

**World Tang Soo Do Association
Region 5**

Cho Dan Study Guide

History

This dynasty united Korea's three kingdoms in 668 AD.

Where was the Koguryo Dynasty was located?

What year was the Paekche Dynasty founded?

Who were the Hwa Rang Dan?

How old is Tang Soo Do?

The name of the warlord who overthrew the Silla Dynasty

The name of the first complete martial arts book

The year the first complete martial arts book was written

The monk who originated the 5 codes

After the overthrow of the Silla Dynasty, what kingdom was formed?

How old is the Do Bahk?

What were the five codes of Tang Soo Do originally called?

When was the Japanese occupation of Korea?

What is the formal name of Tang Soo Do?

Who was Grandmaster Shin's first instructor?

What does Tang Soo Do mean?

What was the name of Grandmaster Hwang Kee's first school?

What is the origin of Martial Arts?

What does Moo Duk Kwan mean?

Philosophy

What are the purposes of Tang Soo Do training?

What are the 5 codes of Tang Soo Do?

What does Black Belt represent?

What are the 3 mottos of the World Tang Soo Do Association?

What are the 7 tenets?

What do the symbols on the Korean flag represent?

What do the symbols on the WTSDA insignia represent?

How are the belts defined described in the gup manual?

What are the 14 attitude requirements?

Grandmaster Shin and the WTSDA

Where was the location of Grandmaster Shin's first school?

What countries were at the WTSDA charter convention?

When did Grandmaster Shin come to the United States?

How old was Grandmaster Shin when he began training?

In what year was Grandmaster Shin born?

In what subject did Grandmaster Shin earn his Master's degree?

Grandmaster Shin is the focus of an entire chapter in what book?

What is our region?

Know the who, where and when of the charter convention

In what year was Grandmaster Shin recruited into the Korean Air Force?

What was the final rank of Grand Master Shin?

Terminology

English	Korean
Breaking	Kyuck Pa
Senior member	Sun Bae
Focus of eyes	Shi Sun
Concentration	Chung Shin Tong Il
By the count	Ku Ryung E Mat Cho So
Free sparring	Ja Yu Dae Ryun
Internal power exercise	Nae Kong
Association flag	Hyup Hoi Ki
Thank you	Ko Map Sum Ni Da
Kick techniques	Jok Ki
Examiner	Shim Sa Kwan Nim
Humility	Kyum Son
Spiritual power exercise	Shim Kong
Balance	Chung Shim
Basic techniques exercise	Ki Cho Woon Dong
Front stance	Chun Kul Ja Seh
Axe kick	Cchik Ki
Low two hand X block	Ssang Soo Ha Dan Mahk Ki
Wheel kick	Dwi Hu Ryo Cha Ki
Horse riding stance	Kee Ma Ja Seh
Spear hand punch	Kwan Soo Kong Kyuck
Inside/Outside block	Ahneso Phaku Ro Mahk Ki
Front kick	Ahp Cha Ki
Side stretch kick	Yup Poto Oly Ki
Jump spinning back kick	E Dan Dwi Tollyo Cha Ki
Low knife hand block	Ha Dan Soo Do Mahk Ki
High block, fighting stance	Hu Kul Sang Dan Mahk Ki
Side defense	Choong Dan Yup Mahk Ki
Outside/Inside kick	Phakeso Ahnu Ro Cha Ki
Knife hand defense/reverse punch,	Yuk Jin
Forehead	I Ma
Chin	Tuck
Solar Plexus	Myung Chi
Philtrum	In Choong
Groin	Ko Hwan
Arm	Pahl
Foot	Bahl
Fist	Chu Mok
Neck	Mok
Elbow	Pahl Koop

