

# WORLD TANG SOO DO ASSOCIATION

## VAUGHN'S DOJANG

### 2<sup>nd</sup> GUP STUDY GUIDE

#### Historical View of Tang Soo Do

What were the names of the three kingdoms in ancient Korea beginning with the earliest kingdom?	Silla, Koguryo, Paekche
In ancient Korea, what dynasty united the 3 kingdoms?	Silla
What was the name of the young aristocrats within the Silla Dynasty who contributed mightily to the martial arts?	Hwa Rang Dan
What was the name of the 1st complete books of martial arts?	Mooyae Dobo Tongi
The Tang dynasty lasted from 617 to 907 AD in what country?	China
Who was the founder of Moo Duk Kwan?	Hwang Kee
In what year was JC Shin proclaimed grandmaster of the WTSDA?	1982
In what year was Robert Beaudoin proclaimed grandmaster of the WTSDA?	2010

#### Relevant Geography

What is the capital of South Korea?	Seoul
What is the capital of North Korea?	Pyongyang
Is South Korea nearer to China or Vietnam?	China

#### The Flags

What does the Tae Keuk in the center of the flag represent?	Opposing but complementary forces
In the Tae Keuk, what do the 3 unbroken lines in the lower right corner represent?	Earth
What does the red circle in the WTSD flag represent?	Unity and brotherhood
Yang is associated with expansion and separation, while Um is associated with what?	Contraction and assimilation

#### Belts, Trim, and Rank Requirement

What Hyung must the student know to test for red belt?	Pyung Ahn Oh Dan
Jacket trim is mandatory for which three colored belts?	Green, brown, and red
What does red represent in the belt system?	Blood, energy, and control
What does the student gain from practicing the one-steps?	Distance, timing, target
To attain the rank of red belt, the student must be able to break at least one board using which techniques?	Hand or foot speed break

## Hyung (Forms)

How many moves are there in Pyung Ahn Oh Dan?  
How does Pyung Ahn translate in to English?  
What physical techniques best embody the philosophy of TSD?

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Calm / peace of mind  
Hyung

## Vital points (Kup So)

What are three vital points on the head and neck?  
What are three vital points on the back of the body?  
  
What are three vital points on the torso?  
Of the 300 pressure points on the body, how many are “vital”?

Temple, bridge of nose, philtrum  
Base of skull  
Base of neck  
Back of knee  
Arm pit, Solar plexus, & Collar bone  
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## Terminology & Techniques

How do you say “Knee” in Korean?  
How do you say “Elbow” in Korean?  
How do you say “Foot” in Korean?  
How do you say “By the count” in Korean?  
How do you say “Command” in Korean?  
How do you say “Bow to grandmaster” in Korean?  
How do you say “Front” in Korean?  
How do you say “Inside to outside crescent kick” in Korean?  
How do you say “Front stretch kick” in Korean?  
How do you say “Round house kick” in Korean?  
How do you say “Hook kick” in Korean?  
How do you say “Straight back kick” in Korean?  
How do you say “Jump spinning back kick” in Korean?  
How do you say “Wheel kick” in Korean?  
How do you say “Jump front kick” in Korean?  
How do you say “Inside / outside block” in Korean?  
How do you say “Ridge hand” in Korean?  
How do you say “Solar plexus” in Korean?  
How do you say “Breaking” in Korean?  
How do you say “Knife hand” in Korean?  
How do you say “Waist” in Korean?  
How do you say “Stance” in Korean?  
Examiners at a testing session are called?  
What does Pahl Put Ki mean?  
What is the translation for Shi Sun?  
What is the translation for Dan Jun?  
What is the translation for Hu Kul Sang Dan Mahk Ki?  
What is the translation for Yup Poto Oly Ki?

Moo Roope  
Pahl Koop  
Bahl  
Ku Ryung E Mat Cho So  
Ku Ryung  
Kwan Chang Nim E Kyung Yet  
Ahp  
Ahneso Phaku Ro Cha Ki  
Bahl Poto Oly Ki  
Tollyo Cha Ki  
Yup Hu Ryo Cha Ki  
Dwi Cha Ki  
E Dan Dwi Tollyo Cha Ki  
Dwi Hu Ryo Cha Ki  
E Dan Ahp Cha Ki  
Ahneso Phaku Ro Mahk Ki  
Yuk Soo Do  
Myung Chi  
Kyuck Pa  
Soo Do  
Hur Ri  
Jah Seh  
Shim Sa Kwan Nim  
Punching exercise in horse stance  
Focus of the eyes  
Lower abdomen  
High block in fighter stance  
Side stretch kick

### Courtesy and Protocol (Rules)

If a student is going to be late, what is the courteous thing to do?	Text, call, or email the instructor in advance
How early should every student arrive at every class?	15 minutes – to stretch out
Discuss personal attributes that will enhance safety	Finger and toe nails must be trimmed and filed; no jewelry while training
What sparring gear should be worn during sparring?	All required gear

### Philosophy

How does the student improve?	Constant practice of Hyung Constant practice of basic actions Applying basic actions in sparring
What is the purpose of Tang Soo Do training?	Serious approach and all-out effort To protect our lives and possessions, promote physical and spiritual health, improve our character through endurance and physical exercise
As you learn new techniques, how should you manage your past achievements?	Inspect them frequently