

Welcome To
Tang Soo Do Training
With
Arrowhead Tang Soo Do



Parent & Student Guide
Member World Tang Soo Do Association



Rev 7/7/05

Web site: ArrowheadTangSooDo.com

TABLE OF CONTENTS

	<u>Page</u>
Introduction	1
Welcome from Master Roberts	2
Grandmaster Shin & World Tang Soo Do Association	3
ARROWHEAD TANG SOO DO Instructors	4
Books – Traditional Tang Soo Do	6
Class Protocol	7
Class Schedule (subject to change)	9
Uniforms (Do Bohks)	10
Equipment and Weapons	11
Sparing, Practice, Competition, and Clinics	12
Belt System	13
Testing: Stripe System / Board Breaking	14
Tournament Preparation	17
Fitness Program	22
Visiting Other Studios (Dojangs)	23
Questions and Answers	24



Introduction

Congratulations on your decision to enroll your child in Tang Soo Do! This art is designed to develop individual character, mental strength, integrity, discipline and respect. In Tang Soo Do, a child learns respect for authority figures, including parents, as well as respect for him/herself and others.

Tang Soo Do encourages courtesy, patience, loyalty, honesty and self-control... values that are not specifically taught in most western sports. Values learned in the studio give the student concrete, practical guidelines for behavior in their life. Martial arts training also helps alleviate the fear most children have about handling themselves if someone physically confronts them.

Tang Soo Do is a traditional martial art that traces its root back to ancient Korea. For more than 2000 years, the art has been passed down from instructor to student. Throughout its rich history, Tang Soo Do has been refined and polished. Today, the World Tang Soo Do Association continues to ensure that our art remains the best in the world. A studio certified by our Association and headed by a trained certified Black Belt instructor is guarantee of the best martial arts instruction available today.

Please take a moment to view our web site at <http://www.arrowheadtangsoodo.com> (produced by web master Mr. Shane Monroe). Access the site and you will learn more about our organization, the studio and our staff. The site is built with the students in mind; students can track their training progress, communicate with other members, and study material. View links within our region, our organization and other martial arts sites.

Site Outline:

- ✓ ATSD/s Mission
- ✓ What is Tang Soo Do
- ✓ Class Schedules
- ✓ Local News
- ✓ Regional News
- ✓ Pictures
- ✓ Copy Parent's/Student's Guide
- ✓ Getting Signed up
- ✓ Events Lists
- ✓ Current Class Schedule
- ✓ Study On Line
- ✓ Useful Links
- ✓ Frequently Asked Questions
- ✓ Email the staff
- ✓ Studio Location and Maps
- ✓ Members Only Page



Dear students and parents,

I would like to personally welcome you to Arrowhead Tang Soo Do (ARROWHEAD TANG SOO DO), in partnership with the YMCA. I have noticed in life that we cannot succeed without help from others, a personal effort (practice), and a positive attitude toward success given the right priorities. We at Arrowhead Tang Soo Do will attempt to provide you with as many tools as possible to achieve your goals in your **Tang Soo Do** training. However, without a partnership of family (especially parents of children) and a developed “can do” attitude, we will have difficulty in helping you succeed.

We are proud to provide a learning atmosphere where ALL students have an opportunity to succeed. You will notice that students, young and old, are in the front of the class practicing presentation and leadership skills. The class-training format is designed to prepare ALL students to become BLACK BELTS and if desired Certified Instructors. You, your son and/or daughter will eventually spend time assisting in class activities to begin developing leadership skills.

Although success requires training, we at ARROWHEAD TANG SOO DO help students and parents keep a balance in their life. Not everyone is able to commit to the same level of training due to life commitments. The wonderful part of training at ARROWHEAD TANG SOO DO and Tang Soo Do is that it can be a lifetime place to train. You and your instructor will stay connected to match your training desires with the time and effort you are able to put into your training.

This guide, although it does not include every possible part of your training needs, was put together to move the student toward personal success. Please approach one of our excellent staff if at any time you feel you can help us measure up to our Mission or have suggestions for positive improvement for our program. Your instructor will meet with you periodically to discuss your goals and the improvements in you and/or your child’s training.

Once again, welcome to the Arrowhead Tang Soo Do Family.

God Bless!

Master Instructor David L. Roberts
4th Degree Black Belt WTSDA #022103
WTSDA Studio #536

唐
手
道



Grandmaster Shin & the World Tang Soo Do Association



Our founder and leader, Grandmaster Jae C. Shin first brought Tang Soo Do to the United States in 1968 and quickly saw it sweep across the country. Within a few short years, requests for Tang Soo Do training began pouring in from countries all over the world. In 1982, he founded the World Tang Soo Do Association. Now, Tang Soo Do is taught in more than 40 countries and in 6 continents and has over 150,000 students worldwide.

The Chief Administrator will provide the student with various registration forms at time of enrollment in the studio, one of which will be the application to join the prestigious World Tang Soo Do Association (web site: WWW.worldtangsoodo.com). These forms should be filled out completely, making sure they are signed by both parent and student, and return them promptly to the instructor.

After the completed World Tang Soo Do application forms are submitted for processing, headquarters will send a student manual and registration/identification card. Our administration staff will keep your I.D. card to ensure it is available to submit to headquarters to record promotion updates. This I.D. will be used many times during the student's training. This card belongs to the student and is documentation of their registration and promotion dates.

Again, **congratulations** on taking this opportunity to register you and/or your child in the World Tang Soo Do Association and a warm **welcome**.



About the ARROWHEAD TANG SOO DO Instructors

Master Instructor / David L. Roberts



Master Roberts' Karate Training Philosophy:

"To provide martial arts training in a Family atmosphere, guided by family values; benefiting all ages and physical abilities while developing the whole person (mind, body, spirit and socially)."

Master Roberts is the Chief Instructor for Arrowhead Tang Soo Do. He has studied Martial Arts since 1975. He is a Lifetime member (1985) and Certified Master Instructor (4th Degree Black Belt Master Instructor) with the World Tang Soo Do Association (WTSDA) - a "Korean Karate".

Master Roberts is currently a Health Physics Technician and was a Certified Technical Instructor for a local Electric company and has obtained a Bachelor of Science in Business Administration from Old Dominion University in Norfolk, VA.

Chief Administrator – Mrs. Ruth Roberts

Mrs. Roberts serves as the Chief Administrator and Coordinator. Her duties include assisting Master Roberts in his scheduling and planning activities. She will be your main contact for the studio if you need to call when you or your child will miss any scheduled classes.



About the ARROWHEAD TANG SOO DO Instructors (cont)

Miss Sarah Ruth Roberts (Instructor / Third-degree Black Belt) – Miss Roberts received her



third-degree black belt in 2004. She has been studying the martial arts for over 10 years. Miss Roberts has been recognized for several noted awards. She won the title of Black Belt Grand Champion for the Regional WTSDA tournament on two occasions and numerous first places. Through her dedication and outstanding contribution to the studio, Sarah has been awarded Instructor of the Year and Quarter. Miss Roberts is the ARROWHEAD TANG SOO DO Regional News Editor, supplying articles for the Regional Newsletter. She won the 2004 WTSDA Region 2 scholarship for her dedication to school, TSD, and humanity. Sarah is currently attending Glendale Community College and is aspiring to be a Criminal Psychologist. She is admired by many for performance and positive influence on their lives as a role model for children.

Mr. Chris Pacini (Instructor / Third-degree Black Belt) – Mr. Pacini received his third-degree black belt in 2003. He is a certified instructor with the World Tang Soo Do Association and a CPR and First Aid instructor. Mr. Pacini has been studying martial arts for 7 years and is our studio's technical training coordinator for the region and adult training program director. Through his dedication and outstanding contribution to the studio, Chris has been awarded Instructor of the Year and Quarter. Additionally, Mr. Pacini has won the title of Black Belt Grand Champion for the Regional WTSDA tournament on two occasions and a number of first places for his outstanding performances. Chris is currently working as Account Representative, specializing in building materials for a major supply company. He is currently running and operating his own martial arts school and also visits as a guest instructor with ARROWHEAD TANG SOO DO.



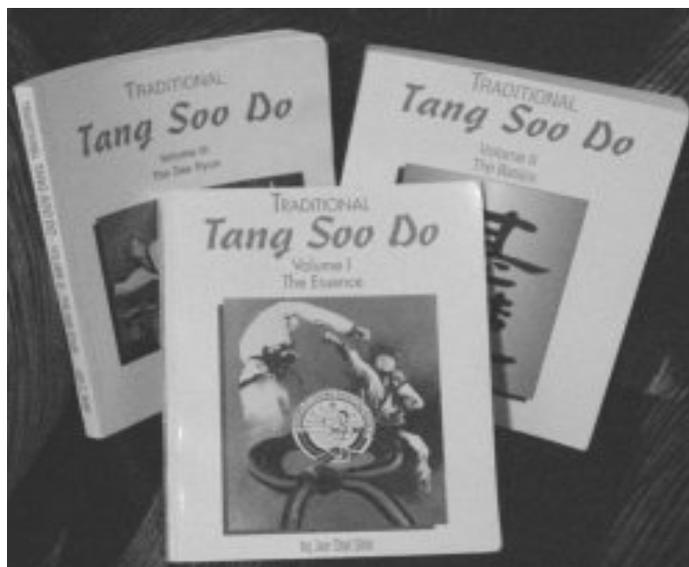


BOOKS – “Traditional Tang Soo Do”{ XE "Introduction to the Gup Study Guide" }{ XE "Format for Gup Study Guide" }

Students can train in the art of Tang Soo Do to a Master’s belt level. This training is similar to going to High School, on to their Associates degree, then to their Bachelor degree, and further to their Masters degree – but your training is now in the art of Tang Soo Do. To accomplish their training, students will be required to purchase training books. Just like any school, students would not fair well without all of the tools required for the subjects they take to achieve high performance. These books will be purchased over time as the student progresses in rank.

The primary source for the success of your training comes from Grandmaster Shin and his books:

Traditional Tang Soo Do Volume I "The Essence";
Traditional Tang Soo Do Volume II "The Basics";
Traditional Tang Soo Do
Volume III " The Dae Ryun";
Traditional Tang Soo Do
Volume IV " The Advanced
Hyung ".



The student is strongly encouraged to purchase Grandmaster Shin’s books to complete the resources to make their training a success. This Guide (as well as others) is not intended as a replacement for attending class to learn the material, and students should train with

certified WTSDA instructors. There are many martial arts books at the library. Do not limit your reading to only material contained in these manuals. Continued reading and physical development are very important for personal growth in Tang Soo Do.

Grand Master Shin’s books can be ordered off of the World Tang Soo Do Association web site (www.worldtangsoodo.com). They can also be purchase through the mail using the entry form on the WTSDA news letter.



Class Protocol

Most all of the information pertaining to training protocol (behavior) is explained in the student manuals and should be reviewed on a frequent basis. However, there are a few issues not mentioned in this manual and a few important issues explained here for emphasis.

- ✓ Students should arrive at least 15 minutes before class is scheduled to begin.
- ✓ Upon entering and leaving the Dojang (studio), students should bow to the instructor and salute the flags. Once inside the Dojang, the student should quietly begin warming up and stretching off to the side.
- ✓ Students are expected to help set up and clean up the studio before and after all classes (includes sweeping the floor, hanging/taking down the flags; setting up seating for parents and putting them away at the end of the classes).
- ✓ Students must check in by pulling their attendance card prior to or after class to get credit for attendance.
- ✓ Non-participating parents and siblings must remain quiet while the class bows in at the beginning and ending of each class.
- ✓ If a student arrives late, they will gain permission to enter the class and acknowledge arriving late by addressing the instructor and saying “sorry I am late Sir/Ma’am”, bowing and prepare themselves for class (e.g. stretch). When ready to join the class, the student should wait to the side until they are recognized by the instructor and asked to join the class.
- ✓ If a student must leave class, he should first receive permission from the instructor prior to the class and just prior to leaving.
- ✓ If a student must miss a class, they should notify their instructor beforehand.
- ✓ For safety reasons, no gum is allowed and all jewelry and watches should be removed.
- ✓ When adjusting Do Bohks (uniforms) or belts, always face the rear of the class or turn away from the instructor.
- ✓ Students in the Dojang should not play with the YMCA equipment or other toys.
- ✓ Students, parents, and friends should not enter the school while class is bowing in and meditating. Please arrive prior to class or wait until the formal beginning of class has ended.



Class Protocol (cont)

- ✓ One of the most misunderstood aspects of training in a traditional martial art is the meaning of the bow or Kyung Yet. In Tang Soo Do, the bow is a form of greeting and a sign of respect; for this same reason, Gup students should call all Black Belts “Sir” or “Ma’am”. A student is expected to bow to his/her instructors, all Black Belts and Masters, whether in the studio or out, and also to his/her opponents. The bow is never interpreted as the student being less or lower as a person than the higher rank; rather, it is an expression of his humility, courtesy, pride and self-esteem. Black Belts and senior ranks are also expected to return the bow. A person who can show humility is a truly capable leader.
- ✓ Attendance Policy: Students will be expected to attend a minimum of 32 classes prior to testing for each belt level. We currently have 4 class days scheduled per week, one of which is an “Adults Only (15 and above)” class.
- ✓ Students are expected to contact Mrs. Roberts or their class instructor if they will miss class. The purpose is the concern for the student to make sure we know how they are doing. Secondly, the student will learn to be accountable for their commitments. Students (not parents) will be expected to make the contact. However, this does not mean the parents and instructors should not maintain open discussions on the progress or attendance of the students.
- ✓ What would training be without the proper tools? Students should purchase a gym bag, available through our studio, large enough to hold all of their gear. This bag should be brought to every class along with their student handbook, notebook, sparing gear, uniform, belt, weapons etc.
- ✓ One last item for protocol is how to address Seniors. Students will be expected to use “yes/no Sir” and “yes/no Ma’am” when addressing the Seniors (e.g. black belts). Students will address the Master instructor as “Master” because of the title earned. The object of this lesson is not so the students will feel lower than the black belts, but to teach a sense of respect for authority figures and others. Students are expected to address parents, teachers, and senior people (older than the student) with the same respect.



Class Schedule (subject to change, check web site at ARROWHEADTANGSOODO.com for current schedule)

Monday

White/Orange Stripe.....	4:00-4:45PM
Green and above (stretch 4:30-4:45)	4:30-5:30PM

Wednesday

White/Orange/Orange Stripe/Green/Green Stripe.....	7:00-8:00PM
Brown and above (stretch 7:45-8:00).....	7:45-9:00PM

Thursday

Adults Only/All Ranks (15 & above).....	7:40-9:00PM
---	-------------

Saturday

White/Orange/Orange Stripe/Green.....	11:00-12:00AM
Instructor Class (invitation only - stretch 11:45-12:00).....	12:00-1:00PM
Green Stripe and above (stretch 12:45-1:00).....	1:00-2:00PM

Black Belt Club - First Saturday of Every Month Red and above will attend class **12:00-2:00PM**, unless posted otherwise. This class is specialized detail training to prepare students for advanced Rank and Instructor Certification.

ALL students will bring Tennis Shoes and T-Shirts every Saturday (for our fitness program). We hold a physical fitness test on the first Saturday of every month.

Class schedules will be passed out periodically and posted to the Web site.

Class will not be held on days the YMCA is closed (e.g. holidays, special occasions).



Uniform (Do Bohk)

The Do Bohk or uniform can be traced back to 600 AD Korea, and therefore is a symbol of special accomplishment. This traditional symbol should be worn and maintained with great care and respect. Do Bohks should be cleaned and pressed for training. It is usually best that students only wear their Do Bohk if they are going straight to class. If students are going to eat or play prior to or after class, the parents are cautioned not to have their child in their Do Bohk. Students can change at the karate studio. A student should not expect to train if not in full uniform unless they obtain approval.



Once a student achieves Green Belt, the lapels of the Do Bohk top must be trimmed in the same color as the belt (except for Cho Dan Bo – Blue Belt). Stripe kits are available through the Association.

There is only one acceptable way to tie the belt and to fold the uniform when not being worn. Please refer to this section of the student manual for details and instruction. Even young students should be taught to tie their own belts correctly.

The following are the only markings that are allowed on the Do Bohk:

- 1) The Association patch on the left, front (over the heart, with the flying karate guy - level with the ground);
- 2) The Korean flag on the left shoulder (Red on top – spaced 2 fingers below the shoulder seam);
- 3) The national flag (US) displayed on the right shoulder (spaced 2 fingers below the shoulder seam), and
- 4) The identifying studio insignia on the back.

There should not be colored shirts visible under the Do Bohk, and the Do Bohk should only be worn for training or competition. Do Bohks can be ordered from the studio administration staff. Instructors can help with sizing.

Belts are **NOT to be worn outside** of the Karate School or training setting. This will help the student learn to maintain a sense of humility; helps keep a high regard for their training and respect for their belt.



Equipment and Weapons

Safety is extremely important. Safety equipment is important to prevent injuries while training and is a requirement for all competitive sparring. By the time a student achieves their **Orange Belt (earlier is okay)**, they must own a complete set of sparring equipment. The set should include protective headgear, hand gear, footgear, and mouth guard. Boys are required to wear a protective cup and girls are encouraged. Your instructor or admin staff can help you determine the correct size gear to purchase.



When a student becomes a Green Belt, he will begin training with a rounded staff (called a Bong), which they should bring to every class. This weapon was developed from everyday living tools such as early farming or hunting implements. The length of the Bong should measure the height of the student (plus or minus no more than 2 inches). A somewhat shorter staff will make using the staff easier to start their training. It should be no larger in diameter than can be comfortably held and maneuvered in the students' hand (1/2 – 3/4 inches). Bongs can be purchased through our studio or a martial arts store. They can also be constructed with any hardwood stick like a broom handle or a wooden extension pole found in a home supply store, if in the right length and diameter. The more a student practices Bong drills on their own, the more proficient they will become with this first weapon.



Students would do well to purchase an adequate size gym bag. This bag must be large enough to carry the karate uniform, sparring gear, and study material. Students have found the bag very helpful in keeping all of the karate gear in one place. Food for thought: if it's not on the body or in the wash, it's in the bag.

You may purchase most of your gear and supplies through our studio.



Sparing, Practice, Competition, and Clinics

Class Sparing: Students are allowed to spar (light-to-NO contact) at the beginner white belt level with supervision of qualified instructors. Students are required to wear sparing gear consisting of hands/feet (closed) pads, headgear, cups and mouthpiece. Boys are required to wear a protective cup. Any student who does not possess this gear is not allowed to participate in light-to-no contact sparing; however, they may be paired off with a 1-foot distance (NO CONTACT – DISTANCE) slow sparing. Students are REQUIRED to purchase sparing gear at Orange Belt level. See the Tournament Sparing section of this guide for WTSDA rules.

Practice: The techniques and forms found in Tang Soo Do are designed to improve the student's ability to defend themselves. The more a student practices outside of class, the sooner their techniques improve and the better able they will be to defend themselves, should the need arise. Practice also magnifies the other benefits of training such as improved fitness, flexibility, concentration and discipline. For these reasons, natural athletic ability is not a substitute for diligent practice, especially as a student progresses into higher ranks. Ultimately, a student's training is their own responsibility and their dedication will determine the speed and level of their progress. Like any other worthwhile endeavor, the more a student puts into their Tang Soo Do training, the more they will get out of it.

Much like training at any activity, it will take some commitment on your behalf to reach your goals. ARROWHEAD TANG SOO DO instructors ask students to evaluate their goals and expectations. If students/parents target normal advancement, students will be expected to train on their days away from the studio by stretching, doing cardio workouts, and reviewing their material. We have found that those who are the greatest achievers spend about 15 minutes a day outside the studio. This is not so much that a student will "burn out", but realize their greater potential.

Competition: While Tang Soo Do is considered an art as opposed to a sport, there are a number of regional tournaments scheduled that provide competition for those who desire to compete. The ultimate in Tang Soo Do competition is the World Tournament held every other year. Some of the benefits of competition include meeting students from other schools and even other countries; increased confidence; the chance to compare techniques with other students, and the opportunity to learn from others. Tournaments are always educational and fun to watch, even for those not competing.

Tournaments are arranged so that students of similar age and belt level compete with each other. Events include Hyung (forms), Dae Ryun (Sparing), Weapons, and sometimes Breaking and Demonstration teams. Students may compete in some or all events depending on their belt level. The instructor will prepare the students for the upcoming competitive events.

Clinics: Clinics are offered periodically throughout the region. These clinics are designed to improve skills, provide exposure to different karate methods and styles, and most importantly have fun. Clinics are often held in out-of-town locations (e.g. Mesquite, NV, St. George, UT, Sierra Vista, AZ), which provides a great social opportunity to get to know the karate family within ARROWHEAD TANG SOO DO as well as the Region II karate family.



Belt System

Students in Tang Soo Do progress through a series of promotions designated by different colored belts or Gup levels. Each color has its own philosophical meaning and each represents the cycle of the seasons and the cycle of life. There are 10 different beginner (gup) levels between the beginning student (white belt) and the eventual Black Belt. Each promotion or Gup level represents a new and advanced stage in Tang Soo Do training. In addition to learning new techniques, forms and general information at each belt level, a minimum amount of class time is required before a student is eligible to test again for the next level. General times for promotion are listed in the Student's Manual; however, children may take longer due to age and practice commitments. A separate path has been developed for the youth (under 15) and the adult in relation to their time training. Once a youth student reaches the age of 15, they will automatically start using the testing process for the adult program. The test cycle will move on a three (3) month training cycle and students will be expected to attend at least 32 classes between testing. It is acceptable for training parents to use the same promotion schedule as the youth.

The 10 Gup levels are summarized as follows:



Gup Level	Children Belt Color/ Stripe	Children / Min. Time Train-in mo.	Belt Color/ Stripe	Adult / Min. Time Train-in mo
10 th	White	-	White	-
9 th	White Black Stripe	3	White Black Stripe	1.5-3
8 th	Orange	6	Orange	7
7.5 th	Orange Black Stripe	9		--
7	Orange White Stripes	12	Orange White Stripe	10
6	Green	15	Green	13
5.5	Green Black Stripe	18		
5 th	Green White Stripe	21	Green White Stripe	16
4	Brown	24	Brown	19
3.5	Brown Black Stripe	27		
3 rd	Brown White Stripe	30	Brown White Stripe	22
2	Red	33	Red	25
1.5	Red Black Stripe	36		
1 st	Red White Stripes	39	Red White Stripe	28
Cho Dan Bo	Blue – Black Belt Candidate	42	Blue – Black Belt Candidate	34
Cho Dan Bo +	Blue One Stripe – Black Belt Candidate	48		-
1 st Dan	Black 1 st Stripe	54		40



Testing

The instructor will advise the student when testing for the next belt will occur. It will be the sole discretion of the instructor to determine if advancing to a new level is in the best interest of the student at that time. When the minimum time has passed (defined in this Student Manual and Belt System above), the instructor will evaluate several factors, including but not limited to: progress made in training since the last test, attitude, general knowledge, conduct in class, etc. The road to Black Belt is a long term commitment which cannot and should not be hurried any more than growing up should be rushed. At every stage in Tang Soo Do, there are valuable lessons, physical and mental, to be learned, and some take longer than others. Not all students will advance at the same rate. There are three months between test cycles for students to prepare to test and students will be expected to attend 32 classes between tests.

When an instructor has determined that a student is ready to move to the next phase of training, the student will be required to pass both a physical test and written test based on information found in the student handbook. Prior to the test, the student must complete (or have the parent complete) and return to the instructor a testing application form, along with the testing fee.

Written paper: A written paper is required for testing starting for students testing for Green Belt with stripe level (5th Gup). There is a minimum word requirement at each level (except the 2nd stripe, not required at black stripe level) starting with 150 words for the first paper and increases by 50 for each testing.

Stripe system: Just prior to testing, students will earn color stripes (tape) on their belts. These stripes are earned for required Forms, and One Step Hands, Feet, and Self-Defense. The most important is a black stripe awarded for good behavior, proper respect and attitude both in class and at home. Parent's recommendation will be solicited for the student to earn this stripe. See the Stripe System section of this guide for detailed information.

Board breaking: When students tests for his/her Green Belt (all tests after/or sooner), they will be asked to break boards as part of their physical test. Breaking is a test of concentration and proper techniques.

Awards ceremony: After testing is complete, a day is set aside for an awards ceremony in which earned belts and stripes are awarded to the students. This is a time for the student's family to show support, congratulate the students, take pictures and videos etc. It is very important for the family to support the student's achievement by attending and bringing family and friends to the Award Celebration.

Award Celebration: After the awards ceremony all students and their families are invited to get together at a designated location for food/fun. This celebration is a great social event that allows everyone to get to know others involved and helps to bring everyone together as a karate family.

Testing for Black Belt – There are special requirements to test for Black belt. Blue belts will be required to attend the Regional May cycle testing evaluation, one clinic and one tournament prior to testing. If a student misses one of the clinics or tournaments they must wait one year to test. Testing fees are different and dependent on the WTSDA fees (will be announced at blue belt).

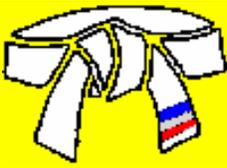


Stripe System

Purpose: Promotions provide students with feedback on their performance.

Student Requirements:

- Learn the material from white belt to the belt they are **GOING TO** (Example: an Orange Belt with one stripe will prepare, study and test for the Green Belt Material - e.g. One Steps #1 – 10). The student (Adult/Child) must earn 5 colored stripes, which represent each area of their testing requirements. Students going for their black striped belt will be tested on their progress on their left side.
- For each stripe - allowed two MINOR mistakes (small, e.g. slightly wrong hand position, move in a form, or adjusting a slightly incorrectly placed foot) or one MAJOR (e.g. temporarily forgotten technique, wrong order for one step). Example: a student testing who is required to know 1-20, is only allowed 2 minor mistakes or one major (wrong move). Student will not be allowed to completely forget moves in a form or a one step and pass.
- Notify the instructor when they are ready to be tested for a stripe.
- Remove all color stripes prior to the formal testing to prepare for the new cycle.
- Green and above must meet the beginner and advanced requirements.

Stripe Color	Test Area	Beginner Requirements White/Orange	Advanced Requirements Green and Above
	Yellow Hyungs (Forms)	<ul style="list-style-type: none"> • Good Stance • Look, fold, step, block • Good kicks, blocks, strikes 	<ul style="list-style-type: none"> • All White/Orange • Improved Technique • Timing, Rhythm, and Focus
	Blue Self-Defense (Ho Sin Sul)	<ul style="list-style-type: none"> • Correct hand position • Make partner tap out 	<ul style="list-style-type: none"> • Proper foot and hand movement • Improved technique
	Red One Steps Punches (Il Soo Sik Soo Ki)	<ul style="list-style-type: none"> • Correct foot work • Eye focus • Believable techniques 	<ul style="list-style-type: none"> • Improved technique • Eye contact • More realistic technique
	Green One Step Kicks (Il Soo Sik Jok Ki)	<ul style="list-style-type: none"> • Balance • Focus • Distance 	<ul style="list-style-type: none"> • Controlled power • Closer, but safe distance
	Black ATTITUDE & Ki Hap (Loud Shout / Yell)	Attitude <ul style="list-style-type: none"> • In Class: Student must have a great attitude and good SPORTSMANSHIP (No Ego!) • Ki Hap: Loud and Focused from the lower abdomen (Dan Jun). • Outside of Class: Home and school - Instructor MUST meet with Parents. 	



Board Breaking

As mentioned previously, when a student tests for his Green Belt (and all tests after that, and sometimes sooner), they will be asked to break boards as part of their physical test. Breaking is a test of concentration and proper technique.

Boards will be provided up until the rank of Black Belt. The fee for the cost of the wood is included in the testing fee. When it is time for the student to provide their own wood, the following are guidelines for finding the proper wood:

- Should be cut from white pine
- Should have straight grain and is without knots
- Should be dry, lightweight and should sound hollow when tapped; the drier the wood the easier it is to break. Sap in the wood acts like glue and makes the board dense and harder to break. You should be able to make a slight indentation in the wood with your fingernail.
- Should be 1 inch thick, 12 inches wide and the height should depend on the age or size of the student.
- Generally boards should be cut (across the grain):
 - ✓ 6” for small children approximate age 6-11
 - ✓ 8” for approximate age 8-12 yr olds,
 - ✓ and 10” for teens and adults.





Tournament Preparation

Important Requirements for Tournament:

- ✓ **Be Respectful**
- ✓ **Do Your Very Best**
- ✓ **Have A Good Time**
- ✓ **MEET SOMEONE NEW**

These points will help the student experience the fun and friendship of other Tang Soo Do families. Remember to support each other, especially those from your school. Meeting someone new enhances the overall experience; get their home address and e-mail (if possible). Students may want to take small gifts (key chains, 'T' Shirts etc) to exchange or give to people with whom they want to build a memory.

The judges will evaluate on how well the students perform each event. The student should use proper etiquette (Sir and Ma'am to the Black Belts). Do not argue with the judges (students and parents are required to see Master Roberts if there is a problem).

Gup/Dan	<u>Permitted Hyungs (empty hand):</u>	<u>Permitted Hyungs (weapons):</u>
10 th	Sae Kye Hyung Il Bu	NONE
9 th	Sae Kye Hyung Il Bu or E Bu	NONE
8 th	Sae Kye Hyung E Bu or Sam Bu	NONE
7 th	Sae Kye Hyung Sam Bu or Pyung Ahn Cho Dan	NONE
6 th	Pyung Ahn Cho Dan or E Dan	NONE
5 th	Pyung Ahn E Dan or Sam Dan	NONE
4 th	Pyung Ahn Sam Dan or Sah Dan	Bong Hyung Il Bu
3 rd	Pyung Ahn Sah Dan or Oh Dan	Bong Hyung Il Bu
2 nd	Pyung Ahn Oh Dan or Bassai	Bong Hyung Il Bu
1 st	Bassai or Naihanchi Cho Dan	Bong Hyung Il Bu or E Bu
Cho Dan Bo	Naihanchi Cho Dan or Sip Soo	Bong Hyung E Bu
Cho Dan	Sip Soo or Naihanchi E Dan	Bong Hyung E Bu or Sam Bu
E Dan	Naihanchi E Dan, Sam Dan or Jin Do	Bong Hyung Sam Bu or Dan Gum
Sam Dan	Naihanchi Sam Dan, Jin Do, Ro Hai, or Kong Sang Koon	Dan Gum or Jang Gum



The following are some things the judges look for during the student's performance:

Competition Ethics:

- Participants: Complaints or appeals will not be allowed. Competitors shall inform their own instructor of any perceived unjustifiable judgments or conduct in the ring.
- Instructors/Parents/Spectators: Coaching is not allowed. Provocative behavior at the side of the ring will not be tolerated. If the ring director feels that the application of the rules has been improper, they are to report it to the Championship Committee.

Introduction - for Hyungs (weapons and non-weapon). The student's presentation will start when they enter the tournament floor (sit quietly).

1. The student will be allowed to perform the form required for the rank they are in or the rank they are working towards.
2. The student will be placed near rings (squares marked off on the floor) according to the student's age, sex, and rank.
3. There will be one black belt in charge of the ring, supported by other black belts. There will also be a score/time keeper.
4. The student will be asked to sit at the edge of a ring. Someone will call out the names. They may start by calling a name, telling that person to come forward and also call out another person's name (telling them they are "on deck" or "next up").
5. An example of how to report to the judges:
 - When the student's name is called: stand, call out loud "YES SIR or MA'AM and bow!
 - Move quickly to the edge of the ring and bow (feet together).
 - After the bow, go before the judges and bow again.
 - Then, come to Choon Bee Ja Sae (ready stance).
 - Tell the judges:
 - Say "Shim Sa Kwan Nim" or Judges;
 - My NAME is _____ (your Name);
 - My SCHOOL IS ***Arrowhead Tang Soo Do;***
 - My Instructors Name is ***Master Roberts/Ms. Roberts;***
 - The HYUNG I would like to perform is _____ (name of Form);
 - With your permission, may I begin?
 - Upon the center judge's permission to begin, move back to your starting position without turning your back on the judges.
 - Wait and take a deep breath, relax and then begin.



6. Judges will look for:
 - Timing: proper rhythm; correct speed (not too fast or too slow); smooth (not waiting to do the next move because you don't remember, hesitating is not good)
 - Proper Stances: low and controlled (not falling down or wiggling); in the correct stance; shoulders in the proper position for the stance
 - Power
 - Focus: movement of eyes and head; strikes or kicks are on target
 - Ki Hap (yell, loud and focused)
 - Concentration (determined looking)

Tournament Sparring

1. Safety: All participants will be required to wear safety equipment. Boys will be required to wear cups and it is recommended for girls. All students will wear a mouthpiece, hands, feet and headgear. Do not count on borrowing gear at the tournament.
2. The student will sit at the edge of the ring until your name is called and you are paired up with someone. Then they will be asked to come to the center of the ring, bow to the center judge and then to each other.
3. Tips:
 - Keep your hands up at all times!
 - You won't have much time, so do not wait too long to try to score points.
 - Remember if you block a technique, execute a technique immediately after. For example, if you block a front kick, immediately perform a reverse punch.
 - Always execute a minimum of three techniques just in case you miss one.
 - Do not try to kick high if unable to kick comfortably.
 - Ki Hap on every technique, especially on the last technique. If the student appears to get the technique in and he/she Ki Haps loud, the judges will believe they were on target and the student might get the point.

Sparring operation:

- Elimination **2 minute rounds**
- Finals **3 minutes**
- Overtime: **Gup** – 5 minutes or first point winner. If the match continues for more than 5 minutes without valid points on either side, the decision will be made by the panel of the judges. **Dan** – Unlimited time, or first point winner.

Winning Points:

- Elimination **3 points**
- Finals **Total points**
- Time is up **Most total points**
- Overtime **First point is winner**



Target Area for Valid Points: The front and sides of the body above the belt for hand and foot techniques.

NO CONTACT TO THE HEAD – Controlled to the body, no contact required!

- Hand Techniques: Body only. Reverse punch and front hand lunge punch are the only allowable techniques for scoring.
- Foot Techniques: Any kicking technique above the belt level.
- Illegal Techniques: Boxing jab, uppercut and cross punch are not allowed. Illegal offensive techniques using head, elbows, back fist, back wrist, fingers, spear hand, ridgehand, knee, toes, and knife and are not allowed.

Warnings: Unintentional and not too serious offense, a “**caution**” call will be made (judges will hold a discussion). Two cautions equal a warning. Two warnings to any competitor (not just the same technique) will result in a point deduction from the score. Warnings will be called for the following prohibited techniques and contacts:

- Throwing
- Attempting face contact
- Grabbing/holding
- Pushing techniques
- Escaping sparring by showing back to opponent
- Running out of the ring
- Sweeping
- Stalling
- Deliberately attacking an unauthorized vital area
- Pretending pain or injury
- Others – using illegal techniques and targets

Penalty – One (1) Point Deduction

1. Attacking fallen opponent
2. Contacting the opponent’s face with fist
3. Intentional attack after declaration of “Jung Ji” (finish)
4. Attempting use of an unauthorized technique (butting, kneeing, biting, gouging, etc.)
5. Two (2) warnings will result in one (1) point deduction
6. One (1) penalty will result in one (1) point deduction

Disqualification’s

1. Any two (2) penalty points
2. Injuring the opponent’s face by fist attack
3. Injuring the opponent’s face by a malicious attack
4. Any excessive contact as determined by the referee and judges
5. Misconduct against the referee or judge
6. Conduct unbecoming to the Tang Soo Do spirit



Handling Injury: When a contestant is not able to continue the match due to injury, the other contestant should return to the starting position in the ring, turn their back and humbly kneel and bow their head. If the judges determine that the uninjured contestant is responsible for the injury, he/she may be disqualified.

Points: Points shall be called for techniques having correct form, distance, balance, focus, control. All authorized techniques are ONE (1) point.

Note: Must have one foot in the ring to score a valid point.

Scoring: Majority vote determines points (awarded or deducted).

Enjoy the tournament - be respectful, do your best, and make a new friend!

“Winning... is when you have given ALL you had to give...done YOUR best, and not lost sight of who YOU ARE”!



Physical Fitness Program

In today's hectic society, there is no doubt that we need self-defense skills. Equally important are physical fitness and methods for the release of the daily stress. Whether you are seeking self-defense, better health, physical fitness or discipline, our Tang Soo Do training can meet those needs. The theory of martial arts training is based on the whole person concept (mind-body-spirit). We enjoy sound minds and strong bodies through rigorous training and hard work. Exercise is not just for one certain person. You're never too young or too old to get started. Regardless of age, gender or physical ability, you can benefit from physical activity.

Goals:

- Challenge the students to perform exercises that build strength, endurance & flexibility as well as motivate students to adopt and maintain a healthy active lifestyle
- Communicate to the student the importance of physical fitness and its link to good health
- Show the importance of a healthy diet and an active healthy lifestyle

Components of the physical fitness program:

- Endurance run: 1 mile
- Right angle pushups (one minute) for upper body strength & endurance
- Sit ups (one minute) for abdominal strength & endurance
- Vertical leap (for lower body strength & jumping ability)
- Sit & reach (for muscle flexibility & injury prevention)

Tracking:

- Initially, students are tested and recorded as a baseline
- Monthly, each student is tested to track his/her progress
- Quarterly, awards will be given for "most improved" and "most physically fit student of the quarter"

Training schedule:

- Students will be expected to take a few minutes each day for sit-ups & pushups, coinciding with a regular training schedule
- A running club meets weekly (usually on Saturday) before class
- Parents and siblings can play an important part in the physical fitness program. Parents are encouraged to coach and motivate students to maintain a routine training schedule outside of class. Students will be given a training log to keep track of their progress & have parent's sign off on it.



Visiting Other Studios (Dojang)

One of the great joys of being a member of the World Tang Soo Do Association is the opportunity to train with students almost anywhere in the world. If you are traveling and there is a World Tang Soo Do studio near where you will be, you may want to consider stopping in for a visit or training session if scheduling permits.

Proper protocol must be observed in order to do this. You should first ask your instructor for permission to train at another studio. Then you must contact the studio owner where you will be visiting beforehand to ask permission to stop by. Headquarters in Philadelphia, or the Internet can provide you with a list of certified studios all over the world. Frequently, a visit to a new Dojang can be the highlight of a trip for a student.



Frequently Asked Questions and Answers

Insert a Q and A Symbol

QUESTION: Who will be instructing the class?

ANSWER: In order to teach in the World Tang Soo Do Association, all instructors are required to pass an Instructor's Certification program. Furthermore, our Black Belt instructors participate in regularly scheduled instructor classes, training camps and seminars. You may also see several assistant instructors who work with students in small groups or even individually. When you observe a Tang Soo Do class, you will see students enjoying themselves in a friendly environment led by caring, knowledgeable teachers.

QUESTION: Will classes leave my child battered? Will my child become a bully?

ANSWER: While classes are designed to be fun and exciting, we also teach that what we are learning should never be taken lightly. Safety gear and special equipment are required, and respect for others and self-control are two rules we strongly emphasize. The codes and tenants, which serve as our foundation, reinforce tolerance and compassion for others.

QUESTION: Should I join Tang Soo Do with my child?

ANSWER: Absolutely!!! Every student trains at his/her own pace, so anyone, regardless of age or present condition, can study Tang Soo Do. Karate is done from a standing position, and kicks and punches are learned without body contact. In this way, coordination and flexibility can be increased at any age. Also, when children see important values illustrated by their own parents, they have strong role models to follow. Fun, wholesome activity, like Tang Soo Do, actively involves the whole family and strengthens family ties. It's true: Families *that kick together stick together!*

QUESTION: How do I pay my dues and what if I am late?

ANSWER: Karate dues will be paid on the first of the month to the YMCA and will be considered late after the 10th. Currently, monthly payments are made out to the YMCA and given to Mrs. or Master Roberts. If dues are paid after the 10th, a late fee of \$10.00 will be paid to Arrowhead Tang Soo Do (ARROWHEAD TANG SOO DO) in addition to the monthly dues paid to the YMCA.



Frequently Asked Questions and Answers (Continued)

QUESTION: How much are the fees for testing?

ANSWER: The fees for testing are currently \$45.00, but are subject to change. This fee pays for your student's belt, boards and the required testing paperwork (submitted to the WTSDA for their records).

QUESTION: How long will it take my son or daughter to get their Black Belt?

ANSWER: As discussed earlier in this guide, each student progresses at his or her own pace. While the student manual indicates as little as a 3-year process, children will take longer and no two children or adults are the same. Parents can help their child by understanding what the instructor expects of the student at each belt level. Encourage your child to spend additional time on their material at home to ensure they are ready for the responsibility for the next rank. Students should not be hurried or moved along before they are ready. Rushing a student may leave them ill prepared for their future rank.

QUESTION: How should I care for the uniform and belt?

ANSWER: The uniform (Do Bohk) should be kept clean and have all of the required patches attached in the proper places. Use caution when using bleach, some students have changed the color of their patches, Do Bohk, and studio logo. The Do Bohk should be ironed from the inside to avoid damage to the studio logo. The belt should **NOT** be washed and should be treated with respect. Students will be expected to wear their Do Bohk and belt during every class. The Do Bohk and belt should be folded and tied when not in use after washing according to the Tang Soo Do Student's Manual. Belts should be placed in the student's workout bag when not worn, and should not be worn outside the training area.

QUESTION: Do I need to be a YMCA member to take ARROWHEAD TANG SOO DO karate classes?

ANSWER: Yes. You may join the YMCA as a Program or Facility member. However, you can receive a discount on your monthly ARROWHEAD TANG SOO DO dues should you chose to join the YMCA as a Facility member.

Program member, an ARROWHEAD TANG SOO DO student who is not taking advantage of the YMCA facility (e.g. weights, cardio classes, discounts on other programs), which will allow you to train without joining the YMCA; however, the fee for this program is a little more.

Facility member, a member who has paid for the additional services provided by the YMCA. This membership will allow you to take advantage of the YMCA facility and receive a discount on your membership fees at ARROWHEAD TANG SOO DO. To join as an ARROWHEAD



TANG SOO DO Facility member you will sign up as a YMCA Facility Member. If at any time you stop your facility membership, you will be asked to change over as a Program Member

QUESTION: What are the class schedules?

ANSWER: Classes are held on Mondays, Wednesdays and Saturdays for all ages and ranks. Adult classes are held on Thursdays for all ranks. The Black Belt Club (Red Belt and above by invitation) classes are held on the first Friday of the month. Additional classes are offered for all ages and ranks just prior to testing and the annual regional tournament. See bulletin board and website for specific times and schedules.

QUESTION: What books do you recommend and where do I get them?

ANSWER: As mentioned earlier in this handout, the students should purchase Grandmaster Shin's series on TSD. If you are not able to purchase all of the books right now, students should purchase *Traditional Tang Soo Do Volume I "The Essence"*; *Traditional Tang Soo Do Volume II "The Basics"*; *Traditional Tang Soo Do Volume III "The Dae Ryun"*.

QUESTION: What should my child bring to class?

ANSWER: Students should bring a bag (see Mrs. Roberts for details) containing their Gup Manual, Gup Study Guide, Grandmaster Shin's books and a binder with blank paper to take notes. They should also carry a clean uniform with their belt properly tied to the belt, sparing gear and their YMCA program card.

QUESTION: How can I help my child be successful in their training?

ANSWER: Parents can support their child's development by helping them make it to every class, tournament, and clinic possible. Students who train an extra 15 minutes a day on their off days tend to be more successful. Parents who purchase the required training material and attend testing celebrations shows a great support and demonstrate the importance the parent applies to the training.

Published by:
Arrowhead Tang Soo Do
In Partnership with the Glendale Peoria YMCA
Glendale, Arizona
Affiliated with the World Tang Soo Do Association.

ARROWHEAD TANG SOO DO Website: <http://www.arrowheadtangsoodo.com>