White Belt

1. "Karate" – empty hand
2. "Tang Soo Do" – way of the China hand
3. Horse Stance – Ki Ma Cha See
4. Middle Punch – Choong Dan Kung Kyut
5. Palm Heel strike -- Chang Kwon Chil Kee
6. Hammer Fist (both Kinds) – Kwan Do
7. Double Fist Punch – Yang Pahl Kung Kyuk
8. Low Block – Ha Dan Mah Kee
9. High Block – Sang Dan Mah Kee
10. Forward Stance – Chun Kul Cha See
11. Front snap kick – Up Cha Kee
12. Gliding – moving from one forward stance to another
13. Proper Etiquette – Bowing - respect for Senior ranks, flags, and Do Jang (School)
14. Ki-ai- Thoracic control – to scare opponent; strengthen yourself and add power to your attacks
15. Shio – Relax, Rest
16. Ke Cho Hyung il Bu – Form #1

Self Defense Moves Ho Sin Sool	**words to know**
Front Choke Escape & attack	Stand up – Chera Sut
Stand up in base	Set down - Ohnjo
Push and Pull drill, side, front and back	Meditate – Muk Yum

Gold tip and Gold Belt

1. Karate Founder - Gichen Funakoshi , TSD Founder Grandmaster Hwang Kee
2. American Flag – stars, stripes, and colors
3. Tapping (for safety in class)
4. High Punch – Sang Dan Kung Kyuk
5. Low Punch – Ha Dan Kung Kyuk
6. Front, rear and side falls, forward and back rolls
7. Inside Block – Ahneso Pahkero Mah Kee
8. Outside Block – Phakeso Ahnero Mah Kee
9. Inside Knife Hand Strike – Ahneso Pahkero Soo Do
10. Outside Knife Hand Strike – Phakeso Ahnero Soo Do
11. Side Block—Yup Mah Kee
12. Rear Elbow Strike – Dul Pal Koop Chil Kee
13. Side Snap Kick – Yup Cha Kee
14. Ke Cho Hyung Yi Bu – Form # 2

Self Defanse Moves Ho Sin Sool

Cross arm, two arms, same side arm grab escape

Hay maker defense

Orange tip and Orange Belt

1. Ranking System
2. Push Kick
3. Front leg kick
4. Forward punch (#1)
5. Reverse punch (#2)
6. Aggressive fighting stance
7. 3 nonaggressive stances
8. Forward and Backward shuffle
9. Side punch – Hang Jin Kung Kyuk
10. Cat Stance - Hu-gul Cha –See (also leap)
11. Vertical Fist Punch – Got Jang Kung Kyuk
12. School patch
13. Ke Cho Hyung Sahm Bu -- Form #3

<u>Self Defense Moves Ho Sin Sool</u>

Single And double Lapel grab
Hair Grab

Green tip and Green Belt

1. Double Knife Hand Strikes – Soo do's
2. Three Point Punch
3. Lunge punch – Kujari Paro Kung Kyuk
4. Front, rear, & Side Facing – Ahp, Dul, Yup
5. Round house punch
6. Jab punch
7. Six Step
8. Front Thrust Kick – Ahp Tul Kee Cha Kee
9. Free Style Sparring – Cha Yu Dae Ryun
10. 3 cross body blocks
11. Ten creeds of Tang Soo Do
12. Ke Cho Hyung Sah Bu #4

Self Defense moves Ho Sin Sool

Same side Arm and cross arm grab attack
Choke from Wall (low-high-Knee) pinky

Blue tip and Blue Belt

1. Backhand Strike – Sohn Doong Chil Kee
2. Regular Knee Strike – Moo Roop Chil Kee
3. Roundhouse Knee Strike – Moo Roop Tul Ryu Chil Kee
4. Flying Knee Strike
5. Flying Front kick – Nal La Up Cha Kee
6. Scoop Attack – Turo Kong Gyok Kee
7. Hook Punch –Koon Dol Kung Kyuk
8. Augumented Block – Sang Soo Mah Kee
9. Backfist and Backfist to Spinning Backfist – Kap Kwon Dwi Kap Kwon
10. Upper cut – Chi Chi Kung Kyuk
11. Closed fist U Block
12. Round House Kick – Tul Ryu Cha Kee
13. Tang Soo Do Patch
14. Pyong ahn Cho Dan #5

<u>Self Defense Moves Ho Sin Sool</u>

Headlock escape (with and Without Punches)
Two Hand choke from behind Guillotine

Purple tip and Purple Belt

1. Hip Throw
2. Perrie Block and Check
3. X Block – Sang Soo Ha Dan Mah Kee
4. Wedge block – Hech Yo Mah Kee
5. Ridge hand strike – Yuk Soo Do
6. Spearhand Strike -- Kwan Soo Do
7. Fore fist strike -- Jung Kwon
8. Hook Kick – Nak See Cha Kee
9. Inside Cresent kick
10. Outside Cresent kick
11. Korean Flag
12. Pyong Ahn Yi Dan Form # 6

Self Defense moves Ho Sin Sool

Front Kick Defense
Hand on Shoulder Defense
Rear Bear Hug (arms in and Arms out)
Hammer Locks

Red tip and Red Belt

1. Ax Kick – Naeryo Cha Kee
2. Stop Kick
3. Proper Board Holding
4. Cross Stance
5. Finger Locks
6. Open hand U block
7. Standing rear naked choke
8. Rear stamping
9. Pyong Ahn Sahm Dan Form # 7
10. Back Kick
11. switch Kick

Self Defense Moves Ho Sin Sool

Know all Finger locks
Straight arm lock
Pressure Points and vitals Points
Shoulder Lock

Brown tip and Brown Belt

1. Tiger Mouth Strike
2. Bear hand strike
3. Flying inside cresent kick
4. Flying outside cresent kick
5. Club attack disarm
6. Knife attack disarm
7. Gun attack disarm
8. Openhand crossbody
9. Low high block
10. Mountain block
11. Pyong Ahn Sah Dan form # 8

Self defence moves Ho Sin Sool

Arm Drag

Cross choke

Straight arm over shoulder

Black/Red tip and Black\Red Belt

1. History of Tang Soo Do / Karate
2. Flying Side kick
3. Arnis and Bo
4. Double outside to Inside attack
5. U Punch
6. Triple Lunge Punch
7. Control punch
8. One Inch punch
9. Spraw and takedown
10. Pyong Ahn Oe dan Form #9

Black tip and Black Belt

1. Tornado Kick
2. Spinning Back Kick
3. Knowledge of all Forms
4. Knowledge of all lower rank requirements
5. Must be able to explain all moves well
6. Random self defense
7. Improvisationals
8. MUST assist Instructor for a least 6 months
9. Bassi -- Form # 10

1st Dan

Minimum - ***1 year after Black Belt test***

1. ***Leadership Hours (60 Required) Assisting Teaching- Mentoring- Demonstrating***
2. ***Forms: next advance form***
3. ***Freestyle: Original Form – Creativity – Flow & Combinations – Use of space***
4. ***Weapons Training: Learn & Demonstrate one Bo Staff- Nunchaku- Escrima Sticks- Sword***
5. ***Knowledge & Teaching ability***
6. ***Physical & Technical Proficiency – Strong Basics - Endurance & Conditioning – Proper Attitude & Effort***

The 10 Articles of Faith
a.k.a.
The 10 Creeds of Tang Soo Do

1. Be loyal to your country.

2. Be obedient to your parents.

3. Be respectful to your elders.

4. Be faithful to your friends.

5. Be loyal to your teacher.

6. Be cooperative between brothers and sisters.

7. Be loyal to your husband or wife.

8. Be just in battle, use just enough force to protect yourself.

9. Never retreat in battle.

10. Accompany your decisions with action and always finish what you start!