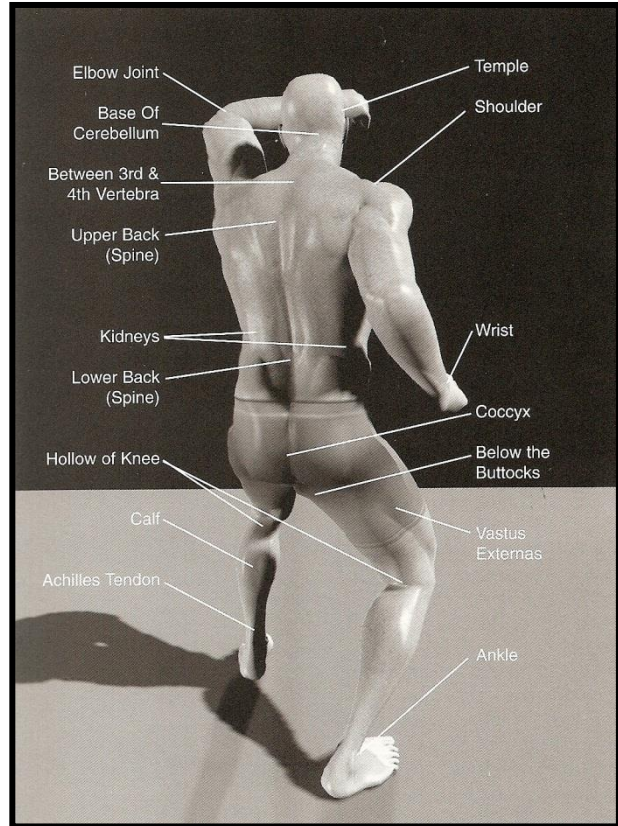
**The Way** represents the way of our art and style Moo Duk Kwan Tang Soo Do - Mind, Body, Spirit, Speed, Harmony and Grace.

**The Metallic Gold Thread** represents the Honor, Loyalty, Dedication and the Respect of the original six (6) members to Sebastian Karate Moo Duk Kwan and the art of Tang Soo Do.

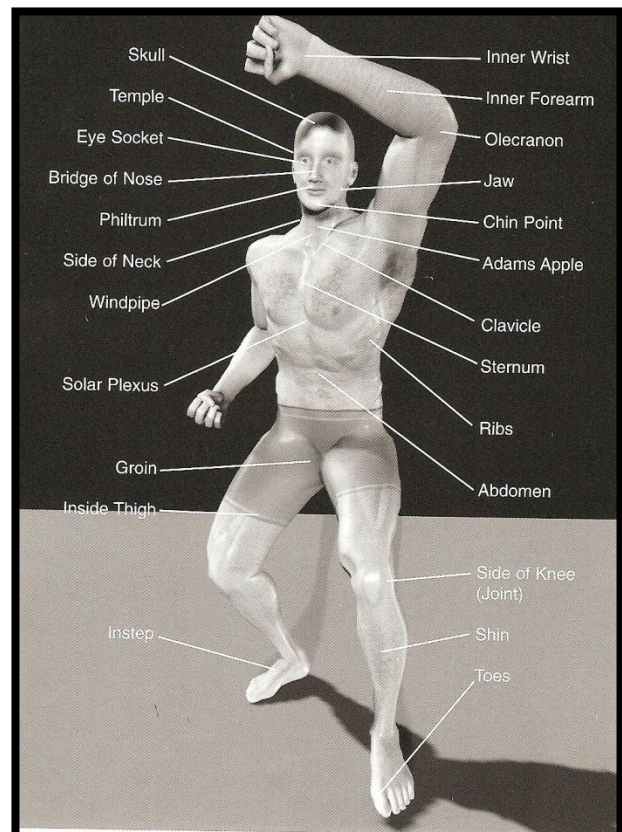
**The Original Six (6) Members** are John Clare, Debra Gage, Lisa Gay, Tracey LiMato, Keith Nelson and Gretchen Nelson.

## Vital Striking Areas

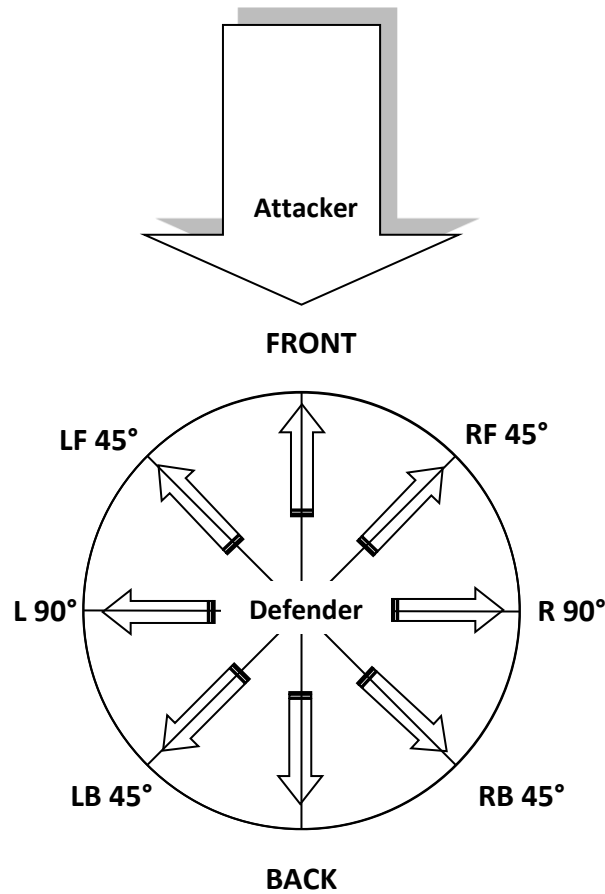
- Elbow Joint
- Base of the Cerebellum
- 3<sup>rd</sup> & 4<sup>th</sup> Vertebra
- Upper Back
- Shoulder
- Kidneys
- Lower Back
- Wrist
- Coccyx
- Below the Buttocks
- Vastus Extemas
- Hollow of the Knee
- Calf
- Achilles Tendon
- Ankle



- Skull
- Temple
- Eye Socket
- Bridge of Nose
- Philtrum
- Jaw & Chin
- Side of Neck
- Adams Apple
- Windpipe
- Clavicle
- Sternum
- Solar Plexus
- Ribs
- Abdomen
- Groin
- Inside Thigh
- Knee Joint
- Instep
- Toes
- Inner Wrist & Forearm
- Olecranon



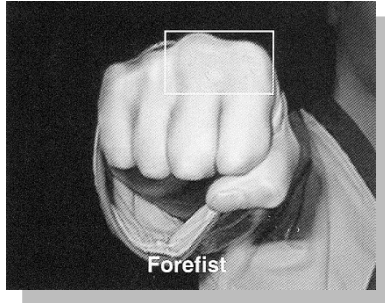
## Eight Directions of Escape



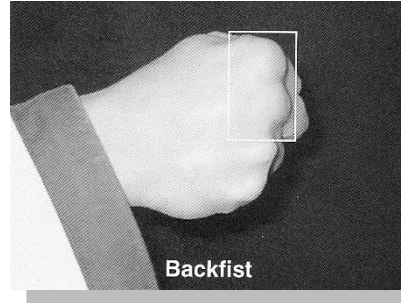
- **Front = Front**
- **RF 45° = Right Front 45 degrees**
- **LF 45° = Left Front 45 degrees**
- **R 90° = Right Side**
- **L 90° = Left Side**
- **Back = Back**
- **RB 45° = Right Back 45 degrees**
- **LB 45° = Left Back 45 degrees**

**Striking**

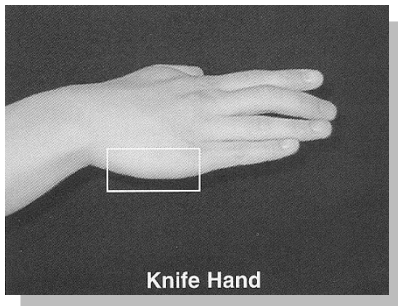
**Jung Kwon**



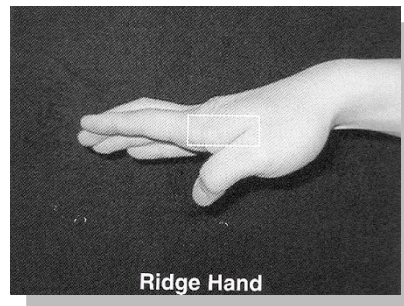
**Kap Kwon**



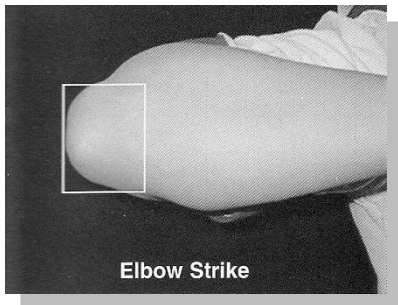
**Soo Do**



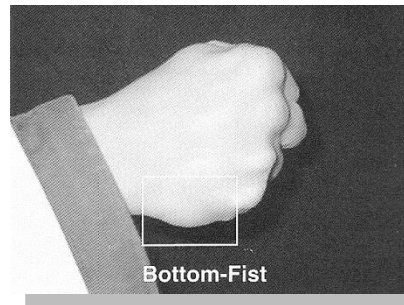
**Yuk Soo Do**



**Pahl Koop**



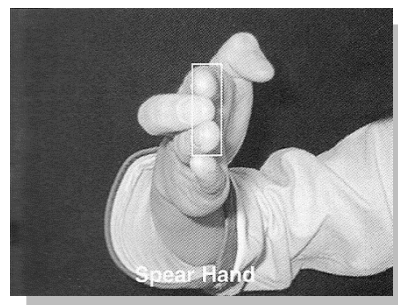
**Kwon Do**



**Jang Kwon**

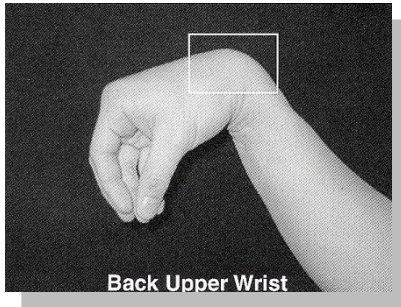


**Kwon Soo**



**Striking**

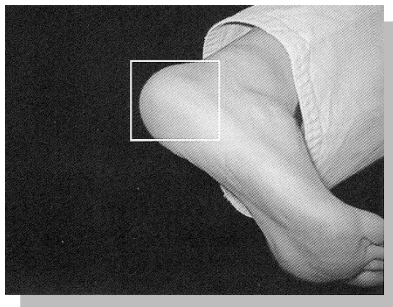
**Son Mok Deung**



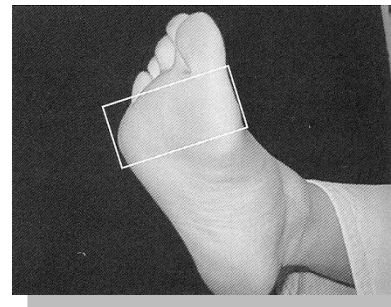
**Ee Ji Kwon Soo**



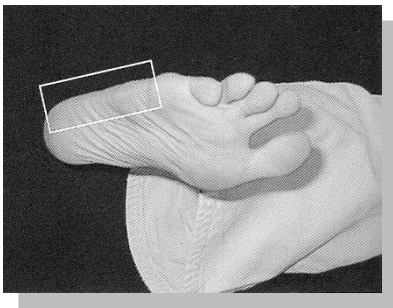
**Heel**



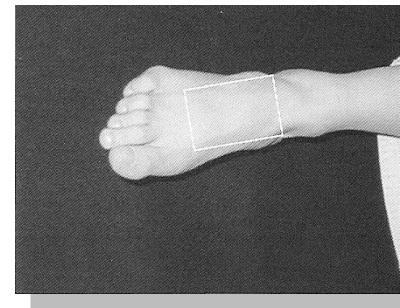
**Ball of Foot**



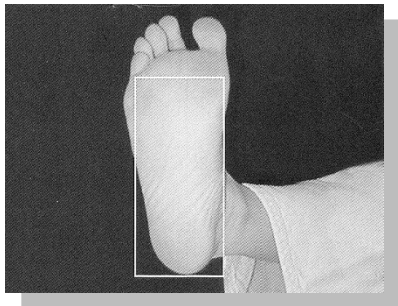
**Outside Blade of the Foot**



**Instep**



**Bottom & Inside Blade  
of the Foot**



**Top of the Knee**



# Sebastian Karate Moo Duk Kwan Tang Soo Do

---

## Philosophy of the Belt System

Our Tang Soo Do belt system in its progression from white to midnight blue represents the cycle of the seasons and the educational steps of learning. Each color stands for a specific stage of achievement. In this way we realize an essential concept of Korean philosophy, i.e., that which is born must grow and learn and reach maturity. In the World system, the white belt is the first year of school and the black belt is a graduate. Each belt level represents the following:

<b>Beginner</b> White Yellow	White represents a primitive stage ready to learn and grow. It is the dormant stage of a new member. Yellow represents that the new member is no longer dormant and is starting to develop.
<b>Novice</b> Orange Purple	The two belts represent new growth, like the spring of the seasons. The member has new knowledge to grow and a sense of Tang Soo Do direction is developed.
<b>Intermediate</b> Green	Green represents the speedy development of youth as summer arrives; a sense of pride has come over the member.
<b>Advanced</b> Red	Red represents power, stability, agility, weight and wisdom. This is like the high school years. The member begins to flower and bloom.
<b>Dark Blue</b> (Black Belt)	Dark Blue represents maturity, respect and honor. It is the completion of a goal or one stage of life. It is a new pathway to higher ranks of Black Belt. It is like graduating from high school and going to college to become a Master. The mind is clear and calm. The body is a machine that can move and react in a split second.

**10th Gup White Belt: (see 10th Gup Requirements / Drills)** A White Belt 10th Gup looking to test for Yellow Belt 9th Gup must show the **ability** in all techniques and forms for that level, along with a written test on terminology and Tang Soo Do history. The student must also meet the minimum training times.

**9th Gup Yellow Belt: (see 9th Gup Requirements / Drills)** A Yellow Belt 9th Gup looking to test for Orange Belt 8th Gup must show the ability in all techniques and forms for that level, along with a written test on terminology and Tang Soo Do history. The student must also meet the minimum training times.



## Sebastian Karate Moo Duk Kwan Tang Soo Do

---

**8th Gup Orange Belt: (see 8th Gup Requirements / Drills)** An Orange Belt 8th Gup looking to test for Purple Belt 7th Gup must show the **ability** in all techniques and forms for that level, along with a written test on terminology and Tang Soo Do history. The student must also meet the minimum training times.

**7th Gup Purple Belt: (see 7th Gup Requirements / Drills)** A Purple Belt 7th Gup looking to test for Green Belt-I 6th Gup must show the **ability** in all techniques and forms for that level, along with a written test on terminology and Tang Soo Do history. The student must also meet the minimum training times.

**6th Gup Green Belt-I: (see 6th Gup Requirements / Drills)** A Green Belt-I 6th Gup looking to test for Green Belt-II 5th Gup must show the **intermediate ability** in all techniques and forms for that and lower levels, along with a written test on terminology and Tang Soo Do history. The student must also meet the minimum training times.

**5th Gup Green Belt-II: (see 5th Gup Requirements / Drills)** A Green Belt-II 5th Gup looking to test for Green Belt-III 4th Gup must show the **intermediate ability** in all techniques and forms for that and lower levels, along with a written test on terminology and Tang Soo Do history. The student must also meet the minimum training times.

**4th Gup Green Belt-III: (see 4th Gup Requirements / Drills)** A Green Belt-III 4th Gup looking to test for Red Belt-I 3rd Gup must show the **advanced ability** in all techniques and forms for that and lower levels, along with a written test on terminology and Tang Soo Do history. The student must also meet the minimum training times.

**3rd Gup Red Belt-I : (see 3rd Gup Requirements / Drills)** A Red Belt-I 3rd Gup looking to test for Red Belt-II 2nd Gup must show the **advanced ability** in all techniques and forms for that and lower levels, along with a written test on terminology and Tang Soo Do history. The student must also meet the minimum training times.

**2nd Gup Red Belt-II: (see 2nd Gup Requirements / Drills)** A Red Belt-II 2nd Gup looking to test for Red Belt-III 1st Gup must show the **advanced ability** in all techniques and forms for that and lower levels, along with a written test on terminology and Tang Soo Do history. The student must also meet the minimum training times.

**1st Gup Red Belt-III: (see 1st Gup Requirements / Drills)** A Red Belt-III 1st Gup looking to test for **Cho Dan** – Black Belt must show the **advanced ability** in all techniques and forms for all levels, along with a written test on terminology and Tang Soo Do history. The student must also meet the minimum training times, pass a **pre Black Belt test** on techniques and forms and be **approved to test by the Master Instructor**.

*Chung Shin Tong Il*  
(**CONCENTRATION**)

---

# Sebastian Karate Moo Duk Kwan Tang Soo Do

---

This book is for the instructors and students of Sebastian Karate Moo Duk Kwan. It is to be used as your guide on how and when I would like to see our students trained. By using this outline, our students will always know what is expected of them, and what the next training cycle will be. More importantly all of our instructors and students will always be on the same page with no surprises and no guessing on what is required of them.

In Sebastian Karate Moo Duk Kwan Tang Soo Do we have three levels and 10 ranks in our Gup system.

## **Foundation - Level - 1 (THE MOST IMPORTANT LEVEL)**

### **“Without a good foundation we have nothing”**

- 10th Gup White Belt
- 9th Gup Yellow Belt
- 8th Gup Orange Belt
- 7th Gup Purple Belt

**Never move a student to the next set of drills outside of his/her Rank! It needs to be done right before you move on.**

**“NEVER MOVE ON TO THE NEXT LEVEL BEFORE IT’S TIME”**

## **Intermediate - Level - 2 “Remember without a good foundation we have nothing”**

- 6th Gup Green I Belt
- 5th Gup Green II Belt
- 4th Gup Green III Belt

**Never move a student to the next set of drills outside of his/her Rank!**

**This level starts a lot of new concepts and hard work for the student**

## **Advanced - Level - 3 “A student without a good foundation will not make it here”**

- 3rd Gup Red I Belt
- 2nd Gup Red II Belt
- 1st Gup Red III Belt

**The three ranks of Red are the last level of the student’s journey to Black Belt and by far it will be the hardest. A lot of hard work has gone into getting here and more will be needed by both the instructor and student.**

**KEEP ON THE PATH!**

**Remember that the right to test is earned through training and hard work.**

**“It’s not automatic”**

## 10<sup>th</sup> Gup White Belt - Drills

### Requirements for 9<sup>th</sup> Gup Yellow Belt - (test)

#### Stances:

- 1 - Ready – Choon Bee JaSeh
- 2 - Front – Chun Kul JaSeh
- 3 - Fighting – Hu Kul JaSeh
- 4 - Horse – Kee Ma JaSeh

#### Kicks: (Fighting Stance)

- 1 - Front – Ahp Cha Ki
- 2 - Side – Yup Cha Ki
- 3 - Roundhouse – Tollyo Cha Ki
- 4 - Outside/Inside – Phakeso Ahnuro Cha Ki
- 5 - Inside/Outside – Ahneso Pahkuro Cha Ki

#### Hands: (Front Stance)

- 1 - Low Block – Ha Dan Mahk Ki
- 2 - High Block – Sang Dan Mahk Ki
- 3 - Middle Punch – Choong Dan Kong Kyuck
- 4 - High Punch – Sang Dan Kong Kyuck

#### Forms: (with or without the count)

- 1 - Kee Cho Hyung Il Bu
- 2 - Kwan Hyung Il Bu
- 3 - Moo Duk Kwan Hyung Cho Dan

#### Breaking (1 - 2 Techniques) Kick or Hand - One Board each

## Requirements for 8<sup>th</sup> Gup Orange Belt – (test) 9<sup>th</sup> Gup Yellow Belt Drills

### Stances:

- 1 - Ready – Choon Bee JaSeh
- 2 - Front – Chun Kul JaSeh
- 3 - Fighting – Hu Kul JaSeh
- 4 - Horse – Kee Ma JaSeh

### Kicks: (Fighting Stance)

- 1 - Front – Ahp Cha Ki
- 2 - Side – Yup Cha Ki
- 3 - Roundhouse – Tollyo Cha Ki
- 4 - Outside/Inside – Phakeso Ahnuro Cha Ki
- 5 - Inside/Outside – Ahneso Pahkuro Cha Ki

### Hands: (Front Stance)

- 1 - Low Block – Ha Dan Mahk Ki
- 2 - High Block – Sang Dan Mahk Ki
- 3 - Middle Punch – Choong Dan Kong Kyuck
- 4 - High Punch – Sang Dan Kong Kyuck

### Forms: (without the count)

- 1 - Kee Cho Hyung Il Bu
- 2 - Kee Cho Hyung E Bu
- 3 - Kwan Hyung Il Bu
- 4 - Kwan Hyung E Bu
- 5 - Moo Duk Kwan Hyung Cho Dan
- 6 - Moo Duk Kwan Hyung E Dan

### Breaking (1 - 2 Techniques) Kick or Hand - One Board each

## Requirements for 7<sup>th</sup> Gup Purple Belt – (test) 8<sup>th</sup> Gup Orange Belt Drills

### Stances:

- |                             |                            |
|-----------------------------|----------------------------|
| 1 - Ready – Choon Bee JaSeh | 2 - Front – Chun Kul JaSeh |
| 3 - Fighting – Hu Kul JaSeh | 4 - Horse – Kee Ma JaSeh,  |
| 5 - Side - Sa Ko Rip JaSeh* |                            |

### Kicks: (Fighting Stance)

- 1 - Front – Ahp Cha Ki
- 2 - Side – Yup Cha Ki
- 3 - Roundhouse – Tollyo Cha Ki
- 4 - Outside/Inside – Phakeso Ahnuro Cha Ki
- 5 - Inside/Outside – Ahneso Pahkuro Cha Ki

### Hands: (Front Stance)

- 1 - Low Block – Ha Dan Mahk Ki
- 2 - High Block – Sang Dan Mahk Ki
- 3 - Middle Punch – Choong Dan Kong Kyuck
- 4 - High Punch – Sang Dan Kong Kyuck
- 5 - Side Punch – Choong Dan Hang Jin\*
- 6 - Outside/Inside Block - Phakeso Ahnuro Mahk Ki\*
- 7 - Inside/Outside Block - Ahneso Pahkuro Mahk Ki\*

### Forms: (without the count)

- |                               |                             |
|-------------------------------|-----------------------------|
| 1 - Kee Cho Hyung Il Bu       | 2 – Kwan Hyung Il Bu        |
| 3 - Kee Cho Hyung E Bu        | 4 – Kwan Hyung E Bu         |
| 5 - Kee Cho Hyung Sam Bu*     | 6 – Kwan Hyung Sam Bu*      |
| 7 - Moo Duk Kwan Hyung Il Bu  | 8 – Moo Duk Kwan Hyung E Bu |
| 9 – Moo Duk Kwan Hyung Sam Bu |                             |

### One Steps:

- Hands 1 – 5  
Kicks 1 – 5

### Breaking (1 - 2 Techniques) Kick or Hand - One Board each

**Requirements 6<sup>th</sup> Gup Green Belt – (test)  
7<sup>th</sup> Gup Purple Belt Drills**

**Kicks: (Fighting Stance)\***

- 1 - Axe - Cchk Ki\*
- 2 - Diagonal (inside/outside) Bit Cha Ki\*
- 3 - Jump Front Kick\*
- 4 - Back Kick\*

**Kicks: (Horse Stance)\***

- |               |                    |
|---------------|--------------------|
| 1 - Side Kick | 3 - Jump Side Kick |
| 2 - Hook Kick | 4 - Jump Hook Kick |

**Two Kicks Same Leg (Doubles)\***

- |                                   |  |
|-----------------------------------|--|
| 1 - Front Kick / Front Kick*      | 2 - Front Kick / Side Kick*            |
| 3 - Side Kick / Side Kick*        | 4 - Roundhouse Kick / Roundhouse Kick* |
| 5 - Front Kick / Roundhouse Kick* | 6 - Roundhouse Kick / Hook Kick*       |

**Two Kicks Opposite Legs (Doubles)\***

- |                          |                          |                      |
|--------------------------|--------------------------|----------------------|
| 1 - Front Kick Low*      | 2 - Front Kick*          | 3 - Roundhouse Kick* |
| Front Kick High          | Side Kick                | Side Kick            |
| 4 - Inside-Outside Kick* | 5 - Outside-Inside Kick* |                      |
| Side Kick                | Axe Kick                 |                      |

**Hands:**

- 1 - Side Punch – Choong Dan Hang Jin – (Horse Stance)\*
- 2 - Knife Hand / Reverse Punch – Yuk Jin - (Fighting Stance)\*
- 3 - Knife Hand / Reverse Punch – Yuk Soo - (Front Stance)\*

**Hands: (Front Stance)**

- 1 - Outside/Inside Block
- 2 - Inside/Outside Block
- 3 - Two Hand Middle Block\*

## **Requirements 6th Gup Green Belt – (test) 7th Gup Purple Belt Drills**

### **Hands: (Fighting Stance)**

- 1 - Low Knife Hand Block - Ha Dan Soo Do Mahk Ki\*
- 2 - Middle Knife Hand Block - Choong Dan Soo Do Mahk Ki\*
- 3 - High Knife Hand Block – Sang Dan Soo Do Mahk Ki\*

### **Forms:**

- 1 – All Kee Cho Hyung (Forms)
- 2 – All Kwan Hyung (Forms)
- 3 – All Moo Duk Kwan Hyung (Forms)
- 4 - Pyung Ahn Cho Dan\*

### **One Steps & Self-Defense**

- 1 - Hands, 6 – 10\*
- 2 - Kicks, 6 – 10\*
- 3 - Ho Sin Sul, 1 -5\*

### **Sparring – Cha Yu Dae Ryun – (2) 2 min. Rounds \***

### **Breaking (1 - 2 Techniques) Kick or Hand - One Board each**

**Requirements 5<sup>th</sup> Gup Green Belt – (test)**  
**6th Gup Green Belt Drills**

**Kicks: (Fighting Stance)**

- |  |                         |
|--|-------------------------|
| 1 - Axe - Cchk Ki                        | 4 – Back Kick           |
| 2 - Diagonal (inside/outside) Bit Cha Ki | 3 - Jump Front Kick     |
| 5 - Jump Side Kick*                      | 6 - Spinning Back Kick* |

**Kicks: (Horse Stance)**

- |                    |                    |
|--------------------|--------------------|
| 1 - Side Kick      | 2 - Hook Kick      |
| 3 - Jump Side Kick | 4 - Jump Hook Kick |

**Two Kicks Same Leg (Doubles)**

- |  |                                   |                                    |
|--|-----------------------------------|------------------------------------|
| 1 - Front Kick Low<br>Front Kick High  | 2 - Front Kick<br>Side Kick       | 3 - Side Kick<br>Side Kick         |
| 4 - Roundhouse Kick<br>Roundhouse Kick | 5 - Front Kick<br>Roundhouse Kick | 6 - Front Kick*<br>Jump Front Kick |

**Two Kicks Opposite Legs (Doubles)**

- |                                       |   |  |
|---------------------------------------|---|--|
| 1 - Front Kick Low<br>Front Kick High | 2 - Front Kick<br>Side Kick                   | 3- Roundhouse Kick<br>Side Kick            |
| 4 - Inside-Outside Kick<br>Side Kick  | 5 - Outside-Inside Kick<br>Spinning Back Kick | 6 – Spinning Back Kick*<br>Roundhouse Kick |

**Hands:**

- 1 - Side Punch – Choong Dan Hang Jin – (Horse Stance)
- 2 - Knife Hand / Reverse Punch – Yuk Jin (Fighting Stance)
- 3 - Knife Hand / Reverse Punch – Yuk Soo (Front Stance)

**Hands: (Front Stance)**

- |                           |                           |
|---------------------------|---------------------------|
| 1 - Outside/Inside Block  | 2 - Inside/Outside Block  |
| 3 - Two Hand Middle Block | 4 - Two Hand High X Block |
| 5 - Two Hand Low X Block  | 6 - Reverse Center Punch* |
| 7 – Spearhand*            | 8 - Spinning Back Fist*   |



## Requirements 5<sup>th</sup> Gup Green Belt – (test) 6<sup>th</sup> Gup Green Belt Drills

### Hands: (Fighting Stance)

- 1 - Low Knife Hand Block - Ha Dan Soo Do Mahk Ki
- 2 - Middle Knife Hand Block - Choong Dan Soo Do Mahk Ki
- 3 - High Knife Hand Block – Sang Dan Soo Do Mahk Ki

### Hands: (Front Stance) Doubles\*

- |                                  |   |                                       |
|----------------------------------|---|---------------------------------------|
| 1 - Low Block*<br>High Block     | 2 - Inside-Outside Block*<br>Reverse Center Punch | 3 - Side Punch*<br>Spinning Back Fist |
| 4 - X Block Low*<br>X Block High | 5 - Spearhand*<br>Inside-Outside Block            |                                       |

### Forms:

- 1 – All Kee Cho Hyung (Forms)
- 2 – All Kwan Hyung (Forms)
- 3 – All Moo Duk Kwan Hyung (Forms)
- 4 - Pyung Ahn Cho Dan\*
- 5 - Pyung Ahn E Dan\*
- 6 - Bong Hyung Il Bu\*

### One Steps & Self-Defense

- 1 - Hands, 1 – 10
- 2 - Kicks, 1 – 10
- 3 - Ho Sin Sul, 1 -10\*

### Sparring – Cha Yu Dae Ryun – (2) 2 min. Rounds

### Breaking (1 - 2 Techniques) Kick or Hand - One Board each

**Requirements 4<sup>th</sup> Gup Green Belt – (test)**  
**5<sup>th</sup> Gup Green Belt Drills**

**Kicks: (Fighting Stance)**

- |   |                           |
|---|---------------------------|
| 1 - Axe - Cchk Ki                         | 6 - Jump Roundhouse Kick* |
| 2 - Diagonal (inside/outside) Bit Cha Ki  | 7 - Jump Hook Kick*       |
| 3 - Spinning Back Kick                    | 8 - Jump Side Kick        |
| 4 - Spinning Wheel-Hook Kick (180°/360°)* | 9 - Back Kick             |
| 5 - Spinning Crescent Kick (180°/360°)*   | 10 - Jump Back Kick*      |

**Two Kicks Same Leg (Doubles)**

- |  |                                      |  |
|--|--------------------------------------|--|
| 1 - Front Kick Low<br>Front Kick High      | 2 - Front Kick<br>Side Kick          | 3 - Side Kick<br>Side Kick             |
| 4 - Front Kick<br>Roundhouse Kick          | 5 - Spinning Back Kick*<br>Side Kick | 6 - Roundhouse Kick<br>Roundhouse Kick |
| 7 - Spinning Back Kick*<br>Roundhouse Kick | 8 - Front Kick<br>Jump Front Kick    | 9 - Front Kick*<br>Back Kick           |

**Two Kicks Opposite Legs (Doubles)**

- |   |  |                                      |
|---|--|--------------------------------------|
| 1 - Front Kick Low<br>Front Kick High             | 2 - Low Outside-Inside Kick<br>High Spinning Back Kick | 3 - Roundhouse Kick<br>Side Kick     |
| 4 - Spinning Back Kick<br>Roundhouse Kick         | 5 - Front Kick<br>Side Kick                            | 6 - Inside-Outside Kick<br>Side Kick |
| 7 - Side Kick*<br>Spinning Back Kick              | 8 - Diagonal Kick*<br>Stepping Side Kick               | 9 - Front Kick*<br>Jumping Back Kick |
| 10 - Spinning Crescent Kick (360°)*<br>Front Kick | 11 - Spinning Hook Kick (360°)*<br>Roundhouse Kick     |                                      |
| 12 - Spinning Back Kick*<br>Side Kick             |  |                                      |

## Requirements 4<sup>th</sup> Gup Green Belt – (test) 5<sup>th</sup> Gup Green Belt Drills

### Hands:

- 1 - Side Punch – Choong Dan Hang Jin – (Horse Stance)
- 2 - Knife Hand / Reverse Punch – Yuk Jin (Fighting Stance)
- 3 - Knife Hand / Reverse Punch – Yuk Soo (Front Stance)

### Hands: (Front Stance)

- |                                     |                           |                           |
|-------------------------------------|---------------------------|---------------------------|
| 1 - Outside/Inside Block            | 4 - Inside/Outside Block  | 7 - Two Hand Middle Block |
| 2 - Two Hand Low X Block            | 5 - Low Grab and Trap*    | 8 - Spearhand Punch       |
| 3 - Two Hand U- Punch*              | 6 - Two Hand High X Block | 9 - Reverse Center Punch  |
| 10 - High Open Hand Block & Strike* | 11 - Spinning Back Fist   |                           |

### Hands: (Doubles)

- |                                    |                          |                        |
|------------------------------------|--------------------------|------------------------|
| 1 - Low Block                      | 1 - Inside-Outside Block | 1 - Side Punch         |
| 2 - High Block                     | 2 - Reverse Center Punch | 2 - Spinning Back Fist |
| 1 - X Block Low                    | 1 - Spearhand            | 1 - Low Grab and Trap* |
| 2 - X Block High                   | 2 - Inside-Outside Block | 2 - High Back Chop     |
| 1 - High Open Hand Block & Strike* |                          |                        |
| 2 - Outside-Inside Block           |                          |                        |

### Forms:

- 1 – All Kee Cho Hyung (Forms)
- 2 – All Kwan Hyung (Forms)
- 3 – All Moo Duk Kwan Hyung (Forms)
- 4 - Pyung Ahn Cho Dan\*
- 5 - Pyung Ahn E Dan\*
- 6 - Pyung Ahn Sam Dan\*
- 7 - Bong Hyung Il Bu\*

### One Steps & Self-Defense

- 1 - Hand Techniques 1 – 15\*
- 2 - Kicks Techniques 1 – 15\*
- 3 - Ho Sin Sul (Self- Defense Techniques) 1 -10

### Sparring – Cha Yu Dae Ryun – (2) 3 min. Rounds

### Breaking (1 - 2 Techniques) Kick or Hand - One Board each

**Requirements 3<sup>rd</sup> Gup Red Belt – (test)**  
**4<sup>th</sup> Gup Green Belt Drills**

**Kick: (Fighting Stance)**

- 1 - Axe - Cchk Ki
- 2 - Diagonal (inside/outside) Bit Cha Ki
- 3 - Jump Front Kick
- 4 - Jump Side Kick
- 5 - Jump Hook Kick
- 6 - Jump Roundhouse Kick
- 7 - Jump Back Kick
- 8 - Spinning Back Wheel-Hook Kick (180°) and (360°)
- 9 - Spinning Back Crescent Kick (180°) and (360°)

**Two Kicks Opposite Legs (Doubles) (Fighting Stance)**

- |  |  |  |
|--|--|--|
| 1 – Outside/Inside Kick*<br>Spinning Back Kick | 2 - Spinning Crescent Kick<br>Front Kick | 3- Diagonal Kick<br>Stepping Side Kick |
| 4 - Spinning Back Kick<br>Roundhouse Kick      | 5 - Side Kick<br>Spinning Back Kick      | 6 – Inside/Outside Kick<br>Side Kick   |

**Three Kicks (Same Leg) (Fighting Stance) \***

- |  |   |
|--|---|
| 1 - Front Kick*<br>Roundhouse Kick<br>Side Kick                  | 2 - Spinning Back Kick*<br>Roundhouse Kick<br>Side Kick               |
| 3 - Front Kick Low*<br>Roundhouse Kick Middle<br>Front Kick High | 4 - Roundhouse Kick Low*<br>Front Kick Middle<br>Roundhouse Kick High |

**Three - Kicks (Front / Back / Front) (Fighting Stance) \***

- |  |  |
|--|--|
| 1 - Front Kick (F)*<br>Axe Kick (B)<br>Side Kick (F) | 2 - Side Kick (F)*<br>Hook Kick (B)<br>Roundhouse Kick (F) |
|--|--|

## Requirements 3<sup>rd</sup> Gup Red Belt – (test) 4<sup>th</sup> Gup Green Belt Drills

### Four - Kicks (Front / Back / Back / Front) (Fighting Stance)\*

- |                              |                             |
|------------------------------|-----------------------------|
| 1 - Outside-Inside Kick (F)* | 2 - Spinning Back Kick (F)* |
| Inside-Outside Kick (B)      | Front Kick (B)              |
| Side Kick (B)                | Axe Kick (B)                |
| Roundhouse Kick (F)          | Hook Kick (F)               |

### Steeplechase - 3 Kicks ( Ground, Air, Ground) (Fighting Stance)\*

- |                     |                          |                          |
|---------------------|--------------------------|--------------------------|
| 1 - Front Kick (G)* | 2 - Roundhouse Kick (G)* | 3 - Front Kick (G)*      |
| Jump Front Kick (A) | Jump Side Kick (A)       | Jump Roundhouse Kick (A) |
| Front Kick (G)      | Spinning Back Kick (G)   | Side Kick (G)            |

### Hands: Front Stance (Doubles)

- |                      |                       |                                |
|----------------------|-----------------------|--------------------------------|
| 1 - Spearhand        | 2 - Low Grab and Trap | 3 - Open Hand Block and Strike |
| Inside-Outside Block | High Back Chop High   | Outside-Inside Block           |

### Hands Front Stance – Triples / Quads\*

- |                         |                            |                          |
|-------------------------|----------------------------|--------------------------|
| 1 - Low Block *         | 2 - Two Hand Middle Block* | 3 - Choong Dan Hang Jin* |
| Middle Soo Do           | X Block Low                | Dwi Dull Ryo Kap Kwon    |
| Reverse Punch           | X Block High               | Choon Dan Kong Kyuck     |
| 5 - Low Grab and Trap*  | 6 - Spear-hand Punch*      |                          |
| High Soo Do             | Inside/Outside Block       |                          |
| Reverse High Ridge Hand | Center Punch               |                          |
| Center Punch            | Low Block - (Same Hand)    |                          |

### Hands Front Stance – Five\*

- |                         |                                      |
|-------------------------|--------------------------------------|
| 1 - Low Block*          | 2 - High Open Hand Block and Strike* |
| High Block (Same Hand)  | High Soo Do                          |
| Reverse High Ridge Hand | Outside/Inside Block                 |
| High Soo Do             | Center Punch,                        |
| Reverse Punch           | Reverse High Ridge Hand              |

## Requirements 3<sup>rd</sup> Gup Red Belt – (test) 4<sup>th</sup> Gup Green Belt Drills

### Hands Fighting Stance – Triples / Quads / Five\*

- |                       |                        |                       |
|-----------------------|------------------------|-----------------------|
| 1 - Low Soo Do Block* | 2 - Low Grab and Trap* | 3 - Low Soo Do Block* |
| Middle Soo Do Block   | High Soo Do            | High Soo Do Block     |
| High Soo Do Block     | Reverse Ridge Hand     | Reverse Ridge Hand    |
| Center Punch          | High Soo Do            | Reverse Center Punch  |

### Hands:

- 1 - Side Punch – Choong Dan Hang Jin – (Horse Stance)
- 2 - Knife Hand / Reverse Punch – Yuk Jin (Fighting Stance)
- 3 - Knife Hand / Reverse Punch – Yuk Soo (Front Stance)

### Forms:

- 1 – All Kee Cho Hyung (Forms)
- 2 – All Kwan Hyung (Forms)
- 3 – All Moo Duk Kwan Hyung (Forms)
- 4 - Pyung Ahn Cho Dan\*
- 5 - Pyung Ahn E Dan\*
- 6 - Pyung Ahn Sam Dan\*
- 7 - Pyung Ahn Sa Dan\*
- 8 - Bong Hyung Il Bu\*
- 9 - Bong Hyung E Bu\*

### One Steps & Self-Defense

- 1 - Hand Techniques 1 – 15
- 2 - Kick Techniques 1 – 15
- 3 - Ho Sin Sul (Self-Defense Techniques) 1 -15\*

### Sparring – Cha Yu Dae Ryun - (2) 3 min. Rounds

### Breaking (1 - 2 Techniques) Kick or Hand - One Board each

**Requirements 2<sup>nd</sup> Gup Red Belt – (test)**  
**3<sup>rd</sup> Gup Red Belt Drills**

**3 - Kicks Opposite Legs (Triples) (Fighting Stance)**

- |  |  |   |
|--|--|---|
| 1 - Outside-Inside Kick<br>Spinning Back Kick<br>Side Kick | 2 - Spinning Crescent Kick 360°<br>Front Kick<br>Roundhouse Kick | 3 - Diagonal Kick<br>Stepping Side Kick<br>Stepping Hook Kick |
| 4 - Spinning Back Kick<br>Roundhouse Kick<br>Front Kick    | 5 - Spinning Hook Kick 360°<br>Roundhouse Kick<br>Jump Side Kick | 6 - Inside-Outside Kick<br>Side Kick<br>Spinning Hook Kick    |
| 7 - Side Kick<br>Spinning Back Kick<br>Roundhouse Kick     | 8 - Front Kick<br>Back Kick<br>Spinning Crescent Kick            | 9 - Front Kick<br>Jumping Back Kick<br>Spinning Hook Kick     |

**3 - Kicks (Same Leg) (Fighting Stance)**

- |  |  |
|--|--|
| 1 - Front Kick<br>Roundhouse Kick<br>Side Kick | 2 - Spinning Back Kick<br>Roundhouse Kick<br>Side Kick |
|--|--|

**3 - Kicks (Front / Back / Front) (Fighting Stance)**

- |   |   |
|---|---|
| 1 - Front Kick (F)<br>Axe Kick (B)<br>Side Kick (F) | 2 - Side Kick (F)<br>Hook Kick (B)<br>Roundhouse Kick (F) |
|---|---|

**4 - Kicks (Front / Back / Back / Front) (Fighting Stance)**

- |  |   |
|--|---|
| 1 - Outside-Inside Kick (F)<br>Inside-Outside Kick (B)<br>Side Kick (B)<br>Roundhouse Kick (F) | 2 - Spinning Back Kick (F)<br>Front Kick (B)<br>Axe Kick (B)<br>Hook Kick (F) |
|--|---|

**Sweep Kick (Fighting Stance)\***

- 1 – Low Wheel Sweep Kick\*

## Requirements 2<sup>nd</sup> Gup Red Belt – (test) 3<sup>rd</sup> Gup Red Belt Drills

### Steeplechase - 3 Kicks ( Ground, Air, Ground) (Fighting Stance)

- |                     |                         |                          |
|---------------------|-------------------------|--------------------------|
| 1 - Front Kick (G)  | 2 - Roundhouse Kick (G) | 3 - Front Kick (G)       |
| Jump Front Kick (A) | Jump Side Kick (A)      | Jump Roundhouse Kick (A) |
| Front Kick (G)      | Spinning Back Kick (G)  | Side Kick (G)            |

### Hands:

- 1 - Side Punch – Choong Dan Hang Jin – (Horse Stance)
- 2 - Knife Hand / Reverse Punch – Yuk Jin (Fighting Stance)
- 3 - Knife Hand / Reverse Punch – Yuk Soo (Front Stance)

### Hands Front Stance – Triples / Quads

- |   |   |   |
|---|---|---|
| 1 - Low Block<br>Middle Soo Do<br>Reverse Punch                                 | 2 - Two Hand Middle Block<br>X Block Low<br>X Block High                                | 3 - Choong Dan Hang Jin,<br>Dwi Dull Ryo Kap Kwon<br>Choon Dan Kong Kyuck |
| 4 - Low Grab and Trap<br>High Soo Do<br>Reverse High Ridge Hand<br>Center Punch | 5 - Spear-hand Punch<br>Inside/Outside Block<br>Center Punch<br>Low Block - (Same Hand) |   |

### Hands Front Stance – Five

- |  |  |
|--|--|
| 1 - Low Block<br>High Block (Same Hand)<br>Reverse High Ridge Hand<br>High Soo Do<br>Reverse Punch | 2 - High Open Hand Block and Strike<br>High Soo Do<br>Outside/Inside Block<br>Center Punch,<br>Reverse High Ridge Hand |
|--|--|

### Hands Fighting Stance – Triples / Quads / Five

- |  |   |   |
|--|---|---|
| 1 - Low Soo Do Block<br>Middle Soo Do Block<br>High Soo Do Block<br>Center Punch | 2 - Low Grab and Trap<br>High Soo Do<br>Reverse Ridge Hand<br>High Soo Do | 3 - Low Soo Do Block<br>High Soo Do Block<br>Reverse Ridge Hand<br>Reverse Center Punch |
|--|---|---|



## Requirements 2<sup>nd</sup> Gup Red Belt – (test) 3<sup>rd</sup> Gup Red Belt Drills

### Hand / Kick Combinations (Quads) Front Stance & Fighting Stance

- |   |  |
|---|--|
| 1- Low Grab and Trap<br>High Soo Do<br>Front Kick<br>Reverse High Ridge Hand          | 2- Low Block<br>High Block – (same hand)<br>Round House Kick<br>Reverse Outside/Inside Block |
| 3 - High Open Hand Block and Strike<br>High Soo Do<br>Side Kick<br>Spinning Back Kick | 4 - X Block Low<br>X Block High<br>Front Kick<br>Inside/Outside Block                        |

### Forms:

- 1 – All Kee Cho Hyung (Forms)
- 2 – All Kwan Hyung (Forms)
- 3 – All Moo Duk Kwan Hyung (Forms)
- 4 - Pyung Ahn Cho Dan\*
- 5 - Pyung Ahn E Dan\*
- 6 - Pyung Ahn Sam Dan\*
- 7 - Pyung Ahn Sa Dan\*
- 8 - Pyung Ahn O Dan\*
- 9 - Bong Hyung Il Bu\*
- 10 - Bong Hyung E Bu\*
- 11 - Bong Hyung Sam

### One Steps & Self-Defense

- 1 - Hand Techniques 1 – 20
- 2 - Kick Techniques 1 – 20
- 3 - Ho Sin Sul (Self-Defense Techniques) 1 -20\*
- 4 - Three Steps – 1 – 10\*

### Sparring – Cha Yu Dae Ryun - (3) 3 min. Rounds\*

### Breaking (1 - 2 Techniques) Kick or Hand - One Board each

## Requirements 1<sup>st</sup> Gup Red Belt – (test) 2<sup>nd</sup> Gup Red Belt Drills

### All of the Foundation Kick Drills from lower Ranks / Levels

- Kicks Opposite Legs (Triples) (Fighting Stance) All Drills from lower Ranks
- Kicks (Same Leg) (Fighting Stance) All Drills from lower Ranks / Levels
- Kicks (Front / Back / Front) (Fighting Stance) All Drills from lower Ranks / Levels
- Sweep Kick (Fighting Stance) All Drills from lower Ranks / Levels
- Kicks (Front/Back /Back /Front) (Fighting Stance) All Drills from lower Ranks Levels

### Steeplechase - 3 Kicks

(Ground, Air, Ground (Fighting Stance) All Drills from lower Ranks / Levels, Plus\*

- |  |   |
|--|---|
| 1 - Outside-Inside Front Kick (G)*<br>Jump Inside-Outside (A)<br>Side Kick (G) | 2 - Spinning Back Kick (G)*<br>Jump Spinning Back Kick (A)<br>Roundhouse Kick (G)                 |
| 3 – Diagonal Kick (G)*<br>Jump Hook Kick (A)<br>Reverse Back Hook Kick (G)     | 4 – Outside-Inside Kick (G)*<br>Jump Inside-Outside spinning Kick (360°)<br>Spinning Axe Kick (G) |

### Running Jump Kicks (Flying Kicks)\*

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| 1 – Running Jump Front Kick*      | 2 – Running Jump Side Kick*       |
| 3 – Running Jump Roundhouse Kick* | 4 – Running Jump Two Front Kicks* |
| 5 – Running Jump Hook Kick*       |                                   |

### Hands:

### All of the foundation Hand Drills from lower Ranks / Levels

- Hands Front Stance – Triples / Quads /Five All Drills from lower Ranks / Levels
- Hands Fighting Stance – Triples / Quads / Five All Drills from lower Ranks / Levels
- Hand / Kick Combination (Quads) Front Stance & Fighting Stance, All Drills from lower Ranks / Levels ..... Plus\*

- |   |  |  |
|---|--|--|
| 1 – Front Kick*<br>Down Block<br>Reverse Punch                      | 2 - Inside-Outside Kick*<br>Reverse Punch<br>Inside-Outside Block      | 3 – Outside-Inside Kick*<br>U- Punch                                 |
| 4 – Front Kick*<br>High Block<br>Reverse Ridge Hand<br>Center Punch | 5 – Front Kick*<br>Down Block<br>Inside-Outside Block<br>Reverse Punch | 6 – Front Kick*<br>Low Grab and Trap<br>High Soo Do<br>Reverse Punch |

**Requirements 1<sup>st</sup> Gup Red Belt – (test)  
2<sup>nd</sup> Gup Red Belt Drills**

**Forms:**

- 1 – All Kee Cho Hyung (Forms)
- 2 – All Kwan Hyung (Forms)
- 3 – All Moo Duk Kwan Hyung (Forms)
- 4 – All Pyung Ahn Hyung (Forms)
- 5 - Bassai
- 6 - Bong Hyung Il Bu
- 7 - Bong Hyung E Bu
- 8 -Bong Hyung Sam
- 9 - Choong Shim Cho Dan

**One Steps; Three Steps & Self-Defense**

- 1 - Hand Techniques 1 – 20
- 2 - Kick Techniques 1 – 20
- 3 - Three Steps – 1 – 10
- 4 - Ho Sin Sul (Self-Defense Techniques) 1 -20

**Sparring – Cha Yu Dae Ryun - (3) 3 min. Rounds One on One and Two on One\***

**Breaking (1 - 2 Techniques) Kick or Hand - One Board each**

## 1st Gup Red Belt Drills – Pre-Black Belt Test

### Kwan O-Soo Ki (School 5 Hand Drill Techniques)

#### Hand Drill #1 (Front Stance)

- Low Block
- Middle Soo Do Block (Same Hand)
- Reverse Punch
- High Soo Do Punch
- Reverse High Ridge Hand Punch

#### Hand Drill #2 (Front & Back Stance)

- Low Grab and Trap
- High Soo Do Punch
- Reverse High Ridge Hand Punch
- Center Punch
- Middle Soo Do Block (*Same Hand*) - BS

#### Hand Drill #3 (Front & Back Stance)

- Spear-hand Punch (*Front Stance*)
- Inside/Outside Block
- Center Punch
- Low Block - (*Same Hand*)
- Two Hand Middle Block - BS

#### Hand Drill #4 (Front Stance)

- High Open Hand Block and Strike
- High Soo Do Punch
- Reverse Outside/Inside Block
- High Ridge Hand Punch
- Reverse Spear-hand Punch

#### Hand Drill #5 (Front & Back Stance)

- Middle Soo Do Block - BS
- Two Hand Middle Block - FS
- X Block Low - FS
- X Block High - FS
- Reverse High Soo Do Punch - BS

#### Hand Drill #6 (Front & Back Stance)

- Choong Dan Hang Jin,
- Dwi Dull Ryo Kap Kwon
- Choon Dan Kong Kyuck - FS
- Low Soo Do Block - FS
- Middle Soo Do Block (Same Hand) - FS

**Kwan Sa-Cha Ki (School 4 Kick Drill Techniques)**

**Kick Drill #1**  
**(Opposite Legs)**

- Outside-Inside Kick
- Spinning Back Kick
- Side Kick
- Front Kick

**Kick Drill #2**  
**(Opposite / Same Legs)**

- 360° Spinning Crescent Kick
- Front Kick (*Same Leg*)
- Roundhouse Kick
- Side Kick

**Kick Drill #3**  
**(Opposite Legs)**

- Side Kick
- Spinning Back Kick
- Roundhouse Kick
- Inside-Outside Kick

**Kick Drill #4**  
**(Opposite Legs)**

- Spinning Back Kick
- Roundhouse Kick
- Front Kick
- Stepping Side Kick

**Kick Drill #5**  
**(Opposite / Same Legs)**

- Diagonal Kick
- Stepping Side Kick
- Stepping Hook Kick (*Same Leg*)
- Jump Side Kick (*Same Leg*)

**Kick Drill #6**  
**(Opposite Legs)**

- Inside-Outside Kick
- Side Kick
- Outside-Inside Kick
- 360° Spinning Hook Kick

**Kwan FB-Cha Ki (School FBF/FBBF Kick Drill Techniques)**

**FB Kick Drill #1**

- Front Kick (F)
- Axe Kick (B)
- Side Kick (F)

**FB Kick Drill #2**

- Side Kick (F)
- Hook Kick (B)
- Roundhouse Kick (F)

# Sebastian Karate Moo Duk Kwan Tang Soo Do

---

## FBBF Kick Drill #3

- Outside-Inside Kick (F)
- Inside-Outside Kick (B)
- Side Kick (B)
- Roundhouse Kick (F)

## FBBF Kick Drill #4

- Spinning Back Kick (F)
- Front Kick (B)
- Axe Kick (B)
- Hook Kick (F)

## **Steeplechase - 3 Kicks (Ground, Air, Ground)**

### Steeplechase Kick Drill #1

- Front Kick (G)
- Jump Front Kick (A)
- Front Kick (G)

### Steeplechase Kick Drill #2

- Roundhouse Kick (G)
- Jump Side Kick (A) (Skipping)
- Spinning Back Kick (G)

### Steeplechase Kick Drill #3

- Stepping Side Kick (G)
- Jump Side Kick (A) (Skipping)
- Stepping Hook Kick (G)

### Steeplechase Kick Drill #4

- Diagonal Kick (G)
- Jump Hook Kick (A) (Skipping)
- Spinning Back Kick (G)

### Steeplechase Kick Drill #5

- Front Kick (G)
- Jump Roundhouse Kick (A)
- Side Kick (G)

### Steeplechase Kick Drill #6

- Outside-Inside Front Kick (G)
- Jump Inside-Outside (A)
- Side Kick (G)

**Hand / Kick Combination (Front & Fighting Stance)**

**Hand / Kick Combination Drill #1**

- Front Kick
- Down Block
- Reverse Punch

**Hand / Kick Combination Drill #2**

- Inside- Outside Kick
- Reverse Punch
- Inside-Outside Block

**Hand / Kick Combination Drill #3**

- Front Kick
- High Block
- Reverse Ridge Hand Punch
- Center Punch

**Hand / Kick Combination Drill #4**

- Front Kick
- Down Block
- High Block
- Reverse Ridge Hand Punch

**Hand / Kick Combination Drill #5**

- Front Kick
- Low Grab and Trap
- High Soo Do Hand Punch
- Reverse Ridge Hand Punch

**Hand / Kick Combination Drill #6**

- Outside-Inside Kick
- U- Punch

**Hand / Kick Combination Drill #7**

- High Block
- Side Punch
- Spinning Back Kick
- Front Kick

**Hand / Kick Combination Drill #8**

- Outside/Inside Kick
- Stepping Side Kick
- Inside/Outside Block
- Reverse High Soo Do Punch

# Sebastian Karate Moo Duk Kwan Tang Soo Do

---

## Hand / Kick Combination Drill #9

- Front Kick Low
- Front Kick High (*Same Leg*)
- Spinning Back Hand Punch
- Reverse High Ridge Hand Punch

## Hand / Kick Combination Drill #10

- Side Punch
- Stepping Hook Kick
- Jumping Side Kick
- Spinning Back Hand Punch

1 - Side Punch – **Choong Dan Hang Jin** – (*Horse Stance*)

2 - Knife Hand / Reverse Punch – **Yuk Jin** (*Fighting Stance*)

3 - Knife Hand / Reverse Punch – **Yuk Soo** (*Front Stance*)

## 19 - Forms - Hyung

- 1 - Kee Cho Hyung Il Bu
- 2 - Kwan Hyung Il Bu
- 3 - Kee Cho Hyung E Bu
- 4 - Kwan Hyung E Bu
- 5 - Kee Cho Hyung Sam Bu
- 6 - Kwan Hyung Sam Bu
- 7 – Moo Duk Kwan Cho Dan
- 8 – Moo Duk Kwan E Dan
- 9 – Moo Duk Kwan Sam Dan
- 10 - Pyung Ahn Cho Dan
- 11 - Pyung Ahn E Dan
- 12 - Pyung Ahn Sam Dan
- 13 - Pyung Ahn Sa Dan
- 14 - Pyung Ahn O Dan
- 15 - Bassai
- 16 - Bong Hyung Il Bu
- 17 - Bong Hyung E Bu
- 18 - Bong Hyung Sam Bu
- 19 - Choong Shim Cho Dan



# Sebastian Karate Moo Duk Kwan Tang Soo Do

---

## **One Steps & Self-Defense** (Minimum 10 of each technique)

- 1 - Hand Techniques
- 2 - Kick Techniques
- 3 - Ho Sin Sul (Self-Defense Techniques)

## **Sparring – Cha Yu Dae Ryun** - (3) 3 min. Rounds (one on one)

## **Breaking – Kyuck Pa**

4 Way – Breaking – minimum one board in each technique (1”x12”x10”)

Weak Side/ Strong Side (L/R side) Two Hand/Elbow and Two Kick Techniques

*All four breaks must flow one into the other.*

This is a student one level away from (Cho Dan) Black Belt; it is now time for you as the instructor and the student to review all of the foundation, intermediate and advanced drills. Work on all of the drills for all ranks/levels along with any new techniques noted above. The student must show an advanced ability in all techniques and forms (Hyung), along with the endurance, humility and respect of a potential Black Belt and leader. (Minimum months of training in this rank/level = 3 or until the Master Instructors agrees that the student is ready to test for Cho Dan) Remember that the right to test is earned through training and hard work. **It's not automatic!**



## **1st Gup Red Belt Drills – Pre-Black Belt**

# Sebastian Karate Moo Duk Kwan Tang Soo Do

---

## **Breaking (1 - 2 Techniques) Kick or Hand - One Board each**

<b>10th Gup</b> – White Belt going for 9th Gup Yellow Belt	Ahp Cha Ki
<b>9th Gup</b> – Yellow Belt going for 8th Gup Orange Belt	Yup Cha Ki Pahl Koop Kong Kyuck
<b>8th Gup</b> – Orange Belt going for 7th Gup Purple Belt	Jung Kwon Kong Kyuck Moo Roop Cha Ki
<b>7th Gup</b> – Purple Belt going for 6th Gup Green Belt-I	Soo Do Kong Kyuck Mirror Yup Cha Ki

## **Breaking (3 - Techniques) Kick or Hand - One Board each**

<b>6th Gup</b> – Green Belt going for 5th Gup Green Belt	Jang Kwon Kong Kyuck Tollyo Cha Ki Choon Dan Kong Kyuck
<b>5th Gup</b> – Green Belt going for 4th Gup Green Belt	Yuk Soo Do Kong Kyuck Nak See Cha Ki Dwi Dull Ryo Cha Ki

## **Breaking (4 - Techniques) Kick or Hand**

<b>4th Gup</b> – Green Belt going for 3rd Gup Red Belt <i>(Combination Techniques are at the student's discretion with approval of the Shim Sa Kwan Nim)</i>	Kap Kwon Kong Kyuck Cchk Ki E - Dan Ahp Cha Ki
<b>(Any Combination of 3 Hands &amp; Kicks)</b>	
<b>3rd Gup</b> – Red Belt going for 2nd Gup Red Belt <i>(Techniques are at the student's discretion with approval of the Shim Sa Kwan Nim)</i>	Any Hand Technique Any Kick Technique Any Jump Kick Technique
<b>(Any Combination of 4 Hands &amp; Kicks)</b>	
<b>2nd Gup</b> – Red Belt going for 1st Gup Red Belt <i>(Techniques are at the student's discretion with approval of the Shim Sa Kwan Nim)</i>	Any Hand Technique Any Kick Technique Any Jump Kick Technique
<b>(Any Combination of 4 Hands &amp; Kicks)</b>	
<b>1st Gup</b> – Red Belt going for Black Belt 1 <sup>st</sup> Dan <i>(Techniques are at the student's discretion with approval of the Shim Sa Kwan Nim)</i>	Any Hand Technique Any Kick Technique Any Jump Kick Technique
<b>(Any Combination of 4 Hands &amp; Kicks)</b>	

## What is a Black Belt?

**“Black Belt” is a Dark Navy Blue Belt (Dee)** but it is also known as “Yu Dan Ja”, meaning Black Belt holder. The blue color represents the end of one of the stages towards true mastery, but more importantly, it is the beginning of a path to the next stage. The color also represents mastery, calmness, dignity and sincerity. Therefore, the holder of the Black Belt should be qualified as follows:

**Nature:**

Primarily the ideals on human service rather than that of any other reason such as revenge, violence, fighting or riches motivate the Black Belt. Choose this art as your own way of life.

**Achievement:**

The Black Belt is an exemplary martial artist who has trained incessantly to achieve maturation of body and mind – the invincible spirit of Tang Soo Do.

**Professional:**

The Black Belt is a professional regardless of whether or not it is his/her profession. Therefore, the Black Belt must constantly strive to reach a higher level of perfection of body and mind through practice. The Black Belt must do this in such a manner as to enhance the prestige and dignity of his/her profession.

**Loyalty:**

The Black Belt is completely loyal and motivated by the pride and honor of our art to help their studio, Instructors, Master Instructor, Grandmaster and the Federation.

**Contribution:**

A Black Belt volunteers his/her help. He/she should aid in all Moo Duk Kwan Tang Soo Do activities and devote his/her knowledge to the improvements of human welfare.

**Justice and Truth:**

The Black Belt is a person who is capable of judging clearly, truth and untruth, justice and injustice. Even when the truth-justice has a bitter taste, remain fixed on the side of truth and justice.

**Leadership and Respect:**

The Black Belt is a leader in Moo Duk Kwan Tang Soo Do and all social functions. He/she should lead a righteous and respectable life according to the principles and creeds of Moo Duk Kwan Tang Soo Do.

**Brotherhood:**

The Black Belt is a person who shows intimate brotherhood and sacrifice for the members of the Black Belt society, in order to protect the prestige of the Black Belt.

**Heritage:**

The Black Belt is responsible for the continuation of Moo Duk Kwan Tang Soo Do. He/she must constantly recruit new students in order to transfer our art to the next generation, constantly teaching the proper way.

**Application:**

The Black Belt is one who is capable of applying his/her knowledge and skill of Moo Duk Kwan Tang Soo Do to his/her own or another’s life, in a practical way, for better living.

## Il Soo Sik Dae Ryun – Hand Techniques (1 – 5)

### 1. One Punch

- Step 45° to the right into a *kee ma jaseh* while executing a left hand inside/outside *soo do mahk ki* to the attacker's wrist and a right hand *sang dan kong kyuck* to the attacker's face. "Ki hap"

### 2. Elbow Attack

- Step in with the right foot 90° into a *kee ma jaseh* while executing a right hand outside/inside *soo do mahk ki* to the attacker's wrist/arm.
- Strike with a right *pahl koop chi ki* to the attacker's solar plexus; enclose the right fist with the left hand. "Ki hap"

### 3. Double Punch

- Step 45° to the right into a *kee ma jaseh* while executing a left hand *choong dan kong kyuck* to the attacker's solar plexus.
- Upon completion, return the left hand to the right side chamber position, twist the body slightly clockwise.
- Execute a left hand inside/outside *soo do mahk ki* to the attacker's wrist while simultaneously executing a right hand *sang dan kong kyuck* to the attacker's face. "Ki hap"

### 4. Elbow Attack with Two Punches

- Step in with the right foot 90° into a *kee ma jaseh* while executing a right hand outside/inside *soo do mahk ki* to the attacker's wrist/arm.
- Strike with a right *pahl koop chi ki* to the attacker's solar plexus; enclose the right fist with the left hand.
- Immediately execute a double strike to the attacker using the right arm.
- First strike is a *kap kwon* to the face.
- Second is a *kwon do* to the groin. "Ki hap"

### 5. Three Punch Attack

- Step 45° to the left into a *kee ma jaseh* while executing a left hand outside/inside *soo do mahk ki* to the attacker's wrist/arm.
- Then execute a right hand, then a left hand *choong dan kong kyuck* to the attacker's ribs.
- Then a right hand *sang dan kong kyuck* to the attacker's temple.
- "Ki hap" on all three punches.

## 1. Front kick against a Punch

- Both the defender and attacker start from choon bee jaseh. The defender's steps backward with the right leg in to hu kul jaseh with a ki hap.
- As the attacker advances with a san dan kong kyuck, the defender immediately executes a right leg choong dan or sang dan ahp cha ki. "Ki hap"

## 2. Roundhouse kick against a Punch

- Both the defender and attacker start from choon bee jaseh. The defender's steps backward with the right leg in to hu kul jaseh with a ki hap.
- As the attacker advances with a san dan kong kyuck, the defender immediately executes a right leg choong dan or sang dan tollyo cha ki. "Ki hap"

## 3. Side kick against a Punch

- Both the defender and attacker start from choon bee jaseh. The defender's steps backward with the right leg in to hu kul jaseh with a ki hap.
- As the attacker advances with a san dan kong kyuck, the defender immediately executes a right leg choong dan or sang dan yup cha ki. "Ki hap"

## 4. Step Out Side kick against a Punch

- Both the defender and attacker start from choon bee jaseh. The defender's steps backward with the right leg in to hu kul jaseh with a ki hap.
- As the attacker advances with a san dan kong kyuck, the defender immediately steps out with the left leg 65° degrees to the left, and from chun kul jaseh executes a right leg choong dan yup cha ki to the attackers' ribs under the arm. "Ki hap"

## 5. Push kick against a Punch

- Both the defender and attacker start from choon bee jaseh. The defender's steps backward with the right leg in to hu kul jaseh with a ki hap.
- As the attacker advances with a san dan kong kyuck, the defender immediately executes a right leg choong dan ahp mee ro cha ki. "Ki hap"

## 1. Against Same Side Wrist Grab

- Technique #1 has the attacker grabbing your left wrist with the attacker's right hand.
- Open your left hand, spreading your fingers apart.
- Step forward with your left foot, between attacker's feet, into a kee ma ja seh.
- At the same time twist your left hand across your body, turning your palm down in order to twist past attacker's thumb and first finger.
- Execute a left soo do to the attacker's neck, re-chambering your right hand. **Ki hap.**

## 2. Against A Cross Over Grab

- Technique #2 has the attacker reaching across with their right hand and grabbing your right wrist. Step straight forward with the left foot into a left leg forward kee ma ja seh.
- Strike at a downward angle with a left soo do to the back of the attacker's right hand.
- At the same time, twist your right hand out to your right.
- Right soo do to the attacker's neck or temple, re-chambering your left hand. **Ki hap.**
- Switch stance to chun kul ja seh during strike.

## 3. Against Same Side Shoulder Grab

- Technique #3 has the attacker reaching straight out to grab your left shoulder with their right hand.
- Swing your left arm up and around, inside to outside, hooking your forearm around the attacker's elbow. At the same time, step forward slightly with your left leg into a chun kul ja seh.
- Grab your forearm directly under the attacker's elbow with your right hand.
- Pull up and back. **Ki hap.**

## 4. Against Lapel Grab

- Technique #4 has the attacker reaching out with their right hand to grab your left lapel.
- Grab the attacker's hand with your right hand by placing your thumb between the attacker's thumb and first finger and your other fingers around the edge of the attacker's hand.
- Step straight back with your right foot into a kee ma ja seh as you pull and twist the attacker's hand across your chest. Keep the attacker's hand attached to your chest.
- Extending the attacker's arm, place the knife edge of your left hand against the extended elbow and push down on the elbow while keeping your right hand to your chest. **Ki hap.**

## 5. Against Belt Grab from Front (Palm up)

- Technique #5 has the attacker reaching out with right hand to grab your belt with a palm up grip.
- Step forward as you place your hands under the attacker's elbow.
- Pull up and back. **Ki hap.**

## GENERAL TERMINOLOGY

## Sebastian Karate Moo Duk Kwan Tang Soo Do

---

<b>Tang Soo Do</b>	... <i>The Martial Art we study</i>
<b>Tang Soo Do-Translation</b>	... <i>Way of the China Hand</i>
<b>Moo Duk Kwan</b>	... <i>Our Martial Art Style</i>
<b>Moo Duk Kwan - Translation</b>	... <i>Institute Of Martial Virtue</i>
<b>Soo Bahk Do</b>	... <i>Ancient name of the Tang Soo Do</i>
<b>Kwan Jang Nim</b>	... <i>Grandmaster</i>
<b>Bo Kwan Jang Nim</b>	... <i>Assistant Grandmaster</i>
<b>Sah Bum Nim</b>	... <i>Master Instructor (4<sup>th</sup> Dan &amp; Above)</i>
<b>Bo Sah Bum Nim</b>	... <i>Chief Instructor (3<sup>rd</sup> Dan)</i>
<b>Kyo Sah Nim</b>	... <i>Class Instructor (2<sup>nd</sup> Dan)</i>
<b>Bo Kyo Sah Nim</b>	... <i>Assistant Instructor (1<sup>st</sup> Dan)</i>
<b>Shim Sa Kwan Nim</b>	... <i>Examiner</i>
<b>Shim Sa</b>	... <i>Testing both Gup and Dan</i>
<b>Nim</b>	... <i>Sir or Honorable (term of respect)</i>
<b>Dan</b>	... <i>Black Belt (midnight blue) – Degree holder</i>
<b>Gup</b>	... <i>Color Belt – Grade holder</i>
<b>Kwan Won</b>	... <i>Student member</i>
<b>Sun Bae</b>	... <i>Senior member</i>
<b>Hu Bae</b>	... <i>Junior member</i>
<b>Cho Bo Ja</b>	... <i>Beginner</i>
<b>Ko Dan Ja</b>	... <i>Senior Dan holder</i>
<b>Yu Dan Ja</b>	... <i>Dan holder</i>
<b>Yu Gup Ja</b>	... <i>Gup holder</i>
<b>Do Jang</b>	... <i>Training Hall (Gym-Studio)</i>

## Sebastian Karate Moo Duk Kwan Tang Soo Do

---

<b>Do Bohk</b>	... <i>Uniform</i>
<b>Dee</b>	... <i>Belt</i>
<b>Kukgi</b>	... <i>National Flag</i>
<b>Kee Cho</b>	... <i>Basic</i>
<b>Hyung</b>	... <i>Forms</i>
<b>Il Soo Sik Dae Ryun</b>	... <i>One Step Sparring</i>
<b>Ja Yu Dae Ryun</b>	... <i>Free Sparring</i>
<b>Ho Sin Sul</b>	... <i>Self-Defense</i>
<b>Kyuck Pa</b>	... <i>Breaking</i>
<b>Choon Bee Woon Dong</b>	... <i>Warm-up exercise</i>
<b>Chung Shim</b>	... <i>Balance</i>
<b>Kee Cho Woon Dong</b>	... <i>Basic techniques exercise</i>
<b>Mahk Kee</b>	... <i>Block</i>
<b>Kong Kyuk</b>	... <i>Attack (punch)</i>
<b>Soo Ki</b>	... <i>Hand technique</i>
<b>Jok Ki</b>	... <i>Foot technique</i>
<b>Cha Ki</b>	... <i>Kick</i>
<b>Ha Dan</b>	... <i>Low – Part</i>
<b>Choong Dan</b>	... <i>Middle – Part</i>
<b>Sang Dan</b>	... <i>High – Part</i>
<b>Ahp</b>	... <i>Front</i>
<b>Yup</b>	... <i>Side</i>
<b>Dwi</b>	... <i>Back</i>
<b>Jung Kwon</b>	... <i>Fore Fist</i>



## Sebastian Karate Moo Duk Kwan Tang Soo Do

---

<b>Kap Kwon</b>	... <i>Back Fist</i>
<b>Soo Do</b>	... <i>Knife Hand</i>
<b>Yuk Soo Do</b>	... <i>Ridge Hand</i>
<b>Kwan Soo</b>	... <i>Spear Hand</i>
<b>Jang Kwon</b>	... <i>Heel Palm</i>
<b>Shi Sun</b>	... <i>Focus of Eyes</i>
<b>Chung Shin</b>	... <i>Spirit</i>
<b>Nae Kong</b>	... <i>Internal Power</i>
<b>Weh Kong</b>	... <i>External Power</i>
<b>Shim Kong</b>	... <i>Spiritual Power</i>
<b>Chon Kyung</b>	... <i>Respect</i>
<b>Ki Hap</b>	... <i>Yell (focus mind and energy)</i>
<b>Cha Ryut</b>	... <i>Attention</i>
<b>Kyung Yet</b>	... <i>Bow or Salute</i>
<b>Joon Bee</b>	... <i>Ready</i>
<b>Shi Jock</b>	... <i>Begin – Start</i>
<b>Jung Ji</b>	... <i>Stop</i>
<b>Ba Ro</b>	... <i>Return</i>
<b>Shio</b>	... <i>Relax – Rest</i>
<b>Tora</b>	... <i>Turn</i>
<b>Kyo Dae</b>	... <i>Change Position</i>
<b>Kup So</b>	... <i>Vital Point</i>
<b>Ku Ryung Up Shi</b>	... <i>Without the Count</i>
<b>Ku Ryung E Mat Cho So</b>	... <i>With the Count</i>

<b>Ko Map Sum Ni Da</b>	... <i>Thank You</i>
<b>Chun Man E O</b>	... <i>You're Welcome</i>
<b>Ko Mahn</b>	... <i>Finish</i>
<b>Hu Jin</b>	... <i>Backward</i>
<b>Dwi Ro Tora</b>	... <i>Turn to the rear</i>
<b>Mirro</b>	... <i>Thrust</i>
<b>Ku Ryung</b>	... <i>Command</i>

**BASIC STANCES**

<b>JaSeh</b>	... <i>Stance</i>
<b>Choon Bee JaSeh</b>	... <i>Ready Stance</i>
<b>Chun Kul JaSeh</b>	... <i>Front Stance</i>
<b>Hu Kul JaSeh</b>	... <i>Back Stance – Fighting Stance</i>
<b>Kee Ma JaSeh</b>	... <i>Horse Riding Stance</i>
<b>Sa Ko Rip JaSeh</b>	... <i>Side Stance Feet pointed outward</i>
<b>Bassai Choon Bee JaSeh</b>	... <i>Starting Stance for Bassai</i>
<b>Naihanchi Choon Bee JaSeh</b>	... <i>Starting Stance for Naihanchi Cho Dan</i>
<b>Kyo Cha Rip JaSeh</b>	... <i>Cross Leg Stance</i>
<b>Han Bahl Seo Kee JaSeh</b>	... <i>Crane Stance</i>
<b>Choi Ha Dan JaSeh</b>	<i>Low Stance</i>

*Before following a leader it is wise to see if he is headed  
in the right direction.*

**STARTING / CLOSING CLASS**

## Sebastian Karate Moo Duk Kwan Tang Soo Do

---

<b>Cha Ryut</b>	... <i>Attention</i>
<b>Kuk Gi E Tora</b>	... <i>Turn to the flags</i>
<b>Kyung Yet</b>	... <i>Salute or Bow</i>
<b>Ba Ro</b>	... <i>Return</i>
<b>Tora</b>	... <i>Turn Back to the Instructor</i>
<b>Sa Bum Nim E Kyung Yet</b>	... <i>Bow to the Master Instructor</i>
<b>Ahn Jo</b>	... <i>Sit</i>
<b>Muk Yum</b>	... <i>Meditation</i>
<b>E Ru Sut</b>	... <i>Stand</i>

### **NUMBERS - BON**

<b>Ha Na – One</b>	... <i>Il – First</i>
<b>Dool – Two</b>	... <i>E – Second</i>
<b>Set – Three</b>	... <i>Sam – Third</i>
<b>Net - Four</b>	... <i>Sa – Fourth</i>
<b>Da Sot – Five</b>	... <i>O – Fifth</i>
<b>Yah Sot – Six</b>	... <i>Yuk – Sixth</i>
<b>Il Gop – Seven</b>	... <i>Chil – Seventh</i>
<b>Yo Dull – Eight</b>	... <i>Pahl – Eighth</i>
<b>Ah Hop – Nine</b>	... <i>Gu – Ninth</i>
<b>Yol – Ten</b>	... <i>Sip – Tenth</i>

*If you are going to climb, you have to grab the branches not the blossoms.*

**BASIC HAND TECHNIQUES**

<b>Pahl Put Ki</b>	... <i>Punch exercise (horse riding stance)</i>
<b>Ha Dan Mahk Ki</b>	... <i>Low Block</i>
<b>Phakeso Ahnuro Mahk Ki</b>	... <i>Outside/Inside Block</i>
<b>Ahneso Pahkuro Mahk Ki</b>	... <i>Inside/Outside Block</i>
<b>Hu Kul Sang Dan Mahk Ki</b>	... <i>High Block – Front Stance</i>
<b>Ssang Soo Sang Dan Mahk Ki</b>	... <i>High two hand X Block</i>
<b>Ssang Soo Ha Dan Mahk Ki</b>	... <i>Low two hand X Block</i>
<b>Choong Dan Yup Mahk Ki</b>	... <i>Middle Side Block</i>
<b>Sang Dan Soo Do Mahk Ki</b>	... <i>High Knife Hand Block</i>
<b>Ha Dan Soo Do Mahk Ki</b>	... <i>Low Knife Hand Block</i>
<b>Yuk Jin</b>	... <i>Knife Hand / Reverse Punch –B/S</i>
<b>Choong Dan Kong Kyuck</b>	... <i>Middle Punch</i>
<b>Sang Dan Kong Kyuck</b>	... <i>High Punch</i>
<b>Kwan Soo Kong Kyuck</b>	... <i>Spear Hand Punch</i>
<b>Choong Dan Hang Jin</b>	... <i>Side Punch</i>
<b>Ban Jul Kwan Soo Kong Kyuck</b>	... <i>Fore Knuckle Spear Hand Punch</i>
<b>Il Ji Kwan Soo Kong Kyuck</b>	... <i>One Finger Spear Hand Punch</i>
<b>E Ji Kwan Soo Kong Kyuck</b>	... <i>Two Finger Spear Hand Punch</i>
<b>Pahl Koop Kong Kyuck</b>	... <i>Elbow Strike</i>

*Instead of setting goals based on outcomes, set goals which focus on performances.*

**BASIC KICKING TECHNIQUES**

<b>Ahp Cha Ki</b>	... <i>Front Snap Kick</i>
-------------------	----------------------------

## Sebastian Karate Moo Duk Kwan Tang Soo Do

---

<b>Yup Cha Ki</b>	... <i>Side Snap Kick</i>
<b>Mirro Yup Cha Ki</b>	... <i>Thrusting/Stepping Side Kick</i>
<b>Ahp Podo Oly Ki</b>	... <i>Front Stretch Kick</i>
<b>Yup Podo Oly Ki</b>	... <i>Side Stretch Kick</i>
<b>Tollyo Cha Ki</b>	... <i>Round-House Kick</i>
<b>Dwi Cha Ki</b>	... <i>Back Snap Kick</i>
<b>Dwi Dull Ryo Cha Ki</b>	... <i>Back Spinning Kick</i>
<b>Ahneso Pahkuro Cha Ki</b>	... <i>Inside / Outside Kick</i>
<b>Phakeso Ahnuro Cha Ki</b>	... <i>Outside / Inside Kick</i>
<b>Nak See Cha Ki</b>	... <i>Side Hook Kick</i>
<b>Mirro Nak See Cha Ki</b>	... <i>Thrusting/Stepping Hook Kick</i>
<b>Ahp Mee Ryo Cha Ki</b>	... <i>Front Pushing Kick</i>
<b>Moo Roop Cha Ki</b>	... <i>Knee Kick</i>
<b>Bit Cha Ki</b>	... <i>Diagonal Kick</i>
<b>Cchk Ki</b>	... <i>Axe Kick</i>
<b>Yi Dan</b>	... <i>Jumping</i>
<b>Yi Dan Ahp Cha Ki</b>	... <i>Jump Front Kick</i>
<b>Yi Dan Yup Cha Ki</b>	... <i>Jump Side Kick</i>
<b>Yi Dan Dull Ryo Cha Ki</b>	... <i>Jump Round-House Kick</i>
<b>Yi Dan Dwi Cha Ki</b>	... <i>Jump Back Kick</i>
<b>Yi Dan Dwi Dull Ryo Cha Ki</b>	... <i>Jump Back Spinning Kick</i>
<b>Yi Dan Nak See Cha Ki</b>	... <i>Jump Side Hook Kick</i>

### SPARRING (DAE RYUN)

## Sebastian Karate Moo Duk Kwan Tang Soo Do

---

<b>Sam Soo Sik Dae Ryun</b>	... <i>Three Step Sparring</i>
<b>Il Soo Sik Dae Ryun</b>	... <i>One Step Sparring</i>
<b>Cha Yu Dae Ryun</b>	... <i>Free Fighting</i>
<b>Da Soo Dae Ryun</b>	... <i>Sparring against Two or More</i>

### ANATOMY

<b>Pahl</b>	... <i>Arm</i>
<b>Bahl</b>	... <i>Foot</i>
<b>Dari</b>	... <i>Leg</i>
<b>Pal Koop</b>	... <i>Elbow</i>
<b>Moo Roop</b>	... <i>Knee</i>
<b>Ko Whan</b>	... <i>Groin</i>
<b>Myung Chi</b>	... <i>Solar Plexus</i>
<b>Dan Jun</b>	... <i>Abdomen</i>

### KEY CONCEPTS

<b>Yong Ki</b>	... <i>Courage</i>
<b>Chung Shin Tong Il</b>	... <i>Concentration</i>
<b>In Nah</b>	... <i>Endurance</i>
<b>Chung Jik</b>	... <i>Honesty</i>
<b>Kyum Son</b>	... <i>Humility</i>
<b>Chon Kyung</b>	... <i>Respect</i>

### COMMANDS IN CLASS

<b>Cha Ryut</b>	... <i>Attention</i>
-----------------	----------------------

## Sebastian Karate Moo Duk Kwan Tang Soo Do

---

<b>Kyung Yet</b>	... <i>Bow or Salute</i>
<b>Choon Bee</b>	... <i>Ready</i>
<b>Shi Jock</b>	... <i>Begin</i>
<b>Ba Ro</b>	... <i>Return</i>
<b>Shio</b>	... <i>Rest</i>
<b>Tora</b>	... <i>Turn</i>
<b>Jung Ji</b>	... <i>Stop</i>
<b>Ku Ryung E Mat Cho So</b>	... <i>With the Count</i>
<b>Ku Ryung Up Shi</b>	... <i>Without the Count</i>
<b>Ko Map Sum Ni Da</b>	... <i>Thank You</i>
<b>Chun Man E O</b>	... <i>You're Welcome</i>



### The Art of Strategy

Those who are victorious plan effectively and change decisively. They are like a great river that maintains its course but adjusts its flow...they have form but are formless. They are skilled in both planning and adapting and need not fear the result of a thousand battles; for they win in advance, defeating those that have already lost.

Sun Tzu

Chinese warrior philosopher – (50-100 BC)

### FORMS (HYUNG)

<b>Kee Cho Hyung Il Bu</b>	... <i>Basic Form No. 1</i>
<b>Kee Cho Hyung E Bu</b>	... <i>Basic Form No. 2</i>
<b>Kee Cho Hyung Sam Bu</b>	... <i>Basic Form No. 3</i>
<b>Kwan Hyung Il Bu</b>	... <i>School Form No.1</i>
<b>Kwan Hyung E Bu</b>	... <i>School Form No.2</i>
<b>Kwan Hyung Sam Bu</b>	... <i>School Form No.3</i>
<b>Pyung Ahn Cho Dan</b>	... <i>Pyung Ahn Form No. 1</i>
<b>Pyung Ahn E Dan</b>	... <i>Pyung Ahn Form No. 2</i>
<b>Pyung Ahn Sam Dan</b>	... <i>Pyung Ahn Form No. 3</i>
<b>Pyung Ahn Sa Dan</b>	... <i>Pyung Ahn Form No. 4</i>
<b>Pyung Ahn Oh Dan</b>	... <i>Pyung Ahn Form No. 5</i>
<b>Bassai</b>	... <i>Bassai Form</i>
<b>Bong Hyung Il Bu</b>	... <i>Staff Form No. 1</i>
<b>Bong Hyung E Bu</b>	... <i>Staff Form No. 2</i>
<b>Bong Hyung Sam Bu</b>	... <i>Staff Form No.3</i>
<b>Bong Hyung Sa Dan</b>	... <i>Staff Form No. 4</i>
<b>Bong Hyung O Dan</b>	... <i>Staff Form No. 5</i>
<b>SAI Hyung Cho / E Dan</b>	... <i>SAI Forms One &amp; Two</i>
<b>Eskrima Hyung Cho / E Dan</b>	... <i>Eskrima Forms One &amp; Two</i>
<b>Choong Shim Cho Dan</b>	... <i>Kwan Balance Form No.1</i>
<b>Choong Shim E Dan</b>	... <i>Kwan Balance Form No.2</i>
<b>Choong Shim Sam Dan</b>	... <i>Kwan Balance Form No.3</i>
<b>Chil Sung Il Ro</b>	... <i>Star Form No. 1 (Seven Stars)</i>
<b>Chil Sung Ee Ro</b>	... <i>Star Form No. 2 (Seven Stars)</i>



## Sebastian Karate Moo Duk Kwan Tang Soo Do

---

<b>Chil Sung Sam Ro</b>	... <i>Star Form No. 3 (Seven Stars)</i>
<b>Naihanchi Cho Dan</b>	... <i>Naihanchi Form No.1</i>
<b>Naihanchi E Dan</b>	... <i>Naihanchi Form No.2</i>
<b>Naihanchi Sam Dan</b>	... <i>Naihanchi Form No.3</i>
<b>Sip Soo Hyung</b>	... <i>Sip Soo Form</i>
<b>Dan Gum Hyung</b>	... <i>Short Dagger Form</i>
<b>Chin Toe Hyung</b>	... <i>Chin Toe Form</i>
<b>Kung Sang Koon Hyung</b>	... <i>Kung Sang Koon Form</i>
<b>Wang Syu Hyung</b>	... <i>Wang Syu Form</i>
<b>Tche On Hyung</b>	... <i>Tche On Form</i>
<b>Ro Hai Hyung</b>	... <i>Ro Hai Form</i>
<b>Ss A Shian</b>	... <i>Ss A Shian Form</i>
<b>Sa Ship O Bo</b>	... <i>Sa Ship O Bo Form</i>
<b>Oh Ship Sa Bo</b>	... <i>Oh Ship Sa Bo Form</i>
<b>So Lim Jang Gun</b>	... <i>So Lim Jang Gun Form</i>



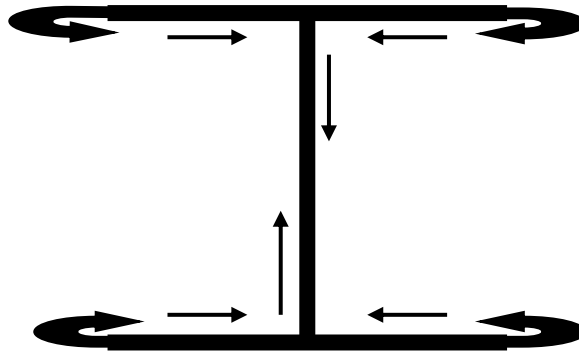
***A TRUE CHAMPION IS NOT MEASURED BY THE MARGIN OF HIS VICTORY,  
BUT BY THE ATTITUDE WITH WHICH HE TAKES ON HIS CHALLENGES.***

***Ladies of the Dragon's Den - 2010***

# Sebastian Karate Moo Duk Kwan Tang Soo Do

---

The first six (6) Forms (Hyungs) that you will learn in Sebastian Karate Moo Duk Kwan Tang Soo Do are all done in the formation of a capitol – I . ( Kee Cho Hyung 1, 2 , 3 and Kwan Hyung 1,2, 3.) **“You always turn into the center of the - I”**



## Example

### **Kee Cho Hyung IL Bu (#1)**

#### **From the Ready Stance: (First 8 Moves)**

1. Look to the left, Turn 90 degrees to the left, stepping into a left leg front stance, simultaneously perform a left hand low block.
2. Look straight ahead, step with your right foot in to a right leg front stance, and simultaneously perform a right hand center punch.
3. Look back to your right and pivot on your left foot 180 degrees **(To the center of the – I)** with your right leg into a right foot forward front stance, simultaneously perform a right hand low block.
4. Look straight ahead, step with your left foot in to a left leg front stance, and simultaneously perform a left hand center punch.
5. Look to your left, pivot on your right foot as you turn 90 degrees to your left **(To the center of the – I)** into a left foot forward front stance, simultaneously perform a left hand low block.
6. Look straight ahead, step with your right foot in to a right leg front stance, and simultaneously perform a right hand center punch.
7. Look straight ahead, step with your left foot in to a left leg front stance, and simultaneously perform a left hand center punch
8. Look straight ahead, step with your right foot in to a right leg front stance, and simultaneously perform a right hand center punch. **(Ki Hap)**

# Sebastian Karate Moo Duk Kwan Tang Soo Do

---

## Kee Cho Hyung Il Bu - Basic Form #1

### **Start in Choon Bee (Ready Stance)**

1. Look to the left, turn 90 degrees to the left, stepping into a left leg forward front stance, while executing a down block with the left arm.
2. Step into a right leg forward front stance, while executing a center punch with the right fist.
3. Look over the right shoulder; turn 180 degrees to the right, stepping into a right leg forward front stance, while executing a down block with the right arm.
4. Step into a left leg forward front stance, while executing a center punch with the left fist.
5. Look to the left, turn 90 degrees to the left, stepping into a left leg forward front stance, while executing a down block with the left arm.
6. Step into a right leg forward front stance, while executing a center punch with the right fist.
7. Step into a left leg forward front stance, while executing a center punch with the left fist.
8. Step into a right leg forward front stance, while executing a center punch with the right fist.  
**(Ki Hap)**
9. Look over the left shoulder; turn 270 degrees to the left, stepping into a left leg forward front stance, while executing a down block with the left arm.
10. Step into a right leg forward front stance, while executing a center punch with the right fist.
11. Look over the right shoulder; turn 180 degrees to the right, stepping into a right leg forward front stance, while executing a down block with the right arm.
12. Step into a left leg forward front stance, while executing a center punch with the left fist.
13. Look to the left, turn 90 degrees to the left, stepping into a left leg forward front stance, while executing a down block with the left arm.
14. Step into a right leg forward front stance, while executing a center punch with the right fist.
15. Step into a left leg forward front stance, while executing a center punch with the left fist.
16. Step into a right leg forward front stance, while executing a center punch with the right fist.  
**(Ki Hap)**
17. Look over the left shoulder; turn 270 degrees to the left, stepping into a left leg forward front stance, while executing a down block with the left arm.
18. Step into a right leg forward front stance, while executing a center punch with the right fist.
19. Look over the right shoulder; turn 180 degrees to the right, stepping into a right leg forward front stance, while executing a down block with the right arm.
20. Step into a left leg forward front stance, while executing a center punch with the left fist.

### **End in Choon Bee (Ready Stance)**

## Kwan Hyung Il Bu – School Kick Form #1

### **Start in Choon Bee (Ready Stance)**

1. Look to the left, turn 90 degrees to the left, stepping into a left leg forward front stance, while executing a down block with the left arm.
2. Step into a right leg forward front stance, while executing a center punch with the right fist.
3. Look over the right shoulder; turn 180 degrees to the right, stepping into a right leg forward front stance, while executing a down block with the right arm.
4. Step into a left leg forward front stance, while executing a center punch with the left fist.
5. Look to the left, turn 90 degrees to the left, stepping into a left forward fighting stance, while placing the arms into a fighting position.
6. Execute a right leg **front kick**, and land in a right leg forward fighting stance.
7. Execute a left leg **front kick**, and land in a left leg forward fighting stance.
8. Execute a right leg **front kick**, and land in a right leg forward fighting stance.

#### **(Ki Hap)**

9. Look over the left shoulder; turn 270 degrees to the left, stepping into a left leg forward front stance, while executing a down block with the left arm.
10. Step into a right leg forward front stance, while executing a center punch with the right fist.
11. Look over the right shoulder; turn 180 degrees to the right, stepping into a right leg forward front stance, while executing a down block with the right arm.
12. Step into a left leg forward front stance, while executing a center punch with the left fist.
13. Look to the left, turn 90 degrees to the left, stepping into a left forward fighting stance, while placing the arms into a fighting position.
14. Execute a right leg **front kick**, and land in a right leg forward fighting stance.
15. Execute a left leg **front kick**, and land in a left leg forward fighting stance.
16. Execute a right leg **front kick**, and land in a right leg forward fighting stance.

#### **(Ki Hap)**

17. Look over the left shoulder; turn 270 degrees to the left, stepping into a left leg forward front stance, while executing a down block with the left arm.
18. Step into a right leg forward front stance, while executing a center punch with the right fist.
19. Look over the right shoulder; turn 180 degrees to the right, stepping into a right leg forward front stance, while executing a down block with the right arm.
20. Step into a left leg forward front stance, while executing a center punch with the left fist.

### **End in Choon Bee (Ready Stance)**

## Kee Cho Hyung E Bu - Basic Form #2

# Sebastian Karate Moo Duk Kwan Tang Soo Do

---

## Start in Choon Bee (Ready Stance)

1. Look to the left, turn 90 degrees to the left, stepping into a left leg forward front stance, while executing a down block with the left arm.
2. Step into a right leg forward front stance, while executing a high punch with the right fist.
3. Look over the right shoulder; turn 180 degrees to the right, stepping into a right leg forward front stance, while executing a down block with the right arm.
4. Step into a left leg forward front stance, while executing a high punch with the left fist.
5. Look to the left, turn 90 degrees to the left, stepping into a left leg forward front stance, while executing a down block with the left arm.
6. Step into a right leg forward front stance, while executing a high block with the right arm.
7. Step into a left leg forward front stance, while executing a high block with the left arm.
8. Step into a right leg forward front stance, while executing a high block with the right arm.  
**(Ki Hap)**
9. Look over the left shoulder; turn 270 degrees to the left, stepping into a left leg forward front stance, while executing a down block with the left arm.
10. Step into a right leg forward front stance, while executing a center punch with the right fist.
11. Look over the right shoulder; turn 180 degrees to the right, stepping into a right leg forward front stance, while executing a down block with the right arm.
12. Step into a left leg forward front stance, while executing a center punch with the left fist.
13. Look to the left, turn 90 degrees to the left, stepping into a left leg forward front stance, while executing a down block with the left arm.
14. Step into a right leg forward front stance, while executing a high block with the right arm.
15. Step into a left leg forward front stance, while executing a high block with the left arm.
16. Step into a right leg forward front stance, while executing a high block with the right arm.  
**(Ki Hap)**
17. Look over the left shoulder; turn 270 degrees to the left, stepping into a left leg forward front stance, while executing a down block with the left arm.
18. Step into a right leg forward front stance, while executing a high punch with the right fist.
19. Look over the right shoulder; turn 180 degrees to the right, stepping into a right leg forward front stance, while executing a down block with the right arm.
20. Step into a left leg forward front stance, while executing a high punch with the left fist.

## End in Choon Bee (Ready Stance)

## Kwan Hyung E Bu – School Kick Form #2

### **Start in Choon Bee (Ready Stance)**

1. Look to the left, turn 90 degrees to the left, stepping into a left leg forward front stance, while executing a high block with the left arm.
2. Step into a right leg forward front stance, while executing a high punch with the right fist.
3. Look over the right shoulder; turn 180 degrees to the right, stepping into a right leg forward front stance, while executing a high block with the right arm.
4. Step into a left leg forward front stance, while executing a high punch with the left fist.
5. Look to the left, turn 90 degrees to the left, stepping into a left forward fighting stance, while placing the arms into a fighting position.
6. Execute a right leg **roundhouse kick**, and land in a right leg forward fighting stance.
7. Execute a left leg **roundhouse kick**, and land in a left leg forward fighting stance.
8. Execute a right leg **roundhouse kick**, and land in a right leg forward fighting stance.

#### **(Ki Hap)**

9. Look over the left shoulder; turn 270 degrees to the left, stepping into a left leg forward front stance, while executing a high block with the left arm.
10. Step into a right leg into a right forward front stance, while executing a high punch with the right fist.
11. Look over the right shoulder; turn 180 degrees to the right, stepping into a right leg forward front stance, while executing a high block with the right arm.
12. Step into a left leg forward front stance, while executing a high punch with the left fist.
13. Look to the left, turn 90 degrees to the left, stepping into a left forward fighting stance, while placing the arms into a fighting position.
14. Execute a right leg **roundhouse kick**, and land in a right leg forward fighting stance.
15. Execute a left leg **roundhouse kick**, and land in a left leg forward fighting stance.
16. Execute a right leg **roundhouse kick**, and land in a right leg forward fighting stance.

#### **(Ki Hap)**

17. Look over the left shoulder; turn 270 degrees to the left, stepping into a left leg forward front stance, while executing a high block with the left arm.
18. Step into a right leg forward front stance, while executing a high punch with the right fist.
19. Look over the right shoulder; turn 180 degrees to the right, stepping into a right leg forward front stance, while executing a high block with the right arm.
20. Step into a left leg forward front stance, while executing a high punch with the left fist.

### **End in Choon Bee (Ready Stance)**

# Sebastian Karate Moo Duk Kwan Tang Soo Do

---

## **Kee Cho Hyung Sam Bu - Basic Form #3**

### **Start in Choon Bee (Ready Stance)**

1. Look to the left, turn 90 degrees to the left, stepping into a left leg forward fighting stance, while executing a center side defense with the left arm. (inside/outside block)
2. Step into a right leg forward front stance, while executing a center punch with the right fist.
3. Look over the right shoulder; turn 180 degrees to the right, stepping into a right leg forward fighting stance, while executing a center side defense with the right arm. (inside/outside block)
4. Step into a left leg forward front stance, while executing a center punch with the left fist.
5. Look to the left, turn 90 degrees to the left, stepping into a left forward fighting stance, while placing the arms into a fighting position.
6. Execute a right side punch and land in a right leg forward horse stance.
7. Execute a left side punch and land in a left leg forward horse stance.
8. Execute a right side punch and land in a right leg forward horse stance.

#### **(Ki Hap)**

9. Look over the left shoulder; turn 270 degrees to the left, stepping into a left leg forward fighting stance, while executing a center side defense with the left arm. (inside/outside block)
10. Step into a right leg into a right forward front stance, while executing a center punch with the right fist.
11. Look over the right shoulder; turn 180 degrees to the right, stepping into a right leg forward fighting stance, while executing a center side defense with the right arm. (inside/outside block)
12. Step into a left leg forward front stance, while executing a center punch with the left fist.
13. Look to the left, turn 90 degrees to the left, stepping into a left forward fighting stance, while placing the arms into a fighting position.
14. Execute a right side punch and land in a right leg forward horse stance.
15. Execute a left side punch and land in a left leg forward horse stance.
16. Execute a right side punch and land in a right leg forward horse stance.

#### **(Ki Hap)**

17. Look over the left shoulder; turn 270 degrees to the left, stepping into a left leg forward fighting stance, while executing a center side defense with the left arm. (inside/outside block)
18. Step into a right leg forward front stance, while executing a center punch with the right fist.
19. Look over the right shoulder; turn 180 degrees to the right, stepping into a right leg forward fighting stance, while executing a center side defense with the right arm. (inside/outside block)
20. Step into a left leg forward front stance, while executing a center punch with the left fist.

### **End in Choon Bee (Ready Stance)**

## **Kwan Hyung Sam Bu – School Kick Form #3**

### **Start in Choon Bee (Ready Stance)**

# Sebastian Karate Moo Duk Kwan Tang Soo Do

---

1. Look to the left, turn 90 degrees to the left, stepping into a left leg forward fighting stance, while executing a center side defense with the left arm. (inside/outside block)
2. Step into a right leg forward front stance, while executing a center punch with the right fist.
3. Look over the right shoulder; turn 180 degrees to the right, stepping into a right leg forward fighting stance, while executing a center side defense with the right arm. (inside/outside block)
4. Step into a left leg forward front stance, while executing a center punch with the left fist.
5. Look to the left, turn 90 degrees to the left, stepping into a left forward fighting stance, while placing the arms into a fighting position.
6. Execute a right leg **side kick**, and land in a right leg forward fighting stance.
7. Execute a left leg **side kick**, and land in a left leg forward fighting stance.
8. Execute a right leg **side kick**, and land in a right leg forward fighting stance.  
**(Ki Hap)**
9. Look over the left shoulder; turn 270 degrees to the left, stepping into a left leg forward fighting stance, while executing a center side defense with the left arm. (inside/outside block)
10. Step into a right leg into a right forward front stance, while executing a center punch with the right fist.
11. Look over the right shoulder; turn 180 degrees to the right, stepping into a right leg forward fighting stance, while executing a center side defense with the right arm. (inside/outside block)
12. Step into a left leg forward front stance, while executing a center punch with the left fist.
13. Look to the left, turn 90 degrees to the left, stepping into a left forward fighting stance, while placing the arms into a fighting position.
14. Execute a right leg **side kick**, and land in a right leg forward fighting stance.
15. Execute a left leg **side kick**, and land in a left leg forward fighting stance.
16. Execute a right leg **side kick**, and land in a right leg forward fighting stance.  
**(Ki Hap)**
17. Look over the left shoulder; turn 270 degrees to the left, stepping into a left leg forward fighting stance, while executing a center side defense with the left arm. (inside/outside block)
18. Step into a right leg forward front stance, while executing a center punch with the right fist.
19. Look over the right shoulder; turn 180 degrees to the right, stepping into a right leg forward fighting stance, while executing a center side defense with the right arm. (inside/outside block)
20. Step into a left leg forward front stance, while executing a center punch with the left fist.

**End in Choon Bee (Ready Stance)**

## Student's Promotion Record

Belt	Gup	Date of Promotion



## Sebastian Karate Moo Duk Kwan Tang Soo Do

---

<b>White Belt</b>	<b>10<sup>th</sup> Gup</b>	
<b>Yellow Belt</b>	<b>9<sup>th</sup> Gup</b>	
<b>Orange Belt</b>	<b>8<sup>th</sup> Gup</b>	
<b>Purple Belt</b>	<b>7<sup>th</sup> Gup</b>	
<b>Green Belt - I</b>	<b>6<sup>th</sup> Gup</b>	
<b>Green Belt – II</b>	<b>5<sup>th</sup> Gup</b>	
<b>Green Belt - III</b>	<b>4<sup>th</sup> Gup</b>	
<b>Red Belt - I</b>	<b>3<sup>rd</sup> Gup</b>	
<b>Red Belt – II</b>	<b>2<sup>nd</sup> Gup</b>	
<b>Red Belt - III</b>	<b>1<sup>st</sup> Gup</b>	
<b>Dark Navy Blue</b>	<b>Black Belt – Cho Dan</b>	

*If you don't know where you're going, you may miss it  
when you get there.*

*Autographs / Notes*