

World Tang Soo Do Association

Vaughn's Dojang

3rd Gup Study Guide

General Knowledge

What dynasty united the three kingdoms of ancient Korea in 668? Silla
What is Master Vaughn's rank? 6th Dan
What are the examiners at a testing session called? Shim Sa Kwan Nim
How soon before class should students arrive? 15 minutes
What year was Grandmaster Shin born? 1936
All gup students should help take down the flags and put equipment away after class.
Students should **not** remind their instructor that it is time to test.

Hyungs (Forms)

What form do you need to know to test for 5th Gup? Pyung Ahn E Dan
What form do you need to know to test for 3rd Gup? Pyung Ahn Sah Dan
How many moves are there in Pyung Ahn Cho Dan? 22
When performing group hyungs, if two students are about to run into each other, the junior rank should yield to the senior rank.
When performing group hyungs by your own count, you should try to stay at the pace of the senior ranking student.

Techniques & Terminology

What should you do with your head while doing a front break fall? Keep your head pulled up
Why do we practice one-step sparring? Gain focus, timing, and distance control
What is the goal of doing jump kicks? Cover distance and land lightly
Why do we stretch before class? Generally loosen muscles and joints
What does "Bahl Poto Oly Ki" mean? Front stretch kick
What does "Il Soo Sik Dae Ryun" mean? One-step sparring
What does "Ja Yu Dae Ryun" mean? Free sparring
What does "Ho Sin Sul" mean? Self-defense