



Hand to Hand Combat Team

Tang Soo Do - Student Manual

The meaning of our logo

The praying hands signify that prayer is our best method of combat in both the spiritual world and the physical world. Jesus is our leader, and our best defense

The meaning of Tang Soo Do

Literally translated, the word, "Tang" refers to the Tang Dynasty of China which reflects the shared cultural background between China and Korea (617-907 AD). "Soo" means hand but implies fist, punch, strike or defense, etc. and "Do" means way of life or art. Thus "Tang Soo Do" means the Korean classical martial art which was influenced by the Tang method of martial art.

The Five Codes of Tang Soo Do

1. Nara E Chung Sung - Loyalty to country
2. Boo Moo E Hyo Do - Obedience to parents
3. Bounng Woo Yoo Shin - Honor friendship
4. Im Jun Moo Toi - No retreat in battle
5. Sal Sang Yoo Taek - In fighting, choose with sense and honor

The Seven Tenets of Hand to Hand Combat Team (Based on 2nd Peter 1: 5-7)

1. Goodness
2. Knowledge
3. Self-Control
4. Perseverance
5. Godliness
6. Brotherly Kindness
7. Love

Christian Martial Arts Pledge

I pledge allegiance to the cross of my Lord Jesus Christ, and to the love for which it stands, one Savior, everlasting, indivisible, with mercy and grace for all.

A brief history of Tang Soo Do

The exact origin of Tang Soo Do, as well as of any of the martial arts in general, is obscure, though there are a number of historical theories. However, the most credible and traditional view is that martial arts originated not in any one country, but in almost all parts of the globe, as they were needed by primitive people.

The ancestral art of Korean Tang Soo Do can be traced back approximately 2,000 years. At that time, Korea was divided into three kingdoms. Koguryo, Silla and Paekce. After a long series of wars, the Silla dynasty united the three kingdoms in 668 AD and was most famous for its development of martial arts. A corps formed by young aristocrats who were called "Hwa Ran Dan" was the major group who developed those arts. Most Korean martial arts trace their spiritual and technical heritage to this group. Our five codes of Tang Soo Do, originated by Won Kwang, a monk, are part of their spiritual heritage.

The very first complete martial arts book was written in 1790 AD and contained illustrations that substantiate the theory that "Soo Bahk Ki," the formal name of Tang Soo Do, had quickly developed into a sophisticated art of combat techniques.

The Japanese military occupied Korea from 1909 to 1945, and practicing and teaching of Martial arts were restricted. After World War II, these restrictions were lifted. Several Martial arts training schools were established at that time. One of the more famous was Moo Duk Kwan by Hwang Kee. He also organized the "Korean Soo Bahk Do Association" in 1945.

In addition to the Soo Bahk Do association, there were various types of other martial arts. In 1965, all of these various systems were united into one organization, called the Korean Tae Kwon Do Association. As a Korean national sport, Tae Kwon Do initiated a new era; instructors were dispatched throughout the world and international tournaments were held. In those days, Tang Soo Do and Tae Kwon Do were divided principally, with Tang Soo Do striving to remain as a traditional martial art while Tae Kwon Do held its world games and sports.

Rules and Procedures in the Studio

Rules in general

Arrive at least fifteen minutes before the class is scheduled to start.

Salute the flags when entering and leaving the Studio

Avoid taking part in loud or controversial activities. Students should remain silent, especially during forms and free sparring.

Warm up prior to class.

Do not chew gum or smoke.

Wear a clean uniform.

Observe the rules and codes of Tang Soo Do to the best of your ability.

All students should take part in cleaning the studio and helping set up and tear down equipment.

Students should notify their instructor in advance of any absence.

Salutation

Importance should be attached to the salutation which is an integral part of training in Tang Soo Do. The member should bow to his instructor, to senior members and also to his/her opponents. He/she should not lose self-control or composure. Before and after exercise or sparring, students should turn around, adjust their uniforms, and bow to their opponent or instructor.

While seated on the floor, the member should keep a proper posture conducive to good health. Hands should be placed on the knees, the back should be straight, and the legs should be crossed in front with the feet tucked beneath the thighs.

During practice, members should observe proper protocol.

Uniform

Members should exercise care in keeping their uniform clean and pressed at all times. It is important to give a good impression of Tang Soo Do and our Lord Jesus Christ. A neat appearance is important in this respect. A high degree of cleanliness should always be maintained among members. Members should take care to pay respect to their bodies and keep themselves clean. Fingernails and toenails should be clipped and kept short to prevent injury while fighting.

Warm up

Warm-up exercises should be practiced by members prior to training in order to prepare for training. An unprepared body could be strained under rigorous Tang Soo Do training.

Basic Actions

In order to promote improvement in skill, students must learn the basic actions and practice them constantly until they are perfected. Concentration and work must also be expended by students to master the various forms, in order to improve themselves. Through forms and basic actions, precise and accurate techniques will result. It should be remembered that all Tang Soo Do techniques depend on basic actions and forms. Learn them properly and apply them in your free fighting.

Upon Entering the Studio

Students entering, in either Uniform or street clothes, should salute the flags and bow to the instructor on the floor as soon as they enter the Studio. This will be done without exception. The student does not have to wait for the instructor to acknowledge the bow if the instructor is busy.

Starting & Dismissing Class

Students will line up according to rank and seniority. The higher ranking member will be on the right. The instructor will take a position in the front center of the class. The highest ranking member in the class will call the commands.

Cha Ryut	(attention)
Kukgi Bae Rye	(Salute the flag)
Ba Ro	(return)
Ahn Jo	(sitting position)
Muk Yum	(meditation)
Ba Ro	(return)
Boo Sah Bum Nim E Kyung Yet	(Bow to instructor)

The entire class recites the five codes together loudly and clearly:

1. Nara E Chung Sung - Loyalty to country
2. Boo Moo E Hyo Do - Obedience to parents
3. Boung Woo Yoo Shin - Honor friendship
4. Im Jun Moo Toi - No retreat in battle
5. Sal Sang Yoo Taek - In fighting, choose with sense and honor

The class instructor or senior member then calls: "Christian Martial Arts Pledge". All recite loudly and clearly:

I pledge allegiance to the cross of my Lord Jesus Christ, and to the love for which it stands, one Savior, everlasting, indivisible, with mercy and grace for all.

Then, all members should call "Tang Soo" with right hand raised. When the instructor dismisses the class, the senior member takes over and says: "Bow to the black belts."

During the Class

When the command to bow to the instructor is given, all members say Ko Map Sum Ni Da (Thank you instructor).

Proper respect and discipline shall be maintained at all times. When the chief instructor of the school or a high ranking guest enters the Studio the instructor on the floor or highest ranking member in the class should call the class to attention and have the class bow. After respect has been paid the class should return to training immediately.

When a student comes to class late, he/she should wait until he/she is recognized by the instructor, then approach him/her, bow and get permission to join the class.

When a student must leave the class, he/she should first receive permission from the instructor.

General Knowledge

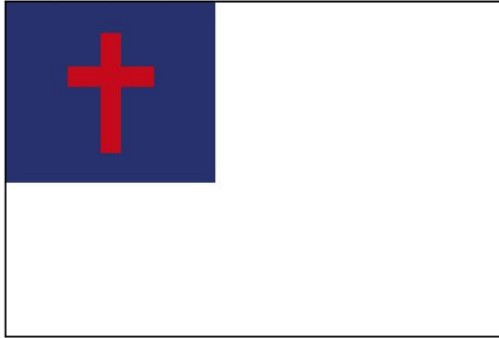
Uniform

"Do" means way of life or martial arts as in Do in Tang Soo Do and "Bohk" means robe or training clothes. This type of uniform is worn universally in most kinds of martial arts but its origin can be traced to 600 AD in Korea. A mural painting from that age illustrates a warrior's hunting scene. The warrior wears the uniform style robe.

The uniform is not simple training clothing but traditionally has been treated and maintained in special ways as an instrument in achieving the goal of martial arts. Students should be aware of cleaning, carrying and storing their uniform.

Belt rank students shall have no trim on their Uniform jackets. Black belt members must have trimmed uniform jackets which include lapel, sleeve cuffs and all around the bottom border. The only marking placed on the uniform shall be the Christian Flag patch, left arm shoulder Korean flag and right arm shoulder U.S. flag, appropriate trim and printing on the back to identify Hand to Hand Combat Team.

Meaning of the Christian Flag

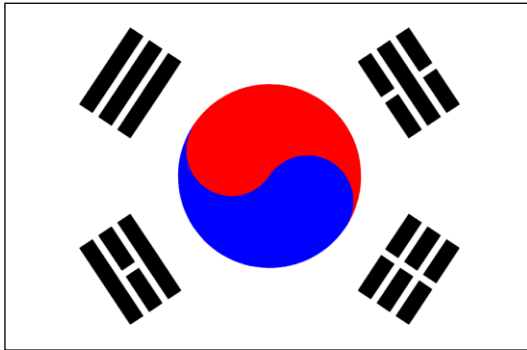


The flag's most conspicuous symbol is the Christian cross, the most universal symbol for Christianity. The red color is intended to represent the blood of Jesus as described in the story of his crucifixion. Christians believe that Jesus' death and resurrection is the means God uses to save believers from their sins.

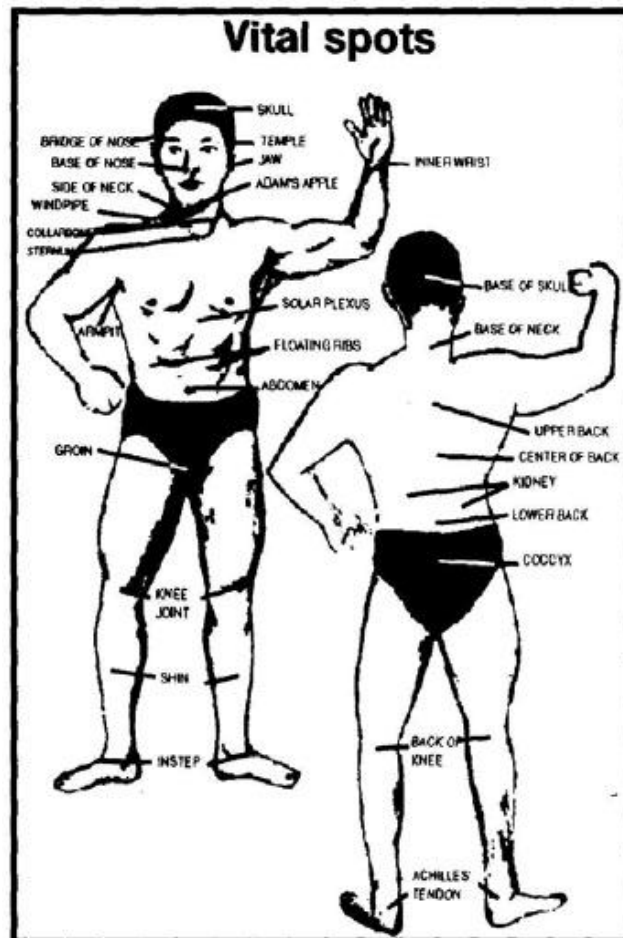
The white field draws on symbolism throughout the Bible equating white clothes with purity and forgiveness. People who have been "washed white as snow" in the Bible have been cleansed from their sins

The blue square represents faithfulness, truth, and sincerity

Meaning of the Korean Flag



Tae Keuk Ki, the Korean Flag, symbolizes much of the thought, philosophy and mysticism of the Orient. The symbol is called "Tae Keuk" and the flag itself is called "Tae Keuk Ki." In the center of the flag is a circle divided equal and in perfect balance. According to Eastern philosophy, the circle itself represents the absolute or the essential unity of all beings. The upper red section is called Yang and the lower blue section is Um and is the ancient symbol of the creation of the universe, day and night, light and dark, construction and destruction, masculine and feminine, active and passive, hot and cold and so on. The central though the Tae Keuk indicates is that while there is a constant movement within the sphere of infinity, there is also balance and harmony.



Vital Spots

In learning striking points, it is important to know the most vulnerable and weak spots in the body in order to both deliver the most effective attack and to provide a proper defense.

The effect of strikes to different areas range from body points where a strike can partially disable, to points where it can totally disable, to points where a strike can be lethal.

In general and depending on the strength and focus of the blow, a strike at the philtrum (space between the nose and the mouth), solar plexus, or temple can be deadly. Striking at other points can partially or totally disable the opponent.

Memory Verses

Level #1 – White Belt

Proverbs 15:1 *A gentle answer turns away wrath, but a harsh word stirs up anger.*

Level #2 – Orange Belt

1st Timothy 4:8 *For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.*

Level #3 – Orange Belt with a stripe

Proverbs 16:32 *Better is a patient man than a warrior, a man who controls his temper than one who takes a city.*

Level #4 – Green Belt

Ephesians 2: 8-9 *For it is by grace you have been saved, through faith – and this not from yourselves, it is the gift of God – not by works, so that no one can boast.*

Level #5 – Green Belt with a stripe

Ephesians 6:11 *Put on the full armor of God so that you can take your stand against the devil's schemes.*

Level #6 – Brown Belt

Galatians 5:22-23 *But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.*

Level #7 – Brown Belt with a stripe

Isaiah 41: 10 *So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.*

Level #8 – Red Belt

Psalms 121: 7-8 *The Lord will keep you from all harm – he will watch over your life: the Lord will watch over your coming and going both now and forevermore.*

Level #9 - Blue Belt

Proverbs 2: 7-8 *He holds victory in store for the upright, he is a shield to those whose walk is blameless, for he guards the course of the just and protects the way of his faithful ones.*

Black Belt

Proverbs 2: 11-12 *Discretion will protect you, and understanding will guard you. Wisdom will save you from the ways of wicked men.*

Hand to Hand Combat Team - Belt Colors

White – White belt represents the purity of new birth in Christ. Our sinful nature is replaced as we begin our journey with God. We start our martial arts training.

Orange – Orange belt represents ambition. We begin developing discipline as we set aside time to be with God. We become more disciplined in our training.

Green – Green belt represents a growing relationship with God. We choose to walk in His footsteps on a daily basis. We make a choice to continue our martial arts training.

Brown – Brown belt represents endurance. We press on to reach the high call of Christ on our lives. We persevere in our training to reach higher level.

Red – Red belt represents the blood of Christ shed for us. Because He gave first, we learn to give freely of ourselves to others. We begin sharing our martial arts knowledge with other students.

Blue – Blue belt represents sincerity and faithfulness unto death. We fully give ourselves to follow Christ – no turning back. We commit to achieving the high rank of Black Belt.

Black – Black belt represents mastery. We mature in our walk with Christ as we strive for a life of godliness and service. We no longer train just for the next rank, but for ways to encourage and serve others.

Ranks/Belt Colors/Required Forms, times and classes

Level #1 - White Belt – HTHCT Form #1 – 3 months (20 classes) to test for Orange

Level #2 - Orange - HTHCT Form #2 – 3 months (20 classes) to test for Orange /Stripe

Level #3 - Orange/Stripe – Pyung Ahn Cho Dan – 3 months (20 classes) to test for Green

Level #4 - Green - Pyung Ahn E Dan – 3 months (20 classes) to test for Green/Stripe

Level #5 - Green/Stripe - Pyung Ahn Sam Dan – 3 months (20 classes) to test for Brown

Level #6 - Brown - Pyung Ahn Sa Dan – 3 months (20 classes) to test for Brown/Stripe

Level #7 - Brown/Stripe - Pyung Ahn Oh Dan - Bong Hyung Il Bu - 3 months (20 classes) to test for Red

Level #8 - Red - Bassai – Bong Hyung E Bu - 4 months (26 classes) to test for Blue

Level #9 - Blue – Naihanchi Cho Dan – Sip Soo - Bong Hyung Sam Bu - 9 months – to test for Black

1st Black Belt – Naihanchi E Dan – Ro Hai – Dan Gum Hyung – Ki Cho Jang Gum Hyung - 2 years to 2nd Degree – to test for 2nd Black Belt

2nd Black Belt – Naihanchi Sam Dan – Jin Do – Jun Gup Jang Gum Hyung – 3 years to 3rd Degree - to test for 3rd Black Belt

3rd Black Belt – Kong Song Koon – Jang Gum Hyung - 4 years to 4th Degree – to test for Master

4th Black Belt (Master)

Promotion Test Rules

General Rules

1. Students qualified to take a test must be recommended by their chief Instructor. Don't ask if you are testing.
2. Students qualified to take a test must pay test fee prior to taking the test.

Black Belt

Age requirements are: 1st Dan must be a minimum of 12 years old with four years training as a student; 2nd Dan must be a minimum of 14 years old; 3rd Dan must be a minimum of 18 years old with four years training since 2nd Dan. Requirements for 1st, 2nd, Dan may be granted an exception by the Chief Instructor.

Test Scores and Results

Excellent 90 - 100

Good 80-89

Average 70-79

Fail under 69

If a student fails a test, he/she may retest at the next test or as determined by their instructor.

Essays:

Students must write an essay for his/her blue belt and black belt tests. Over 500 words are required for blue belt test. Over 1,000 words are required for 1st degree black belt test. Over 2,000 words are required for 2nd degree black belt test. Over 3,000 words are required for 3rd degree black belt test. Student may choose any theme as long as the theme relates to Tang Soo Do, his training experience, his research or how Tang Soo Do changed his life. (e.g., The Martial arts and Me, what being a black belt means to me and my life, what Tang Soo do did for me, the five codes of Tang Soo Do and my life) and any way these relate to your Christian walk.

Korean Terminology

General Terminology:

Tang Soo Do	The Art we are studying
Boo Sah Bum Nim	Chief Instructor, teacher
Hyung	Form or pattern
Ki Hap	Yell (focus one's mind & energy)

Commands in Class

Cha Ryut	Attention
Kukgi Bae Rye	Salute to Flag
Ba Ro	Return
Ahn Jo	Sit
Muk Yum	Pray
Boo Sah Bum Nim E Kyung Yet	Bow to Instructor
Choon Bee	Ready
Tora	Turn

Hyungs (Tang Soo Do Forms)

Hand to Hand Combat Team #1	HTHCT Form #1
Hand to Hand Combat Team #2	HTHCT Form #2
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 Sah Dan	Pyung Ahn Form #4
Pyung Ahn Oh Dan	Pyung Ahn Form #5
Bassai	Bassai Form
Sip Soo	Sip Soo Form
Bong hyung Il Bu	Staff Form #1
Bong Hyung E Bu	Staff Form #2
Bong Hyung Sam Bu	Staff Form #3
Naihanchi Cho Dan	Naihanchi Form #1
Naihanchi E Dan	Naihanchi Form #2
Naihanchi Sam Dan	Naihanchi Form #3

Numbers:

Il	Hana	One
E	Tul	Two
Sam	Set	Three
Sah	Net	Four
Oh	Tasot	.Five
Yuk	Yosot	Six
Chil	illgop	Seven
Pal	Yodol	Eight
Ku	.Ahop	Nine
Sip	Yol	Ten

Etiquette

Personal Appearance

The martial arts student should be clean and neat at all times. The uniform should be clean and neat, patches neatly sewn on, belt hung evenly, finger and toe nails always neatly trimmed. No jewelry should be worn in the dojo (with the exception of medical ID).

Studio Appearance

The studio should be neat and clean at all times. This means that upon arriving for class if there is set-up or clean-up to be done, each student should automatically assume it upon themselves to get it done.

General Protocol

- Christian Martial Artists should never forget that they represent the Lord Jesus Christ first of all, then their studio.
- Each Christian Martial Artist should exhibit self-control both inside and outside of their studio.
- Always, and in all things "Do all to the glory of Jesus Christ," yield your heart unto Him and be disciplined to a strong personal devotional life of reading your Bible each day, seeking to genuinely walk with God.

Studio Protocol

- Each student should always bow in respect to the highest ranked instructor present upon entering the studio.
- Each student's attitude should be one of respect and attentive willingness to learn. When it comes to falling into formation, doing what one is told by an instructor, participating in class actions, etc., students should always run.
- When falling into formation, the line-up should be the highest ranked students beginning on the instructor's left forming to the instructor's right. The most common way instructors gain their student's attention is to loudly clap their hands. When the student hears this he should immediately stop at attention, unless otherwise instructed.
- When any upper (4th Dan up) ranked Black Belt enters the class while in session, the first student or instructor who sees them should call the class to attention and lead them to bow in respect, then continue with the class. The senior instructor present should turn the class over to a junior instructor and personally greet the guest, before returning to teaching the class.
- When arriving after a class is in session, the student should wait at the rear of the class until acknowledged by the instructor and instructed to enter the class formation for training. No student should assume he can enter without recognition by the instructor.
- When any instructor communicates with a student, the student should stand at attention and answer with "Yes Sir", or "No Sir" (or Ma'am), never with "yea," "nay," or "uh huh," etc. When being addressed by anyone with an upper belt, stand at attention and answer with a sharp Sir" (or Ma'am).
- When addressing any instructor in the studio always use their last name and Mr., Miss., Mrs., etc.

Outside Studio Protocol

- Each student should never forget that they are representatives of the Lord Jesus Christ first of all, then their studio.
- Each student should exhibit self-control both inside and outside of the studio.
- Never start a fight! First to strike in life threatening situation is one thing, however to begin a fight is entirely another.

References

World Tang Soo Do Student Manual. Published by the World Tang Soo Do Association. Grand Master J. C. Shin
The Martial Arts – A Christian Perspective and Philosophy – Dr. Kent Haralson
Gospel Martial Arts Union – GMAU Constitution – Established 1986