



### **Student Handbook**

**172 Chapel St, Harrisville, RI 02830**

**3<sup>rd</sup> Dan Audrey Hussey, Instructor**

**401-575-8477**

#### **Monday**

*Kids* **Ages 5-8** 5:15-6:00 pm

*Kids* **Ages 9-12** 6:15-7:15 pm

*Adults* **Ages 13 and up** 7:30-8:30 pm

#### **Tuesday**

*Homeschool* **Families 6 and up** 10:00 am to 11:00 am

#### **Wednesdays**

*Kids* **Ages 5-8** 5:15-6:00 pm

*Kids* **Ages 9-12** 6:15-7:15 pm

*Adults* **Ages 13 and up** 7:30-8:30 pm

#### **Thursdays**

*Kids* **Ages 5-8** 5:15-6:00 pm

*Kids* **Ages 9-12** 6:15-7:15 pm

*Adults* **Ages 13 and up** 7:30-8:30 pm

#### **Saturdays**

*Self Defense* **Ages 10+** 9-9:30am

*Kids* **Ages 9-12** 9:30-10:30

*Adults* **Ages 13 and up** 10:45-11:45

## Hyung (Forms) Requirements

These are our hyung (form) requirements for Gups (underbelt) to learn in order to grade for black belt. Student will learn these forms as they progress, each form introducing new techniques to master before moving on to the next. All hyung are taught by an instructor.

Village Martial Arts Tang Soo Do Gup Hyungs

<b>FORM</b>	<b>REPRESENTING</b>	<b>MEANING</b>
Kee cho hyung il bu	Basic form one	The beginning
Kee cho hyung e bu	Basic form two	The beginning
Kee cho hyung sam bu	Basic form three	The beginning
Pyung ahn hyung cho dan	Turtle form one	Calm and balanced
Chil sung hyung il ru	Seven stars form one	Seven stars
Pyung ahn hyung e dan	Turtle form two	Calm and balanced
Pyung ahn hyung sam dan	Turtle form three	Calm and balanced
Pyung ahn hyung sah dan	Turtle form four	Calm and balanced
Pyung ahn hyung oh dan	Turtle form five	Calm and balanced
Chil sung hyung e ru	Seven stars form two	Seven stars
Bassai hyung	Cobra	Force and speed
Naihanji hyung cho dan	Horse form one	Heavy, strong
Naihanji hyung e dan	Horse form two	Heavy, strong
Naihanji hyung sam dan	Horse form three	Heavy, strong
Chil sung hyung sam ro	Seven stars form three	Seven stars

## **Ten Articles of Faith**

Be loyal to your country

Be obedient to parents & elders

Be loving between husband & wife

Be cooperative between brothers

Be respectful to elders

Be faithful to your teacher

Be faithful to your friends

Distinguish the difference between good and evil

Never retreat in battle

Always finish what you start

## **Eight Key Concepts**

To develop the character and physical abilities of martial arts

Yong Gi - Courage

Chung Shin Tong II - Concentration

In Neh - Endurance

Chung Jik - Honesty

Kyum Son - Humility

Him Cho Chung - Control of power

Shin Chook - Tension and relaxation

Wan Gup - Speed control

## The Student Creed

1. I intend to develop myself in a positive manner and avoid anything that could reduce my mental growth or physical health.
2. I intend to develop self-discipline in order to bring out the best in myself and others.
3. I intend to use what I learn for defense only and never be abusive or offensive.

## Tenets of Tang Soo Do

1. **Integrity** - All Tang Soo Do practitioners strive to be honest, sincere, noble and upright. This virtue of integrity serves as the foundation upon which all others stand.
2. **Concentration** - Focusing our mind is one of the most important elements in Tang Soo Do, and concentration is the most important part. The ability to focus on one thing through many thoughts and distractions is concentration. It happens by avoiding all other interferences. This can help you in your karate, schoolwork, your job, and in reaching all of your goals in life!
3. **Perseverance** - Nothing can be achieved without persistent and repeated effort. This is the only way to reach a goal. The highest goal is always located behind steep peaks which costs you pain and sacrifice. In the training of Tang Soo Do, an enduring willpower should be practiced.
4. **Respect & Obedience** - This is a sincere effort to understand and appreciate the customs and values of other people. Students should be able to subordinate their own personal ego or vanity to the order of the instructor and to the dojang rules.
5. **Self-Control** - Taoist Lao Tzu quoted, "Winning over self is truly more difficult than conquering another person." Indeed, control of your "self" is needed to develop good character. Students should not lose prudence, but should discover self first and learn to control that self, both physically and mentally.
6. **Humility** - Tang Soo Do training requires bowing (kyung yet) through the entire training regimen. Bowing trains the students in self-respect and humility. Humility is a winning power against self importance. Humility does not make enemies. Be humble, continue to criticize and correct yourself, not others, then you will achieve your humility "While empty heads and grain stand straight, the ripe grain bends."
7. **Indomitable Spirit** - An endless struggle with difficulty is one of the most essential elements in making you a success. In general, life is full of struggles, and chances of failure. However, you can stand up and try again, or you can give up. Proper Tang Soo Do training incorporates this quality... "A winner never quits, and a quitter never wins."

## The History of Tang Soo Do

Tang Soo Do is a relatively modern martial art based on the Korean art of Soo Bahk Do, which has existed for many centuries. Soo Bahk originated during the Silla Dynasty (618 to 935 A.D.) "Tang Soo Do" translates to mean "Way of the China hand". "Tang" represents the Tang Dynasty of China. "Soo" means hand and "Do" is a way or system.

The late Hwang Kee, founder of Tang Soo Do, mastered Soo Bahk Do and Tae Kyun, a Korean system known for its powerful kicks. In 1936 he traveled to Northern China where he encountered a martial arts style called the Tang Method. From 1936 to 1945 he combined the techniques of Soo Bahk Do with those of the Tang Method and developed Moo Duk Kwan Tang Soo Do. It was officially registered in Korea on November 9, 1945 as the Korean Soo Bahk Do Association. The art we now know as Tang Soo Do is a composite style made of 60% Soo Bahk Do and 40% Chinese arts. It is both a hard and soft style.



Grandmaster Hwang Kee, the Founder of Tang Soo Do. This October 1960 photo, taken in Korea, Jae Chul Shin (standing 2nd from the right in the back row).



# TERMINOLOGY 唐手道

Classes are conducted using Korean Terms. Students will learn these with time and repetition!

## Basic Terms

Training Hall/Studio	Dojang
Belt	Dee
Black Belt	Dan
Color Belt	Gup
Uniform	Do bahk
Form/pattern	Hyung
Left	Wen
Right	Orrin
Dae Ryun	Sparring
One Step Sparring	Il Su Sik Dae Ryun
Self Defense	Ho Sin Sul
Kyuk Pa	Breaking
Focused Yell	Ki Hap
Return to Ready Position	Ba Ro
Rest	Shio
Turn	Tora
Sit	An Jo
Bow	Kyung Yet
Ku Map Sum Ni Da	Thank you for letting us teach you
Choo Mun Dayo	Thank you for teaching us
Up	Yup
Side	Ahp
Back	Dwi

## Hand Techniques/Strikes

Middle Punch	Choong Dan Kong Kyuck
High Punch	Sang Dan Kong Kyuck
Side Punch	When Jin Kong Kyuck
Fore Fist (front) Punch	Jung Kwon Kong Kyuck
Spear Hand	Kwan Soo Kong Kyuck
Knife Hand	Soo Do Kong Kyuck
Back Fist	Cap Kwon Kong Kyuck
Elbow Strike	Pahl Koop Kong Kyuck
Palm Heel	Jang Kwon Kong Kyuck
Hammer Fist	Kwon Do Kong Kyuck
Ridge Hand	Yuk Soo Do Kong Kyuck

## Stances

Attention	Charyut
Ready Stance	Choon Bee Ja Seh
Front Stance	Chun Gul Ja Seh
Fighting Stance	Hy Kul Ja Seh
Side Stance	Sa Ko Rip Ja Seh
Horse Stance	Kee Ma Ja Seh
Cross Leg Stance	Kyo Cha Rip Ja Seh
Crane Stance	Han Bal Soo Kee Ja Seh

## Foot Techniques

Front Snap Kick	Ahp Cha Ki
Inside/Out Kick	Ahneso Pahkuro Cha ki
Outside/Inside Kick	Pahkeso Ahnu ro Cha Ki
Side Kick	Yup Cha Ki
Roundhouse Kick	Dull Ryo Cha Ki
Back Kick	Dwi Cha Ki
Front Stretch Kick	Ahp Podo Oll Ri Ki
Spin In/Outside Kick	Dwi Ahneso Pahkuro Cha Ki
Side Hook Kick to Front	Yup Hu Ryo Cha Ki
Spin Hook Kick	Dwi Yup Hu Ri Ki
Reverse Roundhouse Kick	Peet Cha Ki
Jump Front Kick	E-Dan Ahp Cha Ki

## Hand Techniques/Blocks

Low Block	Ha Dan Mahk Kee
High Block	Ssang Dan Mahk Ki
Inner/outer Block	Ahneso Pahkuro Mahk Ki
Outer/inner Block	Pahkeso Ahnuro Mahk Ki
Knife Hand Middle Block	Chun Dan Soo Do Mahk Ki
Low Knife Hand Block	Ha Dan Soo Do Mahk Ki
High Knife Hand Block	Ssang Dan Soo Do Mahk Ki
Two Fist Middle Block	Chun Gul Ssang Soo Mahk Ki
Low X (Cross) Block	Ssang Soo Ha Dan Mahk Ki
High X (Cross) Block	Ssang Soo Sang Dan Mahk Ki
Two Hand Block	Ssang Soo Dan Mahk Ki



## Counting 唐手道

One.....Hana  
Two.....Dool  
Three.....Set  
Four.....Net  
Five.....Ta sot  
Six.....Yah sot  
Seven.....Il gop  
Eight.....Yo dol  
Nine.....Ah hop  
Ten.....Yol  
Eleven.....Yol Hana  
Twelve.....Yol tul  
Thirteen.....Yol set  
Fourteen.....Yol net  
Fifteen.....Yol ta sot  
Sixteen.....Yol Yosot  
Seventeen.....Yol Ilgop  
Eighteen.....Yol yo dolp  
Nineteen.....Yol ah hop

Twenty.....Sumul  
Thirty.....Sorun  
Forty.....Mahun  
Fifty.....Shween  
Sixty.....Yesun  
Seventy.....Irun  
Eighty.....Yodun  
Ninety.....Ahun  
One Hundred...Baek



## **Dojang Behavior** 唐手道

Martial Arts fosters an attitude of respect and humility. We practice certain “traditions”, in order to make the most of every minute of training time and keep things running smoothly.

### **STUDENTS**

We bow into and out of the training area.

Students do not leave the training floor without permission!

Instructors are addressed as “Ma'am” or “Sir”

We are silent when our instructor is speaking.

If you raise our hand, you will be heard, there is no talking in line otherwise.

We keep our hands to ourselves unless we're practicing our karate.

Belts are only worn in our training area.

Always bow when addressing your instructor.

No jewelry in class, except for medical bracelets and new earring studs.

No eating in the training area.

The instructor will give water breaks, otherwise students are not to leave their class group without permission.

Tell your instructor if you have an injury, or are ill!

Never let your belt touch the floor.

Belts are put on on one knee facing a U.S. Flag. The same is done to remove your belt also.

Never walk directly in front of an instructor. You should really never walk in front of anyone, if that's impossible, excuse yourself.

It's not necessary to correct your fellow students. Please allow your instructor to correct the other students.

### **PARENTS**

Thank you for trusting your/your child's training to us! It is an honor to teach karate, and we ask that you come to us with any questions or concerns.

Please, always ask your child how class was. Ask them to show you what they learned, they LOVE that you take an interest. Don't worry about correcting them, we are watching and will make the necessary corrections. Always be positive with feedback! Let us know if there's any potential problems so we can address them asap. Please don't worry about coaching them from the parent area, it's best to let us take care of what goes on on the floor.

A word about taking karate away for misbehavior/poor grades: It will seem like a good motivation, if your child is having issues outside of the dojang, let karate help! We foster a pride in our behavior on and off the floor, including grades. I will periodically ask about school, etc, in 1 on 1 meetings, to give them a chance to work on problem areas in the dojang and out.

All dues are paid by electronic withdrawal, either from debit, credit, or bank account.

Cancelling memberships need to be done in writing, this protects you as well as VMA.

Cancellations will be announced on our Facebook Page [Facebook.com/villagemartialartstsd](https://www.facebook.com/villagemartialartstsd), and through email blast.



# BELT PROGRESSION

This chart is to help guide you when you or your child is promoted, the correct amount of stripes on the belt corresponds with the # gup graded to, which is on the certificate given by Grandmaster Cheezic.

