

SEATTLE TANG SOO DO ASSOCIATION



Introduction

SEATTLE TANG SOO DO ASSOCIATION

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DISCLAIMER

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SEATTLE TANG SOO DO ASSOCIATION

PREFACE

THE PURPOSE OF THIS INSTRUCTION MANUAL IS TO STRENGTHEN AND IMPROVE THE TEACHING STANDARDS WITHIN THE SEATTLE TANG SOO DO ASSOCIATION.

"Cooperative Organizations Offer Great Potential"

WPTSDA Black Belt Manual

THIS GUP INSTRUCTION MANUAL ALONG WITH THE GUIDANCE AND LEADERSHIP OF THE DAN MEMBERS OF BOTH THE WESTERN PACIFIC AND SEATTLE TANG SOO DO ASSOCIATIONS CAN HELP MAKE THAT POTENTIAL A REALITY BY PROVIDING INFORMATION ON TECHNIQUES BETWEEN PARTICIPANTS AND ORGANIZATIONS. THIS INSTRUCTION MANUAL IS A GUIDE TO THE COMPLETE COOPERATIVE PROGRAM. ALL STUDENTS OF THE SEATTLE TANG SOO DO ASSOCIATION WILL FIND THIS MANUAL HELPFUL FOR STRENGTHENING THEIR ABILITY TO DELIVER AND MAINTAIN HIGHER STANDARDS

Michael J. Shintaku
8th Dan Master
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PURPOSE OF TANG SOO DO

The following purpose and definitions of TANG SOO DO will help those who wish to understand and practice this Korean Martial Art.

1. TANG SOO DO is an excellent, healthful means of physical conditioning because, in its practice, the entire body is exercised.
2. TANG SOO DO requires deep concentration to develop mental, moral and spiritual discipline.
3. TANG SOO DO develops confidence and poise.
4. TANG SOO DO is a proven effective method of self-defense without the use of weapons.
5. TANG SOO DO can be practiced within the physical limitations of each individual.
6. TANG SOO DO can be studied and its methods practiced without the help of a partner or the use of a large training area.
7. In TANG SOO DO, a high degree of achievement and improvement can be attained within a period of dedicated training.

"PERFECTION IS A PATH, NOT A DESTINATION"

MISSION STATEMENT

THE PRIMARY GOAL OF THE SEATTLE TANG SOO DO ASSOCIATION IS:

TO PROVIDE QUALITY MARTIAL ARTS PROGRAMS AND CLASSES THAT ARE INCORPORATED INTO THE NEIGHBORHOOD AND COMMUNITY SETTING.

TO ENSURE THAT THIS ORGANIZATION WILL ALWAYS PRESENT A STERLING IMAGE THAT WILL SERVE PROUDLY AND WITH DISTINCTION.

THAT SUCCESS EMBODIES A WAY OF LIFE THAT IS REFLECTED THROUGH THE RECOGNITION AND ACHIEVEMENT OF THE ORGANIZATION.

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