

ORANGE BELT STUDY GUIDE

1. In what region are we located? - *Region 8*
2. What is the full date the association was founded? - *November 13th, 1982*
3. Why do we Kihap - *Focus Power and Energy, Scare Your Opponent, Tighten Abdomen and Show Your Spirit*
4. Name the seven Tenets of Tang Soo Do: - *Integrity, Concentration, Perseverance, Respect and Obedience, Self Control, Humility, Indomitable Spirit*
5. Explain the Association Emblem:
 - 6 Stars - *Represents the 6 continents of the world and shows that Tang Soo Do is now world wide.*
 - Um & Yang - *Is the universal concept of opposing but complementary forces, and shows our Korean heritage.*
 - Flying Side Kick - *Represents the special and unique character of Tang Soo Do and the whole person concept.*
 - Red Circle - *Represents unity and brotherhood.*
 - Globe - *Means our organization covers the world.*
 - Bottom Belt - *Master's Belt is the ultimate goal of all Tang Soo Do practitioners.*
 - Practitioner - *Mastering the Art of Tang Soo Do.*
6. What does Orange Belt represent? - *New growth which appears in spring. Our Tang Soo Do knowledge begins to reveal itself*

Terms

7. National Flag	Kugki	26. Knife Hand	Soo Do
8. Salute the Flag	Kugki Bae Rye	27. Spear Hand	Kwan Soo
9. Sit	Ahn Jo	28. Center Punch Exercise	Pahl Put Ki
10. Meditate	Muk Yum	29. Low Knife Hand Block	Ha Dan Soo Do Mah Ki
11. Color Belt	Gup	30. Center Knife Hand Block	Choong Dan Soo Do Mah Ki
12. Black Belt	Dan	31. High Knife Hand Block	Sang Dan Soo Do Mah Ki
13. Black Belt Holder	Yu Dan Ja	32. Spear Hand Attack	Kwan Soo Kong Kyuck
14. Bow to Grandmaster	Kwan Chang Nim E Kyung Yet	33. Knife Hand Block Rev. Punch / Front Stance	Yuk Soo
15. Bow to Instructor	Sah Bum Nim E Kyung Yet	34. Knife Hand Block Rev. Punch / Fighting Stance	Yuk Jin
16. One step Sparring	Il So Sik Dae Ryun	35. Front Stretch Kick	Bahl Poto Oly Ki
17. Free Sparring	Ja Yu Dae Ryun	36. Side Stretch Kick	Yup Poto Oly Ki
18. Command	Ku Ryung	37. Straight Back Kick	Dwi Cha Ki
19. Change Position	Kyo dae	38. Axe Kick	Cchick Ki
20. Stance	Ja Seh	39. Hook Kick	Yup Hu Ryo Cha Ki
21. Ready for Kick	Bahl Cha Ki Choon Bee	40. Wheel Kick	Dwi Hu Ryo Cha Ki
22. Front Stance	Chun Kul Ja Seh	41. Stepping Side Kick	Mirror Yup Cha Ki
23. Fighting Stance	Hu Kul Ja Seh	42. Stepping Hook Kick	Mirror Yup Hu Ryo Cha Ki
24. Horseback Riding Stance	Ki Ma Ja Seh	43. Jump Back Kick	E Dan Dwi Cha Ki
25. Hand	Soo		

44. Sae Kye Hyung Sam Bu: Meaning? - World Tang Soo Do Form # 3

45. Pyung Ahn Cho Dan:

Original Name	- Jae Nam	Creator	- Master Idos
Meaning of Pyung	- Calm, Peaceful, Well Balanced	Date of Creation	- 1870
Meaning of Ahn	- Safe, Confident, Comfortable	Place	- Ha Nam Province of Southern China
Number of Moves	- 22		