

Chapter 6  
**HYUNG**

## 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

- |    |                    |                      |
|----|--------------------|----------------------|
| 1. | 360° CIRCLE        | 10 <sup>th</sup> Gup |
| 2. | KICHO HYUNG IL BU  | 10 <sup>th</sup> Gup |
| 3. | KICHO HYUNG EE BU  | 9 <sup>th</sup> Gup  |
| 4. | KICHO HYUNG SUM BU | 8 <sup>th</sup> Gup  |

### INTERMEDIATE

- |    |                   |                     |
|----|-------------------|---------------------|
| 1. | PYUNG AHN CHO DAN | 7 <sup>th</sup> Gup |
| 2. | PYUNG AHN EE DAN  | 6 <sup>th</sup> Gup |
| 3. | PYUNG AHN SUM DAN | 5 <sup>th</sup> Gup |
| 4. | PYUNG AHN SA DAN  | 4 <sup>th</sup> Gup |
| 5. | PYUNG AHN OH DAN  | 3 <sup>rd</sup> Gup |

### SEMI-ADVANCED

- |    |                  |         |                     |
|----|------------------|---------|---------------------|
| 1. | BASSAI SO        | (Snake) | 2 <sup>nd</sup> Gup |
| 2. | BASSAI DAE       | (Snake) | 1 <sup>st</sup> Gup |
| 3. | NAIHANJI CHO DAN | (Horse) | 1 <sup>st</sup> Gup |

### ADVANCED

- |    |                  |                             |         |
|----|------------------|-----------------------------|---------|
| 1. | JIIN             | Cho Dan                     |         |
| 2. | NAIHANJI EE DAN  | (Horse)                     | Cho Dan |
| 3. | SHIP SUM         | (Sei Shan - Praying Mantis) | Cho Dan |
| 4. | WANG SU          | (Wansu - Flying Swallow)    | Ee Dan  |
| 5. | NAIHANJI SUM DAN | (Horse)                     | Ee Dan  |
| 6. | JIN TE           | (Ship Soo - Bear/Staff)     | Ee Dan  |
| 7. | JIN DO           | (Ginto - Crane)             | Sum Dan |
| 8. | LO HAI           | (Rohai - Crane)             | Sum Dan |

# W E S T E R N P A C I F I C T A N G S O O D O

## MASTER

- |                      |                       |        |
|----------------------|-----------------------|--------|
| 1. JION              | (Mountain Goat)       | Sa Dan |
| 2. YUK RO CHO DAN    | (Great Gate)          | Sa Dan |
| 3. KONG SANG KOON SO | (Kosokun Sho - Eagle) | Oh Dan |
| 4. YUK RO EE DAN     | (Cutting the Middle)  | Oh Dan |

## SENIOR MASTER

- |                       |                       |          |
|-----------------------|-----------------------|----------|
| 1. KONG SANG KOON DAE | (Kosokun Dai - Eagle) | Yook Dan |
| 2. YUK RO SUM DAN     | (Embrace the Moon)    | Yook Dan |
| 3. OH SHIP SA BO      | (Gojushiho - Tiger)   | Chil Dan |
| 4. SO CHIN            |                       | Pal Dan  |

## WPTSDA GRAND MASTER

- |            |                |         |
|------------|----------------|---------|
| 1. WOON SU | (Unsu - Heron) | Koo Dan |
| 2. HWA SUN | (Pure Flower)  | Koo Dan |

## HYUNG - TRAINING PROCESS

*T*here 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  
Balance  
Grace  
Rhythm  
Speed & Power

### BREATHING

Inhale Before Technique  
Exhale at Moment of Impact  
Breath Control

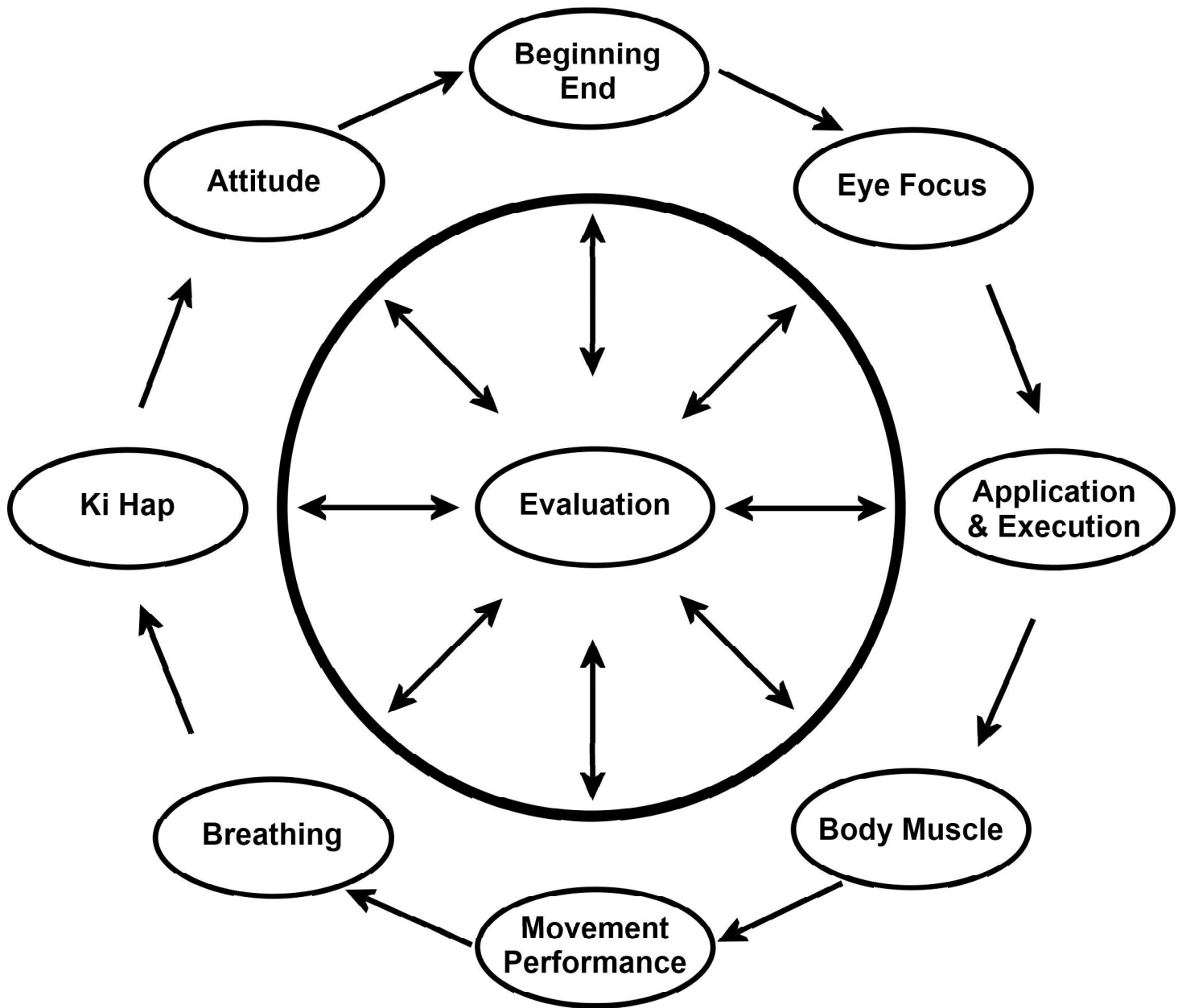
### KI HAP

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

*T*he 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*".

## TEN KEY POINTS OF TANG SOO DO TRAINING

The "TEN KEY POINTS of TANG SOO DO TRAINING" are:

1. Consolidation of Power
2. Muscle Movement in Proper Sequence
3. Quick Movement when Changing Position
4. Correctness of Detail
5. Breath Control
6. Vocal Harassment
7. Maintaining Eye Contact
8. Systematic Hardening of the Body's Striking Surfaces
9. Making each Move Effective
10. Coinciding your Movements for Maximum Effectiveness against your Opponent

### 1. CONSOLIDATION OF POWER

Any body movement depends on muscular expansion and contraction. The force exerted by a person is in direct proportion to this degree of muscular expansion and contraction. Consolidation of power is the cornerstone of TANG SOO DO, in that TANG SOO DO is a system where a person is attempting to concentrate all of the body's power in an instant of time on a specific target.

The greater the number of muscles brought into play in performing a given movement, the greater the concentration of power will be. The force which can be exerted by the hands or feet is relatively small, therefore, the muscular power of the whole body should be used in such a way that its strength is concentrated at the point of impact.

When the muscles are properly coordinated, the resultant force is greater; when the muscles act in an uncoordinated fashion, the resultant force is lesser.

### 2. MUSCLE MOVEMENT IN PROPER SEQUENCE

A concentration of strength depends not on the simultaneous exertion of all body muscles, but on the exertion in the proper order. The muscles of the abdominal and pelvic regions are powerful but slow, whereas, those of the extremities are fast but weak. In order to concentrate the force of both sets of muscles, those of the abdomen and hips must be brought into play first and this force transferred to the point of impact, either through the hands or the feet. If the muscles are not moved in the correct sequence, the proper focus of power will be unobtainable.

In addition, in TANG SOO DO Hyungs where one technique is followed immediately by another, the absence of correct muscular sequence will prevent a smooth transition from one technique to another, which will greatly cut down the effectiveness of such forms.

### **3. QUICK MOVEMENT WHEN CHANGING POSITION**

A great deal of the striking power in TANG SOO DO is achieved by the speed of muscular contraction and expansion and not by brute strength. TANG SOO DO does not depend on the type of strength to lift a heavy weight. The striking power is achieved by an accumulation of speed, which at the end of a particular movement, is converted into striking force. The elements of speed in changing positions is important in that the shorter the time required to apply the necessary force, the more effective it will be.

it should always be borne in mind that to properly accomplish a TANG SOO DO Hyung, it is necessary to move quickly and smoothly with a minimum of unnecessary motion, so that the striking force will be at the proper time and place.

### **4. CORRECTNESS OF DETAIL**

If the details are correctly executed, the TANG SOO DO student's balance will be maintained. Good balance is required when moving from one technique to the next. If the TANG SOO DO student's correctness of detail is off so that he is not in balance, he will not be able to consolidate his power so as to insure that the striking force will be at the proper place at the proper time.

### **5. BREATH CONTROL**

Exhaling aids in the contracting of the muscles of the abdominal and pelvic regions, while inhaling tends to relax them. Since the abdominal and pelvic muscles are the more powerful muscles in the body, it is necessary to concentrate their power by contraction during the execution of TANG SOO DO techniques. Exhalation should be followed immediately by inhalation, so as to relax the muscles in the preparation for the next techniques, as it is important to withdraw the strength from any technique immediately after it has been focused in preparation for the next technique.

### **6. VOCAL HARASSMENT**

Vocal harassment has two chief effects; one physical and one psychological. The physical application of vocal harassment in TANG SOO DO is based on the theory that during a technique one should inhale, thus tightening the abdominal and pelvic muscles for the concentration of the power therein. The psychological reason for vocal harassment can best be explained by stating that TANG SOO DO involves direct contact between two or more human beings, therefore psychological as well as physical factors play an important role. In many cases a psychologically stronger party wins even when he is outmatched physically. By the proper use of vocal harassment an opponent's concentration, calmness and powers of observation may be impaired, thus allowing a harasser to gain the upper psychological hand.



**7. MAINTAINING EYE CONTACT**

It is absolutely necessary that a TANG SOO DO student be able to correctly anticipate an opponent's movements and adapt the proper technique to either defend, counter attack or both. To accomplish this, it is necessary to look directly into your opponent's eyes at all times. By so doing, you have an overall picture of body movements and are alert to even the slightest movement.

There is also some reason to believe that the eye, being the window of the brain, will also telegraph a movement of an opponent. The sooner a TANG SOO DO student learns this and continual eye contact becomes automatic, the less danger there is that they will be caught by an unexpected technique due to their own carelessness.

**8. SYSTEMATIC HARDENING OF THE BODY'S STRIKING SURFACES**

In TANG SOO DO, we are attempting to concentrate the strength of the entire body on a particular body surface. This body surface is the point where the body comes in contact with the opponent's body. These striking surfaces cannot be purchased ready to use, but must be conditioned by systematic hardening so that when placed in use they will be able to withstand the force exerted upon them when they come in contact with an opponent's body.

**9. MAKING EACH MOVE EFFECTIVE**

Each TANG SOO DO move should be as effective as possible for two reasons.

- A. Every move done for the purpose of defense, which is not effective, will allow your opponent to make an effective attack upon you and may open up further areas of the body to attack.
- B. Every move done for the purpose of attack that is not effective is wasted motion, which is not harmful to your opponent, and again may open you up to areas of attack.

**10. COINCIDING YOUR MOVEMENTS FOR MAXIMUM EFFECTIVENESS AGAINST YOUR OPPONENT**

When an opponent is on guard, it is difficult to get in a focused attack. To get in such an attack, it is necessary that there be an opening in their defense. One coincides their movements best by either attacking when you can detect an opening in your opponent's defense, or by first creating an opening for the purpose of attacking and then, attacking.