

World Tang Soo Do Association

Vaughn's Dojang

5th Gup Study Guide

General Knowledge

What does the Green Belt represent?	Speedy development of youth as summer arrives
What states are part of Region 8 of the W.T.S.D.A.?	Pennsylvania, New Jersey, New York, Delaware, Maryland, part of Virginia
About how old is Tang Soo Do?	2000 years
What does the blue in the American Flag stand for?	Unity
Can a color belt teach other lower color belts?	Yes

Hyungs (Forms)

What form do you need to know to test for 5th Gup?	Pyung Ahn E Dan
How many moves are there in Pyung Ahn Cho Dan?	22
How many moves are there in Pyung Ahn E Dan?	29

Techniques & Terminology

How do you say "begin" in Korean?	Shi Jak
How do you say "round house kick" in Korean?	Tollyo Cha Ki
How do you say "axe kick" in Korean?	Cchik Ki
How do you say "front stretch kick" in Korean?	Bahl Poto Oly Ki
How do you say "inside to outside block" in Korean?	Ahneso Phaku Ro Mahk Ki
How do you say "command" in Korean?	Ku Ryung
How do you say "punch exercise horse riding stance" in Korean?	Pahl Put Ki
What part of your foot do you strike with when doing a round house kick?	Instep or Ball
When doing a back break fall you should keep you chin tucked into you chest.	
The key to Free Sparring is defend and counter-attack.	
When stretching, you should stop before you feel pain.	

Vital Points

See 'Vital Points (Kup So)' in the student manual.