



**STUDENT MANUAL & HANDBOOK
REVISED AND EXPANDED EDITION
2018**



**2018 RMAI 2.0 MANUAL & HANDBOOK
REVISED & EXPANDED EDITION**

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REVISED & EXPANDED EDITION**

**Written and compiled by
Michael S. Celona
Master Instructor**

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This Manual belongs to:

**If lost, please return to: REVOLUTION MARTIAL ARTS INSTITUTE
625 S. Chester Rd.
Swarthmore, PA 19081**

Welcome!

We are so happy and excited you chose Revolution Martial Arts Institute as the studio for you and your family. We hope you will quickly learn what many have learned since we've opened our doors in 2012, that we are the area's top choice for quality Martial Arts instruction.

Our Mission and driving philosophy here is that Martial Arts is a vehicle towards your own personal REVOLUTION. By that we mean that whatever you seek to develop or improve, about yourself (or your child), martial arts will help give you the will, drive, and confidence you need to achieve victory. Our approach is that we've taken the best we've found from Traditional Martial Arts training and combined it with some of the most successful modern training concepts to give you a revolutionary system.

Many recommend Martial Arts training for a variety of different things. It has been shown to help with confidence, self-esteem, wellness and health. It can greatly help children who have been diagnosed ADD or ADHD. In children as well as adults it can improve patience, discipline, and self-control. Students not only learn how to respect others, but themselves and surroundings as well.

These are all fantastic and great, but how does training in the Martial Arts help all of these things and more? Some lose the connection between yelling, punching and kicking in a group with other sweaty individuals and developing all of these coveted character traits. I can't give you a quick, one-size fits all answer, but I can give you a general one that I hope will start you on your path. I warn you though, what I'm about to say is extremely honest, and very much against what other instructors might tell you in the very beginning.

Each person is different, we all start from a different place so to speak, but eventually if we stick with it, and get past the preliminary awkwardness and difficulty, we all 'get it' and arrive closer to our individual destination. Martial Arts is all about varied periods of struggle, then dramatic improvement, then complete frustration, then barely noticeable improvement. All of this with periods of doubt, then periods of confidence sprinkled within. Not to mention... bruises, sore muscles, achy joints, bruised egos along the way.

SO, again.... How? Why bother?

Because we are a studio whose primary focus is for you to learn how to defend yourself. That's the 'Martial' in Martial Art. Through the rigors of training we make our bodies stronger. Through stretching we make our muscles more flexible. Through pushing ourselves in a hard workout, we forge the spirit of our inner warrior! Over time we feel more confident, sure of ourselves. Our self-esteem improves. People of all ages, professions, backgrounds, and social status, coming together to sweat and train as one. Forming a bond... a family. We become accountable to each other. There is no more "I don't feel like going to the gym today." It becomes more like... "I have to go train at RMAI, everyone will be there, and will miss me if I don't". Through these relationships we all push each other to be the absolute best we can be. We learn from each other, motivate each other, encourage and support one another. Martial Artists form some of the deepest bonds and friendships. Some that last forever.

I don't want to give you the impression though that it will be easy... Oh definitely not. In fact students will learn quickly that we pride ourselves on a standard of excellence. Strict discipline requirements, attention to detail, lots and LOTS of sweat. Remember, it's all by design.

Many people envision themselves becoming a Black Belt one day. Getting one at RMAI is VERY difficult... but you'll never realize how worthwhile it is until you've been there.

I don't want my students to be 'good at karate', I want them to be the BEST. I want it to be life-changing.

We are happy and *honored* to have you here..

Master Michael S. Celona
Owner of Revolution Martial Arts Institute
June 2017



RMAI Points to remember...

NO SHOES ON THE MATS! (...ever)

Hydrate plenty BEFORE class. Children are highly encouraged to use bathroom before class begins. Running to the bathroom during class (except for emergencies) is highly disruptive and can be abused by children, so generally is discouraged.

We are NOT a sport.

Be sure to always have the most current training schedule. Every official email sent out has an attached class schedule. Copies may also be obtained in the office.

Calendar of events are generally posted at least 3 months in advance, with any changes being announced in mass email and on the RMAI Facebook page. Be sure to provide a valid email address and follow the studio on social media. Copies may also be obtained in the office.

Always, be sure to arrive at least 5-10 minutes prior to the start of class. Students arriving late must quietly get ready and not disturb class in progress. Students should wait to bow into class with instructors' permission. Students arriving more than 10 minutes late will not receive class credit for attending. Repeated lateness is considered disrespectful and are a reflection of the student's general attitude towards training.

Testing is usually conducted for GUP (color belts) students the first or second week of predetermined testing months. The test is given on a Monday (Saturday for Red Belt ranks), and graduation ceremony is usually held on the following Friday evening. During testing, regular classes will not be held.

Martial Arts in the way it is taught and practiced at RMAI is not a sport, there is no off-season for excellence. However, 'Overly Competitive Father/Coaches' or equally competitive 'Activity collecting/Hovering/Bubble Soccer Moms' that yell out on to the mats, or give direction to their children are highly encouraged NOT to do that. Parents that want to help guide their child through their training should first put on a uniform and get on the mats to seek out how to do it properly themselves. Family discounts are available.

Always keep in mind, struggling is part of the journey. It is what helps to build confidence. Through overcoming adversity, and learning how to work through a problem area is how we develop true skill.

Students should focus primarily on their own technique, students should not engage in instructing other students unless given specific permission by an instructor.

When working with partners, their safety should be your primary concern. Practice intensely, but seek not to injure your practice partner.

Parents are not to be hanging out on the mats unless they are also students, and are in uniform. Younger students who are too shy, or scared to be on the mats must first learn how to overcome their initial fear (some times after a few sessions) and be on the mats without a parent.

Don't ask to test or to be promoted. That's one of the worse things you can do. With hard work and the proper progress... your time will come. The quickest someone might achieve 1st Degree Black Belt is approximately 4 ½ years. It might also take 10 years or 15. Just be consistent. You'll get there. If you have to ask, then you are probably not ready.

Treat the RMAI Dojang like you would your home. Pick up any trash you bring, don't allow younger children to climb up the walls or run amok. It's not a playground. The Dojang is a special place in which we cultivate your excellence.

Again... NO shoes on the mats.

REVISED EDITION 2018:

This manual has been carefully revised and organized in a fashion which should enhance your training. A tremendous amount of effort has been put into additional learning material and reference guides to take some of the guess work out of your personal practice. Photos and diagrams have been added; for not only aesthetic value, and to highlight some of our RMAI students, but also to provide visual representation. Furthermore, periodically throughout this handbook, sections have been provided for you to make additional notes. I encourage you to mark down your progress, achievements, setbacks, questions, answers. Log important steps in your training, breakthroughs, injuries and whatever else you can think of throughout your journey.

School Policy and Procedures

1. Please arrive at least 10-15 Minutes Prior to Class
2. When entering or leaving the Dojang, always remember to salute the flags, and bow to instructors and black belts.
3. No Shoes allowed on Training Floor
4. No Food, (including Chewing Gum) or Drink allowed on Training Floor
5. Only Water or Sports Drink (Gatorade, Powerade, H3O) are allowed in Dojang Area
6. When waiting for class to begin, please practice or stretch quietly
7. To minimize interruptions, Please use bathroom facility BEFORE or AFTER class.
8. Be sure to bring all necessary equipment to class.
9. NO Profanity or swearing on the Dojang floor, or in the lobby.
10. NO alcoholic beverages or smoking allowed at the Revolution Martial Arts Institute.
11. When arriving late, please wait quietly in the back until the instructor allows you to enter
12. All Black Belts should be referred to by their title and last name.
13. All Students must always respond to instructors with either “Sir” or “Ma’am”
14. There should be no horseplay in the Dojang, and in the lobby areas.
15. Students should show respect and courtesy by rising and bowing whenever an instructor enters the room even if the room is a lobby or office. If class under an assistant is in progress, it should be stopped upon senior instructor’s arrival, and all students should bow on command.
16. Students should have clean bodies and uniforms, trimmed nails, and hair kept neat as to avoid injury to themselves or other students
17. To Avoid damage to personal property, and injury; Students should avoid wearing jewelry in class; all watches, earrings, bracelets, necklaces, and rings should be removed prior to training. Rings which cannot be removed should be taped.
18. Students should help maintain a clean Dojang, lobby, and restroom out of respect to fellow students
19. Students shall not train with another instructor outside of the school without prior permission
20. If a student must leave early, they should inform the instructor at the beginning of class.
21. If a student receives conflicting information regarding a technique, questions should be reserved until after class.
22. Instructors will be referred to as:

Bu Kyo Sa Nim	1 st Dan	Instructor, Trainee
Kyo Sa Nim	2 nd Dan	Class Instructor
Bu Sa Bum Nim	3 rd Dan	Chief Instructor
Sa Bum Nim	4 th Dan or Higher	Master Instructor

23. Questions are encouraged, argument is disrespectful. If you do not understand the answer to a question, see the instructor in private

24. Students should not be in the school if they have been consuming alcohol or drugs or if the student has a communicable health problem. If the student is on a prescribed medication of any sort, the instructor should be notified if it may affect performance
25. Colored Belts or Non Instructors should not instruct except on direct orders from the instructor
26. Any student who is known to be fighting outside of the Dojang will be removed from the school. If the student is forced to physically defend themselves on the street, must immediately notify the Master Instructor of the incident to prevent him from finding out indirectly.
27. Students should get permission from the instructor before sparring or board-breaking outside of class
28. Students should obtain permission from their instructor before participating in any Martial Arts related event outside of their own Dojang. For example: tournaments, seminars...etc.
29. Students will not perform any technique or form above his or her rank unless authorized by the instructor.
30. Students must inform instructor of any injuries prior to the beginning of class, otherwise the student will be assumed to be in sound physical condition.
31. Always use proper control to avoid injury to yourself and others
32. Free Sparring is prohibited without instructor's permission
33. Students will refer to seniors as "Sir" or "Ma'am" even if the difference is only one gup rank. Senior students are warned not to misuse their position, and should show equal respect to junior students.
34. If one student is considerably older than another, the younger student must refer to the older student as "Sir" or "Ma'am" regardless of any rank. If the younger student outranks the older student, the older student must still show normal respect appropriate for their rank.
35. When on the Dojang floor, students must wear a white dobohk with the appropriate color belt. Black Belts 1st Dan and up will wear Black Pants and the appropriate color top specified within the Student Manual.
36. Patches must be attached on the students uniform prior to the first belt test
37. Men and Boys should not wear any shirt under their dobohk except for medical reasons.
38. Women and Girls must always wear a shirt or sports bra under their dobohk
39. Men and Boys are required to wear groin protection when sparring... no exceptions!
40. Uniform Belts should not be worn outside the school except for special occasions such as a tournament, demonstration, or awards ceremony.
41. The uniform belt is symbolic of your rank; therefore it should never be dragged on the ground or wadded up. When not in use, it should be neatly folded and put in a safe place.
42. Sparring is a chance to practice applying techniques, not to see who is a better fighter.
43. Strive never to injure your partner during sparring
44. Sparring is not permitted below the rank of 8th Gup unless authorized by the instructor.
45. The Martial Arts school is a place for personal development, a positive atmosphere is important to a student's growth. Any and all negativity in the Dojang and waiting areas is harmful to the overall culture to the school.

46. Students and parents should refrain from discussing concerns and complaints with the other parents and students. Questions, concerns, and complaints can be made in the office.
47. Arguments between students whether on the Dojang floor or in the waiting areas will not be tolerated. Any disagreements shall be addressed in the office with parties, the instructor, and the parents.
48. Members are not to disclose contract information regarding their payments to other members; there are a variety of programs and prices which students are under contract for. Disclosing information creates disinformation, and confusion. Questions about contracts, or payments, should be brought directly to the Master Instructor or the Program Director, NOT to the other members.
49. *Observe and obey all instructions and rules at all times.*

RULES FOR OPEN MAT PRACTICE

- You must be an active RMAI member to be on the mat. Family members and friends may observe from the designated seating area.
- Students **MUST** be in their uniforms if they are practicing on the mats
- All proper protocols must still be followed (saluting the flags, no shoes on the mats, bowing, and showing respect to elders, seniors, and black belts)
- Open Mat practice is not Social Time... Loud talking is disruptive to those who are using the time wisely.
- Free Sparring or board breaking is not allowed except under the express permission of Master Celona
- Partner practice should be conducted with each person's mutual benefit in mind. In other words, both partners should have equal practice. (Take turns holding pads, or being the attacker in one-steps or self-defense)
- Students should be self-motivated during open mat time, and have a plan to work on something specific. Self-guided practice is good for the martial artist. Private lessons held during open mat time should be scheduled with Master Celona or an instructor ahead of time.
- Open Mat time is for practice of specific techniques, not running around the floor performing only flying or jumping kicks. Students should take advantage of the time to work on things like forms, one-steps, self-defense, line drills, kicking techniques etc...
- In order for children to be allowed to use the Dojang equipment (Heavy bags, Wavemasters, stretching machine) student must have all progress stripes (including red) required for their rank.
- Horseplay, fooling around, fighting or arguing with others, treating the Dojang like a playground, or otherwise repeated violation of the open mat rules will be grounds for being sent home for the day.
- If students take advantage of open mat practice time, and it becomes a popular time for attendance, we may make more open mat times available to the students.



Quick Reference Guide

(Photocopy or take a picture of this page to keep handy)

Student Creed:

1. I will develop myself in a positive manner and avoid anything that would reduce my mental growth and physical health.
2. I will develop self-discipline in order to bring out the best in myself and others
3. I will use common sense before self-defense and never be abusive or offensive.
4. We are a Black Belt school, we are motivated, we are dedicated, we are on a quest to be our best.

5 Codes:

1. Loyalty to one's country
2. Obedience to parents and elders
3. Honor friendship
4. Achieve your goals
5. In battle choose with sense and wisdom

7 Tenets

1. Integrity
2. Concentration
3. Perseverance
4. Respect and Obedience
5. Self-Control
6. Humility
7. Indomitable spirit

Formal Bow in/out Commands

Cha Ryut	(Attention)
Keuk Ki Ba Rae	(Salute the flags)
Ba Ro	(Return)
Muk Yum	(Meditate)
Ba Ro	(Return)
(Turn to face Kwan Jang Nim)	
Cha Ryut	(Attention)
Kwan Jang Nim Kye Kyung Yet	(Bow towards Grandmaster)
(Turn to face Sa Bum Nim)	
Cha Ryut	(Attention)
Sa Bum Nim Kye Kyung Yet	(Bow towards Master Instructor)
(And/or)	
Bu Sa Bum Nim Kye Kyung Yet	(Bow towards Assistant Master)
Kyo Sa Nim Kye Kyung Yet	(Bow towards Class Instructor)
Bu Kyo Sa Nim Kye Kyung Yet	(Bow towards Assistant Instructor)
Yu Dan Ja Kye Kyung Yet	(Bow towards Black Belt)

Basic Terminology for new Students

Cha Ryut	Attention
Kyung Yet	Bow
Choon Bee	Ready
Kihap	Yell
Kyo Dae	Switch/Rotate/Change Position
Ko Map Sum Ni Da	Thank You!
Pilsung	Certain Victory
Sa Bum Nim	Master Instructor
Dobohk	Uniform
Dee	Belt
Dojang	Martial Arts Training Hall
Ahp Cha Ki	Front Kick
Tollyo Cha Ki	Roundhouse Kick
Yup Cha Ki	Side Kick
Hosinsul	Self-Defense
Chun Kul Jaseh	Front Stance
Hu Kul Jaseh	Fighting Stance
Ki Ma Jaseh	Horseback Stance
Kong Kyuk	Strike or Attack
Kap Kwon Kong Kyuk	Back Fist Strike
Pandae Kong Kyuk	Reverse Punch



Revolution Martial Arts Institute BELT RANKING SYSTEM



NINJA RANKS

(ages 3-6 years old)

Students graduating past
Ninja Ranks receive an
8th Gup Orange Belt



LN Level #10



LN Level #9



LN Level #8



LN Level #7



LN Level #6



LN Level #5



LN Level #4



LN Level #3



LN Level #2



LN Level #1



Standard GUP Student Uniform

COLOR BELT RANKS

Students successfully passing their Black Belt
Examination will be awarded a
1st Dan Black Belt



Cho Dan Bo (Black Belt Candidate)



1st Gup Red with White Stripe



2nd Gup Red



3rd Gup Brown



4th Gup Blue



5th Gup Purple



6th Gup Green



7th Gup Yellow



8th Gup Orange



9th Gup White with Black line



10th Gup White

BLACK BELT RANKS



GRAND MASTER



4th Dan through 7th MASTER Black Belt



4th Dan Black Belt



3rd Dan Black Belt



2nd Dan Black Belt



1st Dan Black Belt



PILSUNG MOO DO

Pilsung Moo Do is translated as Certain Victory Martial Art or The Martial Way of Certain Victory. This is a revolutionary new hybrid style, bringing the best of traditional and modern martial arts practices together in a way that is both enjoyable to practice as well as practical.

The two most prominent parent styles of Pilsung Moo Do are the Korean styles of Tang Soo Do and Taekwondo.

Pilsung Moo Do is special because its signature is to continually grow and evolve over time, exploring the finer aspects of traditional martial arts training as well as adopting modern self-defense training methods and techniques.

RMAI UNIFORM CODE

UNIFORM: Your uniform (Dobohk) is an outward reflection of you as a Martial Arts Student. We start by wearing an all white uniform, and as we progress through the ranks, our belt color, and eventually our uniform color changes to reflect our progress. The RMAI philosophy shows that the all white uniform can be likened to a blank canvas, or a clean sheet of paper by which the artist will create his or her masterpiece. The PMAA belt ranking philosophy states that a martial artist is like a plant that must begin as a seed and grow into a mature plant. White belt symbolizes that of the seed which is planted and lies beneath the white snows of winter

Uniforms must be kept clean, and students should learn how to properly wear as soon as possible. Student should also learn to properly tie their own belt, which is a reflection of their hard work and achievement and should NEVER be washed. For a video on how to tie the belt visit our studio's youtube page:

<https://www.youtube.com/mastermcelona>

PATCHES: Patches are an important and required part of a student's uniform. Patches are symbolic of our deeply held respect and loyalty towards our country in which we live. Patches on the uniform also show respect towards the country from which our style originated and also loyalty towards our association and Grand Master.

Patches should be sewn onto the uniform as soon as possible. The following will explain where they go:

USA FLAG: Goes on right arm, just under seam separating shoulder from sleeve.

KOREAN FLAG: Goes on left arm, just under seam separating shoulder from sleeve with RED on top.

PILSUNG PATCH: Left panel of uniform jacket over the heart.



History Of Tang Soo Do & Tae Kwon Do

Literally translated the word "Tang" refers to the T'ang Dynasty of China, which reflects the shared cultural background between China and Korea (617-907 AD). "Soo" means hand and "Do" means way of life or art. Tae Kwon Do means literally "The Way of Fist and Foot" it can also be translated as "The Way of Kicking and Punching"

Brief History

The exact origin of Tang Soo Do/ Tae Kwon Do, as well as 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 world, as they were needed to defend oneself.

Early Development

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.

Paekche was founded in 18 BC in southwest Korea, Koguryo in 37 BC, northern Korea, and Silla in 57 BC in the southeast Korean peninsula.

After a long series of wars, the Silla Dynasty united the three kingdoms in 668 AD. During this period of time, the primitive martial arts were very popular in warfare. This is evident by murals, ruins, and remains, which depicted the martial arts in those days.

Among the three kingdoms, the Silla Dynasty was the most famous for development of the martial arts. A corps formed by young aristocrats who were called "Hwa Rang Dan" was the major group who developed those arts. These warriors were instrumental in unifying the peninsula as the new Silla Dynasty (668 AD - 935 AD), and furnished many of the early leaders of that time. Most Korean martial arts trace their roots to this group. Our five codes of Tang Soo Do originated by a monk "Won Kwang", is a part of their and our heritage.

The unified Silla kingdom was overthrown by a warlord, Wang Kun, in 918 AD and a new kingdom called "Koryo" lasted 475 years. In 1392 AD the New Kingdom, Yi Dynasty, succeeded and lasted about 500 years. Approximately a thousand year period elapsed between the two dynasties. Tang Soo Do became very popular among the military. However, more importantly, this art also became very popular with the general public.

The very first complete martial arts book was written at this time the "Mooyae Dobo Tongi". It 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.

Modern History

The subsequent occupation of Korea by the Japanese military regime took place from 1909-1945. During this period, practicing and teaching martial arts was restricted.

After World War II, this restriction was lifted and several martial arts training schools began to emerge.

Moo Duk Kwan	by Hwang Kee
Chi Do Kwan	by Kwai Byung, Yun
Chung Do Kwan	by Duk Sung, Son
Song Moo Kwan	by Byung Jik, No
Chang Moo Kwan	by Nam Suk, Lee
Yun Moo Kwan	by San Sup, Chun

These Kwans organized their own organizations respectively and Master Hwang Kee organized the "Korean Tang Soo Do Federation" in 1953. Later, in 1960 Hwang changed the name to "Korean Soo Bahk Do Federation"

Beside the Soo Bahk Do Federation, there were various types of other martial arts called "Kong Soo" or "Tae Soo" existing in Korea. In 1965, all of these various systems were united into one organization, called the Korean Tae Kwon Do Association and the art was called "Tae Kwon Do" uniformly.

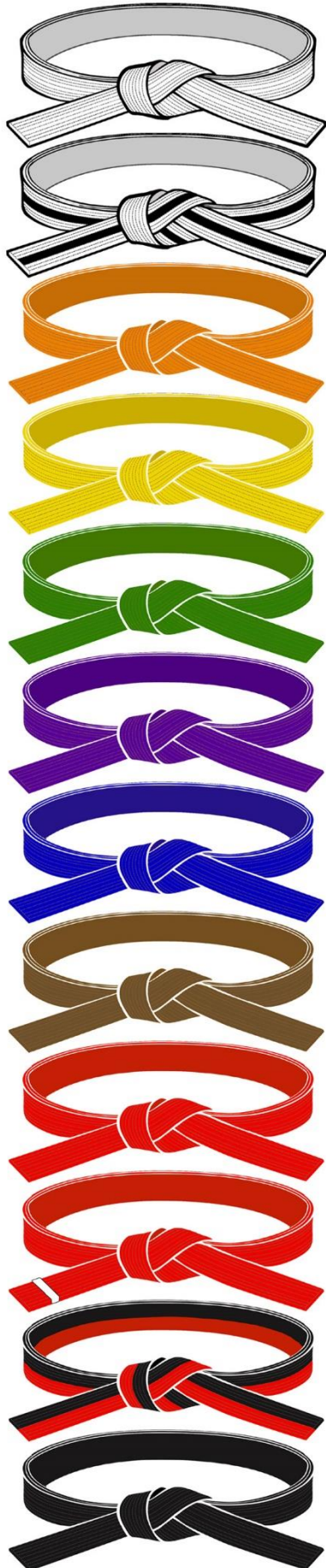
PILSUNG MARTIAL ARTS ASSOCIATION

The Pilsung Martial Arts Association was founded by Grandmaster Young Hyuk Kwon, 8th Dan, in January of 2009. "PILSUNG" means "Certain Victory" and is the state of mind that all practitioners must possess in all areas of their life.





BELT RANKING SYSTEM



RANK:

REQUIREMENTS FOR TESTING

10th Gup White Belt 2 Months 16 Classes

9th Gup White Belt 2 Months 16 Classes

8th Gup Orange Belt 4 Months 24 Classes

7th Gup Yellow Belt 4 Months 24 Classes

6th Gup Green Belt 4 Months 24 Classes

5th Gup Purple Belt 4 Months 36 Classes

4th Gup Blue Belt 4 Months 36 Classes

3rd Gup Brown Belt 4 Months 36 Classes

2nd Gup Red Belt 6 Months 48 Classes

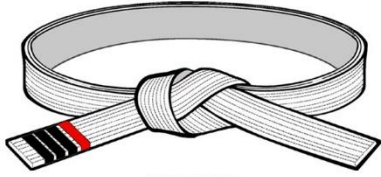
1st Gup Red Belt 6 Months 48 Classes

**Cho Dan Bo
(Black Belt Candidate) 9 Months 72 Classes**

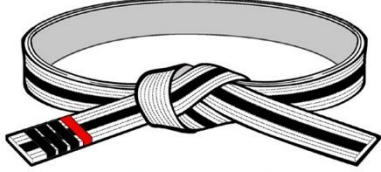
1st Dan Black Belt



STRIPE TEST SYSTEM



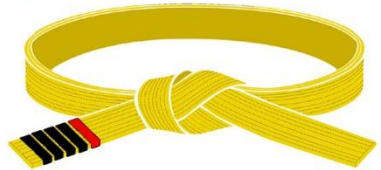
3 Black Stripes, 1 Red Stripe



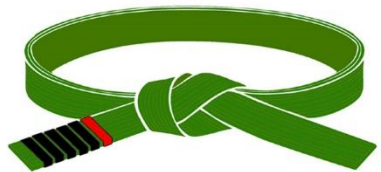
3 Black Stripes, 1 Red Stripe



4 Black Stripes, 1 Red Stripe



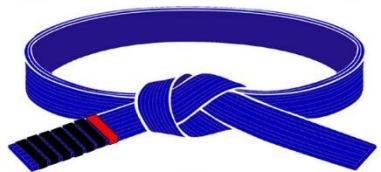
4 Black Stripes, 1 Red Stripe



5 Black Stripes, 1 Red Stripe



5 Black Stripes, 1 Red Stripe



6 Black Stripes, 1 Red Stripe



6 Black Stripes, 1 Red Stripe



6 Black Stripes, 1 Gold Stripe



1 White Stripe, 6 Black Stripes, 1 Gold Stripe

(Students keep Belt and Stripes from 2nd Gup. Old Stripes tied on opposite side.)

No Stripes for Cho Dan Bo and Black Belt Ranks

**GOLD Stripe = Passed
Pre-Test (Red Belt Only)**

**RED Stripe = Passed
Pre-Test**

**6 BLACK STRIPES =
All Weapons Tech.**

**5 BLACK STRIPES =
All One-Step Sparring**

**4 BLACK STRIPES =
All Forms**

**3 BLACK STRIPES =
Protocol & Knowledge**

**2 BLACK STRIPES =
All Self-Defense Tech.**

**1 BLACK STRIPE = All
Hand & Kick Tech.**

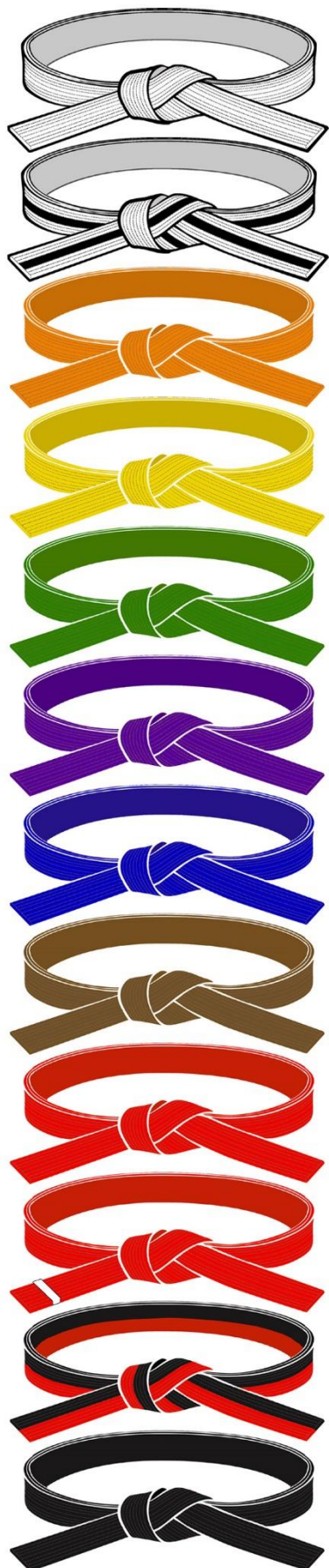
**WHITE Stripe =
1st Gup**



MY PROGRESS CHART



RANK:



10th Gup White Belt **Date:** _____

9th Gup White Belt **Date:** _____

8th Gup Orange Belt **Date:** _____

7th Gup Yellow Belt **Date:** _____

6th Gup Green Belt **Date:** _____

5th Gup Purple Belt **Date:** _____

4th Gup Blue Belt **Date:** _____

3rd Gup Brown Belt **Date:** _____

2nd Gup Red Belt **Date:** _____

1st Gup Red Belt **Date:** _____

Cho Dan Bo **Date:** _____
(Black Belt Candidate)

1st Dan Black Belt **Date:** _____

RANK REQUIREMENTS

10TH GUP

WHITE BELT

ENGLISH

Attention Position
Bow
Ready Position
Fighting Stance
Horse Back Stance
Front Stance
Punch Exercise
Parry (Hand Block)
Guard (Elbow Block)
Check (Leg Block)
Back Fist
Reverse Punch
Jab
Ready for Kick Exercise
Front Stretch Kick
Side Stretch Kick
Inside Outside Stretch Kick
Outside Inside Stretch Kick
Front Kick
Roundhouse Kick
Side Kick
Back Kick
Front Break-Fall
Backward Break-Fall
Side Break Fall

HOSINSUL

1-5

GENERAL KNOWLEDGE:

What is our Style?

Pilsung Moo Do which comes from the two parent styles of
Tang Soo Do and/ Tae Kwon Do

What is the name of your school?

Revolution Martial Arts Institute

Who is your instructor, and what is his rank?

Master Michael S. Celona, 5th Dan

Who is the Grand Master and what is his rank?

Grandmaster Young Hyuk Kwon, 8th Dan.

What is the name of our organization?

Pilsung Martial Arts Association

What year was the Pilsung Martial Arts Association founded?

2009

Explain the meaning of White Belt:

White Belt is the beginning of life's cycle, represents the seed as it lies dormant beneath the snows of winter.

What does PILSUNG mean?

Certain Victory

KOREAN

Cha Ryut
Kyung Yet
Choon Bee
Hu Kul Ja Seh
Ki Ma Ja Seh
Chun Kul Ja Seh
Pahl Put Ki
Sohn Mahk Ki
Pahl Koop Mahk Ki
Da Ri Mahk Ki
Kap Kwon Kong Kyuk
Pan Dae Kong Kyuk
Ahp Soo Chi Rugi
Bahl Cha Ki Choon Bee
Ahp Poto Oly Ki
Yup Poto Oly Ki
Ahneso Pahlkuro Poto Oly Ki
Pahkeso Ahnuero Poto Oly Ki
Ahp Cha Ki
Tollyo Cha Ki
Yup Cha Ki
Dwi Cha Ki
Ahp Nak Bup
Dwi Nak Bup
Yup Nak Bup



Grandmaster Young H. Kwon

RANK REQUIREMENT	IMPORTANT POINTS & DETAILS	INST. INITIALS	RMAI SEAL	STRIPE
Attention Position	Stand up Straight, Eyes looking forward			1 ST STRIPE INDIVIDUAL BASIC TECHNIQUES
	Feet together			
	Hands Tight at sides			
Bow	Crisp movement from waist at least 45 degrees			
	Look Down at floor			
Ready Position	Step out with left foot at shoulder width			
	Toes Forward, Outside edges of Feet Straight			
	Fists tight, Strong Spirit and intensity loud Kihap!			
Fighting Stance	70% Weight on Back leg			
	Feet at 90 Degree Position, Front foot Forward			
	Both Knees Bent			
Horse Back Stance	Feet apart Double shoulder width			
	Toes Forward, Outside edges of Feet Straight			
	Both Knees bent and flared out, not sunken in			
Front Stance	Front Foot Forward, Rear foot at approx. 20 degrees			
	Legs should be approximately shoulder width			
	Front Leg bent with shin vertical, Rear leg Locked			
	Stance lowered approximately one head level			
Punch Exercise	Proper stance dynamics			
	Twisting fists properly to both extended and chambered positions.			
	Aiming at specific focal points			
Parry	Passing Center line to deflect attack			
	Not reaching outward too far, and not keeping too close			
Guard	Covering Vital targets completely, not exposing head and neck			
	Slight rolling off motion, but not losing vision, or position			
Check	Blocking shin not too far in or out from center			
	Shin in a vertical position, not turned out or in			
	No Jumping, arms in a well-covered guard			
Back Fist	Correct trajectory, thrust shoulder forward			
	Aiming with Back of 2 large knuckles			
	Using the Lead (front) hand, not Rear hand			
Reverse Punch	Proper use of hip twisting			
	Using the reversed, or rear hand			
	Straight line to the target			
	Aiming with 2 large knuckles (Index and Middle)			
Jab	Using the Lead (front) hand, not Rear hand			
	Straight line to the target			
	Aiming with 2 large knuckles (Index and Middle)			
	Correct use of hips and shoulder twisting forward			
Ready for Kick Exercise	Stepping back into front stance with arms out a sides			
Front Stretch Kick	Swinging leg straight upward without bending			
	Kihap loudly at the height of kick			
	Returning leg to its original position			
	Crossing arms, and swinging out to reset balance			
Side Stretch Kick	Turn Body Sideways			
	Swing leg sideways without bending			
Inside Outside Stretch Kick	Twist body inward towards base (non-kicking) leg			
	Swing Leg upward and outward towards outer hip in a semi-circle			
	Kihap loudly at the height of kick			
	Returning leg to its original position			
	Crossing arms, and swinging out to reset balance			
Outside Inside Stretch Kick	Reach out with one hand, other fist on ribs			
	Swing Leg upward and inward in a semi-circle clapping hand with foot			
	Kihap loudly at the height of kick			
	Returning leg to its original position			
Front Kick	Chambered Knee on Before and After kick			
	Striking with Ball of Foot			
	Thrusting hip forward, twisting base foot			
Roundhouse Kick	Twisting Body, kicking side towards target			
	Chamber knee & shin horizontally aiming at target			
	Turning Base foot to 90 degrees			
	Extend kicking leg forward, Striking with instep			
	Fully Rechamber the knee before placing foot down			
Side Kick	Twisting Body, kicking side towards target			
	Chamber knee fully across center line, knee close to the chest			
	Turning Base foot to 90 degrees, Aim with Heel pointing at the target			
	Base foot Turning fully 180 degrees			
	Thrust kicking leg forward, Striking with Bottom of Heel, toes slightly pointing downward at 45 degrees			
	Re chamber the knee back in toward chest before placing foot down			
Back Kick	Look to the rear			
	Bend knee pointing towards ground			

	Kick like a mule in a straight backward motion, thrusting hips backward.Strike with bottom of heel			
	Bend knee before placing knee down			
#1 Same Side Wrist Grab	Step forward with matching hand and foot, chop wrist of attacking arm			2 ND STRIPE SELF-DEFENSE (HOSINSUL)
	Retract grabbed hand back to ribs			
	Palm Strike to attackers jaw with chambered hand			
#2 Cross Side Wrist Grab	Outward circular motion, re-grab attackers wrist			
	Pull offending arm to chambered position,			
	Place edge of opposite hand or bone of forearm above elbow of attacker			
	Step forward and roll attacker into a 'Standing arm bar'			
#3 Front Break-Fall	Arms held flat, parallel to each other at shoulder width			
	Strike ground with flat palms, tips of both elbows and fingertips touching ground			
	Turn head to side, avoid allowing body to collapse			
#4 Backward Break-Fall	Chin tucked, not allowing it to touch ground			3 RD STRIPE KNOWLEDGE AND PROTOCOL
	Body curled into a ball, while falling backwards			
	Swinging arms out at sides without bending			
	Striking the ground with palms facing down, whole arm touching ground			
	Knees bent, feet up			
#5 Side Break Fall	Same side leg and arm extend forward, matching direction of fall			
	Bend knees, rolling Sideways			
	Do not reach for the ground prematurely			
	Striking the ground with palm facing down, whole arm touching ground			
	Knees bent, Cover groin with top leg, cover ribs with non-striking arm			
Protocol	Properly Saluting Flags			RED STRIPE PRE-TEST
	Correct Bowing Etiquette			
	Showing Proper Dojang conduct & respect			
	Knowing how to hold targets for partner training			
	Proper training attitude and mindset			
	Knows how to line up in class			
General knowledge questions	Must be able to answer 5 out of the 8 10 th Gup questions			
Speed	Performing fast techniques at quickest possible speed without compromising form			
	Patiently executing slower techniques			
	Proper rhythm			
Power	Knowing how to generate torque and twist			RED STRIPE PRE-TEST
	Shifting weight behind technique			
Balance	Proper stances, shifting of weight			
Focus	Mindfulness on tasks, blocking out distraction			
	Accuracy, aiming of techniques			
Kihap	Intensity			
	Proper breathing			
	Loud, correctly timed shout			
Attitude	Healthy Training Mindset			
	Willingness to learn			
	Commitment to get better			
	Helpful to others			
	A good training partner			
	Respectful and humble towards others			
Flexibility	Static Stretches			RED STRIPE PRE-TEST
	Dynamic Stretches			
	Mobility Exercises			
Physical	Can perform 25 Jumping Jacks			
	Can perform 10 Pushups (no knees on ground)			
	Can perform 10 Sit ups or crunches			
Attendance	Consistently attends 2 classes per week			
	On track to have 16 classes by next target test date			
Having completed the worksheet above, and acquired all signatures and seals, student has been cleared to take the next promotional exam on the following date:				

BUNHAE CLUB SYLLABUS

PARTNER/COORDINATION DRILLS	IMPACT DRILLS	SPARRING/BUNHAE DRILLS
10 th Gup		
Parry Drill	Backfist	Straight Punches – Build wall cover
Guard Drill	Punch	Hook Punches - Guard
Check Drill	Jab/Punch Combo	Crash Helmet Drill

9TH GUP

WHITE with BLACK LINE

ENGLISH

Low Block
High Block
Inside Outside Block
Outside Inside Block
Center Punch (in front stance)
Spinning Back Kick
Stepping Front kick
Stepping Roundhouse Kick
Stepping Side kick
Jump Front Kick
Jump Roundhouse Kick
Jump Side Kick
Flying Side Kick

KOREAN

Ha Dan Mahk Ki
Sang Dan Mahk Ki
Ahneso Pahkuro Mahk Ki
Pahkeso Ahnuro Mahk Ki
Choong Dan Kong Kyuk
Dwi Tollyo Cha Ki or Dwi Yup Cha Ki
Ko Ro Ahp Cha Ki
Ko Ro Tollyo Cha Ki
Ko Ro Yup Cha Ki
E Dan Ahp Cha Ki
E Dan Tollyo Cha Ki
E Dan Yup Cha Ki
E Dan Dee Ya Yup Cha Ki

*All Previous techniques moving in a line drill

HOSINSUL

6-10

GENERAL KNOWLEDGE:

From what country does Tang Soo Do / Tae Kwon Do Originate?

Korea

* Recite the Student Creed:

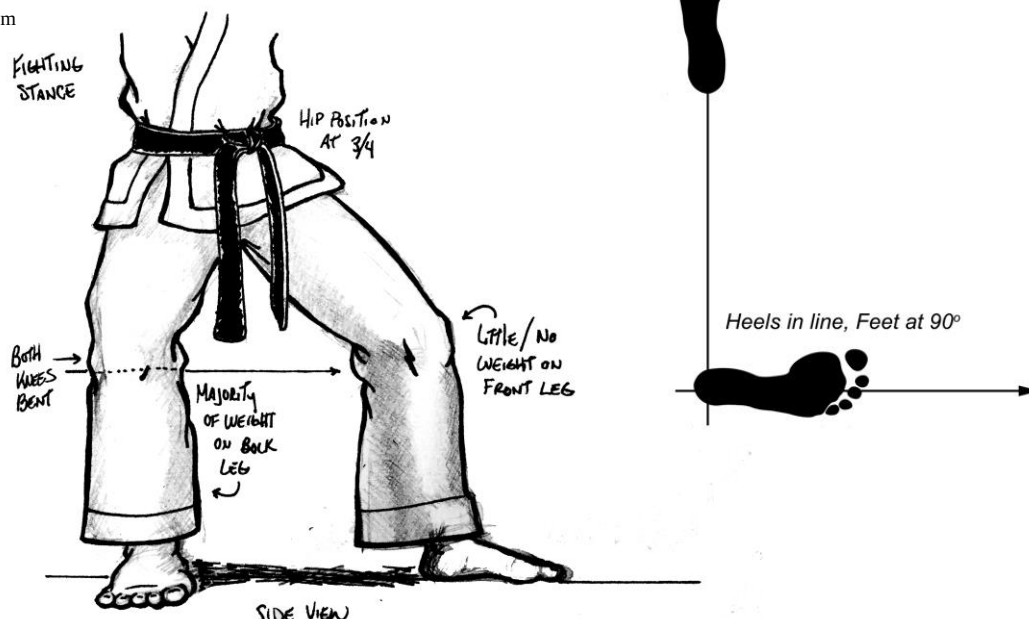
1. I will develop myself in a positive manner and avoid anything that would reduce my mental growth and physical health.
2. I will develop self-discipline in order to bring out the best in myself and others
3. I will use common sense before self-defense and never be abusive or offensive.
4. We are a Black Belt school, we are motivated, we are dedicated, we are on a quest to be our best.

Name the 5 Codes:

1. Loyalty to one's country
2. Obedience to parents and elders
3. Honor friendship
4. Achieve your goals
5. In battle choose with sense and wisdom

Name the 7 tenets:

1. Integrity
2. Concentration
3. Perseverance
4. Respect and Obedience
5. Self-Control
6. Humility
7. Indomitable spirit



RANK REQUIREMENT	IMPORTANT POINTS & DETAILS	INST. INITIALS	RMAI SEAL	STRIPE
Low Block	Crossing with blocking arm on top of other, near shoulder			1 ST STRIPE INDIVIDUAL BASIC TECHNIQUES
	Non blocking arm covering underneath			
	Blocking motion swinging down to just outside leg line			
	Non blocking arm retracting back to chambered position			
	Proper twist of hips			
High Block	Crossing with blocking arm under other, palm facing up			
	Non blocking arm covering on top			
	Blocking motion pulling arms apart, blocking arm above head at a slightly upward angle, not horizontal			
	Non blocking arm retracting back to chambered position			
	Proper twist of hips			
Inside Outside Block	Crossing with blocking arm under other, palm facing down			
	Non blocking arm covering on top			
	Blocking motion pulling arms apart, blocking arm in a windshield wiper motion. Stopping with fist just outside temple			
	Blocking arm at an obtuse angle 135 degrees out from body			
	Non blocking arm retracting back to chambered position			
	Proper twist of hips			
Outside Inside Block	Block is chambered around jaw/ear area			
	Non blocking arm held in a guarding position across body			
	Blocking motion is bottom of fist swinging in a horizontal arc from one side to other. Stopping with fist just outside temple			
	Blocking arm at an obtuse angle 135 degrees out from body			
	Non blocking arm retracting back to chambered position			
	Proper twist of hips			
	Proper weight shift to the front on turn around			
Center Punch (in front stance)	Punch comes from chambered position on ribs, extending out towards target in a straight line, twisting before impact, striking with 2 large knuckles.			
	Low Block on line drill turn around			
Stepping Front kick	Rear foot stepping, front leg kicking			
	Smooth fluid motion in step			
	Proper execution of the kick itself (proper chamber, extend re-chamber, put down)			
Stepping Roundhouse Kick	Rear foot stepping, front leg kicking			
	Smooth fluid motion in step, pivoting on base foot 90 degrees			
	Proper execution of the kick itself (proper chamber, extend re-chamber, put down)			
Stepping Side kick	Rear foot stepping, front leg kicking			
	Smooth fluid motion in step, behind kicking leg.			
	Pivot and turn rear hip towards target			
	Proper execution of the kick itself (proper chamber, extend re-chamber, put down)			
Jump Front Kick	Rear leg raises up in a straight line, shifting weight and momentum forward. Lifting up off the ground			
	Front leg executes kick			
	Proper execution of the kick itself (proper chamber, extend re-chamber, put down)			
Jump Roundhouse Kick	Rear leg raises up in a straight line, shifting weight and momentum forward. Lifting up off the ground			
	Turn body sharply in the air. Front leg executes kick			
	Proper execution of the kick itself (proper chamber, extend re-chamber, put down)			
Jump Side Kick	Jump with both feet simultaneously, drawing in both feet in a tucking motion.			
	Turn body to the side, Kick with lead leg			
	Proper execution of the kick itself (proper chamber, extend re-chamber, put down)			
Spinning Back Kick	Pivot backward towards rear leg 180 degrees			
	Keep both knees bent, turn head, and shoulder toward target			
	Kick towards target with rear leg (the one farthest from target)			
	Proper execution of kick itself (proper chamber, extend, re-chamber, put down)			
Flying Side Kick	Twist Body, kicking side towards target			
	Chamber knee by bringing fully across chest			
	Push off the ground with non kicking leg, drawing up both feet in a tucking motion. Keeping legs in tight before the kick			
	Proper execution of kick itself (proper chamber, extend, re-chamber, put down)			
Punch Exercise	Now must be able to correctly perform, double and triple punches at specific targets			
Back-Fist/Reverse Punch	Both techniques done in combination			

Front Stance	Moving forward in c-step with above listed blocks			
	Proper Turning around with blocks			
#6 Mid-Arm Grab	Trap tightly with opposite hand			2 ND STRIPE SELF-DEFENSE (HOSINSUL)
	Big enough loop with arm to isolate Hand and wrist			
	Twist to open side			
	Bring most partners to 'tap out'			
#7 Lapel Grab	Simultaneously strike body and bend attacking arm using matching sides			
	Slide bending arm down to grab inner thumb and palm			
	Punching hand retracts to wedge under attacking hand palm out			
	Correct grip '2 on 1' against hand, not wrist or forearm			
	Keeping both attacker's wrist and elbow bent, turn pinky finger towards ground, maintaining grip and control in a 'C-Lock'			
#8 Shoulder grab	On same side grab, pin offending hand with cross side. On a cross side attack, pin with a same side hand			
	Proper execution of a 'standing arm-bar'			
	On same side grab, pin offending hand with cross side. On a cross side attack, pin with a same side hand			
#9 Neck grab	Using same side to grab offending thumb muscle and palm, pull fully to chambered position. Opposite hand striking out into attackers neck and jaw, tilting and extending to outstretch their head and neck			3 RD STRIPE KNOWLEDGE AND PROTOCOL
	Retract striking hand and properly execute a 'c-lock' throw			
	Proper finishing technique			
#10 Hair Grab	Right hand pins right hand, left hand pins left.			
	Proper execution of a 'standing arm-bar'			
Protocol	Properly Saluting Flags			
	Correct Bowing Etiquette			
	Showing Proper Dojang conduct & respect			
	Knowing how to hold targets for partner training			
	Proper training attitude and mindset			
General knowledge questions	Knows how to line up in class			
	Must be able to answer all 9 th and 10 th Gup questions			RED STRIPE PRE-TEST
	Demonstrate basic knowledge of Korean Terminology			
Speed	Performing fast techniques at quickest possible speed without compromising form			
	Patiently executing slower techniques			
	Proper rhythm			
Power	Knowing how to generate torque and twist			
	Shifting weight behind technique			
Balance	Proper stances, shifting of weight			
Focus	Mindfulness on tasks, blocking out distraction			
	Accuracy, aiming of techniques			
Kihap	Intensity			
	Proper breathing			
	Loud, correctly timed shout			
Attitude	Healthy Training Mindset			
	Willingness to learn			
	Commitment to get better			
	Helpful to others			
	A good training partner, knows when to 'tap'			
	Respectful and humble towards others			
Flexibility	Static Stretches			
	Dynamic Stretches			
	Mobility Exercises			
Physical	Can perform 50 Jumping Jacks			
	Can perform 15 Pushups (no knees on ground)			
	Can perform 15 Sit ups or crunches			
	Can Perform 100 forward Jump Ropes in 4 minutes			
Attendance	Consistently attends 2 classes per week			
	On track to have 16 classes by next target test date			
Having completed the worksheet above, and acquired all signatures and seals, student has been cleared to take the next promotional exam on the following date:				

BUNHAE CLUB SYLLABUS

PARTNER/COORDINATION DRILLS	IMPACT DRILLS	SPARRING/BUNHAE DRILLS
9th Gup		
Parry Drill with Return punches	Low Block from Upset punch	Choon Bee Drill
Guard Drill with Return Hooks	High Block from Overhead Punch	Grabbing & Release Awareness Drill w/Guard
Check Drill with Return Kicks	Inside/Outside Block from Wild Hook	Chambered Hand Pulling Drill
	Outside/Inside Block from Straight Punch	Give & Take, Palm/Knifehand Drill

8TH GUP

ORANGE

ENGLISH

Side Stance
Palm Strike
Hammer Fist
Downward Chop
Outward Chop
Inward Chop
Center Knife Hand Block
Low Knife Hand Block
High Knife Hand Block
Elbow Strike
Hook Punch
Uppercut
Front Push Kick
Axe Kick
Hook Kick
Wheel Kick
Knee Kick

HOSINSUL

11-15

HYUNG

Pilsung Il Jang

MISCELLANEOUS REQUIREMENTS

All Basic Blocks with a Punch
2 Kick Combos
All Basic Kicks from Front Leg or Back Leg

GENERAL KNOWLEDGE:

Explain the meaning of Orange/Yellow Belt:
Seeds that are just beginning to see the sunlight and prepare for new growth in the spring.

What does Pilsung Moo Do Mean?
The Martial Art or Martial Way of Certain Victory

What does Tang Soo Do Mean?
Tang Soo Do literally means “Way of the China Hand”. Tang refers to China's T'ang Dynasty and their influence on Korean Martial Arts. Soo means Hand, but also implies fist, strike, block ...etc. Do means art, path, or way of life.

What does Tae Kwon Do mean?
Tae Kwon Do literally means “Way of the Foot and Fist”. Tae refers to the foot, or Kicking. Kwon means fist, but implies punching. Do means art, path, or way of life. Tae Kwon Do can also be translated as the Way of Kicking and Punching.

Why do we Kihap?
To Focus Power and Energy, to tighten abdomen, to show spirit, and to scare opponent.

KOREAN

Sa Ko Rip Ja Seh
Jang Kwon Kong Kyuk
Kwon Do Kong Kyuk
Naeyro Soo Do Kong Kyuk
Pahkuro Soo Do Kong Kyuk
Ahnuro Soo Do Kong Kyuk
Choong Dan Soo Do Mahk Ki
Ha Dan Soo Do Mahk Ki
Sang Dan Soo Do Mahk Ki
Pahl Koop Chi Ki

Ahp Poto Cha Ki
Naeryo Cha Ki
Hu Ryo Cha Ki
Hwe Jun Cha Ki
Moo Roope Cha Ki

필승무도

“Pilsung Moo Do”



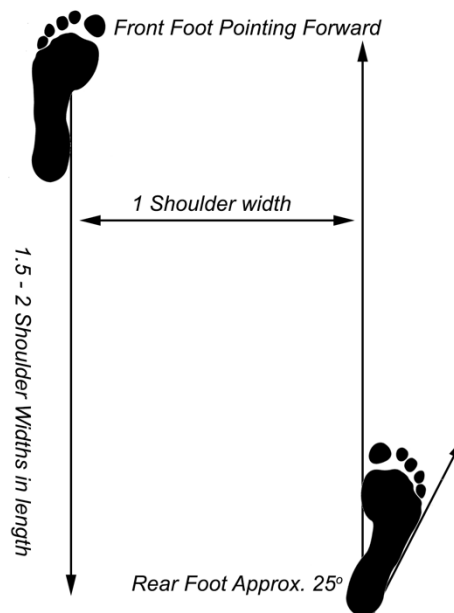
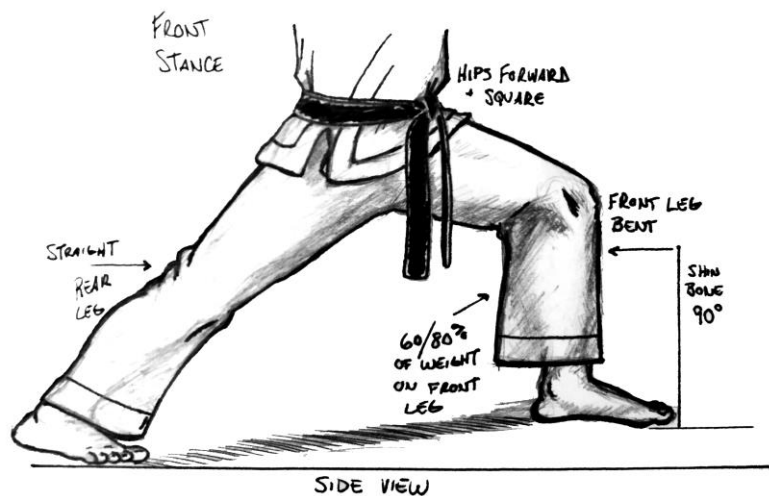
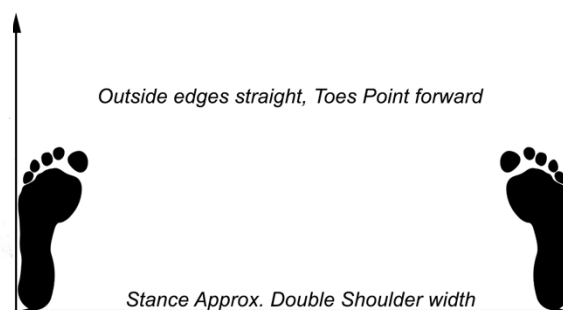
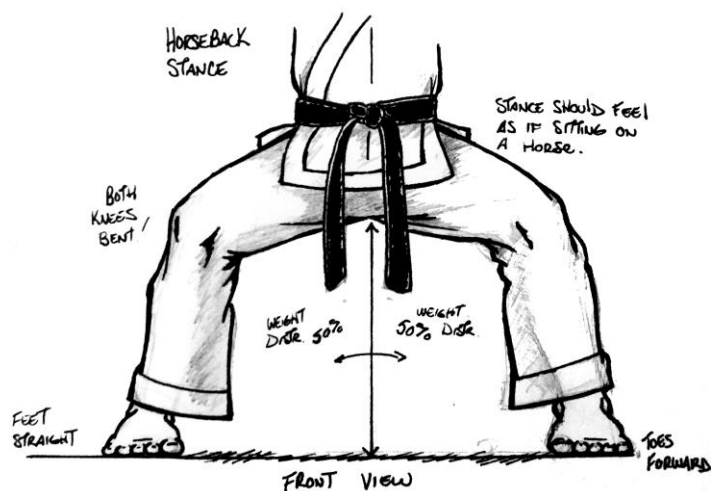
RANK REQUIREMENT	IMPORTANT POINTS & DETAILS	INST. INITIALS	RMAI SEAL	STRIPE
Side Stance	Equal distribution of weight 50/50 on both feet Relaxed, loose and bent knees			1 ST STRIPE INDIVIDUAL BASIC TECHNIQUES
Palm Strike	Pulling fingers back to extend heel of palm Angling of strike to properly strike intended target Pulling non striking hand to a fisted chambered position			
Hammer Fist	Striking with bottom portion of fist Keep slight bend in elbow Correct angle toward intended target Pulling non striking hand to a fisted chambered position			
Downward Chop	Striking with outside edge of hand Swinging arm on a vertical path from top to bottom Slight bend in arm Pulling non striking hand to a fisted chambered position			
Outward Chop	Striking with outside edge of hand Swinging arm on a horizontal path from one side to other Palm facing down Slight bend in arm Pulling non striking hand to a fisted chambered position			
Inward Chop	Striking with outside edge of hand Swinging arm on a horizontal path from one side to other Palm facing up Slight bend in arm Pulling non striking hand to a fisted chambered position			
Single Knife Hand Block	Crossing with blocking arm against the other, palm facing in Block in a circular motion Stopping with outward knife hand edge turn out at last moment Blocking arm at an obtuse angle 135 degrees out from body Non blocking arm retracting back to chambered position Proper twist of hips			
Low Knife Hand Block	Hands chambered at side, twist hips towards chamber side Bring Blocking hand toward up toward ear, palm facing in Non blocking hand palm down at hip Swing blocking arm down diagonally across body Twisting hand edge outward at last second Non blocking arm drawn across body in front of solar plexus, palm twisting upward Twist hips out again into completed Fighting stance			
High Knife Hand Block	Hands chambered at side, twist hips towards chamber side Both hands palm down at hip Swing blocking arm upward and out in a circular motion across body Twisting hand edge outward at last second Non blocking arm drawn across body in front of solar plexus, palm twisting upward Twist hips out again into completed Fighting stance			
Elbow Strike	Twist body into strike			
Hook Punch	Turn Hips Strike with arm bent at right angle, hit perpendicular to center line, striking with fore-fist, or 2 large knuckles			
Uppercut	Arc strike in an upward motion Hit with fore-fist Driving into target with proper body twist and hip thrust			
Front Push Kick	Knee raised up high Push with flat of the foot			
Axe Kick	Twisting body towards base leg Raise the chambered knee up on inside angle Extending leg at highest possible point Pulling down, not just allowing leg to drop Striking with back of heel, not flat of foot. Kicking leg lands forward			
Hook Kick	Twisting Body, kicking side towards target Chamber knee fully across center line, knee close to the chest Turning Base foot to 90 degrees, Aim with Heel pointing at the target Base foot Turning fully 180 degrees Thrust kicking leg forward at a slightly wide angle Striking with back of Heel, toes pulled back Pulling leg throughly across target, knee passing back across center line, re-chambering with knee pointing at target before put down			
Wheel Kick	Pivot backward towards rear leg 180 degrees Keep both knees bent, turn head, and shoulder toward target Kick towards target with rear leg (the one farthest from target)			

	Drop shoulders and push hips toward target			
	Extend leg out at 45 degrees, pulling leg across in a circular motion, reaching peak height at center line, striking with back of heel.			
	Keep leg straight and pull all the way through target.			
	Completing the circle and placing foot down in the same starting position			
Knee Kick	Thrusting point of the knee towards target			
	Hip motion into technique			
All Basic Blocks with a Punch	Correct completion of individual blocks			
	Reverse punch with opposite hand			
	In moving line drill, correct hand blocking and punching			
	Correct Flow on both left and right side			
2 Kick Combos	Ability to put kicks together in a seamless fashion			
	No additional stepping			
All Basic Kicks from Front Leg or Back Leg	Proper weight distribution			
	Should demonstrate an understanding of pros and cons regarding the choice to use either front leg or back leg kicking			
	Proper weight distribution			
#11 Double Wrist Grab	Pull down motion first to disrupt balance			2 ND STRIPE SELF-DEFENSE (HOSINSUL)
	Re-grab with webbing of hand, upward motion			
	Knee strike			
#12 Double Mid-Arm Grab	Arms in outward circular motion			
	Hands wrapping under arm pit			
	Pull into knee strike			
#13 Double Lapel Grab	Weaving hand enters from top			
	Clap own hands, while sharply twisting body			
	Don't interlock fingers			
	Crossing Elbow			
#14 Double Shoulder Grab	Arms reach upward through space between arms			
	Outward strike is to create space			
	Double inward chop before clinch			
	Knee Strike			
#15 Double Neck Grab	Reach arm high, and across to pin far hand, NOT wrist or arm			
	Reach high, fingers to ceiling with opposite arm			
	Step back with leg that matches pinning hand			
	Twist sharply applying pressure on attacking hand to release grab			
	Recoil with a chambered elbow			
Protocol	Properly Saluting Flags			3 RD STRIPE KNOWLEDGE AND PROTOCOL
	Correct Bowing Etiquette			
	Showing Proper Dojang conduct & respect			
	Knowing how to hold targets for partner training			
	Proper training attitude and mindset			
	Knows how to line up in class			
General knowledge questions	Must be able to answer all 9 th and 10 th Gup questions, also be able to answer 3 of 5 8 th Gup Questions			
	Demonstrate basic knowledge of Korean Terminology			
Pilsung Il Jang	Completing the pattern correctly, with correct techniques			4 TH STRIPE: FORM (HYUNG)
	Correct directional turning			
	Proper focus, blocking out all distraction, not copying others			
	Accuracy and aim of each technique			
	Consistent stances and movement from position to position			
	Demonstrating focus of eyes and strong fighting spirit			
	Sharp Kihap at correct times			
Speed	Performing fast techniques at quickest possible speed without compromising form			RED STRIPE PRE-TEST
	Patiently executing slower techniques			
	Proper rhythm			
Power	Knowing how to generate torque and twist			
	Shifting weight behind technique			
Balance	Proper stances, shifting of weight			
Focus	Mindfulness on tasks, blocking out distraction			
	Accuracy, aiming of techniques			
Kihap	Intensity			
	Proper breathing			
	Loud, correctly timed shout			
Attitude	Healthy Training Mindset			
	Willingness to learn			
	Commitment to get better			
	Helpful to others			
	A good training partner, knows when to 'tap'			
	Respectful and humble towards others			
Flexibility	Static Stretches			
	Dynamic Stretches			

	Mobility Exercises			
Physical	Can perform 100 Jumping Jacks			
	Can perform 25 Pushups (no knees on ground)			
	Can perform 25 Sit ups or crunches			
	Can Perform 150 forward Jump Ropes in 5 minutes			
Attendance	Consistently attends 2 classes per week			
	On track to have 24 classes by next target test date			
Having completed the worksheet above, and acquired all signatures and seals, student has been cleared to take the next promotional exam on the following date:				

BUNHAE CLUB SYLLABUS

PARTNER/COORDINATION DRILLS	IMPACT DRILLS	SPARRING/BUNHAE DRILLS
<i>8th Gup</i>		
Stick to the Hand Drill	Low Block from Upset punch- add Reverse Punch	Knifehand Bunhae Drill – Inside and Outside moving
Eyes closed, Pat the head drill	High Block from Overhead Punch- add Reverse Punch	Basic Block Bunhae Drill- In/Out Knifehand, Low Block, High Block, I/O Block, O/I Block
Pummeling Drill	Inside/Outside Block from Wild Hook- add Reverse Punch	2 Man form (Hyung) flow drill: Pilsung Il Jang (compliant)
	Outside/Inside Block from Straight Punch- add Reverse Punch	



7TH GUP**YELLOW****ENGLISH**

Cover Block
Side Block
Outward Knife Hand Block, Reverse Punch Combo Front Stance
Outward Knife Hand Block, Reverse Punch Combo Fighting Stance
Two Hand Block Front Stance
Two Hand Block Fighting Stance
Side Punch
Ridge Hand Attack
Stepping Axe Kick
Stepping Hook Kick
Jump Axe Kick
Jump Hook Kick
Forward Roll
Natural Step
Push Step
Sliding Step
Skip Step
Angle Step

HOSINSUL

16-20

HYUNG

Pilsung E Jang

GENERAL KNOWLEDGE:**COUNTING IN KOREAN**

<u>English</u>	<u>Korean</u>	<u>Sino-Korean</u>
One	Hana	Il
Two	Tul	E
Three	Set	Sam
Four	Net	Sa
Five	Tasot	Oh
Six	Yasot	Yuk
Seven	Ilgop	Chil
Eight	Yodol	Pal
Nine	Ahop	Ku
Ten	Yol	Sip

KOREAN

Yup Mahk Ki
Yuk Soo
Yuk Jin
Chun Kul Ssang Soo Mahk Ki
Hu Kul Ssang Soo Mahk Ki
Choong Dan Hang Jin Kong Kyuk
Yuk Soo Do Kong Kyuk
Ko Ro Naeryo Cha Ki
Ko Ro Hu Ryo Cha Ki
E Dan Naeryo Cha Ki
E Dan Hu Ryo Cha Ki
Ahp Ku Lu Gi



RANK REQUIREMENT	IMPORTANT POINTS & DETAILS	INST. INITIALS	RMAI SEAL	STRIPE
Cover Block	Arms crossed Shielding off one area of body			1 st Stripe Individual Basic Techniques
Side Block	Block performed exactly like Inside/Outside Block			
	Body Side ways, weight on back legs in fighting stance			
	Chambered hand pulled far back on ribs			
	Front foot Straight forward			
Single Knife Hand Block, Reverse Punch Combo Front Stance	Blocking motion performed same as single technique, with hand closing and brought back to chambered position as punch is extended with opposite hand			
	Lunge forward into Front stance			
Single Knife Hand Block, Reverse Punch Combo Fighting Stance	Blocking motion performed same as single technique, with hand closing and brought back to chambered position as punch is extended with opposite hand			
	Twist hips and sit back into a Fighting stance			
	Punching arm only extends ¾ of the way forward.			
Two Hand Block Front Stance	Both fists start at the rear leg side, knuckle to knuckle			
	Twist into a front stance, bring arms towards lead side.			
	Twisting lead arm into same position as Inside/Outside			
	Block, slide trailing arm down towards elbow of lead arm, twisting knuckles facing outward			
	Arms at right angles			
Two Hand Block Fighting Stance	Both fists start at the rear leg side, knuckle to knuckle			
	Twist into a Fighting stance, bring arms towards lead side.			
	Twisting lead arm into same position as Inside/Outside			
	Block, slide trailing arm down towards elbow of lead arm, twisting knuckles facing outward			
	Arms at right angles			
Side Punch	Start with punching hand at chambered position			
	Lunge forward with lead side, just as foot lands, twist sideways into Horseback stance			
	Punching arm comes out in straight line			
	Correct turn around pivot and weight shift			
Ridge Hand Attack	Inward arcing motion			
	Thumb tucked far in towards center of hand			
	Twisting hand just before impact			
	Striking with the ridge of the hand (thumb side)			
Stepping Axe Kick	Rear foot stepping, front leg kicking			
	Smooth fluid motion in step			
	Proper execution of the kick itself (proper chamber, extend re-chamber, put down)			
Stepping Hook Kick	Rear foot stepping, front leg kicking			
	Smooth fluid motion in step, behind kicking leg.			
	Pivot and turn rear hip towards target			
	Proper execution of the kick itself (proper chamber, extend re-chamber, put down)			
Jump Axe Kick	Rear leg raises up in a straight line, shifting weight and momentum forward. Lifting up off the ground			
	Front leg executes kick			
	Proper execution of the kick itself (proper chamber, extend re-chamber, put down)			
Jump Hook Kick	Jump with both feet simultaneously, drawing in both feet in a tucking motion.			
	Turn body to the side, Kick with lead leg			
	Proper execution of the kick itself (proper chamber, extend re-chamber, put down)			
Natural Step	Smooth Fluid stepping			
	One foot in Front of other, like walking			
	Maintain good hand-up fighting stance			
	Must be able to perform forward and backward			
Push Step	Smooth Fluid stepping			
	When going forward, push off rear foot, when moving back, push off front foot			
	Maintain good hand-up fighting stance			
	Must be able to perform forward, backward, and both sides			
Sliding Step	Smooth Fluid stepping			
	When going forward, slide rear foot to front, then step forward with lead leg.			
	When moving back, slide front foot back to rear foot, then step back with rear foot			

	Maintain good hand-up fighting stance			
	Must be able to perform forward, backward, and both sides			
Skip Step	Smooth Fluid stepping, done similarly to sliding step. Just in a hopping motion			
	When going forward, hop rear foot to front, then step forward with lead leg.			
	When moving back, hop front foot back to rear foot, then step back with rear foot			
	Maintain good hand-up fighting stance			
	Must be able to perform forward, backward, and both sides			
Angle Step	Smooth Fluid stepping			
	Similar to pushing step, but taken at 45 degrees			
	Maintain good hand-up fighting stance			
	Must be able to perform forward, backward, and both sides			
#16 Front Bear Hug	Drop back into front stance, get hips low			
	Pushing out hips to make space			
	Step through attackers lead side			
	Control upper body posture of attacker			
	Sweep right leg to right leg or left to left			
#17 Side Two Handed Wrist Grab	Bend elbow upward between grip			
	Side kick into opponent			
	Simultaneously punch out of grip in opposite direction			
#18 Side Shoulder Grab	Pin grab with opposite hand			
	Arm shoots high, then around to hook attackers arm			
	Torque attacker's shoulder and elbow by rotating loop arm into almost an uppercut motion			
	Follow up chop			
#19 Side Double Neck Grab	Assume a strong stance by stepping out to make a solid base			
	Whip near arm around in a circular motion to trap both attacking arms			
	Cupped palm slap to attackers ear			
#20 Forward Roll	One foot in front of the other			
	Bend knees to place palms on the ground			
	Turn the hands to point both sets of fingers to the rear			
	Tuck chin to chest, head does not touch ground			
	Turn upper body, dip lead shoulder and push forward to roll			
	Taking the roll along the lead arm and across shoulders			
	Completing roll, by bring feet up and over, using forward momentum to bring both feet around, stand up at the end			
Protocol	Properly Saluting Flags			
	Correct Bowing Etiquette			
	Showing Proper Dojang conduct & respect			
	Knowing how to hold targets for partner training			
	Proper training attitude and mindset			
General knowledge questions	Knows how to line up in class			
	Must be able to answer all 8th through 10 th Gup questions, also be able to count to 10 in Korean			
	Demonstrate basic knowledge of Korean Terminology			
Pilsung Il Jang	Completing the pattern correctly, with correct techniques			
	Correct directional turning			
	Proper focus, blocking out all distraction, not copying others			
	Accuracy and aim of each technique			
	Consistent stances and movement from position to position			
	Demonstrating focus of eyes and strong fighting spirit			
Pilsung E Jang	Sharp Kihap at correct times			
	Completing the pattern correctly, with correct techniques			
	Correctly executing combination techniques			
	Kicking techniques performed with correct snap and balance			
	Correct directional turning			
	Proper focus, blocking out all distraction, not copying others			
	Accuracy and aim of each technique			
	Consistent stances and movement from position to position			
Speed	Demonstrating focus of eyes and strong fighting spirit			
	Sharp Kihap at correct times			
	Performing fast techniques at quickest possible speed without compromising form			
	Patiently executing slower techniques			
Power	Proper rhythm			
	Knowing how to generate torque and twist			
Balance	Shifting weight behind technique			
	Proper stances, shifting of weight			
Focus	Mindfulness on tasks, blocking out distraction			
	Accuracy, aiming of techniques			
Kihap	Intensity			
	Proper breathing			

	Loud, correctly timed shout			
Attitude	Healthy Training Mindset			
	Willingness to learn			
	Commitment to get better			
	Helpful to others			
	A good training partner, knows when to 'tap'			
	Respectful and humble towards others			
Flexibility	Static Stretches			
	Dynamic Stretches			
	Mobility Exercises			
Physical	Can perform 100 Jumping Jacks			
	Can perform 25 Pushups (no knees on ground)			
	Can perform 25 Sit ups or crunches			
	Can Perform 300 forward Jump Ropes no time limit			
Attendance	Consistently attends 2 classes per week			
	On track to have 24 classes by next target test date			
Having completed the worksheet above, and acquired all signatures and seals, student has been cleared to take the next promotional exam on the following date:				

BUNHAE CLUB SYLLABUS

PARTNER/COORDINATION DRILLS	IMPACT DRILLS	SPARRING/BUNHAE DRILLS
<i>7th Gup</i>		
Arm Drag Drill	1,2,3 – Jab, Punch, Hook	Gripping and Moving Drill 1: Head/Neck & Forearm
Parry to Block - Low	Shovel Hook/Uppercut Drill	Gripping and Moving Drill 2: Underhook and Overhook
Parry to Block- High	Jab, Punch, Front Kick	2 Man form (Hyung) flow drill: Pilsung E Jang (compliant)
Parry to Block- Inside/Outside	Front Kick, 2 Punches	Basic Block Bunhae: 2 Hand Defense- Darce Choke from Front Bear Hug
Parry to Block- Outside/Inside		



NOTES:

6TH GUP

GREEN

ENGLISH

Low X Block
High X Block
Spear Hand Attack
Inside/Outside Crescent Kick
Outside/Inside Crescent Kick
Jump Spinning Back Kick
Stomp Kick
Spinning Hook Kick
Pop Up Front Kick (Rear Leg Counter Kick)
Pop Up Roundhouse Kick (Rear Leg Counter Kick)

KOREAN

Ssang Soo Ha Dan Mahk Ki
Ssang Soo Sang Dan Mahk Ki
Kwan Soo Kong Kyuk
Pan Dahl Cha Ki (Ahneso Pakhuro)
Pan Dahl Cha Ki (Pahkeso Ahnuro)
E Dan Dwi Tollyo Cha Ki
Chit Pahl Gi Bup
Dwi Hu Ryo Cha Ki
Pada Ahp Cha Ki
Pada Tollyo Cha Ki

DAE RYUN

Il Soo Sik Tech. 1-5

HYUNG

Pilsung Sam Jang

HOSINSUL

21-25

1 on 1 Point Sparring

MISCELLANEOUS REQUIREMENTS

All Rolls and Falls while Standing

Kyuk Pa (Breaking) - 1 board with Stepping Side Kick

GENERAL KNOWLEDGE:



EXPLAIN THE AMERICAN FLAG:

The 13 stripes represent the 13 original colonies. The 50 Stars represent the 50 states.

Red symbolizes Hardiness and Valor, & Bloodshed for our Freedom, White symbolizes Purity and Innocence and Blue represents Courage, Vigilance, Perseverance, Justice, and Sovereignty of the Union. The flag was made by Betsy Ross.



EXPLAIN THE KOREAN FLAG:

The Korean flag is called Tae Keuk Ki. The red and blue symbol in the middle is called Tae Keuk, it contains the Um and Yang. The blue is Um and the red is Yang. It is the ancient symbol representing the unity of all being. The theory of um and yang is that all of nature is divided in to opposing but complimentary forces. Examples are day & night, male & female, hot & cold, hard & soft, etc. There are also the 4 trigrams in the corners. 3 solid represent Heaven, 3 broken represent Earth, 2 broken and 1 solid represent Water, 2 solid and 1 broken represent Fire.



EXPLAIN THE PMAA LOGO:

Um/Yang: The circle in the center represents the essential unity of all being. The blue section “Um”, and the red section “Yang”, represent opposing but complementary forces that keeps balance and harmony in the universe. It is also the central symbol of the Korean flag, showing it's Korean heritage, where Tang Soo Do and Tae Kwon Do originated.

Fist: The fist represents our Moo Duk Kwan roots and principles of justice that we live by.

Triangle: The three sides of the triangle represent the “MIND, BODY & SPIRIT” which are the foundation and true strength of the martial artist.

Outer Ring: The red outer rings is symbolizes a full circle of unity and brotherhood.

Master's Belt: The Master's Belt represents the ultimate goal of our martial arts training.

The Korean writing: (Hangul) on the left side of the Master's Belt when translated says, “Tang Soo Do.” The writing on the right side of the belt says “Tae Kwon Do”.

Explain the meaning of Green/Purple belt.

This represents the new plant that has begun to grow as summer arrives.

RANK REQUIREMENT	IMPORTANT POINTS & DETAILS	INST. INITIALS	RMAI SEAL	STRIPE
Low X Block	Both fists start at the rear leg side, wrists crossed with chambered side on top			
	Twist into a front stance, bring arms towards center			
	Blocking motion downward with fists crossed in a straight line down and forward at approximately 45 degrees			
	Stance deep enough to protect groin with block			
High X Block	Both fists start at the rear leg side, wrists crossed with chambered side on top			
	Twist into a front stance, bring arms towards center			
	Blocking motion upward with fists crossed in a straight line upward and forward at approximately 45 degrees			
	Hands open into knife hands, ending position with arms slightly flexed, should be able to see through arms			
Spear Hand Attack	Non striking hand parries downward in front of chest			
	Striking hand opens as technique is thrown			
	Step into front stance with same side as strike			
	End with fingertips pointing towards solar plexus, longer fingers slightly bent to create a more stable striking surface			
	Thumb tucked in, blocking wrist under striking elbow			
Inside/Outside Crescent Kick	Twist body inward towards base (non-kicking) leg			
	Bend the knee towards opposite shoulder			
	Kick upward and outward towards outer hip in a semi-circle			
	Extending the leg just before crossing center line			
	Striking with outer edge or blade of foot			
Outside/Inside Crescent Kick	Push hips forward and chamber knee upward			
	Kick upward and inward towards base side in a semi-circle			
	Extending the leg just before crossing center line			
	Striking with inward arch of foot			
	Re-chamber knee like a side kick chamber			
Jump Spinning Back Kick	Start in a strong fighting stance			
	Bend knees, jump straight up			
	Turn sharply to rear side, turn head to look over shoulder			
	Kick like a mule in a straight backward motion, thrusting hips backward. Strike with bottom of heel			
	Re-chamber knee back into chest			
	Complete turn as landing occurs			
Spinning Hook Kick	Pivot backward towards rear leg 180 degrees			
	Keep both knees bent, turn head, and shoulder toward target			
	Kick towards target with rear leg (the one farthest from target)			
	Drop shoulders and push hips toward target, chamber knee into chest			
	Extend leg out at 45 degrees, pulling leg across in a circular motion, reaching peak height at center line, striking with back of heel.			
	Pull leg all the way through target. Re-chamber knee after heel passes through center			
	Completing the circle and placing foot down in the same starting position			
Stomp Kick	Bring knee into chest			
	Thrust foot downward toward target			
	Strike with Heel or Edge of foot (depending on target)			
Pop Up Front Kick (Rear Leg Counter Kick)	Starting from a good fighting stance			
	Kicking with rear leg			
	Tucking non kicking leg			
	Proper execution of kick itself			
Pop Up Roundhouse Kick (Rear Leg Counter Kick)	Starting from a good fighting stance			
	Kicking with rear leg			
	Tucking non kicking leg			
	Proper execution of kick itself			
All Rolls and falls while standing	Starting from half standing or slightly bent at the knees			
	Popping up on toes on Front Break-fall			
	Not hitting head on Backward Break-fall			
	Not landing on arm or elbow on Side Break-fall			
Low X & High X performed as combo	Twisting to the correct side			
	Returning hands back to hip after first block			
Side Block and Side Punch as combo	Using same hand for both techniques			
	Twisting properly			
All Previous hand and kicking techniques done in combos of 2	Flowing properly from one technique to the next			
	Correct hand and foot starting and stopping			
Basic Block/Punch Combinations with added 3 rd strike	Flowing properly from one technique to the next			
	Correct hand and foot starting and stopping			
	Adding third strike without losing track of which side to perform the block on each count			

1st Stripe Individual Basic Techniques

#21 Side Head-Lock	Use far hand to pull attacking arm out to clear space to breathe, Turn head towards attacker's body			2 nd Stripe Self-Defense (Hosinsul)
	Using near hand, strike attacker's groin			
	Raise near hand up high and grab opponent's hair, or eye, or philtrum pressure with fingers			
	Tilt attacker's head back, place opposite hand behind attacker's near knee.			
	Pull with top hand, and lift with bottom hand to execute takedown			
#22 Rear Double Wrist Grab	Bend knees and lean forward to re-grab			
	Drop into deep horseback stance			
	Slide out to one side, slide near leg back behind both attacker's legs.			
	Maintaining low stance and grip on both attacker's wrists, drive inward elbow into attacker's body to cause them to trip over defender's legs			
	Follow up strike			
#23 Rear Double Mid-Arm Grab	Turn 90 degrees into a fighting stance			
	Dip shoulder and head while raising one arm overhead, other arm hanging low			
	Duck under arm of attacker, trapping against body once head is clear			
	Step back and drop stance to roll attacker into arm bar			
#24 Rear Double Shoulder Grab	Turn 90 degrees into a fighting stance			
	Reach across and grip one attacking wrist, near arm raising at a right angle and gripping under attacker's tricep, lifting upward to create space			
	Quickly turn in a tight turn in the opposite direction while ducking under attacker's arm			
	Pinning arm up behind back of attacker in a restraining hold			
#25 Rear Double Neck Grab	Step forward into a strong stance to create a solid base			
	Turn sharply towards attacker			
	Whip near arm around in a circular motion to trap both attacking arms			
	Cupped palm slap to attackers ear			
Protocol	Properly Saluting Flags			3 rd Stripe Protocol & Knowledge
	Correct Bowing Etiquette			
	Showing Proper Dojang conduct & respect			
	Knowing how to hold targets for partner training			
	Proper training attitude and mindset			
	Knows how to line up in class			
General knowledge questions	Must be able to answer all 10 th through 7 th Gup questions, must also be able to explain the symbolism behind 2 of the 3 flags (USA, PMAA, Korean)			4 th Stripe Forms (Hyungs)
	Student should be able to correctly name the Korean Terminology for a majority of basic techniques			
Pilsung Il Jang	Correctly Demonstrate movements of form. Perform Hyung with Speed, Power, Balance Focus, Kihap			
Pilsung E Jang	Correctly Demonstrate movements of form Perform Hyung with Speed, Power, Balance Focus, Kihap			
Pilsung Sam Jang	Completing the pattern correctly, with correct techniques			
	Correctly executing combination techniques			
	Kicking techniques performed with correct snap and balance			
	Correct directional turning			
	Proper focus, blocking out all distraction, not copying others			
	Accuracy and aim of each technique			
	Consistent stances and movement from position to position			
	Demonstrating focus of eyes and strong fighting spirit			
	Sharp Kihap at correct times			
	Proper weight shift and changing from stance to stance			
	Properly execute sliding motions, angle steps, retreating movements, proper twisting of hips			
1 on 1 point style sparring	Footwork, not being stuck or flat-footed			5 th Stripe: Sparring & One-Steps (Ilsoosik)
	Hands up in a guard			
	Use lead side to set up reversed-side			
	Frequent use of Combinations			
	Using self-control and respect for opponent			
#1- Inside Step, Inward Knife-hand Block, Punch, Chop and simultaneously check wrist	Correct stepping			
	Correct distance			
	Blocking with Correct hand and in proper direction			
	Proper hip twist			
	Accuracy			
#2- Outside Step, Inward Knife-hand Block, 2 Punches, Inward chop, Palm Strike	Proper flow of correct counter attacks			
	Correct stepping			
	Correct distance			
	Blocking with Correct hand and in proper direction			
	Proper hip twist			

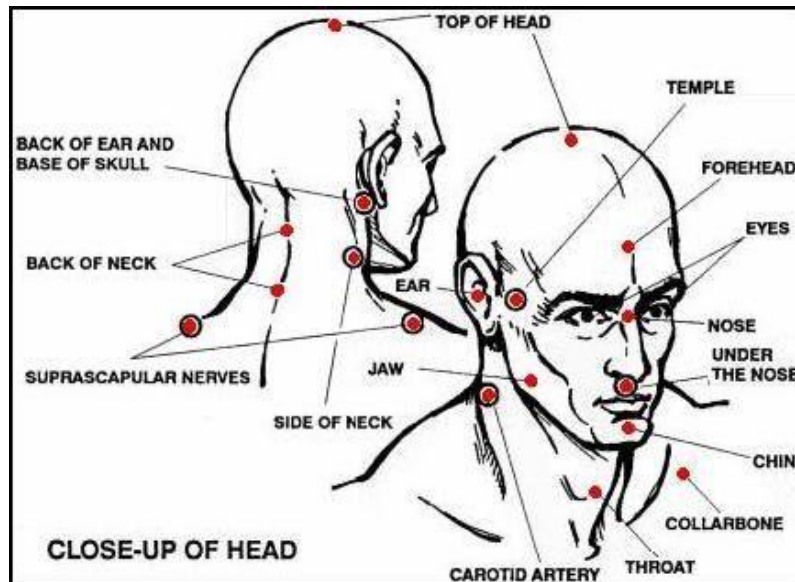
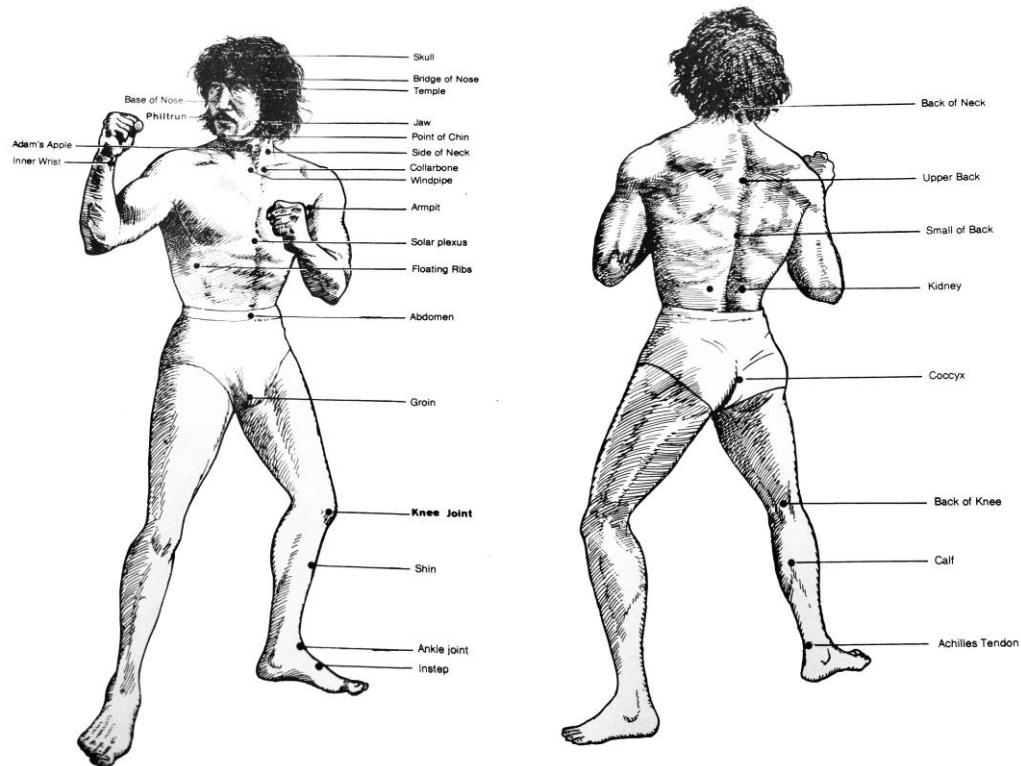
	Accuracy			
	Proper flow of correct counter attacks			
#3- Inside Step, Inward Knife-hand Block, Punch, Step, Elbow, Turn Back-fist to groin	Correct stepping			
	Correct distance			
	Blocking with Correct hand and in proper direction			
	Proper hip twist			
	Accuracy			
	Proper flow of correct counter attacks			
#4- Outside Step, Inward Knife-hand Block, Punch, Parry, Ridge-hand	Correct stepping			
	Correct distance			
	Blocking with Correct hand and in proper direction			
	Proper hip twist			
	Accuracy			
	Proper flow of correct counter attacks			
#5- Step Back, Outward Knife Hand Block, Punch, Spear-hand	Correct stepping			
	Correct distance			
	Blocking with Correct hand and in proper direction			
	Proper hip twist			
	Accuracy			
	Proper flow of correct counter attacks			
Speed	Performing fast techniques at quickest possible speed without compromising form			
	Patiently executing slower techniques			
	Proper rhythm			
Power	Knowing how to generate torque and twist			
	Shifting weight behind technique			
Balance	Proper stances, shifting of weight			
Focus	Mindfulness on tasks, blocking out distraction			
	Accuracy, aiming of techniques			
Kihap	Intensity			
	Proper breathing			
	Loud, correctly timed shout			
Attitude	Healthy Training Mindset			
	Willingness to learn			
	Commitment to get better			
	Helpful to others			
	A good training partner, knows when to 'tap'			
Flexibility	Respectful and humble towards others			
	Static Stretches			
	Dynamic Stretches			
Physical	Mobility Exercises			
	Can perform 100 Jumping Jacks			
	Can perform 2 sets of 25 Pushups (no knees on ground)			
	Can perform 2 sets 25 Sit ups or crunches			
Attendance	Can Perform 400 forward Jump Ropes in 5 minutes			
	Consistently attends 2 classes per week			
	On track to have 24 classes by next target test date			
Having completed the worksheet above, and acquired all signatures and seals, student has been cleared to take the next promotional exam on the following date:			Red Stripe Pre-Test	

NOTES:

BUNHAE CLUB SYLLABUS

PARTNER/COORDINATION DRILLS	IMPACT DRILLS	SPARRING/BUNHAE DRILLS
6th Gup		
Elbow Knee Drill	Low Block from Upset punch- add Reverse Punch and Front Kick	Playing for Grips – Little or No Resistance
Elbow/ Block/ Roll/ Counter Elbow	High Block from Overhead Punch- add Reverse Punch and Round Kick	Playing for Grips – Little or No Resistance Add Elbows and Knees
Windmill Block – Uppercut/ 2 Hand Defense	Inside/Outside Block from Wild Hook- add Reverse Punch and Side Kick	Playing for Grips – Little or No Resistance Add in the “Dirt”
	Outside/Inside Block from Straight Punch- add Reverse Punch and Axe Kick	Fall Down, Hit, Get Up Drill: Compliant, Slight Resistance, “KEEP HIM DOWN”
		Basic Block Bunhae: Low X Block -Loop Choke
		Basic Block Bunhae: High X Block – Left/Right Limb Manipulation
		Basic Block Bunhae: High X Block – Basic Collar/Lapel choke

VITAL SPOTS



5TH GUP

PURPLE

ENGLISH

Double Low Block
Double High Block
Double Inside Outside Block
Double Outside Inside Block
Double Chop
Double Palm Strike
1 Finger Spear Hand
2 Finger Spear Hand
Fore Knuckle Spear Hand
Spinning Crescent Kick
Jump Inside/Outside Crescent Kick
Jump Outside/Inside Crescent Kick
Shuffle Front Kick
Shuffle Roundhouse Kick
Shuffle Side Kick
Shuffle Axe Kick
Shuffle Hook Kick

KOREAN

E Jung Ha Dan Mahk Ki
E Jung Sang Dan Mahk Ki
E Jung Ahneso Pahkuro Mahk Ki
E Jung Pahkeso Ahnuro Mahk Ki
E Jung Soo Do Kong Kyuk
E Jung Jang Kwon Kong Kyuk
Il Ji Kwan Soo Kong Kyuk
E Ji Kwan Soo Kong Kyuk
Bang Jul Kwan Soo
Dwi Pan Dahl Cha Ki
E Dan Pan Dahl Cha Ki (Ahneso Pahkuro)
E Dan Pan Dahl Cha Ki (Pahkeso Ahnuro)
Turo Ka Myo Ahp Cha Ki
Turo Ka Myo Tollyo Cha Ki
Turo Ka Myo Yup Cha Ki
Turo Ka Myo Naeryo Cha Ki
Turo Ka Myo Hu Ryo Cha Ki

HOSINSUL

26-30

DAE RYUN:

1 on 1 Free Sparring

WEAPON

Bong (Staff) Basic Tech. 1-10

Bong (Staff) Spins 1-5

MISCELLANEOUS REQUIREMENTS

All Basic Techniques in combinations of 3

Kyuk Pa (Breaking) - 1 board with Elbow Strike

GENERAL KNOWLEDGE:

Why do we bow to the Instructor?

To learn and display proper respect in the Dojang. To develop a sense of humility.

Name at least 5 Basic Vital Points?

Temple, Throat, Base of the Skull, Eyes, Solar Plexus, Groin, Kidneys, Knee, Shin, Instep

Name the parts of the foot that you use to strike with.

Ball, Instep, Bottom Heel, Back Heel, Arch, Outside Edge

What is the ultimate goal of Tang Soo Do?

To become one with Nature.

What are the 5 important things to remember while practicing?

Speed, Power, Balance, Focus, Kihap (Intensity)



RANK REQUIREMENT	IMPORTANT POINTS & DETAILS	INST. INITIALS	RMAI SEAL	STRIPE
Double Low Block	Crossing Both arms on top Arms held out at sides, at hip height			1 st Stripe Individual Basic Techniques
Double High Block	Chambered in front of body, fore-fists facing each other Palm side facing up both at start and at end of technique Both arms forming an 'A' frame above head			
Double Inside Outside Block	Both arms crossing in front of body, overlapping each other Uncross arms, executing block in front of chest Arms stopping at shoulder width, palm side of fist facing in			
Double Outside Inside Block	Arms traveling inward, beginning near ear, jawline Twisting fists inward Do not slam arms together			
Double Chop	On outward chop, palm facing down, trajectory is arms crossed shoulder height, uncrossing out and stopping at shoulder width On inward chop, palms facing up, trajectory is same as Double Outside/Inside block On downward chop, palms facing down, trajectory is same as Double downward chop			
Double Palm Strike	Beginning with fists in proper rib chambered position Extending out with opening of hands, palms thrust forward as if shoving someone away			
1 Finger Spear Hand	Poke in eyes, or other soft area, finger slightly bent			
2 Finger Spear Hand	Poke in both eyes, or other soft area, finger slightly bent			
Fore Knuckle Spear Hand	Fingers drawn together tightly bent at middle knuckle Striking with center section of fingers Palm down for throat strike Palm in for sternum strike			
Spinning Crescent Kick	Pivot backward towards rear leg 180 degrees Keep both knees bent, turn head, and shoulder toward target Kick towards target with rear leg (the one farthest from target) Keep posture straight as knee is held tight in chest. Extend leg out just before approaching center line, pulling leg across in a half moon motion, reaching peak height at center line, striking with outside edge of foot. Re chamber knee after making contact with target Completing the circle and placing foot down in the same starting position			
Jump Inside/Outside Crescent Kick	Rear leg raises up in a straight line, shifting weight and momentum forward. Lifting up off the ground Twist body in the air. Front leg executes kick Proper execution of the kick itself (proper chamber, extend re-chamber, put down)			
Jump Outside/Inside Crescent Kick	Rear leg raises up in a straight line, shifting weight and momentum forward. Lifting up off the ground Front leg executes kick Proper execution of the kick itself (proper chamber, extend re-chamber, put down)			
Shuffle Front Kick	Smooth Fluid stepping. Slide or hop rear foot to front, then kick forward with lead leg. Proper execution of the kick itself			
Shuffle Roundhouse Kick	Smooth Fluid stepping. Slide or hop rear foot to front, then kick forward with lead leg. Proper execution of the kick itself			
Shuffle Side Kick	Smooth Fluid stepping. Slide or hop rear foot to front, then kick forward with lead leg. Proper execution of the kick itself			
Shuffle Axe Kick	Smooth Fluid stepping. Slide or hop rear foot to front, then kick forward with lead leg. Proper execution of the kick itself			
Shuffle Hook Kick	Smooth Fluid stepping. Slide or hop rear foot to front, then kick forward with lead leg. Proper execution of the kick itself			
Staff (Bong) Spin 1 Forward Fig 8	Spinning through center line from top to bottom Folding arms on both sides Turn hips, keep knees flexible			
Staff (Bong) Spin 2 Reverse Fig 8	Spinning through center line from bottom to top Folding arms on both sides Turn hips, keep knees flexible			
Staff (Bong) Spin 3 Right Hand Fig 8	Push shoulder towards target as if throwing a ball Do not over rotate the staff Staff spins on vertical plane, not horizontal			
Staff (Bong) Spin 4 Left hand Fig 8	Push shoulder towards target as if throwing a ball Do not over rotate the staff			

	Staff spins on vertical plane, not horizontal			
Staff (Bong) Spin 5 Switch Hand Fig 8	Make the switch on either side of body			
	Grabbing hand comes from underneath as staff comes across			
	Catch as staff turns vertical			
Staff (Bong) Basics 1 Low Block	Roll staff into the arms folded position in front of body			
	Spin circular like a windmill, not down and choppy			
	Unwind arms by swing staff down in an arc, stopping just outside the knee			
Staff (Bong) Basics 2 Upward Block	Staff is horizontal, grip is shoulder width.			
	Pull into chest before pushing upward			
	Don't completely lock out arms.			
Staff (Bong) Basics 3 Downward Block	Staff is horizontal, grip is shoulder width.			
	Pull into chest before pushing downward			
	Don't completely lock out arms			
Staff (Bong) Basics 4 High Strike	Roll staff into folded arms position along side of body opposite of strike			
	Striking hand and side of staff positioned on top of shoulder			
	Swing outward in a chopping motion similar to empty handed outward chop, stopping at temple			
Staff (Bong) Basics 5 Downward Strike	Striking hand/side of weapon positioned near jaw line			
	Roll staff as if rowing a boat forward, striking along center line, stopping at nose level			
	Twist hips and roll staff as if rowing a boat backward			
Staff (Bong) Basics 6 Uppercut	Bring striking end of staff upwards along center line as if trying to make contact under the enemy's chin			
	Motion mimics punch exercise in horseback			
	Roll staff along torso bringing staff from side to side			
Staff (Bong) Basics 7 Punch	Stopping each strike at side of temple			
	Stepping forward into horseback stance			
	Poke forward with point of the staff as if using a pitchfork on a bale of hay			
Staff (Bong) Basics 8 Jab	Tuck staff under one arm, let go with the opposite hand			
	Swing the staff with one hand in an upward arcing motion stopping just under opponent's chin			
	With the staff under one arm, roll staff in towards center of the body until staff is no longer under the arm			
Staff (Bong) Basics 10 Down Swing	Using wrist to continue the spin, raise staff above head and strike down in a hammer fist motion			
	Free end (non striking part) of staff tucks under the arm behind the body			
	Lean backward to relieve pressure			
#26 Rear Hair Grab	Turn hips toward opponent			
	Finish turn by facing opponent			
	Arm bar similar to #10			
#27 Rear Strangle	Drop into horseback stance to lower base			
	With both hands, pull attacker's arm down			
	Tuck chin into attacker's elbow			
#28 Rear Hammer Lock	Elbow attacker on open side			
	Reach back to grab opponent high on shoulder			
	Pull down in a circular motion to throw attacker along hip			
#29 Rear Bear Hug	With straight arm, step backward and elbow into opponent			
	Immediately shoot same hand forward to release grip			
	Turn towards opposite hand and re-grab opponent's wrist			
#30 Full Nelson	Drop into horseback stance to lower base			
	Bend arms upward to prevent better leverage on arms			
	With either right or left leg, pass across, then behind attacker's leg			
Protocol	Pinch opponent's knees together with both arms and lift backwards in a scooping throw			
	Drop into horseback stance to lower base			
	Bring elbows down sharply to help break attackers grip			
General knowledge questions	Attack attacker's hands, and secure grip on a finger or two to peel grip apart			
	Forcefully twist hips to break grip and face opponent			
	Secure grip on fingers and elbow and compress together for a lock, taking a knee to add more pressure.			
Protocol	Properly Saluting Flags			
	Correct Bowing Etiquette			
	Showing Proper Dojang conduct & respect			
General knowledge questions	Knowing how to hold targets for partner training			
	Proper training attitude and mindset			
	Knows how to line up in class			
General knowledge questions	Must be able to answer all 5 th through 10 th Gup questions			

2nd Stripe Self-Defense (Hosinsul)

3rd Stripe Protocol & Knowledge

Pilsung Il Jang	Correctly Demonstrate movements of form. Perform Hyung with Speed, Power, Balance Focus, Kihap			4 th Stripe Forms (Hyungs)
Pilsung E Jang	Correctly Demonstrate movements of form Perform Hyung with Speed, Power, Balance Focus, Kihap			
Pilsung Sam Jang	Completing the pattern correctly, with correct techniques			
	Correctly executing combination techniques			
	Kicking techniques performed with correct snap and balance			
	Correct directional turning			
	Proper focus, blocking out all distraction, not copying others			
	Accuracy and aim of each technique			
	Consistent stances and movement from position to position			
	Demonstrating focus of eyes and strong fighting spirit			
	Sharp Kihap at correct times			
	Proper weight shift and changing from stance to stance			
	Properly execute sliding motions, angle steps, retreating movements, proper twisting of hips			
	Form looks less like a green belt form and more like a purple belt form			
1 on 1 Continuous/Free or Dojang Sparring	Footwork, not being stuck or flat-footed			5 th Stripe: Sparring & One-Steps (IlSoosik)
	Hands up in a guard			
	Use lead side to set up reversed-side			
	Frequent use of Combinations			
	Using self-control and respect for opponent			
#1- Inside Step, Inward Knife-hand Block, Punch, Chop and simultaneously check wrist	Correct stepping			
	Correct distance			
	Blocking with Correct hand and in proper direction			
	Proper hip twist			
	Accuracy			
#2- Outside Step, Inward Knife-hand Block, 2 Punches, Inward chop, Palm Strike	Proper flow of correct counter attacks			
	Correct stepping			
	Correct distance			
	Blocking with Correct hand and in proper direction			
	Proper hip twist			
#3- Inside Step, Inward Knife-hand Block, Punch, Step, Elbow, Turn Back-fist to groin	Accuracy			
	Proper flow of correct counter attacks			
	Correct stepping			
	Correct distance			
	Blocking with Correct hand and in proper direction			
#4- Outside Step, Inward Knife-hand Block, Punch, Parry, Ridge-hand	Proper hip twist			
	Accuracy			
	Proper flow of correct counter attacks			
	Correct stepping			
	Correct distance			
#5- Step Back, Outward Knife Hand Block, Punch, Spear-hand	Blocking with Correct hand and in proper direction			
	Proper hip twist			
	Accuracy			
	Proper flow of correct counter attacks			
	Correct stepping			
Speed	Performing fast techniques at quickest possible speed without compromising form			Red Stripe Pre-Test
	Patiently executing slower techniques			
	Proper rhythm			
Power	Knowing how to generate torque and twist			
	Shifting weight behind technique			
Balance	Proper stances, shifting of weight			
Focus	Mindfulness on tasks, blocking out distraction			
	Accuracy, aiming of techniques			
Kihap	Intensity			
	Proper breathing			
	Loud, correctly timed shout			
Attitude	Healthy Training Mindset			
	Willingness to learn			
	Commitment to get better			
	Helpful to others			
	A good training partner, knows when to 'tap'			
Flexibility	Respectful and humble towards others			
	Static Stretches			

Physical	Dynamic Stretches		
	Mobility Exercises		
	Can perform 25 squats		
	Can perform 50 Pushups (no knees on ground)		
	Can perform 50 Sit ups or crunches		
Attendance	Can Perform 500 forward Jump Ropes (no time limit)		
	Consistently attends 2 classes per week		
	On track to have 36 classes by next target test date		
Having completed the worksheet above, and acquired all signatures and seals, student has been cleared to take the next promotional exam on the following date:			

BUNHAE CLUB SYLLABUS

PARTNER/COORDINATION DRILLS	IMPACT DRILLS	SPARRING/BUNHAE DRILLS
5th Gup		
Body Shifting Drill – Angle Adjustment – “Get the T”	Low Block – Armbar and Hammer	Angry Cat Drill-“Slapsies” Backhand Slap into Elbow Strike
Yielding and Blending Drill	High Block – Knock Down & Rise Up	Angry Cat Drill- Armbar and Hammer from opening or as response to Elbow
Body Drop – From Grips	Inside/Outside Block – Inner/Outer Club	Angry Cat Drill- Knock Down/Rise up from opening or as response from slapsies
	Outside/Inside Block – Outer Limb Destruction	Angry Cat Drill- Inner/Outer Club as alternate to slapsies
		Angry Cat Drill- Outer limb destruction from far side Block on Elbow
		2 Man form (Hyung) flow drill: Pilsung Sam Jang (compliant)



4TH GUP

BLUE

ENGLISH

Double Block (Low/Side)
Double Block (Low/In-Out)
Ridge-hand Block
Spinning Back Fist
Spinning Hammer Fist Attack
Spinning Knife Hand Chop
U Punch
Diagonal Kick
360° Jump Spinning Back Kick
Flying Side Kick, Reverse Punch Combination
Fwd Dive Roll
Backward Roll
Hip Throw
Shoulder Throw
Kneeling Throw
Inner Leg Reaping Throw (sweep)
Outer Leg Reaping Throw (sweep)

KOREAN

Ssang Soo Ha Dan Yup Mahk Ki
Ssang Soo Ha Dan Ahneso Pahkuro Mahk Ki
Yuk Soo Do Mahk Ki
Dwi Tollyo Kap Kwon Kong Kyuk
Dwi Tollyo Kwon Do Kong Kyuk
Dwi Tollyo Soo Do Kong Kyuk
Tae San Chi Rugi
Bit Cha Ki
Sam Paek Yuk Sip Do E Dan Dwi Tollyo Cha Ki
E Dan Dee Ya Yup Cha Ki Pan Dae Kong Kyuk
E Dan Ahp Ku Lu Gi
Dwi Ku Lu Gi

HOSINSUL

31-35

HYUNG

Pilsung Sa Jang

WEAPON

Bong Hyung Il Bu

DAE RYUN

Il Soo Sik Jok Ki 1-5

MISCELLANEOUS REQUIREMENTS

Kyuk Pa (Breaking) - 1 board with Spinning Back or Jump Spinning Back Kick

GENERAL KNOWLEDGE:

Why do we learn Hyungs?

To develop a strong fighting spirit by always fighting and beating an imaginary opponent in a mental battle.

Why do we learn One-Steps?

To practice proper distance, timing, control, in relation to my opponent, as well as the proper mind-set necessary to execute my techniques fluidly and without hesitation.

Explain the meaning of Blue/Brown Belts:

These belts represent the nourishment received from the sky and water as the plant prepares to flower in late summer.



RANK REQUIREMENT	IMPORTANT POINTS & DETAILS	INST. INITIALS	RMAI SEAL	STRIPE
Double Block (Low/Side)	Low Block arm crosses on top, side block on bottom			1 st Stripe Individual Basic Techniques
	Lead with elbow and extend arms outward			
	Rear arm at 90 degrees, up and in line with shoulder			
	Lead hand in proper Low Block position			
	Proper fighting stance			
Double Block (Low/In-Out)	Low block arm crosses on top, I/O block on bottom			
	Twisting hips with block			
Ridge-hand Block	Palm facing up, thumb tucked in			
	Crossing similar to Inside outside block			
Spinning Back Fist	Pivot backward towards rear leg 180 degrees			
	Keep both knees bent, turn head, and shoulder toward target			
	Strike target with rear arm (the one farthest from target)			
	Keep posture straight as technique is chambered.			
	Proper execution of technique itself			
Spinning Hammer Fist Attack	Pivot backward towards rear leg 180 degrees			
	Keep both knees bent, turn head, and shoulder toward target			
	Strike target with rear arm (the one farthest from target)			
	Keep posture straight as technique is chambered.			
	Proper execution of technique itself			
Spinning Knife Hand Chop	Pivot backward towards rear leg 180 degrees			
	Keep both knees bent, turn head, and shoulder toward target			
	Strike target with rear arm (the one farthest from target)			
	Keep posture straight as technique is chambered.			
	Proper execution of technique itself			
U Punch	Chamber technique on rear hip			
	Rear hand punching to philtrum, bottom hand to solar plexus			
Diagonal Kick	Twist hips towards base leg			
	Raise knee towards base leg, then point outward			
	Snap kick outward on an angle			
	Strike with ball of the foot			
360° Jump Spinning Back Kick	Distance is approximately 2 fighting stances from target			
	Lead leg is the kicking leg			
	Raise rear leg forward and point knee at target			
	Use momentum of knee lift to get height on jump			
	Twist body inward towards kicking leg, rotating body 360 degrees, turning head around sharply to look at target			
	Without over turning, kick like a mule. Straight back			
Flying Side Kick, Reverse Punch Combination	Flying side kick performed in the same fashion, with the exception of being thrown to the side			
	Punching hand matches kicking foot			
	Techniques thrown simultaneously			
Fwd Dive Roll	Lean or jump over obstacle			
	Use arms as a means to soften landing			
	Perform roll itself the same way as regular forward roll			
Backward Roll	Tuck chin into chest			
	Roll backward by throwing legs up and over one shoulder			
	Take remainder of the roll along shoulder			
	Complete roll by standing in a strong stance			
Hip Throw	Proper Set up			
	Proper Arm position			
	Passing Hips across opponent			
	Get hips lower than opponent			
	Pull opponent across while popping hip up			
	Roll opponent over hip			
Shoulder Throw	Proper Set up			
	Proper Arm position and footwork			
	Get body in front of opponent.			
	Hip position and proper pull through			
Kneeling Throw	Proper Set up			
	Proper Arm position			
	Passing Hips across opponent			
	“Break the triangle” Kneeling between opponent’s legs			
	Pull arms through for takedown			
Inner Leg Reaping Throw (sweep)	Break Posture, control upper body “High, Low” Rule			
	Weave leg through in a hook kick motion			
	Follow through with both posture and sweep			
Outer Leg Reaping Throw (sweep)	Break Posture, control upper body “High, Low” Rule			
	Weave leg through in a hook kick motion			
	Follow through with both posture and sweep			

#31 Guillotine Choke	Immediately grabbing attacking arm, pull off of neck			2 nd Stripe Self-Defense (Hosinsut)
	Posture upright, looking to sky			
	Stepping through with near leg to break grip			
	Keep head pinned to attacking shoulder			
	Turn execute armbar			
#32 Clinch with Knees	Shield Head and face with Arms, NOT extended hands			
	Receive knee and push outward, immediately weaving arm through clinch			
	Clothesline take down			
#33 Arms Free Front Bear hug	Drop base back into front stance			
	Push thumbs into vital area on head or neck until release			
#34 Single under-hook with wrist control	Turn stance parallel with attacker			
	Let higher arm go limb to slip through opening			
	Whip arm around chop opposite wrist to release			
	Follow up palm strike			
#35 Mid level waist grab	Sprawl defense			
	Get legs out of grasp of attacker			
	Follow up finish move			
Protocol	Properly Saluting Flags			
	Correct Bowing Etiquette			
	Showing Proper Dojang conduct & respect			
	Knowing how to hold targets for partner training			
	Proper training attitude and mindset			
	Knows how to line up in class			
General knowledge questions	Must be able to answer all questions from 4 th to 10 th Gup Demonstrate Moderate knowledge of Korean Terminology			
Pilsung Il Jang	Correctly Demonstrate movements of form. Perform Hyung with Speed, Power, Balance Focus, Kihap			
Pilsung E Jang	Correctly Demonstrate movements of form. Perform Hyung with Speed, Power, Balance Focus, Kihap			4 th Stripe Forms (Hyungs)
Pilsung Sam Jang	Correctly Demonstrate movements of form. Perform Hyung with Speed, Power, Balance Focus, Kihap			
Pilsung Sa Jang	Opening Technique performed moving forward with power			
	Extending left hand forward on Opening Crescent kick while chambering opposite hand			
	Landing into proper horseback with a hip twist			
	Simultaneous Block/Side Punch Performed with blocking hand forward, and side punch level with shoulder			
	Weight shifting			
	When going reverse up the center line, Replacing the Roundhouse kicking foot together with other foot			
	Proper turn before double blocks after side punch			
	Double blocks performed to center, not sides			
	Feet together, hand chambered, Knife hand in proper position before Side kick			
	Proper foot sliding after side kicks and before last technique			
	Kihaps all in proper places			
One Step Sparring: Hands 1-5	Performing techniques correctly with Speed, Power, Balance, Focus and Kihap			
#1 Kicking: Retreat Back to avoid attack, Front Kick, Inward Block, Reverse Punch	Correct stepping			
	Correct distance			
	Proper Kicking technique			
	Blocking with Correct hand and in proper direction			
	Proper hip twist			
	Accuracy			
	Proper flow of correct counter attacks			
#2 Kicking: Retreat Back to avoid attack, Round Kick, Inward Block, Reverse Punch	Can perform on both sides			
	Correct stepping			
	Correct distance			
	Proper Kicking technique			
	Blocking with Correct hand and in proper direction			
	Proper hip twist			
	Accuracy			
#3 Kicking: Retreat Back to avoid attack, Axe Kick to clear arm, Reverse Punch	Proper flow of correct counter attacks			
	Can perform on both sides			
	Correct stepping			
	Correct distance			
	Proper Kicking technique			
	Blocking with Correct hand and in proper direction			

	Can perform on both sides			
#4 Kicking: Retreat Back to avoid attack, Outside/Inside Crescent Kick blocking arm, same leg side kick	Correct stepping			
	Correct distance			
	Proper Kicking technique			
	Blocking with Correct hand and in proper direction			
	Proper hip twist			
	Accuracy			
	Proper flow of correct counter attacks			
	Can perform on both sides			
#5 Kicking: Retreat Back to avoid attack, Jump Front Kick, Inward Block, Reverse Punch	Correct stepping			
	Correct distance			
	Proper Kicking technique			
	Blocking with Correct hand and in proper direction			
	Proper hip twist			
	Accuracy			
	Proper flow of correct counter attacks			
	Can perform on both sides			
Bong Hyung Il Bu	First move pointing at center			
	Low Blocks all passing the Knee			
	Proper movement in stances			
	Figure 8 Spin with changing grip into spear technique			
	Both feet landing at same time in horseback jump			
	Kihaps in proper position			
	Student must be able to perform Weapon form at minimum by the count of the instructor			
Speed	Performing fast techniques at quickest possible speed without compromising form			
	Patiently executing slower techniques			
	Proper rhythm			
Power	Knowing how to generate torque and twist			
	Shifting weight behind technique			
Balance	Proper stances, shifting of weight			
Focus	Mindfulness on tasks, blocking out distraction			
	Accuracy, aiming of techniques			
Kihap	Intensity			
	Proper breathing			
	Loud, correctly timed shout			
Attitude	Healthy Training Mindset			
	Willingness to learn			
	Commitment to get better			
	Helpful to others			
	A good training partner, knows when to 'tap'			
Flexibility	Respectful and humble towards others			
	Static Stretches			
	Dynamic Stretches			
Physical	Mobility Exercises			
	Can perform 40 squats (2 sets of 20)			
	Can perform 3 sets of 25 Pushups (no knees on ground)			
	Can perform 3 sets of 25 Sit ups or crunches			
Attendance	Can Perform 600 forward Jump Ropes (no time limit)			
	Consistently attends 2 classes per week			
	On track to have 36 classes by next target test date			
Having completed the worksheet above, and acquired all signatures and seals, student has been cleared to take the next promotional exam on the following date:				

6th Stripe Weapons Techniques and Forms

Red Stripe Pre-Test

NOTES:

BUNHAE CLUB SYLLABUS

PARTNER/COORDINATION DRILLS	IMPACT DRILLS	SPARRING/BUNHAE DRILLS
	<i>4th Gup</i>	
Judo Dance – Trips while walking in a clinch	Parry, Low Block from Jab, Upset punch- add Reverse Punch and Front Kick	Playing for Grips Game- Slightly Elevated Resistance: Get Double Underhooks
Level Change to Body lock	Parry, High Block from Jab, Overhead Punch- add Reverse Punch and Round Kick	Playing for Grips Game- Slightly Elevated Resistance: Get Arms in Clinch
Head & Neck Targeting Drill	Parry, Inside/Outside Block from Jab, Wild Hook- add Reverse Punch and Side Kick	Playing for Grips Game- Slightly Elevated Resistance: Get Back Position
Wrist & Arm Targeting drill	Parry, Outside/Inside Block from Jab, Straight Punch- add Reverse Punch and Axe Kick	Block Bunhae: Low Block- Push/Pull, Punch
		Block Bunhae: High Block – Brace & Break
		Block Bunhae: Inside/Outside Block – Ripcord & Punch
		Block Bunhae: Outside/Inside Block – Deflect & Hammer



3RD GUP

BROWN

ENGLISH

Jump Diagonal Kick
Slicing Round Kick
Inward Hook Kick
Tornado Kick (360° Jump Spinning Outside/Inside Crescent Kick)
360° Jump Spinning Roundhouse Kick
Jump Spinning Crescent Kick
Scooping Kick
Cross Leg Stance
Crane Stance
Spinning Axe Kick
Arm Bar From Mount Submission
Arm Bar From Bottom Guard Submission
Collar Choke 1 Submission
Collar Choke 2 Submission

KOREAN

E Dan Bit Cha Ki
Bahl Nahl Tollyo Cha Ki
Ahneso Hu Ryo Cha Ki
Tae Poong Cha Ki
Sam Paek Yuk Sip Do E Dan Tollyo Cha Ki
E Dan Dwi Pan Dahl Cha Ki
Da Re Met Cha Ki
Kyo Sa Rip Ja Seh
Han Bahl Seo Kee Ja Seh
Dwi Naeryo Cha Ki

HOSINSUL

36-40

DAE RYUN

Il Soo Sik 6-10

1 up & 1 Down Sparring

WEAPON

Bong (Staff) Spin 6 & 7

MISCELLANEOUS REQUIREMENTS

Kyuk Pa (Breaking) 1 board with choice of Hammer Fist, Knife Hand or Palm Strike

Kyuk Pa (Breaking) 1 board with choice of Axe Kick and Hook Kick

GENERAL KNOWLEDGE:

Name the 14 Attitude Requirements:

1. Purpose of training should be the enhancement of mental and physical betterment
2. Serious approach
3. All-out effort
4. Maintain regular and constant practice
5. Practice basic techniques all the time
6. Regularly spaced practice sessions
7. Always listen and follow directions from instructors and seniors
8. Do not be overly ambitious
9. Frequently inspect your own achievements
10. Always follow a routine training schedule.
11. Repeatedly practice all techniques already learned
12. When learning new techniques, learn thoroughly the theory and philosophy as well
13. When you begin to feel idle, try to overcome this
14. Cleanliness is required after training. Keep yourself and surroundings clean.

What has Martial Arts Training done for your life?



NOTES:

RANK REQUIREMENT	IMPORTANT POINTS & DETAILS	INST. INITIALS	RMAI SEAL	STRIPE
Jump Diagonal Kick	Bring rear knee straight up to gain momentum			1 st Stripe Individual Basic Techniques
	Twist body in the air			
	Proper performance of the kick itself			
Slicing Round Kick	Twist inward like a typical round kick			
	Chambered knee at 45 degrees			
	Striking with outside edge of the foot, in a slicing motion			
Inward Hook Kick	Chambered knee up high			
	Extend knee outward past target			
	Chopping inward back towards the target			
	Striking with back of heel			
Tornado Kick (360° Jump Spinning Outside/Inside Crescent Kick)	Kicking leg is in front			
	Turn to the rear (towards rear leg)			
	Turn head and shoulders to view the target			
	Continue turn by bringing up non kicking knee and point at target			
	Execute Outside/Inside Crescent kick from closer range			
360° Jump Spinning Roundhouse Kick	Executed same as Tornado Kick, from a greater distance, striking target as a roundhouse kick			
Jump Spinning Crescent Kick	Adopt a properly balanced fighting stance, kicking leg behind			
	Bend knees and jump straight up in the air, turning hips toward rear kicking leg			
	Chamber knee of kicking leg tight into chest, non kicking leg tucks up and under			
	Extending Inside/Outside Crescent kick just before reaching center line, striking with outside edge of foot			
Scooping Kick	Bend both knees			
	Kick forward as if kicking a ball or sand, scooping with inside arch of foot			
	Sit back on Kick and thrust hips forward			
Cross Leg Stance	Both Knees Bent			
	Weight Sits 50/50 on each leg, center of gravity in middle			
Crane Stance	Base/Standing support leg bent at knees			
	Raised leg may be chambered, tucked, or supported on the other leg			
Spinning Axe Kick	Pivot backward towards rear leg 180 degrees			
	Keep both knees bent, turn head, and shoulder toward target			
	Kick towards target with rear leg (the one farthest from target)			
	Keep posture straight as knee is held tight in chest.			
	Extend leg out just before approaching center line, pulling leg across in a half moon motion, reaching peak height at center line, striking. By pulling foot down in a chopping motion, striking with the heel.			
Arm Bar From Mount Submission	Proper Set up by, Pulling Arm Across, Move body into position			
	Keep legs and knees tight			
	Sit Back, keeping thumb up			
	Arch Hips to effect submission			
Arm Bar From Bottom Guard Submission	Proper Set up, Pulling Arm Across, Shrimp & Move body into position,			
	Break opponent's posture with legs			
	Keep legs and knees tight			
	Throw leg on top of opponent, keeping thumb up			
Collar Choke 1 Submission – X Choke	Arch Hips to effect submission			
	Reach high into collar, palm up, use arm to create space for other hand			
	Go under arm with free hand, take hold of collar on opposite side as high up as possible			
Collar Choke 2 Submission - Loop	Close fists and pull person in to submit			
	Grab collar on opposite side pushing arm out			
	When opponent pushes back, guide head into armpit			
Bong Spin #6 Front Spin	Support on top of head with opposite hand to get submission			
	Hold Staff vertical, in front of body, thumb side up			
	Turn staff 180 degrees so that now thumb is down			
	Keep slight bend in elbows, don't rely solely on wrists			
	Place opposite hand on top in a chopping motion			
	Roll chop into a hand off to other hand			
	Grab staff and continue to rotate another 180 degrees			
	Make grab with other hand underneath, palm up with thumb facing the staff			
Bong Spin #7 Behind the Back	Make the grab and rotate up to restart the spin			
	Start with Staff held vertical at the side, thumb side up			
	Rotate staff down 360 degrees and behind small of back			
	Hand off the staff to the other hand with both palms facing outward, make grab between thumb and index finger			
	Rotate staff up and outward into opposite position as start			
	Raise arm and roll staff as if it's a back scratcher			

	Loosen Grip and allow staff to level off vertical Holding with thumb and index finger, other fingers point to sky			
	Raise other arm up in exact same position, bring hands together, making the hand off in a 'praying hands' position			
	Roll the staff with the other hand down to restart			
#36 Same Side Kick Grab	Defense Plan A: Opponent has only grabbed leg at the ankle, rechamber and kick foot again to release grab			2 nd Stripe Self-Defense (Hosinsun)
	Defense Plan B: Opponent has secured a grip behind the knee, Take a high clinch on opponent's head, putting pressure on his neck, thrust trapped leg down and back into a front stance to release			
	Defense Plan C: Opponent has secured the takedown, or defender has 'pulled guard', close up guard and execute a collar choke			
#37 Cross Side Kick Grab	Defense Plan A: Opponent has only grabbed leg at the ankle, rechamber and kick foot again to release grab			
	Defense Plan B: Opponent has secured a grip behind the knee, Close the gap with a chambered elbow to opponent, then roll into a guillotine, thrust trapped leg down and back into a front stance to release			
	Defense Plan C: Defense A and B has failed, Secure a position Paralell to opponent, take hold of opponent's neck or shoulder. Thrust opposite leg behind that of the attacker's and scissor legs together to takedown opponent. Knee Bar Submission			
#38 Single Leg takedown attempt	A: Sprawl Defense			3 rd Stripe Protocol & Knowledge
	B: Head in Version-Pivot 180 degrees in a reverse front stance. Strike and push opponent's head and face to create space, soccer kick with trapped leg to release			
	C: Head Out Version – Lower stance, in a slight sprawl. Fish ridge of hand along opponent's jaw in a cross-face motion, bringing forearm across philtrum, Gable grip squeeze and twist opponent's head to release			
#39 Double Leg Takedown attempt	A: Sprawl Defense			
	B: Opponent secures takedown – Close guard and Collar Choke submission			
#40 Flower Sweep from Guard	Using Cross side Grab, shrimp & pull person's arm across body. Secure grip on armpit. Pull person on their side.			
	Using other hand, grab inside knee			
	In a crescent kick motion, roll person over to sweep			
Protocol	Properly Saluting Flags			4 th Stripe Forms (Hyungs)
	Correct Bowing Etiquette			
	Showing Proper Dojang conduct & respect			
	Knowing how to hold targets for partner training			
	Proper training attitude and mindset			
	Knows how to line up in class			
General knowledge questions	Complete Written Knowledge Test			
Pilsung Il Jang	Correctly Demonstrate movements of form. Perform Hyung with Speed, Power, Balance Focus, Kihap			5 th Stripe : Sparring & One-Steps (Ilsoosik)
Pilsung E Jang	Correctly Demonstrate movements of form. Perform Hyung with Speed, Power, Balance Focus, Kihap			
Pilsung Sam Jang	Correctly Demonstrate movements of form. Perform Hyung with Speed, Power, Balance Focus, Kihap			
Pilsung Sa Jang	Opening Technique performed moving forward with power			
	Extending left hand forward on Opening Crescent kick while chambering opposite hand			
	Landing into proper horseback with a hip twist			
	Simultaneous Block/Side Punch Performed with blocking hand forward, and side punch level with shoulder			
	Weight shifting			
	When going reverse up the center line, Replacing the Roundhouse kicking foot together with other foot			
	Proper turn before double blocks after side punch			
	Double blocks performed to center, not sides			
	Feet together, hand chambered, Knife hand in proper position before Side kick			
	Proper foot sliding after side kicks and before last technique			
	Kihaps all in proper places			
	Form should now look more like a Brown Belt form and less like a Blue belt form. Executing each technique with speed, power, Balance, focus, and Kihap			
1 up 1 down sparring	Keep moving, use legs as first line of defense			
	Don't Stay flat on back			
	Keep Guard up			
	Use sweeps when opportunity arises			
	Tactical get up on command			
One Step Sparring: Hands 1-5	Performing techniques correctly with Speed, Power, Balance, Focus and Kihap			

One Step Sparring: Kicks 1-5	Performing techniques correctly with Speed, Power, Balance, Focus and Kihap			
Hands #6: Inside Step, Inward Knife-hand Block, Double Punch, Outward Chop to neck, Chambered Elbow	Correct stepping			
	Correct distance			
	Blocking with Correct hand and in proper direction			
	Proper hip twist			
	Accuracy			
Hands #7: Outside Step, Inward Knife-hand Block, Punch to Temple, Grab shoulder, Outer Leg Sweep (reaping throw), Pin and Hammer fist	Proper flow of correct counter attacks			
	Correct stepping			
	Correct distance			
	Blocking with Correct hand and in proper direction			
	Proper hip twist			
Hands #8: Inside Step, Inward Knife-hand Block, Punch to solar plexus, Simultaneous check hand and punch to philtrum, Grab arm, step through break arm, elbow strike to solar plexus	Accuracy			
	Proper flow of correct counter attacks			
	Arm break tech. Done with proper step and arm twist			
	Correct stepping			
	Correct distance			
Hands #9: Outside Step, Inward Knife-hand Block, 2 center punches, 1 temple punch, take hold of both shoulders, scoop kick takedown to back of opponents knee, hammer fist	Blocking with Correct hand and in proper direction			
	Proper hip twist			
	Accuracy			
	Proper flow of correct counter attacks			
	Regain balance after scoop kick			
Hands #10: Step Back with Left Foot, Right Hand High Knife-Hand Block, Grab, punch to ribs, step through arm-bar, Knife-hand follow up to back of neck.	Correct stepping			
	Correct distance			
	Blocking with Correct hand and in proper direction			
	Proper hip twist			
	Accuracy			
Bong Hyung Il Bu	Proper flow of correct counter attacks			
	First move pointing at center			6 th Stripe Weapons Techniques and Forms
	Low Blocks all passing the Knee			
	Proper movement in stances			
	Figure 8 Spin with changing grip into spear technique			
	Both feet landing at same time in horseback jump			
Speed	Kihaps in proper position			Red Stripe Pre-Test
	Student must be able to perform Weapon form without the count of the instructor			
	Performing fast techniques at quickest possible speed without compromising form			
Power	Patiently executing slower techniques			
	Proper rhythm			
	Knowing how to generate torque and twist			
Balance	Shifting weight behind technique			
	Proper stances, shifting of weight			
	Mindfulness on tasks, blocking out distraction			
Focus	Accuracy, aiming of techniques			
	Intensity			
	Proper breathing			
Kihap	Loud, correctly timed shout			
	Healthy Training Mindset			
	Willingness to learn			
Attitude	Commitment to get better			
	Helpful to others			
	A good training partner, knows when to 'tap'			
Flexibility	Respectful and humble towards others			
	Static Stretches			
	Dynamic Stretches			
Physical	Mobility Exercises			
	Can perform 50 squats (2 sets of 25)			
	Can perform 30 Pushups in 60 Seconds			
Attendance	Can perform 30 Sit ups in 60 Seconds			
	Can Perform 500 forward Jump Ropes in 4 Minutes			
	Consistently attends 2 classes per week			
On track to have 36 classes by next target test date				
Having completed the worksheet above, and acquired all signatures and seals, student has been cleared to take the next promotional exam on the following date:				

BUNHAE CLUB SYLLABUS

PARTNER/COORDINATION DRILLS	IMPACT DRILLS	SPARRING/BUNHAE DRILLS
3rd Gup		
Low Kicks for Combat: Front	Punching Drill 1: Punch in Bottom Guard	Low Block : Posture Break and Hammer
Low Kicks for Combat: Round	Punch while getting to Feet	High Block: Backward High Elbow
Low Kicks for Combat: Side	Punch moving forward	I/O Block: Step in Elbow/Inner Outer Club
Low Kicks for Combat: Hook	Punch while opponent Falls	O/I Block: Catch and Hammer
Low Kicks for Combat: Axe	Punch while in Top Guard	Angry Cat 2 Drill: Slightly Elevated Resistance
	Punching Drill 2: Punch while being Grippped	Attacker add some pushing and punching
	Low Block- Push/Pull, Punch	Defender add in: Low Block-Push/Pull
	High Block – Brace & Break	Defender add in: Low Block- Posture Break
	Inside/Outside Block – Ripcord & Punch	Defender add in: High Block-Brace & Break
	Outside/Inside Block – Deflect & Hammer	Defender add in: High Block- Back Hi Elbow
		Defender add in: I/O Block- Step in Elbow
		Defender add in: I/O Block – Ripcord & Punch
		Defender add in: O/I Block – Deflect & Hammer
		Defender add in: O/I Block catch & Hammer
		2 Man form (Hyung) flow drill:
		Pilsung Sa Jang (compliant)



NOTES:

2ND GUP

RED

ENGLISH

Thumb Strike
Plier Hand
Wrist Strike
Wrist Block
Sitting Front Kick
Sitting Roundhouse Kick
Sitting Side Kick
Sitting Spinning Back Kick
Sitting Inside/Outside Crescent Kick
Sitting Outside/Inside Crescent Kick
Sitting Axe Kick
Sitting Scissors Sweep
Rolling Axe Kick
Rolling Break-Fall
Triangle Choke
Baseball Bat Choke

KOREAN

E Om Ji Kong Kyuk
Jip Kye Sohn
Sohn Mok Dung
Chu Mok Mahk Ki
Ahn Jo Ahp Cha Ki
Ahn Jo Tollyo Cha Ki
Ahn Jo Yup Cha Ki
Ahn Jo Dwi Tollyo Cha Ki
Ahn Jo Ahneso Pahkuro Cha Ki
Ahn Jo Pahkeso Ahnuro Cha Ki
Ahn Jo Naeryo Cha Ki
Ahn Jo Ka Wi Ssuro Cha Ki
Ku Lu Gi Nae Ryo Cha Ki
Ku Lu Gi Nak Bup



HOSINSUL

41-45

DAE RYUN

Il Soo Sik Jok Ki 6-10
2 on 1 Free Spar

HYUNG

Pilsung Oh Jang

WEAPON

Ssang Chul Bong (Nunchaku) Basics 1
Ssang Chul Bong (Nunchaku) Basics 2
Ssang Chul Bong (Nunchaku) Basics 3

MISCELLANEOUS REQUIREMENTS

Kyuk Pa (Breaking) 1 board with Wheel Kick or Spinning Hook Kick (Power Break)

GENERAL KNOWLEDGE:

Name the three Kingdoms of Ancient Korea, where were they located, and when were they founded.

Silla Dynasty	Southeast Peninsula	57 BC
Koguryo	Northern Korea	37 BC
Paekche	Southwest	18 BC

What dynasty united the 3 Kingdoms, and in what year?

Silla Dynasty in 668 AD

Which dynasty is most famous for the development of the Martial Arts in Korea?

Silla Dynasty

To what approximate date can the Dobohk be traced?

600 AD

What was the name of the warriors who were instrumental in unifying the Korea peninsula as the new Silla Dynasty?

Hwa Rang Dan Warriors

Who was the monk that originated the 5 codes?

Won Kwang

Who were the two warriors who brought back the codes from Won Kwang?

Kwi San and Chu Hwang

Explain the meaning of the Red Belt:

The red belt represents the life's energy as the plant begins to bloom and ripen in early fall.



RANK REQUIREMENT	IMPORTANT POINTS & DETAILS	INST. INITIALS	RMAI SEAL	STRIPE
Thumb Strike	Striking only on soft/vital areas of body (Eyes, neck, Throat) Thumb supported with remainder of hand, thumb not fully extended			1 st Stripe Individual Basic Techniques
Plier Hand	Can be Striking or Pinching Area used is webbing between thumb and index finger			
Wrist Strike	Proper Flex of Wrist just before impact Striking with Top of Wrist			
Wrist Block	Proper Flex of wrist just before impact Block area either Front (inside) or Back (top) side of Wrist			
Sitting Front Kick	Starting from a seated position, Outside Leg kicks Hands Placed in position behind legs for leverage Non Kicking foot pushes off ground Hips up off ground Proper Execution of Kick itself Returning to a Seated Position			
Sitting Roundhouse Kick	Starting from a seated position, Outside Leg kicks Roll sideways and place hands on ground opposite side of kicking leg Posture up on base/non kicking leg Proper Execution of Kick itself Returning to a Seated Position			
Sitting Side Kick	Starting from a seated position, Outside Leg kicks Roll sideways and place hands on ground opposite side of kicking leg Posture up on base/non kicking leg Chest to the ground Proper Execution of Kick itself Returning to a Seated Position			
Sitting Spinning Back Kick	Starting from a seated position Roll sideways and place hands on ground Inside leg does kick Chest to the ground Proper Execution of Kick itself Returning to a Seated Position			
Sitting Inside/Outside Crescent Kick	Starting from a seated position Proper Execution of Kick itself Returning to a Seated Position			
Sitting Outside/Inside Crescent Kick	Starting from a seated position Proper Execution of Kick itself Returning to a Seated Position			
Sitting Axe Kick	Starting from a seated position Proper Execution of Kick itself Returning to a Seated Position			
Sitting Scissors Sweep	Starting from a seated position Proper Execution of Kick itself Returning to a Seated Position			
Rolling Axe Kick	Begin from either kneeling or standing stance Proper execution of standard forward roll As roll is completed, stiffen lead leg to strike target with heel			
Rolling Break-Fall	Begin from either kneeling or standing stance Proper execution of standard forward roll As roll is completed, Slap ground Ending Position like a side breakfall			
Triangle Choke	Proper Set up with opponent's arm in, other one out Break down opponent's posture with Chopping Leg on back neck and shoulder area, pull attacker's inside arm across in the opposite direction Hook other leg over at the knee to complete the triangle formation and tighten Push down attacker's head if needed to cause submission			
Baseball Bat Choke	Both hands in Behind opponent's collar, One palm up, the other down. Rotate the body in a Bat swinging motion as opponent moves to the palm up side			
#41 Scissor Sweep from Guard	Control the Cross side collar and same side wrist on one side of opponent (the side you are sweeping to) Shrimp out slightly to bring far side (cross side) knee in to opponent's chest, same side leg on opponent's hip Pull person's weight in to break posture Making a scissor motion with legs, top leg kicks like a round kick while the bottom leg drops down and hooks opponent's base leg/foot out			2 nd Stripe Self-Defense (Hosinsu)
#42 Bump/Upa Sweep from Mount	Pick a side to sweep to, and control attacker's arm on that side, Trap same side foot with your own foot Bridge or Thrust hips up to the sky then roll over to the trapped side			

#43 Choke Defense from Guard	Camp down with both arms in an X across attacker's forearms to pin against your body			
	Take a 'High Guard' by putting both legs up over enemy's shoulders, keeping a tight squeeze			
	Begin to slide 'X' shaped arms down attacker's arms toward wrist while thrusting hips to the sky (double arm bar)			
#44 Ground & Pound Defense	(1 up 1 Down) 2 Barrier Space Defense (Feet & Knees)			
	(1 up 1 Down) Create space with Tactical Get up			
	(Guard) Posture Break & Arm over hook			
	(Guard) Arm Triangle defense			
	(Mount) Cover with Body & Head Moves, Elbow Escape			
	(Mount) Bump, Trap & Roll			
#45 Arms Pinned Defense	(Guard) Feet on Hips, Push off, go for submission			
	(Mount) Upside down Eagle, Bump, Trap & Roll			
Protocol	Properly Saluting Flags			3 rd Stripe Protocol & Knowledge
	Correct Bowing Etiquette			
	Showing Proper Dojang conduct & respect			
	Knowing how to hold targets for partner training			
	Proper training attitude and mindset			
	Knows how to line up in class			
General knowledge questions	Complete Written Knowledge Test			
Pilsung Il Jang	Correctly Demonstrate movements of form. Perform Hyung with Speed, Power, Balance Focus, Kihap			4 th Stripe Forms (Hyungs)
Pilsung E Jang	Correctly Demonstrate movements of form. Perform Hyung with Speed, Power, Balance Focus, Kihap			
Pilsung Sam Jang	Correctly Demonstrate movements of form. Perform Hyung with Speed, Power, Balance Focus, Kihap			
Pilsung Sa Jang	Correctly Demonstrate movements of form. Perform Hyung with Speed, Power, Balance Focus, Kihap			
Pilsung Oh Jang	Proper Twist on First Move			
	Double Blocks performed to the front			
	Hip twist on Low/High Knife Hand Combo			
	Arms Level on Double Side Punch			
	Correct Movement of Arms, and Balance in Crane Stance Sequence, Twisting on Next Count			
	Balance on Cross Stance, arms and body in proper position on X Block			
	Hand returning to chamber when opposite hand performs upward palm press			
	Correct Turn before "Cup & Saucer Position". Sequence after Step Round Kick/High Block/High Punch			
	Re-chambering Side Kicks Before Landing into modified Front Stance/Elbow Strike			
	Double Side Blocks Remain in position on Front Kick			
	Kihaps in the Correct places			
One Step Sparring: Hands 1-10	Performing techniques correctly with Speed, Power, Balance, Focus and Kihap			5 th Stripe: Sparring & One-Steps (IIsosSik)Ik
One Step Sparring: Kicks 1-5	Performing techniques correctly with Speed, Power, Balance, Focus and Kihap			
Kicking: #6 Retreat Back to avoid attack, Front Kick, Inward Angle Step Round Kick	Correct stepping			
	Correct distance			
	Proper Kicking technique			
	Blocking with Correct hand and in proper direction			
	Proper hip twist			
	Accuracy			
	Proper flow of correct counter attacks			
Kicking: #7 Retreat Back to avoid attack, Front Kick, Inward Angle Step Side Kick	Can perform on both sides			
	Correct stepping			
	Correct distance			
	Proper Kicking technique			
	Blocking with Correct hand and in proper direction			
	Proper hip twist			
	Accuracy			
Kicking: #8 Retreat Back to avoid attack, Outside/Inside Crescent Kick, Spin Back Kick	Proper flow of correct counter attacks			
	Can perform on both sides			
	Correct stepping			
	Correct distance			
	Proper Kicking technique			
	Blocking with Correct hand and in proper direction			
	Proper hip twist			
	Accuracy			
	Proper flow of correct counter attacks			
	Can perform on both sides			
	Correct stepping			

Kicking: #9 Retreat Back to avoid attack, Front Kick, Jump Front Kick, Inward Block, Reverse Punch	Correct distance			
	Proper Kicking technique			
	Blocking with Correct hand and in proper direction			
	Proper hip twist			
	Accuracy			
	Proper flow of correct counter attacks			
	Can perform on both sides			
Kicking: #10 Retreat Back to avoid attack, Low Wheel Sweep, Axe Kick	Correct stepping			
	Correct distance			
	Proper Kicking technique			
	Blocking with Correct hand and in proper direction			
	Proper hip twist			
	Accuracy			
2 on 1 Sparring	Proper flow of correct counter attacks			
	Hands up			
	Head on a swivel, constantly scanning for threat			
	Footwork to stay out of danger			
	Try to keep opponent's in a straight line, or both in front adjacent to one another			
	Only strike when necessary			
Ssang Chul Bong: Basic Set 1 Spinning	Only Split attackers at ideal times to escape			
	#1 Forward Side Spin:			
	#2 Reverse Side Spin			
	#3 Inward Front Spin			
	#4 Outward Front Spin			
	#5 Inward Overhead Spin			
	#6 Outward Overhead Spin			
	#7 Forward Figure 8			
Ssang Chul Bong: Basic Set 2 Swings/Strikes	#8 Reverse Figure 8			
	#1 Vertical Swing			
	#2 Angle Swing			
	#3 Palm Down Horizontal Swing			
	#4 Palm Up Horizontal Swing			
	#5 Forward Under-leg Swing			
	#6 Forward Underarm strike			
	#7 Inward Underarm Strike			
Ssang Chul Bong: Basic Set 3 Passing/Catches	#8 Outward Underarm Strike			
	#1 Underarm/Behind Shoulder Catch			
	#2 Behind Shoulder Switch			
	#3 Palm down Behind the Back Horizontal Switch			
	#4 Palm up In Front of Body Horizontal Switch			
	#5 Under-leg Touch & Back to Front Under-leg Catch & Return			
	#6 Back to Front Under-leg Catch loop and repeat			
	#7 Hip /Shoulder/ Around neck Catch			
Bong Hyung Il Bu	#8 Behind Back Catch			
	Correctly Demonstrate movements of form.			
Bong Basics & Spins	Perform Hyung with Speed, Power, Balance Focus, Kihap			
Speed	All Spins and Basics performed with Speed, Accuracy and control of the weapon			
	Performing fast techniques at quickest possible speed without compromising form			
	Patiently executing slower techniques			
Power	Proper rhythm			
	Knowing how to generate torque and twist			
Balance	Shifting weight behind technique			
Focus	Proper stances, shifting of weight			
	Mindfulness on tasks, blocking out distraction			
Kihap	Accuracy, aiming of techniques			
	Intensity			
	Proper breathing			
Attitude	Loud, correctly timed shout			
	Healthy Training Mindset			
	Willingness to learn			
	Commitment to get better			
	Helpful to others			
Flexibility	A good training partner, knows when to 'tap'			
	Respectful and humble towards others			
	Static Stretches			
Physical	Dynamic Stretches			
	Mobility Exercises			
	Can perform 50 squats (2 sets of 25)			
	Can perform 40 Pushups in 60 Seconds			
	Can perform 40 Sit ups in 60 Seconds			

	Can Perform 700 forward Jump Ropes (No Time limit)			
Attendance	Consistently attends 3 classes per week			
	On track to have 48 classes by next target test date			
Having completed the worksheet above, and acquired all signatures and seals, student has been cleared to take the next promotional exam on the following date:				

BUNHAE CLUB SYLLABUS

PARTNER/COORDINATION DRILLS	IMPACT DRILLS	SPARRING/BUNHAE DRILLS
	<i>2nd Gup</i>	
Throw Drill: 90° Elbow/Neck Turn	Punch/Hook/Grab/Throw and More:	Mixed Bunhae Drill: Part A - Drills 1-4
Throw Drill: 180° Neck Crank	Punch/Hook	Mixed Bunhae Drill: Part B – Drills 5-8
Throw Drill: 270° Clothesline	Low Knifehand/Close Gap	Mixed Bunhae Drill: Part A & B: 1-8 Slight Resistance
	Body Lock	Mixed Bunhae Drill: A & B Random order LIVE
	Trip Throw, Turn in Hammer Fists	2 Man form (Hyung) flow drill:
	Get Mount- GNP, Armbar Set up w/ Hammer	Pilsung Oh Jang (compliant)
	Armbar Counter to Guard, Pull/Punch	
	Scissor Sweep, Back to top and Punch	



NOTES:

1ST GUP

RED with WHITE STRIPE

ENGLISH

Corkscrew Punch
Knuckle Strike
Low Stance
Low Double Knife Hand Block in Low Stance
Double Jump Front Kick (Same Time Apart)
Double Jump Front Kick (Same Time Together)
Jump Wheel Kick
Low Wheel Sweep
Jump Rolling Break Fall
Double Front Kick (Separate Time)
Double Roundhouse Kick (Separate Time)
Jump Spinning Hook Kick
Jump Spinning Axe Kick
Americana Submission
Kimura Submission
Achilles Lock Submission
Ankle Lock Submission

KOREAN

Ahnuro Kap Kwon Kong Kyuk
Son Ga Rak Chu Mok Chi Ru Gi
Choi Ha Dan Ja Seh
Choi Ha Dan Soo Do Mahk Ki
Ssang Bahl Pyon Ahp Cha Ki
Ssang Bahl Moa Ahp Cha Ki
E Dan Wae Jun Cha Ki
Choi Ha Dan Wae Jun Cha Ki
E Dan Ku lu Gi Nak Bip
Yang Bahl Ahp Cha Ki
Yang Bahl Tollyo Cha Ki
E Dan Dwi Hu Ryo Cha Ki
E Dan Dwi Naeryo Cha Ki

HOSINSUL

46-50

WEAPON

Pilsung Ssang Chul Bong Il Bu

MISCELLANEOUS REQUIREMENTS

Kyuk Pa (Breaking) 1 board with choice of Punch or Speed Knife Hand

Kyuk Pa (Breaking) 1 board with 360 Jump Spinning Back Kick

GENERAL KNOWLEDGE:

What was the name of the First Martial Arts Book Written Documenting Korean Martial Arts?
Mooyae Dobo Tong Ji

What year was Mooyae Dobo Tong Ji Written?
1790 AD

Be able to explain the meaning of all previous Belt Colors

What does it mean to be a Cho Dan Bo?

What is Ki Energy?



Ki is the universal life energy. It flows in everything living. The Eastern way suggests that Ki is the force in which determines our overall well-being. If the flow of Ki in our bodies is stagnated or weak, then we may feel tired, or even become ill. A strong Ki flow enables us to feel energized, and keeps us healthy. Ki is the basis for which all Traditional Eastern Medical practice is founded on. As Martial Artists, we know that understanding and discovering our flow of Ki is important to our training. By way of specialized breathing exercises, we can learn how to cultivate our life's energy, enabling us to become healthier and stronger.

RANK REQUIREMENT	IMPORTANT POINTS & DETAILS	INST. INITIALS	RMAI SEAL	STRIPE
Corkscrew Punch	Arc punch from outside to inside			1 st Stripe Individual Basic Techniques
	Back of hand facing inward			
	Strike with back of two large knuckles			
Knuckle Strike	Striking either with Index or Middle knuckle			
	Support striking knuckle with Thumb			
	Strike only vital/soft area of the body			
Low Stance	Keep weight centered over hips			
	Rear leg on Ball of foot, Lead leg on inside edge			
Low Double Knife Hand Block in Low Stance	Moves forward, not up and down			
	Hands performing like a standard low knife hand block			
	Proper weight distribution in stance			
Double Jump Front Kick (Same Time Apart)	Jump Begins with feet together, jumping at same time			
	Tuck chambered knees into chest			
	Thrust Hands down to the middle			
	Front kick out and forward at around 45 Degrees			
	Re-chamber legs before landing			
Double Jump Front Kick (Same Time Together)	Jump Begins with feet together, jumping at same time			
	Tuck chambered knees into chest			
	Thrust Hands down at each side			
	Front kick forward with feet together			
	Re-chamber legs before landing			
Jump Wheel Kick	Adopt a properly balanced fighting stance, kicking leg behind			
	Bend knees and jump straight up in the air, turning hips toward rear kicking leg			
	Drop shoulders and push hips toward target			
	Extend leg out at 45 degrees, pulling leg across in a circular motion, reaching peak height at center line, striking with back of heel. Tuck non kicking leg into chest			
	Keep leg straight and pull all the way through target.			
	Completing the circle and placing feet down in the same starting position			
Low Wheel Sweep	Adopt a good fighting stance, kicking leg behind			
	Turn 180 Degrees backward towards kicking leg while lowering body to the ground. Place hands on the ground behind, place weight on the ball of the non kicking foot			
	Drop shoulders and push hips toward target			
	Extend leg out at 45 degrees, pulling leg across in a circular motion.			
	Kicking leg slightly off the ground. Striking with back of heel.			
	Keep leg straight and pull all the way through target.			
	Completing the circle and stand up in the same starting position			
Jump Rolling Break Fall	Forward Dive Roll but without the use of arms to cushion landing			
	As roll is completed, slap ground with arm			
	Final position is similar to a side break-fall			
Double Front Kick (Separate Time)	Motion is similar to a Jumping Front kick			
	Kick with both feet			
Double Roundhouse Kick (Separate Time)	Motion is similar to a jumping Roundhouse kick			
	First kick is at 45 Degrees, don't over commit to the turn on first kick			
	Full turn on kick with opposite leg			
Jump Spinning Hook Kick	Adopt a properly balanced fighting stance, kicking leg behind			
	Bend knees and jump straight up in the air, turning hips toward rear kicking leg			
	Drop shoulders and push hips toward target, chamber kicking leg into chest			
	Extend leg out at 45 degrees, pulling leg across in a circular motion, reaching peak height at center line, striking with back of heel. Tuck non kicking leg into chest			
	Pull all the way through target. Hooking and re- chambering leg after kick			
	Completing the circle and placing feet down in the same starting position			
Jump Spinning Axe Kick	Adopt a properly balanced fighting stance, kicking leg behind			
	Bend knees and jump straight up in the air, turning hips toward rear kicking leg			
	Chamber knee of kicking leg tight into chest, non kicking leg tucks up and under			
	Keep posture straight as knee is held tight in chest.			
	Extend leg out just before approaching center line, pulling leg across in a half moon motion, reaching peak height at center line, striking. By pulling foot down in a chopping motion, striking with the heel.			
Americana Submission	Proper set up			
	Control opponent's arm at the wrist using a cross side grip			
	Keep opponent's arm bent at about 90 Degrees			
	Wedge controlling arm against opponent's head, forming a 90 degree angle			

	Slide other arm palm facing down under opponent's shoulder and secure grip on your own wrist			
	Pull down towards hip while raising opponent's elbow			
Kimura Submission	Proper set up			
	Control opponent's arm at the wrist using a same side grip			
	Keep opponent's arm bent as you reach over with opposite arm grabbing your own wrist			
	Tuck arm into chest and torque toward center of enemy's back			
Achilles Lock Submission	Proper set up from Kick or take down			
	Tuck offending foot into armpit			
	Slide arm under leg and use ulnar bone to wedge against Achilles' tendon			
	Support with opposite arm on top of shin			
	Squeeze while arching back for submission			
Ankle Lock Submission	Proper set up from Kick or take down			
	Tuck offending foot into armpit, Heel sticking out at the side, instep facing body			
	Slide arm down and around and hook heel into crook of elbow			
	Squeeze tightly and twist foot and heel towards the opposite arm for submission			
#46 Knife Stick up at medium range	Awareness of the blade at all times			2 nd Stripe Self-Defense (Hosinsut)
	Clear or trap weapon, go right into counter attack			
	Gaining control, or disabling opponent is primary objective, Disarming is secondary			
#47 Knife Thrust to body	Awareness of the blade at all times			
	Proper angle of intercept			
	Clear or trap weapon, go right into counter attack			
	Gaining control, or disabling opponent is primary objective, Disarming is secondary			
#48 Knife Down Stab	Awareness of the blade at all times			
	Proper angle of intercept			
	Clear or trap weapon, go right into counter attack			
	Gaining control, or disabling opponent is primary objective, Disarming is secondary			
#49 Knife Inside Angle Slash	Awareness of the blade at all times			
	Proper angle of intercept			
	Clear or trap weapon, go right into counter attack			
	Gaining control, or disabling opponent is primary objective, Disarming is secondary			
#50 Knife Outside Angle Slash	Awareness of the blade at all times			
	Proper angle of intercept			
	Clear or trap weapon, go right into counter attack			
	Gaining control, or disabling opponent is primary objective, Disarming is secondary			
Protocol	Properly Saluting Flags			3 rd Stripe Protocol & Knowledge
	Correct Bowing Etiquette			
	Showing Proper Dojang conduct & respect			
	Knowing how to hold targets for partner training			
	Proper training attitude and mindset			
	Knows how to line up in class			
General knowledge questions	Complete Written Knowledge Test			
Pilsung Il Jang	Correctly Demonstrate movements of form. Perform Hyung with Speed, Power, Balance Focus, Kihap			4 th Stripe Forms (Hyungs)
Pilsung E Jang	Correctly Demonstrate movements of form. Perform Hyung with Speed, Power, Balance Focus, Kihap			
Pilsung Sam Jang	Correctly Demonstrate movements of form. Perform Hyung with Speed, Power, Balance Focus, Kihap			
Pilsung Sa Jang	Correctly Demonstrate movements of form. Perform Hyung with Speed, Power, Balance Focus, Kihap			
Pilsung Oh Jang	Proper Twist on First Move			
	Double Blocks performed to the front			
	Hip twist on Low/High Knife Hand Combo			
	Arms Level on Double Side Punch			
	Correct Movement of Arms, and Balance in Crane Stance Sequence, Twisting on Next Count			
	Balance on Cross Stance, arms and body in proper position on X Block			
	Hand returning to chamber when opposite hand performs upward palm press			
	Correct Turn before "Cup & Saucer Position". Sequence after Step Round Kick/High Block/High Punch			
	Re-chambering Side Kicks Before Landing into modified Front Stance/Elbow Strike			
	Double Side Blocks Remain in position on Front Kick			
	Kihaps in the Correct places			

	Form should look slightly more refined, closer to how a Cho Dan Bo might perform			
One Step Sparring: Hands 1-10	Performing techniques correctly with Speed, Power, Balance, Focus and Kihap			5 th Stripe: Sparring & One-Steps (Ilsoosik)
One Step Sparring: Kicks 1-10	Performing techniques correctly with Speed, Power, Balance, Focus and Kihap			
2 on 1 Sparring	Hands up			
	Head on a swivel, constantly scanning for threat			
	Footwork to stay out of danger			
	Try to keep opponent's in a straight line, or both in front adjacent to one another			
	Only strike when necessary			
	Only Split attackers at ideal times to escape			
Nunchaku Basics 1-3	All Spins and Basics performed with Speed, Accuracy and control of the weapon			
Ssang Chul Bong Il Bu	Correct Spinning & Control of weapon			
	Proper position on blocking techniques			
	Not Neglecting stances or chambered hands			
	Clean Forward figure 8's			
	Proper Stepping on horizontal strikes			
	Accuracy on all strikes			
	Focus of eyes			
	Strong Kihap			
Bong Hyung Il Bu	Correctly Demonstrate movements of form. Perform Hyung with Speed, Power, Balance Focus, Kihap			Gold Stripe Pre-Test
Bong Basics & Spins	All Spins and Basics performed with Speed, Accuracy and control of the weapon			
Speed	Performing fast techniques at quickest possible speed without compromising form			
	Patiently executing slower techniques			
	Proper rhythm			
Power	Knowing how to generate torque and twist			
	Shifting weight behind technique			
Balance	Proper stances, shifting of weight			
Focus	Mindfulness on tasks, blocking out distraction			
	Accuracy, aiming of techniques			
Kihap	Intensity			
	Proper breathing			
	Loud, correctly timed shout			
Attitude	Healthy Training Mindset			
	Willingness to learn			
	Commitment to get better			
	Helpful to others			
	A good training partner, knows when to 'tap'			
Flexibility	Respectful and humble towards others			
	Static Stretches			
	Dynamic Stretches			
Physical	Mobility Exercises			
	Can perform 75 squats (3 sets of 25)			
	Can perform 45 Pushups in 60 Seconds			
	Can perform 45 Sit ups in 60 Seconds			
Attendance	Can Perform 750 forward Jump Ropes (No Time limit)			
	Consistently attends 3 classes per week			
	On track to have 48 classes by next target test date			
Having completed the worksheet above, and acquired all signatures and seals, student has been cleared to take the next promotional exam on the following date:				

BUNHAE CLUB SYLLABUS

PARTNER/COORDINATION DRILLS	IMPACT DRILLS	SPARRING/BUNHAE DRILLS
1st Gup		
Pilsung Il Jang Bunhae – Full Form (compliant)	Mixed Bunhae Drill: A & B with selected impact points: Strikes, Blocks, Kicks	Mixed Bunhae Drill: Part C - Drills 9-12
Pilsung E Jang Bunhae – Full Form (compliant)		Mixed Bunhae Drill: Part D - Drills 13-16
Pilsung Sam Jang Bunhae – Full Form (compliant)		
Pilsung Sa Jang Bunhae – Full Form (compliant)		
Pilsung Oh Jang Bunhae – Full Form (compliant)		
All Pilsung Hyung Bunhae with Random form change call outs (Compliant)		



NOTES:

CHO DAN BO

HALF BLACK/HALF RED

REQUIREMENTS TO TEST FOR 1ST DAN BLACK BELT

All Technical Knowledge from 10th Gup White to 1st Gup Red

Must pass written examination with 90% or better

Must complete 1,000 word essay on the topic prescribed by the Master Instructor

Attend all official PMAA sanctioned events for a period of one year prior to PMAA Final Dan Exam

Must be a member in good standing, and complete all minimum class requirements

Must participate or complete 1 community outreach or charity project

Must complete breaking requirement with 80% or better

Must complete Black Belt Testing cycle with 85% or better

GENERAL KNOWLEDGE:

Explain the meaning of the Cho Dan Bo:

The Cho Dan Bo represents the mature plant. The Cho Dan Bo is a candidate for Black Belt and must prepare for the final step in the first cycle.

Explain the meaning, and give examples of “Moo Shim”

Moo Shim is “Empty Mind”. It is a state of mind in which one no longer thinks or becomes preoccupied with the act of doing. The action is performed without thought. This is only achieved when the mind and body are united as one unit. This state of mind is achieved after many years of training.

Explain briefly the history of Tang Soo Do

The exact origin of Tang Soo Do, as well as 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 world, as people developed empty-hand fighting styles as were needed to defend themselves.

Explain basic philosophy of Martial Arts

It's important to remember that the term “Martial Arts” 武 though once aptly defined as “Violence and the Control of that Violence”, literally means “Military Skills”, and encompasses all individual arts.

Though drastically different, all forms of Martial Arts can be described as being either a form of sport (Judo, Wrestling, Boxing, etc), a “Sul” 術, or “Do” 道 a way of art or life (those of high cultural value and moralistic intent).

The term “Martial”, though many stylized art forms have derived from the professional warriors, the majority of the arts still practiced today; were developed by the civilian populations, for the purpose of personal defense. However, the term “Martial” is still applicable not only in the militaristic approach with the regard to instruction, but the warrior ethic developed within each practitioner.

Besides conditioning the body, studying the Martial Arts increases ones alertness and self-awareness. It also teaches confidence in ones own abilities to deal with the world around us. And with deeper confidence, come calmness and a sense of inner peace which can penetrate into the very depth of our being.

The goal of Martial Arts is the development of the “whole” person. Not only developing formidable fighters, but also persons capable of acting with respect, care, diligence, and integrity.

Martial Arts are a way of life. Its purpose is to enable people to realize their full potential, both physically and mentally. If the mental aspect of Martial Arts is ignored, the physical part is meaningless.

What is the responsibility of a Cho Dan Bo Member in Class?

What does a Black Belt signify?

The Black Belt represents maturity, respect, and honor. This is the final stage in our life cycle and the beginning of the next. Reaching this goal starts the student on the path towards true mastery in the ranks of Black Belt



BLACK BELT PRE-TESTING CYCLE

The following is a basic outline as to what to expect during the Black Belt Pre-Testing cycle. All requirements must be completed fully and to the best of the candidate's ability. Judging for the exam will be done by a Master Instructor 4th Dan or higher. Students must have a minimum of 6 months training time and 50 classes to qualify for participation in the testing cycle. The Pre-Testing Cycle is broken into 3 parts; at the conclusion of the Pre-Test Cycle, passing students will attend the official PMAA Black Belt Final Exam. The PMAA Black Belt Final exam will be held in front of a panel of Master Instructors, and will be presided over by the Grandmaster. The examination board is the sole and only judge of the candidate's qualifications.

Some of the testing requirements are subject to change; changes will be reflected in the candidate's testing letter.

BLACK BELT PRE-EXAM 1:

Held approximately 2 ½ months prior to the PMAA Black Belt Final Exam

A Written Exam will be given prior to the start of the Technical Exam

During the Technical Exam, all techniques learned from 10th Gup to 1st Gup will be tested.

Breaking portion: Candidates will have to complete the following 3 breaks in rapid succession.

1 Board Front Kick 1 Board Side Kick 1 Hand Technique

Sparring will not be tested on Pre-Exam 1

Physical Conditioning Exam: To be held the morning after the Technical Exam:

Jump Ropes 1,000 Forward Jumps in 8 minutes

Push-ups 60 Push-ups in 60 seconds

Sit-ups 60 Sit-ups in 60 seconds

Running 3 miles in 30 minutes or less

Students will receive a written report on their performance

***Note: This exam is not Pass/Fail. This exam is an evaluation of the candidate's abilities.**

BLACK BELT PRE-EXAM 2:

Held approximately 2 weeks after Pre Exam 1

A Written Exam will be given prior to the start of the Technical Exam

During the Technical Exam, all techniques learned from 10th Gup to 1st Gup will be tested.

Breaking portion: Candidates will have to complete the following 6 breaks in rapid succession.

1 Board Round Kick 1 Board Axe Kick 1 Board Hook Kick

1 Board Spinning Kick 1 Board Speed Hand Technique 1 Board Power Hand Technique

Sparring will be tested on Pre-Exam 2

Physical Conditioning Exam: To be held the morning after the Technical Exam:

Jump Ropes 1,000 Forward Jumps in 8 minutes

Push-ups 60 Push-ups in 60 seconds

Sit-ups 60 Sit-ups in 60 seconds

Running 3 miles in 30 minutes or less

Students will receive a written report on their performance

***Note: This exam is not Pass/Fail. This exam is an evaluation of the candidate's abilities.**

BLACK BELT PRE-EXAM 3: 85% QUALIFYING EXAM

Held approximately 1 Month Prior to the PMAA Black Belt Final Exam

A Written Exam will be given prior to the start of the Technical Exam

During the Technical Exam, all techniques learned from 10th Gup to 1st Gup will be tested.

Breaking portion: Candidates will have to complete the following 10 breaks in 2 rapid succession stations.

1 Board Front Kick 1 Board Round Kick 1 Board Side Kick

1 Board Axe Kick 1 Board Hook Kick 1 Board Speed Spinning Kick

1 Board Jumping Kick 1 Board Speed Hand Technique 2 Other Hand Techniques

Sparring will be tested on Pre-Exam 3

Physical Conditioning Exam: To be held the morning after the Technical Exam:

Jump Ropes 1,000 Forward Jumps in 8 minutes

Push-ups 60 Push-ups in 60 seconds

Sit-ups 60 Sit-ups in 60 seconds

Running 3 miles in 30 minutes or less

***Note: This exam IS Pass/Fail. Students passing this exam will go on to the Final. Those who score 95% or better on the Written Exam, and 100% on the Physical Conditioning during Pre-Exam 2, need not retake those portions in Pre-Exam 3**

Korean Terminology**Korean Martial Arts:**

Pilsung Moo Do
Tang Soo Do
Tae Kwon Do
Hap Ki Do
Hwa Rang Do
Hwa Rang Dang
Soo Bahk Ki
Soo Bahk Do
Tae Kyun
Pilsung Moo Do Hyup Hwe
Moo Duk Kwan

General Terminology:

Do Bohk
Dee
Do Jang
Kwan
Hyung
Gup
Dan
Shim Sa
Keuk Ki
Tae Keuk Ki
Ki Hap
Mahk Ki
Kong Kyuk
Cha Ki
Ja Seh
Nak Bup
Ku Ryung
Ho Sin Sul
Kyuk Pa
Dae Ryun
Ill Soo Sik Dae Ryun
Sam Soo Sik Dae Ryun
Ja Yu Dae Ryun
Weh Kong
Neh Kong
Shim Kong
Ki Cho Woon Dong
Choon Bee Woon Dong
Kup So
Ha Dan
Choong Dan
Sang Dan
Ahp
Yup
Dwi
Bong
Dan Gum
Jang Gum
Ji Pang E
Chang
Nunchaku

Titles:

Bu Kyo Sa Nim
Kyo Sa Nim
Bu Sa Bum Nim
Sa Bum Nim
Kwan Jang Nim
Yu Gup Ja

Martial Art/Way of Certain Victory
Way of the China Hand
Way of Kicking and Punching or Way of Foot and Fist
Way of Harmonizing Spirit and Energy
Way of The Hwa Rang Dang Warriors
“Flower of Man” Ancient Warriors of Korea
Traditional Name for Tang Soo Do
Way of Fist Fighting
Ancient Kicking Art of Korea
Pilsung Martial Arts Association
"School of Martial Virtue" Original School Founded in 1945
by Hwang Kee

Uniform
Belt
Training Hall
School
Form
Color Belt
Black Belt
Exam
National Flag
Korean Flag
Yell
Block
Punch
Kick
Stance
Break Fall
Command
Self Defense
Breaking
Fighting
One Step Fighting
Three Step Fighting
Free Fighting
External Power Exercise
Internal Power Exercise
Spiritual Power Exercise
Basic Technique Exercise
Warm Up Exercise
Vital Points
Low Part
Middle Part
High Part
Front
Side
Back
Staff
Knife
Sword
Cane
Spear
Ssang Chul Bong

Assistant Instructor
Class Instructor
Assistant Master Instructor
Master Instructor
Grandmaster
Color Belt Holder

Titles (cont.)

Yu Dan Ja	Black Belt Holder
Cho Bo Ja	Beginner
Hu Bae	Junior Member
Sun Bae Nim	Senior Member
Ko Dan Ja	Senior Black Belt Holder
Shim Sa Kwan Nim	Testing Examiner

Commands:

Cha Ryut	Attention
Kyung Yet	Bow
Choon Bee	Ready
Shio	Rest
Ahn Jo	Sit
Muk Yum	Meditate
Ba Ro	Return
Shi Jak	Begin
Jung Ji	Stop
Tora	Turn
Dwi Ro Tora	Turn to the Rear
Kyo Dae	Switch Positions
Ku Rung Up Shi	"Without the Count"
Ku Rung E Mah Cho So	"With the Count"
Bahl Cha Ki Choon Bee	Ready for Stretch Kick
Keuk Ki Bae Rye	Salute the Flag
Kwan Jang Nim Ke Kyung Yet	Bow to the Grandmaster
Sa Bum Nim Ke Kyung Yet	Bow to the Master Instructor
Bu Sa Bum Nim Ke Kyung Yet	Bow to the Assistant Master Instructor
Kyo Sa Nim Ke Kyung Yet	Bow to the Class Instructor
Bu Kyo Sa Nim Ke Kyung Yet	Bow to the Assistant Instructor
Shim Sa Kwan Nim Ke Kyung Yet	Bow to the Testing Examiner

Principles and Theory:

Chung Shim	Balance
Chung Shin Tong Il	Concentration
Ho Hup	Breathing
Ho Hup Cho Jol	Breath Control
In Neh	Endurance
Kyum Son	Humility
Paek Chul Bul Gul	Indomitable Spirit
Chon Kyung	Respect
Shi Sun	Focus of Eyes
Jung Shin	Spirit
Ki (Sino-Korean)	Life Energy
Kang Han	Strong
Ya Kan	Weak
Pilsung	Certain Victory
Moo Shim	Empty Mind

Phrases:

Ko Map Sum Ni Da	Thank You
Chun Man Ne Yo	You're Welcome
An Nyong Ha Se Yo	Hello, How are you?
An Nyong Hi Ka Se Yo	Goodbye
Mi An Ham Ni Da	I'm sorry.

Anatomy:

Pahl	Arm
Bahl	Foot
Chu Mok	Wrist
Mok	Neck or Throat
Hu Ri	Waist
Da Ri	Leg

Anatomy (cont.)

Soo or Sohn	Hand
Pahl Koop	Elbow
Moo Roope	Knee
I Ma	Forehead
Tuck	Chin
Myung Chi	Solar Plexus
In Choong	Philtrum
Dan Jun	Lower Abdomen
Ko Hwan or Nang Shim	Groin
Moo Ri	Hair / Head
Noon	Eyes
Ip	Lips
Pae	Stomach
Kwi	Ear
Eol Gul	Face
Teong	Back
Ko	Nose
Shim Jang	Heart
Cheok Chu	Spine
Eok Kae	Shoulder
Twi Chuk	Heel
I	Tooth
Pal Mok	Ankle
Hyeo	Tongue
Eom Ji	Thumb
Keun Yuk	Muscle
Neolp Jeok	Thigh
Pi Bu	Skin
Kwan Jeol	Joint
Ka Seum	Chest

Numbers:

Chinese Derivative or Sino-Korean, Used to denote Dan levels (except First Dan).

Also used to number forms

Il	One
E	Two
Sam	Three
Sa	Four
Oh	Five
Yuk	Six
Chil	Seven
Pal	Eight
Ku	Nine
Sip	Ten

Cardinal Numbers (native Korean)

Hana	One
Tul	Two
Set	Three
Net	Four
Tasot	Five
Yosot	Six
Ilgop	Seven
Yodol	Eight
Ahop	Nine
Yol	Ten
Yol Hana	Eleven
Yol Tul	Twelve
Yol Set	Thirteen
Yol Net	Fourteen
Yol Tasot	Fifteen
Yol Yosot	Sixteen

Numbers (cont.)

Yol Ilgop	Seventeen
Yol Yodol	Eighteen
Yol Ahop	Nineteen
Su Mul	Twenty
So Run	Thirty
Ma Hun	Forty
Swin	Fifty
Ye Sun	Sixty
Il Hun	Seventy
Yo Dun	Eighty
A Hun	Ninety

(native Korean Numbers only go up to 99 after which, Sino Korean numbers are used)

Paek	100
Chon	1,000
Man	10,000
Sip Man	100,000
Paek Man	1,000,000

Ho Sin Sul (Self Defense)

1	Same Side Wrist Grab	16	Front Bear Hug
2	Cross Side Wrist Grab	17	Side Double Wrist Grab
3	Front Break-fall	18	Side Shoulder Grab
4	Backward Break-fall	19	Side Double Choke
5	Side Break-fall	20	Forward Roll
6	Mid-Arm Grab	21	Side Head Lock
7	Lapel Grab	22	Rear Double Wrist Grab
8	Shoulder Grab	23	Rear Double Mid-Arm Grab
9	Throat Grab	24	Rear Double Shoulder Grab
10	Hair Grab	25	Rear Double Choke
11	Double Wrist Grab	26	Rear Hair Grab
12	Double Mid-Arm Grab	27	Rear Strangle
13	Double Lapel Grab	28	Rear Hammer Lock
14	Double Shoulder Grab	29	Rear Bear Hug
15	Double Choke	30	Full Nelson
31	Guillotine	41	Scissor Sweep from Guard
32	Clinch	42	“Upa” Bump Sweep from Mount
33	Arms Free Bear Hug	43	Choke Defense from Guard
34	1 Arm Underhook with Wrist Control	44	“Ground & Pound” Defense (Guard and/or Mount)
35	Waist Tackle	45	Arms Pinned Defense (Guard and/or Mount)
36	Same Side Kick Grab	46	Knife Stick up
37	Cross Side Kick Grab	47	Knife Thrust
38	Single Leg Take Down	48	Knife Down Stab
39	Double Leg Take Down	49	Knife Inside Angle Slash
40	Flower Sweep from Guard	50	Knife Outside Angle Slash

IL SOO SIK DAE RYUN (One Step Sparring)

ATTACKER: Steps forward with a High Punch to defender's face

1. Inside Step (Right), O/I Block with Knife-hand (Right Hand), Punch to Solar Plexus, Simultaneously Chop to wrist and temple.
2. Outside Step (Left), O/I Block with Knife-hand (Left Hand), 2 Punches to the ribs, inward chop to the ribs, palm strike to head.
3. Inside Step (Right), O/I Block with Knife-hand (Right Hand). Left punch to the solar plexus, Step up, Left elbow to the head, Spin to right, back fist to groin.
4. Outside Step (Left), O/I Block with Knife-hand (Left Hand) Right hand punch to ribs. Left hand parry opponent's arm downward. Right hand ridge-hand to throat.
5. Backward Step(Left foot in front) High Knife hand Block, Grab Arm, Right Hand Reverse Punch, Spear-hand to throat
6. Inside Step (Right), O/I Block with Knife-hand (Right Hand), Double Punch to Solar Plexus, Right hand Chop to temple, Right side Elbow to solar plexus.
7. Outside Step (Left), O/I Block with Knife-hand (Left Hand), Right Hand punch to temple, Right Leg Sweep opponent's front leg, pin with left hand, Right hand Hammer fist to Philtrum.
8. Inside Step (Right), O/I Block with Knife-hand (Right Hand). Left punch to the solar plexus, Simultaneously Left chop to wrist, Right Punch to Philtrum. Grab opponent's wrist with both hands, step through, arm break, Elbow to body.
9. Outside Step (Left), O/I Block with Knife-hand (Left Hand) Double punch to ribs, vertical punch to temple, grab opponent's shoulders, inside press kick to front knee, hammer fist to temple.
10. Backward Step(Right foot in front) High Knife hand Block, Grab Arm, Left Hand Reverse Punch to ribs, Step through, arm bar, knife hand strike to back of neck.

IL SOO SIK DAE RYUN JOK KI (One Step Sparring Kick Techniques)

ATTACKER: Steps forward with a High Punch to defender's face

DEFENDER: (Can defend either to outside or inside of the arm for Techniques 1-9. 10 Requires an inside defense.

1. Step back into fighting stance to avoid strike, counter attack with front kick, inward checking block to attacker's forearm, high punch to vital point.
2. Step back into fighting stance to avoid strike, counter attack with roundhouse kick, inward checking block to attacker's forearm, high punch to vital point.
3. Step back into fighting stance to avoid strike, counter block with axe kick to attacker's forearm, high punch to vital point.
4. Step back into fighting stance to avoid strike, counter block with outside/inside crescent kick to attacker's forearm, Same leg, side kick to vital point
5. Step back into fighting stance to avoid strike, counter attack with jump front kick, inward checking block to attacker's forearm, high punch to vital point.
6. Step back into fighting stance to avoid strike, counter attack with front kick, shift to the angle, roundhouse kick to vital point using opposite leg.
7. Step back into fighting stance to avoid strike, counter attack with front kick, shift to the angle, side kick to vital point using opposite leg.
8. Step back into fighting stance to avoid strike, counter block with outside/inside crescent kick to attacker's forearm, spin back kick to vital point.
9. Step back into fighting stance to avoid strike, counter attack with front kick, pull leg back, jump front kick with opposite leg, inward checking block to attacker's forearm, high punch to vital point.
10. Step back into fighting stance to avoid strike, counter attack with low wheel sweep, knocking opponent down, return other direction, axe kick to vital point.

PILSUNG IL JANG (Certain Victory Form #1)

All moves in FRONT STANCE

Choon Bee (**KIHAP!**)

1. Step to LEFT, LOW BLOCK with LEFT Hand
2. Step FORWARD, CENTER PUNCH with RIGHT Hand
3. Turn RIGHT 180° LOW BLOCK, with RIGHT Hand
4. Step FORWARD, CENTER PUNCH with LEFT Hand
5. Turn LEFT 90° LOW BLOCK, with LEFT Hand
6. Step FORWARD, HIGH BLOCK with RIGHT Hand
7. Step FORWARD, HIGH BLOCK with LEFT Hand
8. Step FORWARD, HIGH PUNCH with RIGHT Hand (**KIHAP!!**)
9. Turn left 270° ,LOW BLOCK with LEFT Hand
10. Step FORWARD, CENTER PUNCH with RIGHT Hand
11. Turn RIGHT 180° , LOW BLOCK, with RIGHT Hand
12. Step FORWARD, CENTER PUNCH with LEFT Hand
13. Turn LEFT 90° , LOW BLOCK, with LEFT Hand
14. Step FORWARD, HIGH BLOCK with RIGHT Hand
15. Step FORWARD, HIGH BLOCK with LEFT Hand
16. Step FORWARD, HIGH PUNCH with RIGHT Hand (**KIHAP!!**)
17. Turn left 270° , LOW BLOCK with LEFT Hand
18. Step FORWARD, CENTER PUNCH with RIGHT Hand
19. Turn RIGHT 180° , LOW BLOCK, with RIGHT Hand
20. Step FORWARD, CENTER PUNCH with LEFT Hand

BARO (Step back to return to start position and **KIHAP!**)

Pilsung Il Jang - at a glance

Number of Movements: 20

Number of Counts: 20

PILSUNG E JANG (Certain Victory Form #2)

Choon Bee (**KIHAP!**)

1. Step to LEFT in FRONT STANCE, LOW BLOCK with LEFT Hand, Reverse CENTER PUNCH with RIGHT Hand
2. FRONT KICK with RIGHT Leg, land in a FRONT STANCE, Reverse CENTER PUNCH with Left Hand
3. Turn RIGHT 180° in FRONT STANCE, LOW BLOCK with RIGHT Hand, Reverse CENTER PUNCH with LEFT Hand
4. FRONT KICK with LEFT Leg, land in a FRONT STANCE, Reverse CENTER PUNCH with RIGHT Hand
5. Turn LEFT 90° FIGHTING STANCE, LOW DOUBLE KNIFE HAND BLOCK, with LEFT Hand
6. Step FORWARD, FIGHTING STANCE, HIGH DOUBLE KNIFE HAND BLOCK, with RIGHT Hand
7. FRONT KICK with LEFT leg
8. ROUNDHOUSE KICK with RIGHT leg, Land in a FRONT STANCE, Reverse HIGH PUNCH (**KIHAP!!**)
9. Turn left 270° in FRONT STANCE, HIGH BLOCK with LEFT Hand
10. Step FORWARD in FRONT STANCE, HIGH PUNCH with RIGHT Hand
11. Turn RIGHT 180° in FRONT STANCE, HIGH BLOCK, with RIGHT Hand
12. Step FORWARD in FRONT STANCE, HIGH PUNCH with LEFT Hand
13. Turn LEFT 90° FIGHTING STANCE, LOW DOUBLE KNIFE HAND BLOCK, with LEFT Hand
14. Step FORWARD, FIGHTING STANCE, HIGH DOUBLE KNIFE HAND BLOCK, with RIGHT Hand
15. FRONT KICK with LEFT leg
16. ROUNDHOUSE KICK with RIGHT leg, Land in a FRONT STANCE, Reverse HIGH PUNCH (**KIHAP!!**)
17. Turn left 270°, in FRONT STANCE, LOW BLOCK with LEFT Hand, Reverse CENTER PUNCH with RIGHT Hand
18. FRONT KICK with RIGHT Leg, land in a FRONT STANCE, Reverse CENTER PUNCH with Left Hand
19. Turn RIGHT 180° in FRONT STANCE, LOW BLOCK with RIGHT Hand, Reverse CENTER PUNCH with LEFT Hand
20. FRONT KICK with LEFT Leg, land in a FRONT STANCE, Reverse CENTER PUNCH with RIGHT Hand

BARO (Step back to return to start position and **KIHAP!**)

Pilsung E Jang - at a glance

Number of Movements: 30

Number of Counts: 20

PILSUNG SAM JANG (Certain Victory Form #3)

CHOON BEE (KIHAP!)

1. Step LEFT on a 45 Degree angle in a LEFT FIGHTING STANCE and execute a LEFT HIGH DOUBLE KNIFE HAND BLOCK
2. Change to a LEFT FRONT STANCE by moving LEFT leg forward and execute a LEFT HIGH BLOCK, RIGHT HIGH PUNCH combination
3. Step RIGHT on a 90 Degree angle (45 ° Right from Center) in a RIGHT FIGHTING STANCE and execute a RIGHT HIGH DOUBLE KNIFE HAND BLOCK
4. Change to a RIGHT FRONT STANCE by moving RIGHT leg forward and execute a RIGHT HIGH BLOCK, LEFT HIGH PUNCH combination
5. Step forward down the center line in a LEFT FRONT STANCE and perform a LEFT LOW BLOCK, LEFT INSIDE/OUTSIDE BLOCK, and RIGHT CENTER PUNCH in combination.
6. RIGHT leg FRONT KICK, LEFT Leg ROUNDHOUSE KICK, landing in a LEFT FRONT STANCE, executing a LEFT HIGH BLOCK, RIGHT HIGH PUNCH in combination **(KIHAP!)**
7. Retreating by stepping backward into a HORSEBACK STANCE (Facing Left), perform a RIGHT OUTWARD CHOP to Center.
8. Turning LEFT backward 90 ° into a LEFT FIGHTING STANCE, execute a LEFT SIDE BLOCK
9. Step forward into a RIGHT FRONT STANCE, execute a RIGHT CENTER PUNCH
10. Turning RIGHT 180 ° into a RIGHT FIGHTING STANCE, execute a RIGHT SIDE BLOCK
11. Step forward into a LEFT FRONT STANCE, execute a LEFT CENTER PUNCH
12. Step LEFT 90 ° with the LEFT foot into a LEFT MODIFIED FRONT STANCE (on the ball of the back foot), and simultaneously execute a RIGHT INWARD CHOP, with a LEFT RISING KNIFE HAND BLOCK (Left hand over head)
13. RIGHT LEG FRONT KICK, (While leaving hands in previous position) landing in a HORSEBACK STANCE, perform a RIGHT OUTWARD CHOP **(KIHAP!)**
14. Turn LEFT 90 ° while maintaining HORSEBACK STANCE (Now facing Front and Center). Bring RIGHT arm in front of body, outstretched and even with shoulder. Cross LEFT arm on RIGHT shoulder and perform a slow LEFT SINGLE KNIFE HAND BLOCK in Dynamic Tension. (While withdrawing RIGHT arm to chamber at same speed.)
15. RIGHT CENTER PUNCH, then LEFT CENTER PUNCH in combination.
16. Move RIGHT Laterally while maintaining HORSEBACK STANCE (LEFT foot, then RIGHT foot). Keep LEFT arm in front of body, outstretched and even with shoulder. Cross RIGHT arm on LEFT shoulder and perform a slow RIGHT SINGLE KNIFE HAND BLOCK in Dynamic Tension. (While withdrawing LEFT arm to chamber at same speed.)
17. LEFT CENTER PUNCH, then RIGHT CENTER PUNCH in combination.
18. Move LEFT Laterally while transitioning from HORSEBACK STANCE to a RIGHT foot, forward facing FRONT STANCE. (RIGHT foot, then LEFT foot). Perform simultaneous twin LOW BLOCKS with both arms at sides.
19. Leaving the arms in position, Execute a LEFT FRONT KICK, landing in a LEFT FRONT STANCE, Then immediately perform both a LOW X-BLOCK and then HIGH X-BLOCK.
20. Twisting the hands while wrists are still touching in a CLOCKWISE motion, then bringing both hands to the RIGHT hip with palms touching, LEFT hand on top, all while Stepping forward, bringing the RIGHT knee high, similar to a knee strike. Maintaining balance long enough to execute a LEFT SPEAR HAND to the throat, then immediately a LEFT

DOWNWARD PARRY, landing in a RIGHT FRONT STANCE, executing a RIGHT SPEAR HAND to the solar plexus
(KIHAP!)

21. Retreat straight backward by stepping into a LEFT FIGHTING STANCE, and execute a LEFT HIGH DOUBLE KNIFE HAND BLOCK, then immediately change to a LEFT FRONT STANCE by moving LEFT leg forward and execute a LEFT HIGH BLOCK, RIGHT HIGH PUNCH combination.
22. Turn LEFT 90 ° by stepping with the lead foot into a LEFT FRONT STANCE, perform a LEFT INSIDE/OUTSIDE BLOCK, and RIGHT CENTER PUNCH in combination.
23. Turn RIGHT 180 ° by pivoting into a RIGHT FRONT STANCE, perform a RIGHT INSIDE/OUTSIDE BLOCK, and immediately a LEFT CENTER PUNCH and RIGHT CENTER PUNCH in combination. **(KIHAP!)**

BARO!

Pilsung Sam Jang - at a glance

Number of Movements: 43

Number of Counts: 21

PILSUNG SA JANG (Certain Victory Form #4)

CHOON BEE (KIHAP!)

1. Step forward into a LEFT FRONT STANCE and perform a LEFT INSIDE/OUTSIDE BLOCK and a RIGHT CENTER PUNCH
2. Reach out with your LEFT Hand and execute a RIGHT OUTSIDE/INSIDE CRESCENT KICK into the left hand. Immediately landing in a LEFT FACING HORSE BACK STANCE while performing a simultaneous RIGHT SIDE PUNCH and LEFT HIGH BLOCK **(KIHAP!)**
3. Turn LEFT 270° by moving RIGHT leg and pivoting on the LEFT foot into a LEFT FIGHTING STANCE, simultaneously perform a LEFT LOW BLOCK and RIGHT SIDE BLOCK.
4. Change stance by moving LEFT foot into a LEFT FRONT STANCE, perform a LEFT INSIDE/OUTSIDE BLOCK and a RIGHT CENTER PUNCH.
5. RIGHT LEG FRONT KICK, LEFT LEG ROUNDHOUSE KICK, upon landing immediately turn RIGHT 180° into a RIGHT FIGHTING STANCE, simultaneously perform a RIGHT LOW BLOCK and LEFT SIDE BLOCK.
6. Change stance by moving RIGHT foot into a RIGHT FRONT STANCE, perform a RIGHT INSIDE/OUTSIDE BLOCK and a LEFT CENTER PUNCH.
7. LEFT LEG FRONT KICK, RIGHT LEG ROUNDHOUSE KICK, land with heels touching and immediately turn LEFT 90 Degrees into a LEFT FIGHTING STANCE and execute a LEFT HIGH DOUBLE KNIFEHAND BLOCK
8. Step forward into a RIGHT FRONT STANCE and execute a RIGHT SPEAR HAND ATTACK to Solar Plexus **(KIHAP!)**
9. With the RIGHT hand, perform a “re-grab” maneuver and then step with LEFT foot into a SIDE facing HORSEBACK STANCE and perform a LEFT SIDE PUNCH.
10. Turn RIGHT 90° while maintaining HORSEBACK STANCE (Now facing Front and Center). Bring LEFT arm in front of body, crossing under RIGHT arm and simultaneously execute a LEFT INSIDE/OUTSIDE BLOCK and RIGHT LOW BLOCK, then immediately execute the opposite technique with a RIGHT INSIDE/OUTSIDE BLOCK and LEFT LOW BLOCK, then immediately follow up with both arms at same time DOUBLE CENTER PUNCH **(KIHAP!)**
11. Step back with LEFT foot into a RIGHT FRONT STANCE. Perform simultaneous twin LOW BLOCKS with both arms at sides.
12. Leaving the arms in position, Execute a LEFT FRONT KICK, RIGHT ROUNDHOUSE KICK, upon landing, spin 360° in a full circle while advancing forward. Finishing in a LEFT FRONT STANCE and perform a LEFT INSIDE/OUTSIDE BLOCK and a RIGHT CENTER PUNCH **(KIHAP!)**
13. Look to the RIGHT and bring RIGHT leg even with LEFT in a raised knee position, then slowly lowering to the floor (feet together). While slowly performing to the RIGHT (with RIGHT hand, LEFT hand is held chambered on the ribs) a RIGHT SINGLE KNIFEHAND BLOCK.
14. Fire out to the RIGHT with RIGHT leg a SIDE KICK, landing in a forward facing HORSEBACK STANCE and execute a RIGHT Side OUTWARD CHOP.
15. Look to the LEFT and bring LEFT leg even with RIGHT in a raised knee position, then slowly lowering to the floor (feet together). While slowly performing to the LEFT (with LEFT hand, RIGHT hand is held chambered on the ribs) a LEFT SINGLE KNIFEHAND BLOCK.

16. Fire out to the LEFT with LEFT leg a SIDE KICK, landing in a forward facing HORSEBACK STANCE and execute a LEFT Side OUTWARD CHOP.
17. Slide LEFT foot to RIGHT foot, then step forward with RIGHT Foot into a FIGHTING STANCE and perform a RIGHT LOW DOUBLE KNIFEHAND BLOCK, then immediately change stance by moving RIGHT foot into a RIGHT FRONT STANCE, perform a RIGHT INSIDE/OUTSIDE BLOCK and a LEFT CENTER PUNCH.
18. Turn LEFT 90° and slowly perform a LEFT HIGH DOUBLE KNIFEHAND BLOCK.
19. RIGHT LEG FRONT KICK, RIGHT JUMPING FRONT KICK, landing in a RIGHT FRONT STANCE and execute a RIGHT HIGH BLOCK, then a LEFT HIGH PUNCH **(KIHAP!)**
20. Turn LEFT 90° putting RIGHT knee on the ground, and perform a LEFT LOW BLOCK and RIGHT CENTER PUNCH **(KIHAP!)**

BARO!

Pilsung Sa Jang - at a glance

Number of Movements: 43

Number of Counts: 20

PILSUNG OH JANG (Certain Victory Form #5)

CHOON BEE (KIHAP!)

1. Step Backward with LEFT FOOT into a FRONT STANCE and simultaneously perform a LEFT INSIDE/OUTSIDE BLOCK and a RIGHT LOW BLOCK, then immediately perform the same technique in reverse (without changing stance) RIGHT INSIDE/OUTSIDE BLOCK and LEFT LOW BLOCK
2. Step LEFT on a 45 Degree angle with LEFT FOOT into FRONT STANCE and perform LEFT HIGH BLOCK and RIGHT HIGH PUNCH
3. Bring both hands to chest in a crossed position, then slowly push both hands forward in a TWIN KNIFE HAND BLOCK
4. Execute a RIGHT FRONT KICK while keeping LEFT hand forward and simultaneously pulling RIGHT hand to chambered position. Landing with the RIGHT foot forward in a FRONT STANCE and immediately firing a RIGHT, then a LEFT CENTER PUNCH.
5. Step RIGHT on a 45 Degree angle (from center) with RIGHT FOOT into FRONT STANCE and perform RIGHT HIGH BLOCK and LEFT HIGH PUNCH
6. Bring both hands to chest in a crossed position, then slowly push both hands forward in a TWIN KNIFE HAND BLOCK
7. Execute a LEFT FRONT KICK while keeping RIGHT hand forward and simultaneously pulling LEFT hand to chambered position. Landing with the LEFT foot forward in a FRONT STANCE and immediately firing a LEFT, then a RIGHT CENTER PUNCH.
8. Pivot LEFT to center position into a LEFT FIGHTING STANCE and perform a LEFT LOW KNIFE HAND BLOCK, then immediately a LEFT HIGH KNIFE HAND BLOCK.
9. Move LEFT foot forward into a FRONT STANCE and perform a LEFT INSIDE/OUTSIDE BLOCK and RIGHT CENTER PUNCH. Pull both fists into chambered position, then simultaneously PUNCH with BOTH HANDS to LEFT SIDE and RIGHT SIDE **(KIHAP!)**
10. Open hands and in one fluid motion, pull back into a CRANE STANCE with LEFT KNEE raised. Holding balance while circling BOTH arms upward and overhead (like a jumping jack). Crossing in front of the face while making fists, then pulling both hands into a chambered position. Lowering the leg as the hands chamber into FEET TOGETHER STANCE.
11. Twisting RIGHT on the balls of the feet, then leaning first, finally hopping into a LEFT leg forward CROSS-LEG STANCE while performing a LOW X BLOCK, immediately hopping in place into a LEFT FRONT STANCE and execute a LEFT INSIDE/OUTSIDE BLOCK and RIGHT then LEFT CENTER PUNCH.
12. Bring RIGHT hand, palm facing up to the RIGHT ear, then in a clockwise circular motion slowly press the palm up from low to high, finishing with opened hand level, and even with chin.
13. Step forward with RIGHT foot into a FIGHTING STANCE, RIGHT HIGH KNIFE HAND BLOCK. Step Backward with RIGHT foot into FIGHTING STANCE, LEFT KNIFE HAND BLOCK.
14. Close hands into fists, LEFT STEPPING ROUNDHOUSE KICK, land into a LEFT FRONT STANCE, LEFT HIGH BLOCK, RIGHT HIGH PUNCH **(KIHAP!)**
15. Bring RIGHT foot up to LEFT in a CHA RYUT position while pivoting LEFT 180 degrees. Twist arms into a LEFT “Cup & Saucer” pose (Left arm in Chamber position, Right arm held in front of body in a guarding position. Hands stacked on top of one another), Twist arms into exact opposite position- RIGHT “Cup & Saucer” pose (RIGHT arm in Chamber position, LEFT arm held in front of body in a guarding position. Hands stacked on top of one another)

16. Fire a LEFT SIDE KICK to the LEFT while simultaneous executing a LEFT Hammer-fist (palm facing downward).
Landing to the LEFT in a FRONT STANCE, then perform a RIGHT ELBOW SMASH into the LEFT PALM.
17. Bring RIGHT foot to LEFT in a CHA RYUT position. Twist arms into a RIGHT “Cup & Saucer” pose (RIGHT arm in Chamber position, LEFT arm held in front of body in a guarding position. Hands stacked on top of one another), Twist arms into exact opposite position- LEFT “Cup & Saucer” pose (LEFT arm in Chamber position, RIGHT arm held in front of body in a guarding position. Hands stacked on top of one another)
18. Fire a RIGHT SIDE KICK to the RIGHT while simultaneous executing a RIGHT Hammer-fist (palm facing downward).
Landing to the RIGHT in a FRONT STANCE, then perform a LEFT ELBOW SMASH into the RIGHT PALM.
19. Pivot LEFT into a HORSEBACK STANCE (facing the rear) perform a RIDGEHAND BLOCK with BOTH HANDS (Palms up), then perform DOUBLE LOW BLOCKS to the SIDE, then DOUBLE CENTER PUNCH with BOTH Hands **(KIHAP!)**
20. Step back with the LEFT foot into FRONT STANCE and perform DOUBLE LOW BLOCKS to the SIDE and follow up with DOUBLE INSIDE/OUTSIDE BLOCKS to the SIDE
21. Keep arms in place and execute a LEFT FRONT KICK, Immediately perform a LEFT OUTSIDE/INSIDE BLOCK, then LEFT LOW BLOCK and finally a RIGHT CENTER PUNCH.
22. Fire a RIGHT ROUNDHOUSE KICK, land with the RIGHT foot in front, then immediately pivot LEFT 360 Degrees, turning in a complete circle landing in a LEFT FRONT STANCE. Perform a LEFT INSIDE/OUTSIDE BLOCK and a RIGHT CENTER PUNCH
23. Execute a LEFT JUMPING FRONT KICK, landing in a LEFT FRONT STANCE. Perform a LEFT HIGH BLOCK and a RIGHT HIGH PUNCH **(KIHAP!)**
24. Turn RIGHT 180 Degrees in a RIGHT FIGHTING STANCE perform a RIGHT HIGH KNIFE HAND BLOCK, then Step back in a LEFT FIGHTING STANCE, perform a LEFT HIGH KNIFE HAND BLOCK
25. Move LEFT foot forward into a FRONT STANCE and perform a LEFT INSIDE/OUTSIDE BLOCK and RIGHT CENTER PUNCH. Pull both fists into chambered position, then simultaneously PUNCH with BOTH HANDS to LEFT SIDE and RIGHT SIDE **(KIHAP!)**

BARO

Pilsung Oh Jang - at a glance

Number of Movements: 58

Number of Counts: 25

ALL PILSUNG FORMS ARE ALSO AVAILABLE ON DVD

PILSUNG MARTIAL ARTS ASSOCIATION

VOL. 1

WHITE BELT to CHO DAN BO

PILSUNG BONG HYUNG IL BU (Certain Victory Staff Form #1)

CHOON BEE (KIHAP!)

1. Point RIGHT Side of the staff in a Horizontal PUNCH motion towards the center, Step back with RIGHT foot into FRONT STANCE, Execute a LEFT PUNCH, Then immediately a LEFT LOW BLOCK
2. Step forward with RIGHT foot into a FRONT STANCE and execute a RIGHT LOW BLOCK then immediately a RIGHT HIGH OUTWARD STRIKE
3. Begin a FORWARD FIGURE 8 by bringing the RIGHT side of the staff down and back towards LEFT hip, Step forward with LEFT foot into FRONT STANCE while the FIGURE 8 switches from LEFT to RIGHT, Change grip on LEFT hand to an UNDERHAND grip. Execute a LEFT JAB/SPEARING Technique to throat. **(KIHAP!)**
4. Perform a LEFT LOW BLOCK, then immediately a UPWARD/RISING BLOCK
5. Pull staff in, close to body while simultaneously executing a RIGHT FRONT KICK, Landing in a RIGHT FRONT STANCE, and immediately performing a RIGHT LOW BLOCK
6. Turn LEFT 270 Degrees into a LEFT FIGHTING STANCE and perform a LEFT LOW BLOCK
7. Turn RIGHT 180 Degrees into a RIGHT FIGHTING STANCE and perform a RIGHT LOW BLOCK
8. Turn LEFT down the center line, and Point RIGHT Side of the staff in a Horizontal PUNCH motion towards the center, Step back with RIGHT foot into FRONT STANCE, Execute a LEFT PUNCH, Then immediately a LEFT LOW BLOCK
9. Step forward with RIGHT foot into a FRONT STANCE and execute a RIGHT LOW BLOCK then immediately a RIGHT HIGH OUTWARD STRIKE
10. Begin a FORWARD FIGURE 8 by bringing the RIGHT side of the staff down and back towards LEFT hip, Step forward with LEFT foot into FRONT STANCE while the FIGURE 8 switches from LEFT to RIGHT, Change grip on LEFT hand to an UNDERHAND grip. Execute a LEFT JAB/SPEARING Technique to throat. **(KIHAP!)**
11. Perform a LEFT LOW BLOCK, then immediately an UPWARD/RISING BLOCK
12. Pull staff in, close to body while simultaneously executing a RIGHT FRONT KICK, Landing in a RIGHT FRONT STANCE, and immediately performing a RIGHT LOW BLOCK
13. Turn LEFT 270 Degrees into a LEFT HORSEBACK STANCE and perform a LEFT LOW BLOCK outside the LEFT leg
14. Turn RIGHT 180 Degrees into a RIGHT HORSEBACK STANCE and perform a RIGHT LOW BLOCK outside the RIGHT leg
15. Slide RIGHT foot to the LEFT foot and immediately step forward into a FRONT STANCE with the LEFT foot and execute a UPWARD/RISING BLOCK
16. Pull staff into chest slowly and execute a RIGHT FRONT KICK **(KIHAP!)** and withdraw the leg BACK into FRONT STANCE, immediately perform a LEFT and RIGHT PUNCH **(KIHAP!)**

BARO!

PILSUNG SSANG CHUL BONG IL BU (Certain Victory Nunchaku Form #1)

CHOON BEE (KIHAP!)

1. Turn LEFT into a LEFT FIGHTING STANCE, with LEFT HAND execute a DOUBLE REVERSE SPIN, Catching Behind LEFT Shoulder with RIGHT Hand
2. Step Forward with LEFT foot into a FRONT STANCE and execute a RISING BLOCK
3. Perform a RIGHT FRONT KICK, landing in a RIGHT FIGHTING STANCE, with the RIGHT HAND execute a DOUBLE REVERSE SPIN, Catching Behind RIGHT Shoulder with LEFT Hand
4. Step Forward with LEFT foot into HORSEBACK Stance (Facing Front), and with a closed grip on the Nunchaku in the LEFT hand, execute a HORIZONTAL HAMMER FIST with bottom end of the Nunchaku at the solar plexus **(KIHAP!)**
5. Turn RIGHT 180 Degrees into a RIGHT FIGHTING STANCE, with RIGHT HAND execute a DOUBLE REVERSE SPIN, Catching Behind RIGHT Shoulder with LEFT Hand
6. Step Forward with RIGHT foot into a FRONT STANCE and execute a RISING BLOCK
7. Perform a LEFT FRONT KICK, landing in a LEFT FIGHTING STANCE, with the LEFT HAND execute a DOUBLE REVERSE SPIN, Catching Behind LEFT Shoulder with RIGHT Hand
8. Step Forward with RIGHT foot into HORSEBACK Stance (Facing Front), and with a closed grip on the Nunchaku in the RIGHT hand, execute a HORIZONTAL HAMMER FIST with bottom end of the Nunchaku at the solar plexus **(KIHAP!)**
9. Slide RIGHT foot to the LEFT foot and immediately step back with LEFT foot into a FRONT STANCE and execute a UPWARD/RISING BLOCK
10. Execute a LEFT FRONT KICK and land into a LEFT FIGHTING STANCE, with LEFT HAND execute a DOUBLE REVERSE SPIN, touching Behind LEFT Shoulder with RIGHT Hand, then immediately perform a DOUBLE FORWARD SPIN, touching/wrapping nunchaku around LEFT Thigh, then immediately return nunchaku with a DOUBLE REVERSE SPIN, catching behind LEFT Shoulder with RIGHT Hand.
11. Step forward with RIGHT foot into a FIGHTING STANCE, with RIGHT HAND execute a DOUBLE REVERSE SPIN, touching Behind RIGHT Shoulder with LEFT Hand, then immediately perform a DOUBLE FORWARD SPIN, touching/wrapping nunchaku around RIGHT Thigh, then immediately return nunchaku with a DOUBLE REVERSE SPIN, catching behind RIGHT Shoulder with LEFT Hand.
12. Turn LEFT 270 Degrees into a LEFT FRONT STANCE, Perform a LEFT INSIDE OUTSIDE BLOCK, then immediately a RIGHT MIDDLE/CENTER PUNCH with nunchaku in the RIGHT hand in a closed grip. Striking with the point of the connected end.
13. Slide LEFT foot back to RIGHT foot (while facing the rear), putting nunchaku in the LEFT hand (closed grip) and execute a LEFT OUTWARD CHOP to temple, striking with the weapon **(KIHAP!)**
14. Turn RIGHT 90 Degrees into a RIGHT FRONT STANCE, Perform a RIGHT INSIDE OUTSIDE BLOCK, then immediately a LEFT MIDDLE/CENTER PUNCH with nunchaku in the LEFT hand in a closed grip. Striking with the point of the connected end.
15. Slide RIGHT foot back to LEFT foot (while facing the rear), putting nunchaku in the RIGHT hand (closed grip) and execute a RIGHT OUTWARD CHOP to temple, striking with the weapon **(KIHAP!)**
16. Step back with the LEFT foot into a FIGHTING STANCE, with RIGHT HAND execute a DOUBLE REVERSE SPIN, Catching Behind RIGHT Shoulder with LEFT Hand

17. Take 4 steps forward while simultaneously performing a FORWARD FIGURE 8 with the RIGHT hand, ending with RIGHT leg forward. Then immediately take 4 steps backward while simultaneously performing a FORWARD FIGURE 8 with the RIGHT hand, ending with RIGHT leg forward.
18. Step back with the RIGHT foot into a FIGHTING STANCE, with LEFT HAND execute a SWITCH with the nunchaku and perform a DOUBLE REVERSE SPIN, Catching Behind LEFT Shoulder with RIGHT Hand
19. Take 4 steps forward while simultaneously performing a FORWARD FIGURE 8 with the LEFT hand, ending with LEFT leg forward.
20. Turn right 180 Degrees into a RIGHT FIGHTING STANCE, with RIGHT HAND execute a SWITCH with the nunchaku and perform a DOUBLE REVERSE SPIN, Catching Behind RIGHT Shoulder with LEFT Hand
21. Take 4 steps forward and simultaneously with the RIGHT HAND, perform alternating FOREHAND and BACKHAND HORIZONTAL STRIKES to HIGH SECTION (Temple), executing 1 strike per step, ending with RIGHT leg forward in a FIGHTING STANCE, immediately after, performing a DOUBLE INWARD HORIZONTAL LOOPING STRIKE to HIGH SECTION (Temple). Then Take 4 steps backward and simultaneously with the RIGHT HAND, perform alternating FOREHAND and BACKHAND HORIZONTAL STRIKES to HIGH SECTION (Temple), executing 1 strike per step, ending with RIGHT leg forward in a FIGHTING STANCE, passing nunchaku into the LEFT HAND and immediately executing a FOREHAND HORIZONTAL STRIKE to HIGH SECTION (Temple), then Take 3 steps forward and simultaneously with the LEFT HAND, perform alternating BACKHAND and FOREHAND HORIZONTAL STRIKES to HIGH SECTION (Temple), executing 1 strike per step, ending with LEFT leg forward in a FIGHTING STANCE, immediately after, performing a DOUBLE INWARD HORIZONTAL LOOPING STRIKE to HIGH SECTION (Temple). Then Take 4 steps backward and simultaneously with the LEFT HAND, perform alternating FOREHAND and BACKHAND HORIZONTAL STRIKES to HIGH SECTION (Temple), executing 1 strike per step, ending with LEFT leg forward in a FIGHTING STANCE. with LEFT HAND execute a DOUBLE REVERSE SPIN, Catching Behind LEFT Shoulder with RIGHT Hand
22. Step back with LEFT foot into a FRONT STANCE and execute a UPWARD/RISING BLOCK
23. Pass Nunchaku into RIGHT hand in a closed grip, Perform a RIGHT JUMPING FRONT KICK, Landing with a RIGHT leg forward HORSEBACK STANCE (Left facing from Front). Immediately after execute a LEFT HIGH BLOCK and simultaneously a RIGHT SIDE PUNCH (**KIHAP!**)

BARO

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APPENDIX I
Supplemental Training Material

Basic Terminology Cheat Sheet

(Photocopy or take a picture of this page to keep handy)

1. Pick One from this box

Ahp	Front
Tollyo	Round
Yup	Side
Dwi	Back
Naeryo	Axe (Downward)
Huryo	Hook
Ha Dan	Low
Choong Dan	Middle or Center
Sang Dan	High
Ahneso/Pahkuro	Inside to Outside
Pahkeso/Ahnuro	Outside to Inside

Additional Terms

(add before a type of kick)

Ko Ro	Stepping
E Dan	Jumping
Sam Paek Yuk Sip Do	360 degree

2. Pick One from this box

Kong Kyuk	Strike or Attack
Mahk Ki	Block
Cha Ki	Kick
Nak Bup	Break Fall

Additional Terms

(adding either Kong Kyuk or Mahk Ki after)

Soo or Sohn	Hand
Soo Do	Knife Hand
Yuk Soo Do	Ridge Hand
Jip Kye Sohn	Plier Hand
Kwon	Fist
Jung Kwon	Fore Fist
Kap Kwon	Back Fist
Pandae	Reverse (Hand)
Kwon Do	Hammer Fist
Jang Kwon	Palm Heel

Sparring Combinations

for Dojang sparring & competition

**Note: Some combos can and should be changed to fit the rules of a particular tournament or competition.
Also, combinations are listed in rank order according to difficulty.**

10th Gup	1. Backfist, punch
	2. Jab, punch, front kick
9th Gup	3. Backfist, punch, roundhouse kick
	4. Side kick, backfist, punch
8th Gup	5. Front kick, jab, punch, round kick
	6. Sidekick, stepping sidekick, spinning back kick
7th Gup	7. Uppercut, hook punch, roundhouse kick
	8. Jab, punch, front kick, axe kick
6th Gup	9. Lead leg round/round kick, backfist, punch
	10. Lead leg side/side kick, backfist, punch
5th Gup	11. Lead leg side/round kick, jab, Ridgehand
	12. Lead leg hook/round kick, Pin, punch
4th Gup	13. Round kick, wheel kick, punch
	14. Sidekick, Jump Spinning Back Kick
3rd Gup	15. Blitz backfist, punch
	16. Lead leg sidekick, shuffle Double Round Kick
2nd Gup	17. Lead leg axe kick, blitz backfist, punch
	18. Angle step, sidekick, jab, punch
1st Gup	19. Lead leg sidekick, slip-step axe kick
	20. Stagger-step, punch, round kick

With the techniques listed above, students can use the principles of each technique to mix and match similar techniques. Practitioners therefore are only limited by their own skill and imagination. Use the space below to fill in a few of your own combinations.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Basic Defensive Drills

For Sparring and for Self-Defense

Parry, Guard, Check:

1. Parry Defense Against Jab, Punch
2. Guard Body, Guard Head Defense Against Body Hook and Head Hook
3. Check Defense Against Low Leg Kick

Parry Drill with Traditional Blocks:

ATTACK- Jab, Punch

DEFENSE

1. Parry, Low Block (sweeping down)
2. Parry, High Block (deflecting upward)
3. Parry, Inside/Outside Block (deflecting outward)
4. Parry, Outside/Inside Block (deflecting inward)

ATTACK- Single Punch

DEFENSE-

1. Parry, Low Block (striking body or groin)
2. Parry, High Block (striking up into jaw)
3. Parry, Inside/Outside Block (striking into head or neck area)
4. Parry, Outside/Inside Block (striking temple or side of jaw)

Knife hand Drill

ATTACK –Single Hand Push, Shove, or clash of arms at the wrist/forearm

DEFENSE-

1. Parry downward to waist with both arms, Knife Hand Strike to neck
2. Parry to outside elbow, with checking hand, and Knife Hand Strike to neck
3. Parry to inside wrist or forearm with checking hand, trapping behind elbow, Knife Hand Strike to Neck

BASIC SPARRING COUNTERATTACKS

ATTACK	COUNTER ATTACK
Backfist to Head	High Block with Duck Under, Simultaneous Punch
Backfist or Straight Punch	Parry or Sweep Down/Backfist (Like a Double Block)
Front Kick	Parry Down, with Rolling Backfist
Front Kick	Low Block, Reverse Punch
Roundhouse Kick to Blind Side	Low Block, or Inside/Outside Block Reverse Punch
Roundhouse Kick to Body Side	Spin Back or Wheel Kick Counter
Side Kick to Body or Blind Side	Low Block with Angle Step, Reverse Punch
Side Kick or Round Kick to Blind Side	Cover Block, Blitzing Back Fist
Spinning Back Kick	Jam Kick on the Spin, Backfist to head
Axe Kick	High Block Jam, Push off Balance

TOURNAMENT PRESENTATION

The following is an example of how you should enter and leave a ring in a tournament setting. The procedure should be used for Forms, Weapons, and Breaking.

Stand at attention on one of the corners opposite the judges when your name is called. Respond with a loud “Yes Sir/Ma’am!”

You should enter the ring on the side opposite of where the judges are sitting at one of the corners. Enter the ring in a sharp, precise manner. Bowing as you enter the ring, turning sharply at 90 degrees to face the judges and bowing again. Walk briskly or run towards the judges and snap to attention, execute a strong ready (choon bee) position with a loud Kihap! Recite the following in a loud, clear voice while maintaining eye contact with the judges:

“Judges! My name is _____! (In open style tournaments ,you may state the name of your instructor and/ or name of your studio.)”

“I will be performing _____ (state the name of your form or weapon form)”

Or

“My breaks are: (list all of your breaks in the order in which you will attempt them, being sure to indicate when you are using multiple boards, or if your break is unsuspended or a speed break.)”

After finishing your presentation, bow sharply with a loud “Komapsumnida” and back up (do not turn your back) to your starting position. Execute a strong Choon Bee and begin your performance.

Upon concluding your form or breaking routine, return to your Choon Bee and bow sharply with another “komapsumnida”.

You will now be scored according to the rules of each particular competition. Some tournaments, such as the P.M.A.A. Championships require no further action, while others may ask that you turn and face the rear while being scored. Furthermore, some tournaments may elect to wait on scoring until the first 3 competitors have had the chance to compete, and then calling each one up individually afterwards to receive scores. Some tournaments elect this system with the belief it establishes a more consistent scoring base amongst the judges.

Once you have received your scores, exit the ring in the same precise manner in which you entered, by bowing to the next competitor.

GOOD LUCK!

REMEMBER: Before you decide to compete in any tournament, be sure to consult first with Master Celona

APPENDIX II
Bunhae Club & Syllabus



RMAI BUNHAE CLUB

What is Bunhae?

Bunhae (분해) in Hyung (forms) practice means to Breakdown, Dissect and Analyze. More common in the Martial Arts community is the term Bunkai, which is Japanese in language, but means basically the same thing. The practice of Bunhae is to extract meaning from the movements in the various forms. Without the practice of Bunhae, Forms are nothing more than a series of techniques strung together for the purpose of exercise or as a type of moving meditation. We here at RMAI would like more out of our forms practice, especially because our curriculum places such a big emphasis on learning and performing them with a certain level of proficiency.

This course of study is not to replace your normal training, but to further enhance it by providing a deeper understanding by looking to find meaning behind the techniques we perform every day. This course will be the compliment to your training needed to make your skills come alive! This isn't another style, this is a vehicle by which we seek to understand our style. The Pilsung Moo Do style is the Martial Art of Certain Victory. The approach in which we train in, gives functionality back into our hands will improve our chances should we be faced by an attacker in a real life scenario is truly the essence of Pilsung.

There is a substantial amount of evidence that suggests the traditional forms of the past were created from 2 man live practice drills imitating real life self-defense scenarios. Some modern systems include Bunkai/Bunhae, but many of the modern interpretations involve attacks which are unrealistic from a self-defense standpoint, or imitate karate vs karate type matches which are more of a sportive nature in which the participants are attacking and defending in a set of agreed upon rules. From a competition standpoint, or as another method of physical exercise, Bunkai/Bunhae which involves Karate style attacks (lunging style punches, or purely martial arts style kicking), or enemies following a carefully coordinated attack on compass points, is okay for fun, but deeply flawed from a self-defense perspective.

Mission of the Bunhae Club

The type of Bunhae we are going to explore as part of this special club, is that of a combative nature. Purely for the purpose of self-preservation and to ensure that our knowledge is functional and practical. Some might feel that this approach is modern or revolutionary, but in actuality it's not. We could get into the reasons why this is the case, but such a lengthy journey into the history of Forms and their development during the last century is beyond the scope of this brief introduction. Hopefully as the Bunhae club begins to grow, we can dive into the history with more vigor. It's a fascinating subject.

What to expect...

Bunhae Club will begin as a 10-session course in which we plan on meeting once a month for a 2-hour training session. The first 10 Sessions will be known as "Level 1" and will consist of material listed from 10th Gup through 5th Gup. If the "Level 1" course is successful, we will continue to offer each of remaining upper levels. Class structure will be different than a regular class. Students will be encouraged to warm up and stretch on their own. Once the class begins, we will start right into the material. The first 10 sessions we will be training in a regimented fashion through the syllabus listed below. The Material is organized by difficulty and listed in a

way so that it would correspond to an appropriate level (10th Gup through Cho Dan Bo). Students will be required to bring their full Dobohk and their protective gear. In the future we plan on adapting the training to the outside environment. Possibly outside with Shoes, coats, hats etc..

Who is eligible to join Bunhae club?

- ADULT BBC students of any rank
- ADULT Basic Students of Orange or above
- Children 1st Dan Black Belt or above
- Children Red Belt and higher over the age of 13

Any student NOT fitting this criteria must make a special request to Master Celona

Who fitting the above criteria should NOT participate?

- Any student who goofs around in class, and doesn't take it seriously
- Wild and reckless students that are dangerous to their training partners
- Students who can't follow directions
- Students that zone out during technical explanations
- Students who are unwilling to learn something new and potentially difficult
- Students that are afraid of contact

Still not sure? Ask Master Celona

Will this material be taught in regular class? Will I have to learn it for my next belt rank?

No, not after the club begins, and also No.

If you think Forms are boring and pointless, You NEED this class. It will open up your mind to another way of thinking about forms forever...

COMPLETE BUNHAE CLUB SYLLABUS

PARTNER/COORDINATION DRILLS	IMPACT DRILLS	SPARRING/BUNHAE DRILLS
10th Gup		
Parry Drill	Backfist	Straight Punches – Build wall cover
Guard Drill	Punch	Hook Punches - Guard
Check Drill	Jab/Punch Combo	Crash Helmet Drill
9th Gup		
Parry Drill with Return punches	Low Block from Upset punch	Choon Bee Drill
Guard Drill with Return Hooks	High Block from Overhead Punch	Grabbing & Release Awareness Drill w/Guard
Check Drill with Return Kicks	Inside/Outside Block from Wild Hook	Chambered Hand Pulling Drill
	Outside/Inside Block from Straight Punch	Give & Take, Palm/Knifehand Drill
8th Gup		
Stick to the Hand Drill	Low Block from Upset punch- add Reverse Punch	Knifehand Bunhae Drill – Inside and Outside moving
Eyes closed, Pat the head drill	High Block from Overhead Punch- add Reverse Punch	Basic Block Bunhae Drill- In/Out Knifehand, Low Block, High Block, I/O Block, O/I Block
Pummeling Drill	Inside/Outside Block from Wild Hook- add Reverse Punch	2 Man form (Hyung) flow drill: Pilsung Il Jang (compliant)
	Outside/Inside Block from Straight Punch- add Reverse Punch	
7th Gup		
Arm Drag Drill	1,2,3 – Jab, Punch, Hook	Gripping and Moving Drill 1: Head/Neck & Forearm
Parry to Block - Low	Shovel Hook/Uppercut Drill	Gripping and Moving Drill 2: Underhook and Overhook
Parry to Block- High	Jab, Punch, Front Kick	2 Man form (Hyung) flow drill: Pilsung E Jang (compliant)
Parry to Block- Inside/Outside	Front Kick, 2 Punches	Basic Block Bunhae: 2 Hand Defense- Darce Choke from Front Bear Hug
Parry to Block- Outside/Inside		
6th Gup		
Elbow Knee Drill	Low Block from Upset punch- add Reverse Punch and Front Kick	Playing for Grips – Little or No Resistance
Elbow/ Block/ Roll/ Counter Elbow	High Block from Overhead Punch- add Reverse Punch and Round Kick	Playing for Grips – Little or No Resistance Add Elbows and Knees
Windmill Block – Uppercut/ 2 Hand Defense	Inside/Outside Block from Wild Hook- add Reverse Punch and Side Kick	Playing for Grips – Little or No Resistance Add in the “Dirt”
	Outside/Inside Block from Straight Punch- add Reverse Punch and Axe Kick	Fall Down, Hit, Get Up Drill: Compliant, Slight Resistance, “KEEP HIM DOWN”
		Basic Block Bunhae: Low X Block -Loop Choke
		Basic Block Bunhae: High X Block – Left/Right Limb Manipulation
		Basic Block Bunhae: High X Block – Basic Collar/Lapel choke
5th Gup		
Body Shifting Drill – Angle Adjustment – “Get the T”	Low Block – Armbar and Hammer	Angry Cat Drill-“Slapsies” Backhand Slap into Elbow Strike
Yielding and Blending Drill	High Block – Knock Down & Rise Up	Angry Cat Drill- Armbar and Hammer from opening or as response to Elbow
Body Drop – From Grips	Inside/Outside Block – Inner/Outer Club	Angry Cat Drill- Knock Down/Rise up from opening or as response from slapsies
	Outside/Inside Block – Outer Limb Destruction	Angry Cat Drill- Inner/Outer Club as alternate to slapsies
		Angry Cat Drill- Outer limb destruction from far side Block on Elbow
		2 Man form (Hyung) flow drill: Pilsung Sam Jang (compliant)
4th Gup		
Judo Dance – Trips while walking in a clinch	Parry, Low Block from Jab, Upset punch- add Reverse Punch and Front Kick	Playing for Grips Game- Slightly Elevated Resistance: Get Double Underhooks
Level Change to Body lock	Parry, High Block from Jab, Overhead Punch- add Reverse Punch and Round Kick	Playing for Grips Game- Slightly Elevated Resistance: Get Arms in Clinch

Head & Neck Targeting Drill	Parry, Inside/Outside Block from Jab, Wild Hook- add Reverse Punch and Side Kick	Playing for Grips Game- Slightly Elevated Resistance: Get Back Position
Wrist & Arm Targeting drill	Parry, Outside/Inside Block from Jab, Straight Punch- add Reverse Punch and Axe Kick	Block Bunhae: Low Block- Push/Pull, Punch
		Block Bunhae: High Block – Brace & Break
		Block Bunhae: Inside/Outside Block – Ripcord & Punch
		Block Bunhae: Outside/Inside Block – Deflect & Hammer
3 rd Gup		
Low Kicks for Combat: Front	Punching Drill 1: Punch in Bottom Guard Punch while getting to Feet Punch moving forward Punch while opponent Falls Punch while in Top Guard	Low Block : Posture Break and Hammer
Low Kicks for Combat: Round		High Block: Backward High Elbow
Low Kicks for Combat: Side		I/O Block: Step in Elbow/Inner Outer Club
Low Kicks for Combat: Hook		O/I Block: Catch and Hammer
Low Kicks for Combat: Axe		Angry Cat 2 Drill: Slightly Elevated Resistance
	Punching Drill 2: Punch while being Gripped	Attacker add some pushing and punching
	Low Block- Push/Pull, Punch	Defender add in: Low Block-Push/Pull
	High Block – Brace & Break	Defender add in: Low Block- Posture Break
	Inside/Outside Block – Ripcord & Punch	Defender add in: High Block-Brace & Break
	Outside/Inside Block – Deflect & Hammer	Defender add in: High Block- Back Hi Elbow
		Defender add in: I/O Block- Step in Elbow
		Defender add in: I/O Block – Ripcord & Punch
		Defender add in: O/I Block – Deflect & Hammer
		Defender add in: O/I Block catch & Hammer
		2 Man form (Hyung) flow drill: Pilsung Sa Jang (compliant)
2 nd Gup		
Throw Drill: 90° Elbow/Neck Turn	Punch/Hook/Grab/Throw and More: Punch/Hook Low Knifehand/Close Gap Body Lock Trip Throw, Turn in Hammer Fists Get Mount- GNP, Armbar Set up w/ Hammer Armbar Counter to Guard, Pull/Punch Scissor Sweep, Back to top and Punch	Mixed Bunhae Drill: Part A - Drills 1-4
Throw Drill: 180° Neck Crank		Mixed Bunhae Drill: Part B – Drills 5-8
Throw Drill: 270° Clothesline		Mixed Bunhae Drill: Part A & B: 1-8 Slight Resistance
		Mixed Bunhae Drill: A & B Random order LIVE
		2 Man form (Hyung) flow drill: Pilsung Oh Jang (compliant)
1 st Gup		
Pilsung Il Jang Bunhae – Full Form (compliant)	Mixed Bunhae Drill: A & B with selected impact points: Strikes, Blocks, Kicks	Mixed Bunhae Drill: Part C - Drills 9-12
Pilsung E Jang Bunhae – Full Form (compliant)		Mixed Bunhae Drill: Part D - Drills 13-16
Pilsung Sam Jang Bunhae – Full Form (compliant)		
Pilsung Sa Jang Bunhae – Full Form (compliant)		
Pilsung Oh Jang Bunhae – Full Form (compliant)		
All Pilsung Hyung Bunhae with Random form change call outs (Compliant)		
Cho Dan Bo		
Karate Throw Drills: Cross Buttocks Throw	Mixed Bunhae Drill: C & D with selected impact points: Strikes, Blocks, Kicks	Pilsung Il Jang Bunhae – Full Form (Semi Resistant)
Karate Throw Drills: Topple a Folding Screen		Pilsung E Jang Bunhae – Full Form (Semi Resistant)
Karate Throw Drills: Large Hip Throw		Pilsung Sam Jang Bunhae – Full Form (Semi Resistant)
Karate Throw Drills: Arm Bar Sweep		Pilsung Sa Jang Bunhae – Full Form (Semi Resistant)
		Pilsung Oh Jang Bunhae – Full Form (Semi Resistant)
		All Pilsung Hyung Bunhae with Random form change call outs (Semi Resistant)
		Pilsung Hyung Bunhae -Free Flowing. Show Tech. from all Forms. (FULL RESISTANCE) Start from Crash Helmet or Angry Cat

Punch Defense/Crash Helmet drill with Mixed Pilsung Bunhae

A	1,2,3,4 Punch/Parry – Back and Forth 1-4 Punch/Parry, Add 5&6 Hook/Guard – Back and Forth 1-6 with Crash Helmet Smother – Back and Forth - Choon Bee Drill – Push Down – Back and Forth
B	- Get Offline- Stuff it Down -Hammerfist or Push/Pull. *No Hand in way? Stuff Down, Hammer **Hand in way? Push/Pull - Parry/Cover, Turn in-Push- Push/Pull Variation - Ear Slap, Low Knifehand- Neck Turn Throw/Limb Clearing *Arm on Outside? Neck Turn **Arm on Inside? Limb Clearing - Follow up Knifehand Strike
C	- Hand Checked – Limb control to Knifehand on Outside - Knifehand Fail – Punch, Parry Transfer, Punch “Knifehand Deluxe” - Blocked Knifehand – Punched, repeat offense to Low Knockdown/Inner Outer Club *Front & Round Kicks may be Added - Step in Elbow – Inner Outer Club- Frame out, Punch. *Crescent Sweep & Simultaneous Block/Punch/Throw can be added
D	- Pushed Back -Clinch – Simultaneous Low Knockdown/Inner Outer Club - Switch Double Block Hyperextension – Get outside the line. *Limb Transfer to High block – Punch, Push, Kick, 2 Punches - Turn in/Grab – Transfer/Knockdown-Rise up, Punch - Low Knife Limb Control/Return Neck Knifehand Strike

BUNHAE CLUB LEVELS



First stage is ENTRY level or ROOKIE level and holds NO ranking. Student's will learn all the preliminary drills and exercises, after which one will test to higher levels. This entry level also requires as a prerequisite all of the standard RMAI training up to the student's current belt rank. Currently there are 5 Levels or GUP equivalent levels. After completion of the 5 GUP levels, student may elect to test to the DAN Grade equivalent. NOTE: One's Bunhae Level grade cannot exceed one's current belt rank (For example, to get to Bunhae Level 4 you must be at least a 4th Gup Blue as that is the rank you'd learn Pilsung Sa Jang) as the two are related in the sense that a student must know the material for a Blue belt to qualify to learn the inner Bunhae.

Prerequisites:

- All Hand & Kick techniques for Current Belt Rank
- Hosinsul/Ilsosik
- Weapons
- Hyungs (Forms)

The lowest minimum rank to learn all 5 Bunhae levels is Cho Dan Bo

- Preliminary Bunhae Drills and Concepts:
- Proper Training Mindset, Physiological Effects
- Rules & Etiquette
- Conditioning Drills
- Impact Work (Pad Drills)
- Positioning Drills/Strategies
- Understanding Form Purpose and Structure
- Bunhae Rules and Principles

Test for LEVEL 1



Student shows an acceptable competence on All Previous Material

Pilsung Il Jang Bunhae Training Matrix (Flow Drill)

Drills with Minor Resistance and Adaptation

Hyung Bunhae Dae Ryun (Forms Based Sparring) with Mild Resistance

Test for LEVEL 2



Student shows an acceptable competence on All Previous Material

Pilsung E Jang Bunhae Training Matrix (Flow Drill)

Drills with Minor Resistance and Adaptation

Hyung Bunhae Dae Ryun (Forms Based Sparring) with Mild Resistance

**** Pilsung Il Jang & E Jang Bunhae** Mixed Flow Drill (No Resistance)

Test for LEVEL 3



Student shows an acceptable competence on All Previous Material

Pilsung Sam Jang Bunhae Training Matrix (Flow Drill)

Drills with an Increased resistance and Adaptation

****Pilsung Il Jang and E Jang Bunhae** Mixed Flow Drill (Mild to Moderate Resistance)

Hyung Bunhae Dae Ryun (Forms Based Sparring) with Increased Resistance

Test for LEVEL 4



Student shows an acceptable competence on All Previous Material

Pilsung Sa Jang Bunhae Training Matrix (Flow Drill)

Drills with an increased level of resistance and adaptation

****Pilsung Il, E, Sam Jang** mixed Bunhae Flow Drill (Mild Resistance)

Hyung Bunhae Dae Ryun (Forms Based Sparring) with Increased Resistance

Test for LEVEL 5



Student shows an acceptable competence on All Previous Material

Pilsung Oh Jang Bunhae Training Matrix (Flow Drill)

Drills with a Moderate level of resistance and adaptation

****Pilsung Il, E, Sam, Sa Jang** mixed Bunhae Flow Drill (Increased Resistance)

Hyung Bunhae Dae Ryun (Forms Based Sparring) with Increased/Moderate Resistance

LEVEL 5 Training

Level 5 will be the culmination of all of the previous levels and will seek to solidify all of the previous material into a cohesive system.

Training will consist of:

Exploring all of the possible Interpretations of each movement further than the standard Bunhae

Training in Each of the Form Training Matrix's in sequential order as well as randomly with an increasing level of resistance

Combining each of the Form Training Matrix's into a style which fits each practitioner's body type and abilities

Exploring different ranges when applying movements from the Bunhae. For example, Standing, Kneeling, Sitting, and From ground-fighting scenarios

Introduction of Weapons into Bunhae principles

Preparation to Test for DAN Grade



- Combine Pilsung 1-5 Hyung Bunhae Flow Drills in Sequence with Mild Resistance
- Combine Pilsung 1-5 Hyung Bunhae Flow Drills in Sequence with Moderate Resistance Adapting when needed
- Combine Pilsung 1-5 Hyung Bunhae Flow Drills Freestyle with Moderate Resistance
- Hyung Bunhae Dae Ryun (Forms Based Sparring) with Considerate/Full resistance (Protective Equipment required)

DAN LEVELS

****Requirements for Bunhae Club Dan levels will be release in the RMAI DAN Manual upon completion**

APPENDIX III
Little Ninja Program
& Syllabus

Little Ninja Program (3-6 year olds)

Our Little Ninja Program is Specifically designed for Students ages 3-6 years old. This class is a half hour class with a rotating curriculum. A Rotating curriculum means that the material covered in class is the same for a few weeks until the students achieve a certain degree of proficiency before moving onward. Upon reaching 7 years old, or graduating from Camouflage Belt. Students leaving the Little Ninja program will enter Basic Martial Arts at 8th Gup Orange.

RANKS

Level 1 White Belt
Level 2 White Belt with Orange Stripe
Level 3 White Belt with Yellow Stripe
Level 4 White Belt with Green Stripe
Level 5 White Belt with Purple Stripe
Level 6 White Belt with Blue Stripe
Level 7 White Belt with Brown Stripe
Level 8 White Belt with Red Stripe
Level 9 Camouflage Belt with White Stripe
Level 10 Camouflage Belt with Black Stripe

The material one learns at 10th Gup and 9th Gup white belt in the standard RMAI curriculum is spread out over the 10 ranks in the 3-6 program. This will help ease a young student into class with older students, since they will be familiar with many of the movements. Experience teaching 3-6 year olds will show that the transition into a 7 and up class can sometimes be frustrating for the child and can lead to drop outs.

Curriculum

Having an age appropriate set of rank requirements will help students of such a young age feel empowered and more willing to stay a member and progress through the ranks with the eventual graduation into the standard RMAI/PMAA curriculum. Some of the drills and exercises are not standard RMAI/PMAA material, however they are core building skills to which the standard PMAA techniques can be built upon. While many studios outside PMAA may use these drills as standard material, it is more effective as a support mechanism to teach 3-6 year olds basic motions which will help them later learning the RMAI/PMAA material. For those who are unaware, the “Star Block” set consists of the following techniques (how it relates to standard PMAA Curriculum will appear in parenthesis):

Each technique should be performed with the student yelling out the names of each movement.

STAR BLOCK SET

“Up”	(High Block)
“In”	(Outside/Inside Block)
“Out”	(Similar to Inside/Outside Block with fist turned out)
“Touch”	(like the chamber or preparation of a Low Block)
“Down”	(Low Block)
“Back”	(Like a chambered hand on the ribs)
“Push Down”	(Parry block downward)

UNIVERSAL #1

Each technique should be performed with the student yelling out the names of each movement.

1. Choon Bee (KIHAP!)
2. Fighting Stance (Right leg back)
3. Back Fist (Left Hand)
4. Reverse Punch (Right Hand)
5. Roundhouse Kick (Right Leg)
6. Slide (Left foot)
7. Side Kick (Right Leg)
8. Back Fist (Right Hand)
9. Punch on one Knee (Left Hand with left knee touching ground)
10. Hit the Ground (Turn 180 Degrees to left with both palms on ground)
11. Side Kick (Right Leg)

- | | |
|-------------------|----------------------|
| 12. Ridge Hand | (Left Hand) |
| 13. Knife Hand | (Right Hand) |
| 14. Punch (KIHAP) | (Left Hand) |
| 15. Baro | (with hands up high) |

What follows is a proposed curriculum based on the 10 level belt rank system, and taking into consideration the above listed goal of preparing a young student to enter into the standard PMAA program at 8th Gup Orange. This arrangement is a bit more intensive.

Level 1 White Belt

Techniques:

Cha Ryut
Kyung Yet
Choon Bee
Parry Block
Guarding Block
Straight Punch
Front Kick
Roundhouse Kick
Side Kick

Forms or Drill:

Star Block Set (with the count) 1 hand and both

Skills:

3 Rules of Concentration

Teamwork

Level 2 White Belt with Orange Stripe

Back Fist

Slide Up Side Kick

Flying Side Kick

Forms or Drill:

Star Block Set 1 Hand and Both (without Count)

Universal 1 up to Move #9.. "Punch on One Knee"

Skills:

3 Attention Positions

Balance

Level 3 White Belt with Yellow Stripe

Leg Check

Axe Kick

Form or Drill:

Universal # 1 Complete (with little help)

Skill:

Control

Tab Sparring

Level 4 White Belt with Green Stripe

Pahl Put Ki: Single and Double Punch

C-step Drill

Skills:

Using Parry

Using Guard

Using Leg Check

Hosinsul #1 & 2

Level 5 White Belt with Purple Stripe

C-Step Drill with Low Block

C-Step Drill with High Block

Step Front Kick

Step Round Kick

Hosinsul #3 & 4



Level 6 White Belt with Blue Stripe

C-step with Inside/Outside Block

Step Side Kick

Skills:

Partner Parry Drill

Partner Guard Drill

Partner Leg Check Drill

Hosinsul #5

Level 7 White Belt with Brown Stripe

C-step with Outside/Inside Block

Jump Front

Skills:

Sparring Feet Drill

Hosinsul #6

Leadership

Level 8 White Belt with Red Stripe

Jump Round Kick

C-Step Drill with Punch

Skills:

Sparring Feet Moving

Hosinsul #7

Level 9 Camouflage Belt with White Stripe

Jump Side Kick (student by this time may attend BASIC Class)

Pahl Put Ki: Triple Punch

Front Stance turn around

Skills:

Sparring Feet Moving with Partner

Hosinsul #8

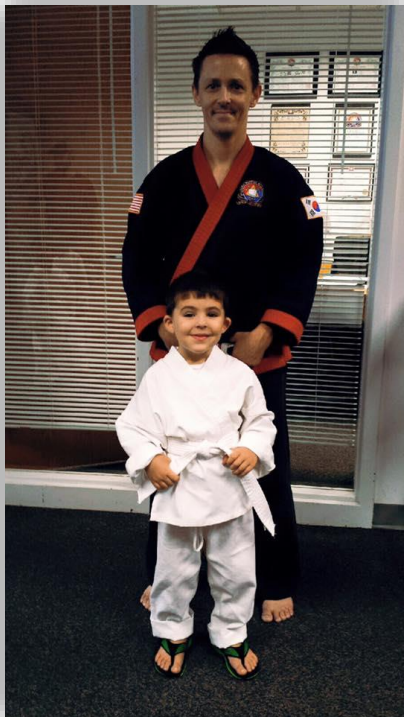
Level 10 Camouflage Belt with Black Stripe

Review of all Previous skills (student by this time may attend BASIC Class)

Spin Back Kick

Hosinsul #9 & 10

Pre-Arranged Sparring

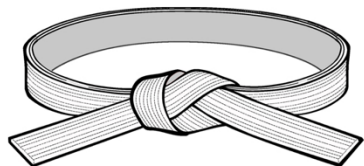




LITTLE NINJA PROGRESS CHART

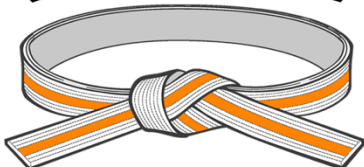


RANK:



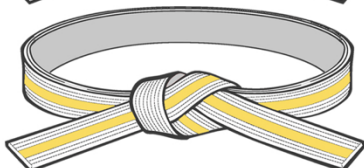
LN Level 1 White

Date: _____



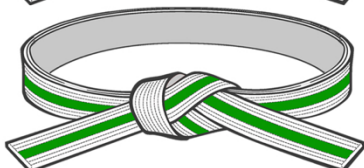
LN Level 2 Orange

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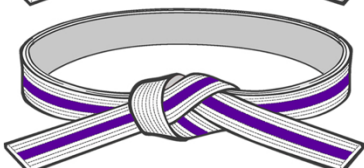
LN Level 3 Yellow

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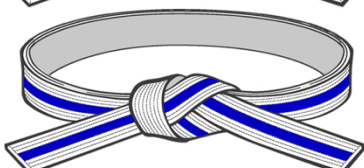
LN Level 4 Green

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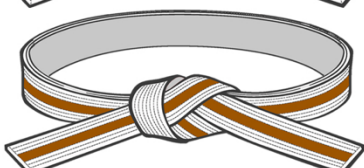
LN Level 5 Purple

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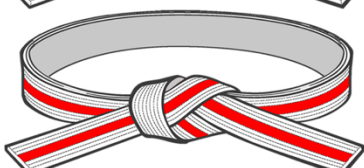
LN Level 6 Blue

Date: _____



LN Level 7 Brown

Date: _____



LN Level 8 Red

Date: _____



LN Level 9 Camo/White

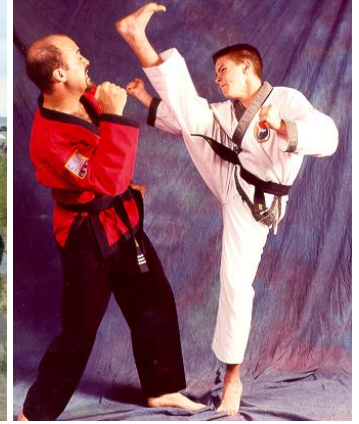
Date: _____



LN Level 10 Camo/Black

Date: _____

Some Pictures from Master Celona's Collection



NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

PILSUNG!



REVOLUTION MARTIAL ARTS INSTITUTE
625 S. CHESTER RD SWARTHMORE, PA 19081
610-544-7624

email: mastermcelona@gmail.com

email: revolutionmartialarts@ymail.com

www.revolutionmartialartsinstitute.com

www.facebook.com/revolutionmartialartsinstitute