



Tang Soo Do Belt System

PHILOSOPHY OF THE BELT SYSTEM

Our Tang Soo Do belt system in its progression from white to midnight blue represents the cycle of the seasons and educational steps of learning. Each colour stands for a specific stage of achievements. In this way we realise an essential concept of Korean philosophy i.e. that which is born must grow and learn and reach maturity. In the world system the white belt is the first year of school and the midnight blue belt is a graduate. Each belt level represents the following:



Beginner's belt colour. White represents a primitive stage ready to learn and grow. It is the dormant stage of a new student.



Yellow represents the first stage in the journey the student has been introduced to the basic principles and movements of Tang Soo Do.



Purple represents new growth, like the spring of the seasons. The Student has new knowledge to grow and a sense of Tang Soo Do direction is developed.



Green represents the speedy development of youth as summer arrives, a sense of pride has come over the member.



Red represents power, stability, agility, weight and wisdom. The student begins to flower and bloom.



Midnight Blue represents maturity, respect & honour. It is the completion of a goal or one stage of life. It is a new pathway to higher ranks. It like going from secondary school to college to become a Master. The mind is clear and calm.

10 th Gup	White Belt	Beginner
09 th Gup	Yellow Belt	Beginner
08 th Gup	Purple Belt	Novice
07 th Gup	Purple Belt White Stripe	Novice
06 th Gup	Green Belt	Intermediate
05 th Gup	Green Belt White Stripe	Intermediate
04 th Gup	Green Belt Black Stripe	Intermediate
03 rd Gup	Red Belt	Intermediate
02 nd Gup	Red Belt White Stripe	Advanced
01 st Gup	Red Belt Black Stripe	Advanced
01 st Dan	Midnight Blue Belt One Gold Stripe	Bo Kyo Sah Nim, Assistant Instructor



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Tang Soo Do	Name of the art we study
Tang Soo Do Translation	Way of the China Hand
Soo Bahk Do	Ancient name of the martial art in Korea
Kwan Jang Nim	Grandmaster
Sah Bum Nim	Master Instructor
Kyo Sah Nim	Assistant instructor as appointed
Dan	Degree, holder of midnight blue belt
Gup	Grade, holder of colour belt under midnight blue
Ko Dan Ja	Senior Dan holder
Yu Dan Ja	Dan holder
Yu Gup Ja	Gup holder
Kam Sa Hap Ni Da	Thank you
Do Jang	Training hall
Dobok	Training uniform
Dee	Belt
Kuk Gi	National flag
Kwan Gi	(Organisation) flag
Kee Cho	Basic
Hyung	Form
Dae Ryun	Sparring
Ho Sin Sul	Self-defence
Kyok Pa	Breaking techniques

Basic Stances

Joon Bee Jaseh	Ready stance
Chun Kul Jaseh	Front stance
Hu Kul Jaseh	Back stance
Ki Ma Jaseh	Horse stance
Sa Ko Rip Jaseh	Side stance feet pointed outward

Commands In Training:

Cha Ryut	Attention
Kyung Yet	Bow
Joon Bee	Ready
Shi-Jek	Begin
Ba-Ro	Return
Shio	Relax
Tora	Turn
Dwi Ro Tora	Turn to rear
Bal Cha Ki Joon Bee	Ready for kick



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Commands In Training:

Ha-Na	One
Dool	Two
Set	Three
Net	Four
Da-Sot	Five
Yah-Sot	Six
Il-Gop	Seven
Yo-Dull	Eight
Ah-Hop	Nine
Yol	Ten

Il	First
Ee	Second
Sam	Third
Sa	Fourth
Oe	Fifth
Yuk	Sixth
Chil	Seventh
Pahl	Eighth
Gu	Ninth
Sip	Tenth

Commands In Starting/Closing Class:

Cha Ryut	Attention
Kuk Gi Bay Ray	Salute to flag (if displayed)
Ba-Ro	Return
Ahn Jo	Sit
Muk Yum	Meditation
Sa Bum Nim Kyung Yet	Bow to Master instructor

Sparring (Dae Ryun):

Il Soo Sik Dae Ryun	One step sparring
Dae Ryun Joon Bee	Ready for sparring
Cha Yu Dae Ryun	Free sparring
Da Soo Dae Ryun	Sparring against two or more



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Basic Hand Movements:

Blocks executed in front stance unless otherwise stated.

Ha Dan Mahk Kee	Low block
Sang Dan Mahk Kee	High block
Ahneso Pahkuro Mahk Kee	Inside to outside block
Phakeso Ahnuro Mahk Kee	Outside to inside block
Choong Dan Sang Soo Mahk Kee	Two fist middle block
Ha Dan Sang Soo Mahk Kee	Two fist(X) low block
Sang Dan Sang Soo Mahk Kee	Two fist(X) high block

The prefix 'Hu Gul' signifies that the above blocks are to be executed in back stance

The following blocks are to be executed in back stance.

Ha Dan Soo Do Mahk Kee	Low section soo do block
Sang Dan Soo Do Mahk Kee	High section soo do block
Choong Dan Soo Do Mahk Kee	Middle section soo do block

Attacks:

Choong Dan Kong Kyuck	Middle punch front stance
Sang Dan Kong Kyuck	High punch front stance
Hang Jin Kong Kyuck	Side punch(side) horse stance
Yuk Jin Kong Kyuck	Soo Do, then reverse punch, back stance
Kwan Soo Kong Kyuck	Spear hand attack, front stance

General Terminology:

Mahk Kee	Block
Kong Kyuck	Attack
Ha Dan	Low section
Choong Dan	Middle section
Sang Dan	High section
Cha Ki	Kick
Ki-Hap	Shout/yell
Kap Kwon	Back fist
Soo Do	Knife hand
Yuk Soo Do	Ridge hand
Kwan Soo	Spear hand
Pal Koop	Elbow
Moo Roop	Knee

Anatomy:

Pahl	Arm
Bahl	Foot
Dan Jun	Abdomen
Dari	Leg
Ko Whan	Groin
Myung Chi	Solar plexus



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Basic Leg Movements:

Ahp Cha Ki	Front snap kick
Ahp Podo Oly Ki Cha Ki	Front stretch kick
Yup Cha Ki	Side kick
Yup Podo Oly Ki Cha Kee	Side stretch kick
Dull Ryo Cha Ki	Round-house kick
Dwi Cha Ki	Back kick
Ahneso Pahkuro Cha Ki	Inside to outside kick
Phakeso Ahnuro Cha Ki	Outside to inside kick
Ahp Nak See Cha Ki	Front hook kick
Moo Roop Cha Ki	Knee kick
Peet Cha Ki	Diagonal 45 degree front snap kick
Yi Dan	Jumping (all jumping kicks start with this term)

Forms (Hyungs):

Kee Cho Hyung Il Bu	Basic form 1
Kee Cho Hyung E Bu	Basic form 2
Kee Cho Hyung Sam Bu	Basic form 3
Pyung Ahn Cho Dan	Pyung Ahn form 1
Pyung Ahn E Dan	Pyung Ahn form 2
Pyung Ahn Sam Dan	Pyung Ahn form 3
Pyung Ahn Sa Dan	Pyung Ahn form 4
Pyung Ahn Oh Dan	Pyung Ahn form 5
Bassai	Bassai form 1
Naihachi Cho Dan	Naihachi form 1
Naihachi E Dan	Naihachi form 2
Naihachi Sam Dan	Naihachi form 3
Sip Soo Hyung	Sip Soo form
Chin Toe Hyung	Chin Toe form
Kung Sang Koon Hyung	Kung Sang Koon form
Wang Syu Hyung	Wang Syu form
Tche On Hyung	Tche On form
Ro Hai Hyung	Ro Hai form
Ss A Shian	Ss A Shian form
Sa Ship O Bo	Sa Ship O Bo form
Oh Ship Sa Bo	Oh Ship Sa Bo form
So Lim Jang Gun	So Lim Jang Gun form

