

WORLD TANG SOO DO ASSOCIATION

VAUGHN'S DOJANG

3rd GUP STUDY GUIDE

Historical view of Tang Soo Do

In what country did the Tang Dynasty rule?	China
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
In what year was JC Shin proclaimed grandmaster of the WTSDA?	1982
In what year was Robert Beaudoin proclaimed grandmaster of the WTSDA?	2010
What is the capital of South Korea?	Seoul

The Flags, including Hyup Hoi Ki – the WTSD Association flag

What does the Tae Keuk in the center of the flag represent?	Opposing but complementary forces
What does the red circle in the WTSD flag represent?	Unity and brotherhood

Belts, Trim, and Rank Requirement

What Hyung must the student know to test for brown belt?	Pyung Ahn Sah Dan
Jacket trim is mandatory for which three colored belts?	Green, brown, and red
What hand and foot one-steps are required for 3rd Gup?	1 through 15
What does the student gain from practicing the one-steps?	Distance, timing, target

Hyung (Forms)

How many moves are there in Pyung Ahn Sah Dan?	29
How does Pyung Ahn translate in to English?	Calm / peace of mind
What physical techniques best embody the philosophy of TSD?	Hyung

Vital points (Kup So)

What are three vital points on the head and neck?	Temple, Adam's apple, Base of nose
What are three vital points on the back of the body?	Base of skull Base of neck Back of knee
What are three vital points on the torso?	Arm pit, Kidney, Collar bone

Terminology & Techniques

How do you say “Knee” in Korean?	Moo Roope
How do you say “Elbow” in Korean?	Pahl Koop
How do you say “Foot” in Korean?	Bahl
How do you say “By the count” in Korean?	Ku Ryung E Mat Cho So
How do you say “Command” in Korean?	Ku Ryung
How do you say “Bow to grandmaster” in Korean?	Kwan Chang Nim E Kyung Yet
How do you say “Inside to outside crescent kick” in Korean?	Ahneso Phaku Ro Cha Ki
How do you say “Front stretch kick” in Korean?	Bahl Poto Oly Ki
How do you say “Hook kick” in Korean?	Yup Hu Ryo Cha Ki
How do you say “Spinning back kick” in Korean?	Dwi Tollyo Cha Ki
How do you say “Jump front kick” in Korean?	E Dan Ahp Cha Ki
How do you say “Breaking” in Korean?	Kyuck Pa
How do you say “Knife hand” in Korean?	Soo Do
How do you say “Waist” in Korean?	Hur Ri
How do you say “Stance” in Korean?	Jah Seh
Examiners at a testing session are called?	Shim Sa Kwan Nim
What does Pahl Put Ki mean?	Punching exercise in horse stance
What is the translation for Ku Ryung Up Shi?	Without the count
What is the translation for Dwi Ro Tora?	Turn to the rear
What is the translation for Hu Kul Sang Dan Mahk Ki?	High block in fighter stance
What is the translation for Yup Poto Oly Ki?	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
When called to attention, you should...	Not talk or make noise
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
When starting class, how should the students line up?	According to rank and seniority

Philosophy

How does the student improve?	Constant practice of Hyung Constant practice of basic actions Applying basic actions in sparring Serious approach and all-out effort
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