

# 4<sup>th</sup> Gup Brown Belt Study Guide

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| 1. What year was Grandmaster Shin Born?                                 | 1936   |
| 2. How old was the Grandmaster when he started training?                | 12   |
| 3. What is Grandmaster Shin's Dan # ?                                   | 698  |
| 4. What book devoted a full chapter to Grandmaster Shin                 | <i>20<sup>th</sup> Century Warriors</i>  |
| 5. What Kingdom is most famous for the development of the martial Arts? | <i>Silla Dynasty</i>   |
| 6. What is the ultimate goal of Tang Soo Do?                            | <i>To become one with Nature</i>   |
| 7. Why do we practice Forms?  | <i>To develop a strong spirit by always fighting and defeating your opponents in the mental battle</i> |
| 8. What are the five most important things when you practice Forms?     | <i>Speed, Power, Balance, Focus, Kihap</i>   |

## Terms

9. Senior Dan Holder	- <i>Ko Dan Ja</i>
10. Your welcome	- <i>Chun Man E O</i>
11. Self Defense	- <i>Ho Sin Sul</i>
12. Staff	- <i>Bong</i>
13. Fore Knuckle Spear Hand	- <i>Bahn Jul Kwan Soo</i>
14. Heel of Palm	- <i>Jang Kwon</i>
15. Ridge Hand	- <i>Yuk Soo Do</i>
16. One finger spear hand	- <i>Il Ji Kwan Soo</i>
17. Two finger spear hand	- <i>E Ji Kwan Soo</i>
18. Marching	- <i>Hang Jin</i>
19. Low X block	- <i>Ssang Soo Ha Dan Mah Ki</i>
20. High X block	- <i>Ssang Soo Sang Dan Mah Ki</i>
21. Diagonal kick	- <i>Bit Cha Ki</i>

22. Pyung Ahn Sa Dan  
# of moves? - 29

23. Bong Hyung IL Bu  
 Meaning? - *Staff Form #1*  
 Creator? - *Grandmaster Shin*  
 Date? - *1983*  
 Place? - *Philadelphia, Pa.*  
 # of moves? - *23*