

SEATTLE TANG SOO DO ASSOCIATION



Hyung

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TANG SOO DO HYUNG (FORM)

The TANG SOO DO Hyung (form) is logically composed of blocking, punching, striking, kicking and turning patterns which help to develop control, rhythm, power and speed in the early stage of basic (training) techniques. As the students progress, the forms become increasingly more complex in the variety of combinations and the sequence of blocks, strikes, thrusts, jumps and turns. All hyung (forms) require and foster tempo, timing, grace, rhythm, coordination, and proper breathing.

These Hyung (form) constitute the NUCLEUS of TANG SOO DO Training.

BASIC - PROGRESSIVE

360° Circle	
Kicho Hyung IL Bu	10th Gup
Kicho Hyung Ee Bu	9th Gup
Kicho Hyung Sum Bu	8th Gup

INTERMEDIATE (Peace & Harmony)

Pyung Ahn Cho Dan	7th Gup
Pyung Ahn Ee Dan	6th Gup
Pyung Ahn Sum Dan	5th Gup
Pyung Ahn Sa Dan	4th Gup
Pyung Ahn Oh Dan	3rd Gup

SEMI-ADVANCED

Bassai So (Cobra I)	2nd Gup
Bassai Dae (Cobra II)	1st Gup
Naihanji Cho Dan (Horse I)	Cho Dan Bo

ADVANCED

Naihanji Ee Dan (Horse II)	Cho Dan
Jiin (Temple Grounds)	Cho Dan

Sip Sum (Praying Mantis)	Cho Dan
Naihanji Sum Dan (Horse III)	Ee Dan
Wang Su (Flying Swallow)	Ee Dan
Jin Te/Sip Soo (Bear/Staff)	Ee Dan
Jin Do (Crane on a Rock)	Sum Dan
Lo Hai (Crane)	Sum Dan

MASTER

Jion (Temple/Mountain Goat)	Sa Dan
Yuk Ro Cho Dan (Great Gate)	Sa Dan
Kong Sang Koon So (Eagle I)	Oh Dan
Yuk Ro Ee Dan (Cutting the Middle)	Oh Dan

SENIOR MASTER

Kong Sang Koon Dae (Eagle II)	Yook Dan
Yuk Ro Sum Dan (Embrace the Moon)	Yook Dan
Oh Sip Sa Bo (Tiger)	Chil Dan
So Chin (Tranquil Force)	Pal Dan

WPTSDA GRAND MASTER

Woon Su (Heron)	Koo Dan
Hwa Sun (Pure Flower)	Koo Dan

HYUNG - TRAINING PROCESS

There are thirty (30) Hyung which constitutes the "Nucleus Core" of the Western Pacific Tang Soo Do Association. Bowing is the Asian method of showing courtesy and respect, and as such, students must bow before and after each Hyung. In Tang Soo Do the bow also represents discipline, self control and a commitment toward your potential self and pledging your sincerity and dedication.

BEGINNING & END

GOAL - Begin and End Hyung at the same spot

EYE FOCUS

Imaginary Opponent - 360° Target Awareness - Vital Points

APPLICATION & EXECUTION

Defense & Offense - Dynamic & Flexibility - Accelerate & Decelerate

BODY MUSCLE

Tense & Relax - Hip Execution

MOVEMENT & PERFORMANCE

Tempo, Timing & Grace - Balance - Rhythm - Speed & Power

BREATHING

Inhale Before Technique - Exhale at Moment of Impact - Breath Control

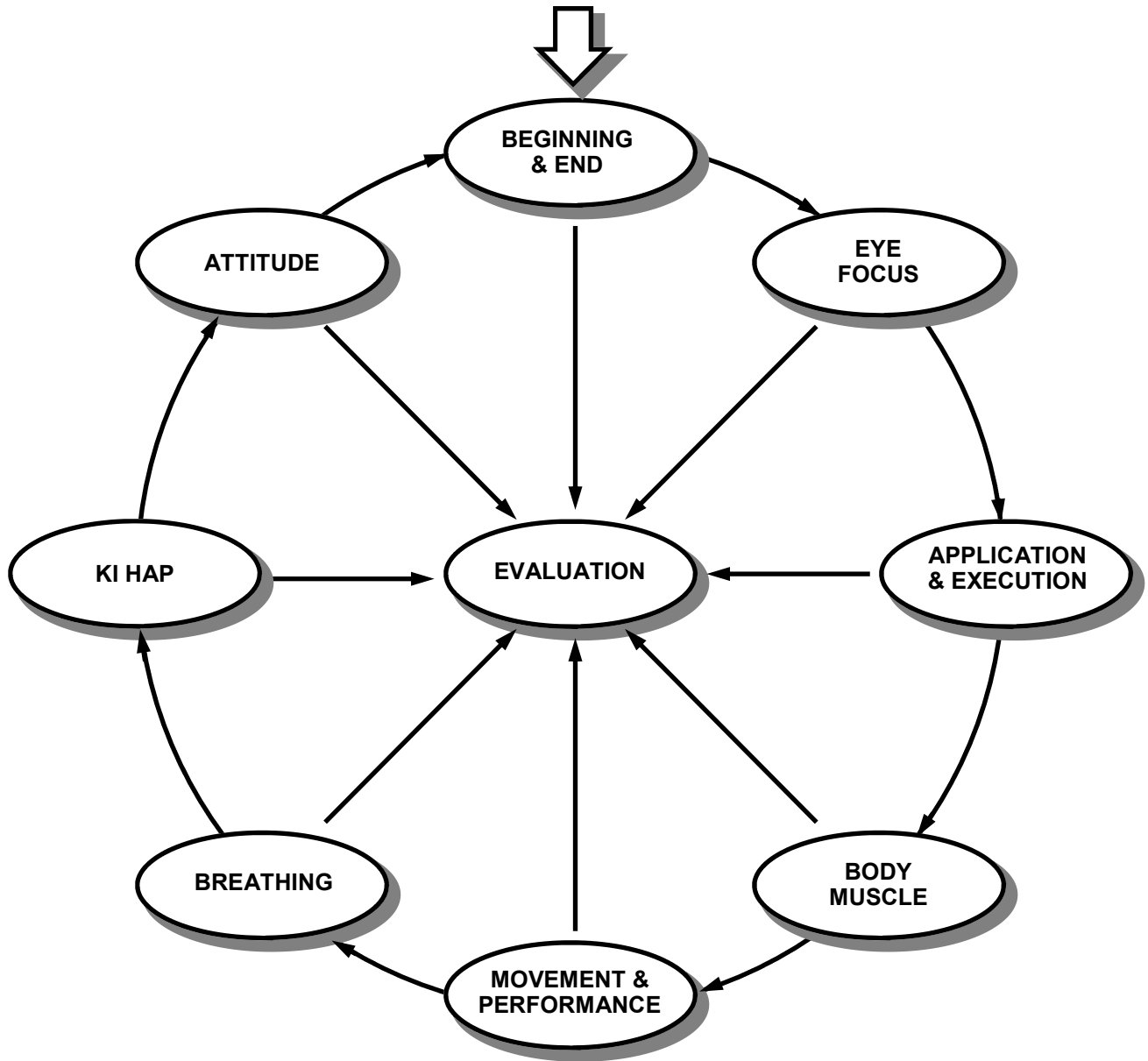
KI HAP

Animal shout - Maximum Muscle Tension - Generate Power (abdomen) - Absorb Pain (being struck)

ATTITUDE

Mental Concentration - Concentration of Body Energy - Spiritual Power (conscious & subconscious)

HYUNG—TRAINING AND EVALUATION PROCESS



TEN KEY POINTS OF TANG SOO DO HYUNG TRAINING

The following ten (10) points must be borne in mind when performing TANG SOO DO Hyung. Always think purely when performing TANG SOO DO Hyung.

1. Performance of each Hyung (form) must begin and end at the same point.
2. The eyes must be constantly focused on an imaginary opponent. Be aware of the target. The student must know what the target is and when to execute a technique.
3. While performing a Hyung (form), the student should imagine himself to be surrounded by opponents and be prepared to execute defensive and offensive techniques in any direction.
4. Correct posture and foundation must be maintained at all times.
5. Movements must accelerate or decelerate according to that which is stipulated by a particular Hyung.
6. The muscles of the body should be either tensed or relaxed at the critical moment of execution.
7. The execution should be performed with a graceful and rhythmic movement to reduce unnecessary waste of energy. There should be no stiffness.
8. Breathing should change with changing situations, but basically inhale when blocking, exhale when a finishing technique is executed and inhale and exhale when executing successive techniques.
9. Ki hap (yell) occurs in the middle or at the end of the Hyung (form), at the moment of maximum tension. By exhaling very sharply and tensing the abdomen, extra power can be given to the muscles.
10. Practice must be made perfect in one Hyung (form) before attempting another.

Remember, training in TANG SOO DO Hyung (form) is both spiritual as well as physical. During his performance of the Hyung (form), the student should exhibit boldness and confidence, humility, composure and a sense of etiquette. As the elders/masters of the Orient have often reminded their students, "*The spirit of the Martial Arts is lost without courtesy and respect*".

THE FIVE BASIC TURNS

The Five Basic Turns are required to learn both the 360° Exercise and the first three Basic Hyungs. The following are the rules and methods for performing the Five basic Turns.

GENERAL RULES FOR THE FIVE BASIC TURNS

1. Turns 1,2 and 3 use the rear leg to turn.
2. Turns 4 and 5 use the front leg to turn.
3. The turning leg always becomes the forward leg at the completion of the turn.

TURN 1 RULES (rear leg turn)

1. Turn 1 is a 180° turn in the opposite direction.
2. Slide the rear foot 2 shoulders widths behind and across. Pivot on the "balls" of the feet until facing in the opposite direction.

TURN 2 RULES (rear leg turn)

1. Turn 2 is a 90° turn to the inside. Rear toes point the direction
2. Look to the open side, step and turn.

TURN 3 RULES (rear leg turn)

1. Turn 3 is a 270° turn to the outside. Rear heel points the direction.
2. Shift so you are looking to the inside direction.
3. Look over the rear shoulder.
4. Slide the rear foot 2 shoulders widths behind and across. Pivot on the "balls" of the feet and turn until facing in the opposite direction.

TURN 4 RULES (front leg turn)

1. Turn 4 is a 180° turn in the opposite direction.
2. Step backwards and across, pivot and turn.

TURN 5 RULES (front leg turn)

1. Turn 5 is a 90° turn to the outside.
2. Front foot steps to it's side, pivot and turn.

360° EXERCISE

The 360° Exercise was designed to help the Tang Soo Do student learn how to move and execute techniques in different directions. The 360° Exercise uses only Turns 1 and 2 of the Five basic Turns. The following are the rules and methods for performing the 360° Exercise.

GENERAL RULES

1. The 360° Exercise always begins and ends with the Left Foot forward.
2. 10 turns are required to complete the 360° Exercise.
3. Use the "Five Finger" Method to help learn the 360° Exercise pattern.

FIVE FINGER METHOD

The "Five Finger" Method is a system for teaching and learning how to perform the 360° Exercise properly. The concept is to use the five fingers of one hand to

represent one half of the 360° pattern. Each finger will represent one of the turns required to complete the exercise.

1.	Thumb	Turn 1
2.	First Finger	Turn 2
3.	Middle Finger	Turn 1
4.	Ring Finger	Turn 2
5.	Little Finger	Turn 1

Once the first five turns have been completed, repeat the count, again starting with the Thumb. You have completed the 360° when you return to the left foot forward position and done the Five Finger count twice.

NOTE: Refer to the Section on "The Five Basic Turns" for the rules for performing turns 1 and 2 correctly.

THE STORY OF THE HOUSE

The "Story of the House" was designed to help teach and learn the first 3 Basic Hyungs; Ki Cho Hyungs LL, E and Sum. This "Story" helps students to more easily learn how to perform the Basic Hyungs. While the "Story" was developed for the young mind, it was also found to help even the mature mind as well.

GENERAL RULES FOR THE "HOUSE"

1. Only Turns 3, 4 and 5 are used in the pattern.
2. All movements are one sided. I.E. Left Hand moves with Left Foot.
3. Whichever Foot moves, that same Hand will either Block or Punch.
4. All Turns turn toward the inside of the "House".
5. There are 2 moves into each room. A Block and a Punch.
6. There are 4 moves up and down the stairs. A Block and 3 Punches.
7. Every new direction begins with a Block.
8. Always move the foot furthest from the where you are going
9. 3 required Ki Hap. (1) Top of the Stairs; (1) Bottom of the Stairs; (3) Last Move.

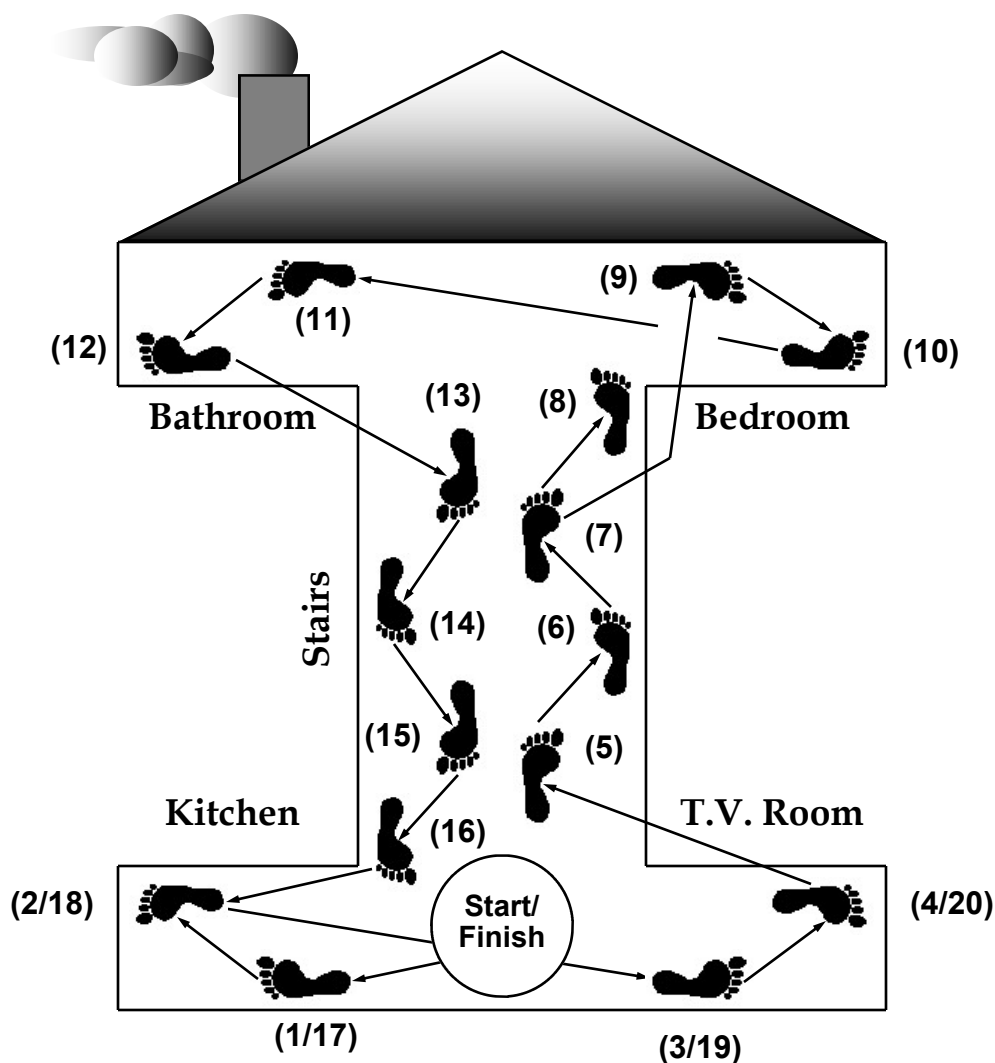
The "Story of the House"

1. You come home from school and are at the front door. (ready stance)
2. Go into the Kitchen and ask your mother to make you a snack.
3. Go to the TV Room and set the table.
4. Go Up the Stairs.
5. Into your Bedroom, put your books away and Change Clothes.
6. Go to the Bathroom and Wash Up.
7. Go Down the Stairs.
8. Into the Kitchen to get your snack.
9. Go to the TV Room to eat your snack.

HOUSE RULES

1. Turn 4 going from a Room to a Room.
2. Turn 5 going from a Room to the Stairs.
3. Turn 3 going from the Stairs to a Room.

Kicho Hyung (House Form) Diagram



Kicho Hyung Aspects

1. IL Bu
Down Block, Forward Stance, Lunge Punch (center)
2. Ee Bu
Upper Block, Forward Stance, Lunge Punch (face)
3. Sum Bu
Outside Block, Back Stance, Horse Stance, Lunge Punch (center)

- 1 Into Rooms 1 Block, 1 Punch
- 2 Up or Down Stairs 1 Block, 3 Punches
- 3 Always turn to the inside of the house.
- 4 Always move the foot furthest from where you are going.
- 5 Whichever foot moves, that hand will either block or punch
- 6 All moves are one sided. Left foot moves, left hand either blocks or punches.

Rules :