

WELCOME to the

Tang Soo Do Mi Guk Kwan®

Association, Inc.



GUP MANUAL

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Tang Soo Do Mi Guk Kwan®
Association, Inc.

GUP MANUAL



CHARLES FERRARO
FOUNDER AND PRESIDENT

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“Circle of Infinity...
Emptiness with fullness,



all things visible, all things unseen.

To end and to begin
...circle of life.”

Tang Soo Do Mi Guk Kwan ®

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*Grandmaster Charles Ferraro, Founder and President of the Tang Soo Do Mi Guk Kwan.
Founder and President of the World Mi Guk Kwan Association
President Tang Soo Do Mi Guk Kwan Association, Inc.
Co-founder – Worldwide Tang Soo Do Family*

Dear Tang Soo Do Practitioner,

Congratulations for your decision to place your membership with the Tang Soo Do Mi Guk Kwan Association, Inc. Your decision to train in Tang Soo Do will reward you in many ways and as a member you will have many opportunities to contribute to the Mi Guk Kwan operational functions. You are encouraged to communicate with your peers and instructors. Each member, by participating in due process, can attend board of directors meetings and make proposals and / or presentations about issues that concern them.

Once you are a member of the Tang Soo Do Mi Guk Kwan Association, Inc. you are considered to be family. As part of the Mi Guk Kwan family you will be given numerous opportunities to experience growth and development in our art and how it can impact other aspects of your life. Of course the amount of growth you experience will be directly proportional to your efforts and the efforts of your certified studio instructors. The benefits you receive are a direct result of the individual contributions of the membership in general. It is for this reason that attendance at international, national and local Tang Soo Do Mi Guk Kwan events is highly encouraged.

Tang Soo Do Mi Guk Kwan is considered a classical martial art. As an art form, it is primarily concerned with scientific and martial theory, form and aesthetics. Tang Soo Do Mi Guk Kwan represents an evolving living art where practical and effective self-defense techniques are constantly improved. Tang Soo Do, being a classical martial art, draws upon a vast body of knowledge from eastern philosophy. Additionally, since this art was developed in the USA it also draws about the vast experience and lessons learned through the fostering of the American way of life. As a Mi Guk Kwan member, you have access to this collection of eastern and western philosophy and you can use this unified wisdom imparted by Tang Soo Do as a means of improving your everyday life.

The certified instructors of the Tang Soo Do Mi Guk Kwan Association, Inc. will provide you with a clean and safe training area, the highest quality instruction possible and they will keep you abreast with intra-association communications. Through your instructor you have access to books, DVDs, CDs and other media that are being developed as a supportive adjunct to your studies of Tang Soo Do Mi Guk Kwan. Your membership card will be accepted at all Tang Soo Do Mi Guk Kwan Association studios worldwide. You will also be able to participate in seminars, clinics, summer camps, and workshops when they are offered.

As an organization that is genuinely interested in the growth and development of each individual as well as the membership in general, we encourage you to express yourself in presenting any idea or program that you feel might strengthen or improve your Association. All Dan members are considered voting members and as such have the right to express their feelings and beliefs. Any member, whether Gup or Dan, can be voted to the Board of Directors and subsequently has the right to hold office in the Association and to speak openly and freely.

Your association is a "C" corporation, incorporated and governed by the laws of the state of Connecticut. There are no stockholders, only members. The day-to-day business decisions are made by appointed and elected men and women from the Tang Soo Do Mi Guk Kwan Association, Inc. On behalf of your Association, I extend to you our best wishes for a long and rewarding membership.

Yours in Tang Soo Do



Charles Ferraro
Charles Ferraro, President

Tang Soo Do Mi Guk Assoc., Inc.

Technical Advisory Committee

The appointed members of the Technical Advisory Committee are responsible for upholding the technical and moral high standards set by Grandmaster Charles Ferraro. The TAC is dedicated to its mission of insuring that you will have the proper technical guidance and insight needed to continue your study of the Tang Soo Do Mi Guk Kwan system. Grandmaster Charles Ferraro has established technical standards for rank certification for the students of Tang Soo Do Mi Guk Kwan. You can be certain that teacher certification for those who wish to instruct Tang Soo Do Mi Guk Kwan to others will not only be consistent but it will also be of the very highest standards found in the martial arts worldwide. The TAC, in cooperation with the Board of Directors has established the Tang Soo Do Mi Guk Kwan curriculum. Additionally, they evaluate all activities within the Association to preserve the integrity, purity and standards of the Tang Soo Do Mi Guk Kwan art form.

All requests for certification of studios, instructors and/or individual rank are reviewed by the Chairman of the TAC. The Chairman may approve or deny any applicant's request based on individual qualifications. After certification is approved, the TAC will coordinate all activities and continue to evaluate instructors to be sure the technical and moral standards set by the Grandmaster are maintained.

Because of the TAC's continued efforts, you will experience an ongoing growth in both your mind and body. This dedication to maintaining and improving the physical and philosophical standards of the Tang Soo Do Mi Guk Kwan art form are the reasons why your art is recognized worldwide for its standards of excellence.



Sa Bom Nim
Howard Dugan

Grandmaster
Charles Ferraro

Sa Bom Nim
Richard Kopf

Sa Bom Nim
Joseph De Vita

Proper Display of Flags on the Walls

Proper display of flags on the walls of Tang Soo Do Mi Guk Kwan dojangs:



1. If the dojang is located within the United States of America then only 3 flags will need to be displayed. Displaying the flags from left to right the first flag must be the U.S.A. flag, the second flag must be the Mi Guk Kwan style flag and the third flag must be the flag of South Korea. (SEE ABOVE)
2. If the dojang is located outside of the United States of America then 4 flags will need to be displayed. Displaying the flags from left to right the first flag must be the flag of the country where the dojang is located, the second flag must be the U.S.A. flag, the third flag must be the Mi Guk Kwan style flag and the fourth flag must be the flag of South Korea.



Current international member dojangs as of 2012* Chile and Argentina.

3. Tang Soo Do Mi Guk Kwan Headquarters Dojang only (West Haven, CT). The flag displayed in the TSDMGK Headquarters Dojang will be as follows: Flag display from left to right. The first flag will be the flag of the USA; the second flag will be the Tang Soo Do Mi Guk Kwan style flag; the third flag will be the flag of South Korea; additional flags will be added to the right of the flag of South Korea based on their membership in the Tang Soo Do Mi Guk Kwan. The additional national flags of membership countries will be hung in alphabetical order.

*Additional flags will be added as new countries are added to the Tang Soo Do Mi Guk Kwan style.



The Tang Soo Do Mi Guk Kwan **Emblem**

Traditional and Cultural Background

The Dojang Flags:

On the wall of our Dojang's (studio) you will see three or four flags depending on the country where the dojang is located. If the dojang is located in the USA



then The flag on the left is the American Flag and represents the ideals and heritage of the USA. On the right is the flag of South Korea, which represents the heritage of our martial art and in the center flies the Mi Guk Kwan flag, Kwan Gi, which symbolizes the goals and ideals central to our training. If the dojang is located outside the USA then the flag on the left will be the flag of the country where the member dojang is located and represents the ideals and heritage of the country where the member dojang is located, the second flag is that of the USA and represents the country where the Mi Guk Kwan style of the Tang Soo Do art form was created, the flag on the right is the flag of South Korea, which represents the heritage and birth-place of the Tang Soo Do art form art and in the center flies the Mi Guk Kwan flag, Kwan Gi, which symbolizes the goals and ideals central to our training.

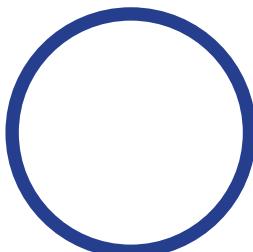
The Mi Guk Kwan Flag (Kwan Gi) and Patch

The Mi Guk Kwan Flag (Kwan Gi) represents the organization or style of the martial art, Tang Soo Do. It has both physical and philosophical significance in our training.



The Outside Circle

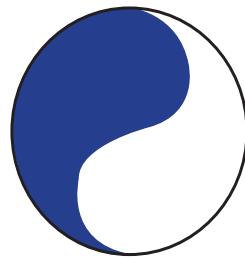
Symbolizes the cycles of nature. The cyclic nature of all life is borne out in numerous examples. The cycles of birth to death, of the seasons, planting to harvest, growth, stagnation and decline, order to chaos, are but a few examples of this. It also represents the earth itself and reminds us of our obligation to respect and protect the planet and environment in which we live.



Um / Yang

This Eastern philosophy denotes the duality of nature and the law of opposites. Any item in nature exists in some sort of balance with its opposite.

You cannot have hot without cold, tall without short. One cannot understand peace without the incidence of war. In fact, it can be said that one gives birth to its opposite and vice versa. The curved line indicates that in nature there are no absolutes. The lines that separate a concept or quality are not sharply delineated, they instead are represented more correctly as a gradual change, sort of blending, a change by degree.

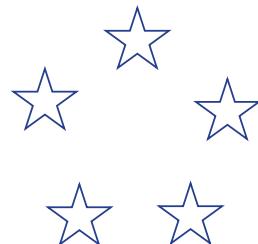


American Flag (5 Star version)

The American flag represents the philosophy of the West and the American (USA) way of life. It is superimposed over the Oriental Um/Yang in order to represent the blending of the philosophies of the East and the West.

Five Stars

Represents the five-element theory; Each of the fundamental movements of Tang Soo Do Mi Guk Kwan represents one of the five elements. A step forward is identified with metal, withdrawal with wood, looking left is associated with water, looking right with fire, and central equilibrium is connected to earth. Water has properties of soaking and descending, (since water flows downward). Fire both heats and moves upward, (since flames rise in the air). Wood allows its form to be shaped into straight or curved pieces. Metal can be melted, molded and then hardened. Earth's properties include the provision of nourishment through sowing/reaping. There are four major principles describing changes in and interrelationships among the five elements: mutual creation, mutual closeness, mutual destruction, and mutual fear.



According to mutual creation the five elements create each other: Therefore Wood creates fire, fire creates earth, earth creates metal, metal creates water, and water creates wood. According to the principles of mutual closeness each element is considered attracted to its source. Thus wood is close to water, water to metal, metal to earth, earth to fire, and fire to wood.

An element becomes close to its creator in much the same way that a child is close to its mother. According to the principle of mutual destruction there is a series of conflicts between pairs of elements: Wood weakens earth by removing nutrients from the soil. Earth limits water as exemplified by man made dams. According to

the well-known Chinese proverb, "When water comes it must be stopped by earth". Therefore water extinguishes fire. Fire conquers metal by melting it; Metal, in the form of axes and knives, can cut down trees and carve wood.

Finally and conversely, by the principle of mutual fear, an element both respects and fears the element which could destroy it; Wood fears metal, metal fears fire, fire fears water, water fears earth, and earth fears wood. The similarities and differences among the various aforementioned principles can be analyzed in terms of their Um and Yang relationship, which supports why the stars are housed within the Um/Yang symbol. Creation and closeness, both constructive principles, are considered Yang. Whereas destruction and fearfulness, their opposites, are viewed as Um.

In addition to representing forces in the natural world, the five elements provide guiding principles for physiology, pathology, diagnosis, and therapy in traditional Chinese medicine. In the human body, the internal organs are divided into two groups: the five Um or solid organs, and the six Yang or hollow organs. Each of the Um and Yang organs are identified with one of the elements. The heart (Um) and small intestine (Yang) are associated with fire; the spleen (Um) and stomach (Yang) with earth; the lungs (Um) and large intestine (Yang) with metal; the kidney (Um) and bladder (Yang) with water; and the liver (Um) and gallbladder (Yang) with wood.

Chinese physicians began applying the theory of the five elements to the maintenance of health and the cure of illness thousands of years ago. In sensitively evaluating both the effects of medicines and the illness of the organs in terms of the five-element theory, Chinese doctors exemplified an understanding of wholeness and harmony in the body's functioning.

In the founding of the Mi Guk Kwan, Grandmaster Ferraro was careful to conform with what Kwan Jhang Nim Hwang Kee, the founder of Moo Duk Kwan, referred to as the Sip Sam Seh, or the Thirteen Influences (the combination of the five elements and the eight directions).

As a system of health, Tang Soo Do Mi Guk Kwan employs not only Um/Yang principles but also the five-element theory. Thus, in addition to developing a healthy Um/Yang relationship between mental activity and physical movement, Tang Soo Do Mi Guk Kwan is designed to balance the internal organs and promote harmony in the entire body. Maintaining a dynamically balanced system preserves health by preventing illness and improves the quality as well as the length of life.

Chinese Symbol “Moo”

Represents the prevention of conflict. Conflict resolution applied on an internal as well as an external basis is one of the major goals of a Tang Soo Do Mi Guk Kwan practitioner. The symbol is drawn in eight strokes. Each stroke represents the eight points of the compass: N, S, E, W, NE, SE, NW, SW. These directions correspond with the eight trigrams. The I Ching, also called the Book of Changes, tells of the formation of the eight trigrams, or Pa-Kua.

According to Ta-chuan: in the system of the I Ching, there is the Tai-Chi, or the Grand Terminus, which generated two forms or Liung-Yi. Those two forms generated four symbols or Ssu-Hsiang. Those four symbols divided to further generate the eight trigrams or Pa-Kua. Each direction corresponds to different types of martial art techniques. Warding off, or deflecting;



rolling back or absorbing; pressing or slow steady pressure (pressure points, application of wrist locks, etc.) and pushing are located in the south, north, west and east respectively, hence are named the four directions or Ssa Cheng. The act of pulling down, or shocking the opponent by disrupting concentration and balance; of splitting or throwing; of elbow strikes, punching techniques, or kicking techniques; and shoulder strikes or knee techniques are in the southeast, northwest, southwest, and northeast, respectively, so these are called the Four Corners or Ssa YU. Collectively these eight directions are often referred to as the Eight Gates. When we combine the five stars and the eight strokes of the symbol for "Moo" we have a representation of the 13 influences of the Sip Sam Seh, from which the art of Tang Soo Do was formulated. The Chinese symbol also reminds us of the Southern and Northern Chinese influence in the development of Tang Soo Do.

Laurel Leaves

The leaves represent life. Our art is a living art and will continue to grow and evolve in accordance with the time, place, culture, where the art is practiced. And as such the growth and development of our individual practitioners will reflect this evolution. The laurel leaves



also represent peace. The ultimate goal of our Tang Soo Do Mi Guk Kwan training is the fostering of world peace through human relationships. There are 13 leaves on each side, which is another example of the Sip Sam Seh.



Berries

The berries represent the fruitful result of training. There are a total of eight berries, each representing one of the eight key concepts: Courage, Concentration, Endurance, Honesty, Humility, Control of Power, Relaxation and Tension, and Speed control.



Korean Characters

The Korean letters at the bottom of the patch stand for Tang Soo Do Mi Guk Kwan (American Brotherhood or school for the practice of empty hand defense).

Together with the Chinese symbol for "Moo", the Korean letters remind us of the Korean and Chinese influences inherent in the development of Tang Soo Do.

Fibonacci Numbers

Throughout the emblem the numbers 5, 8, and 13 continually appear. These numbers are referred to as Fibonacci Numbers whose significance lies in the frequency that they appear in nature.

5 stars

13 laurel leaves on each branch

8 berries

13 stripes

The Colors of the Patch

The colors of the emblem are consistent with the ranking system of Tang Soo Do Mi Guk Kwan. The white area, the stars, and the white stripes of the American Flag correspond to the beginner level and the winter season. The winter season, represents the emptiness, innocence, hidden potential and purity. The orange Chinese symbol for “Moo” symbolizes the second belt of our ranking system and signifies an awareness of one's potential. The green laurel leaves correspond to the intermediate student or green belt. The green belt represents the spring season with its growth, spreading, and advancement. The red berries and red stripes of the American flag corresponds with the advanced student or red belt. The red belt represents the summer season, the ripening of one's skills, active, (Yang). The blue portion of the American flag corresponds with the Dan student or blue belt. The Dan belt, (blue) equivalent of the black belt of other martial arts represents the autumn season, with maturity, calm, passive, (Um), harvest. The red letters outlined in blue for the Korean words “Tang Soo Do Mi Guk Kwan” represent the master belt. The master is a master most importantly of himself. A fully integrated individual capable of teaching and directing Dans in the study of Tang Soo Do.



Tang Soo Do and the Tang Soo Do Mi Guk Kwan Association, Inc®

The martial art known as Tang Soo Do is relatively modern. However, its basis, the Korean disciplines of Soo Bahk and Tae Kyun, dates back many centuries. Tang Soo Do is a composite style influenced by the Northern Chinese arts, the Southern Chinese arts, and the Okinawan discipline of Karate. The Chinese influences were as follows: Basic Training (Seh Bop - method of postures; Bo Bop - method of steps; Ryun Bop - method of conditioning) and form and combat applications (Dham Toi Sip E Ro and "Tae Kuk Kwon"). The Okinawan influences were primarily a result of the Japanese occupation of Korea from 1910- 1945. The term "Tang Soo Do" was the name Grandmaster Lee, Won Kuk, founder of Chung Do Kwan, originally applied to his art. After a meeting with Mr. Lee in 1947, Kwan Jhang Nim Hwang Kee decided to integrate the art of "Tang Soo Do" (referred to by the Korean community at that time as "Okinawan discipline of Karate") into his Hwa Soo Do discipline. Our kicking techniques, for which Tang Soo Do is recognized, are based on the ancient Korean kicking style of Tae Kyun and were later formalized by Kwan Jhang Nim Hwang Kee, founder of the Hwa Soo Do Moo Duk Kwan and Tang Soo Do Moo Duk Kwan styles. Tang Soo Do is both a hard and soft style, deriving its hardness in part from Soo Bahk and its soft flowing movements from the Northern and Southern Chinese systems.

Kwan Jhang Nim Charles Ferraro, founder of the Mi Guk Kwan style, began his studies in Tang Soo Do Moo Duk Kwan in 1967 under Mr. Robert Cheezic, pin #2278. After the formation of the U. S. Tang Soo Do Moo Duk Kwan Federation in 1976, Kwan Jhang Nim Ferraro became a student of Master Robert E. Beaudoin and after Master Beaudoin left the MDK Federation in 1978 Kwan Jhang Nim Ferraro became a direct student of Master Hyun Chul Hwang, son of Kwan Jhang Nim Hwang Kee. Kwan Jhang Nim Ferraro became a student of Kwan Jhang Nim Andrew Ah Po in 1998 and he is currently his senior student. From 1976 -1995, Kwan Jhang Nim Ferraro studied and obtained a high level of proficiency in many martial and natural health disciplines. Some of his accomplishments are as follows: (9th Dan - Recognized as founder (Kwan Jhang Nim) of Tang Soo Do Mi Guk Kwan, 9th Dan Tang Soo Do Moo Do (Martial Way) promoted by Kwan Jhang Nim Andrew Ah Po; 9th Dan European Tang Soo Do Moo Duk Kwan Federation recognized by Kwan Jhang Nim Theo Salm; 9th Dan Worldwide Tang Soo Do Family recognized by Kwan Jhang Nim Theo Salm - Co-founder, 6th Dan Ju-jutsu, 5th Dan Aiki-jutsu, 3rd Dan American Goju, Master instructor Hai Dong Gumdo (Korean sword), Certified Instructor Kali, and Master of Reiki (the art of natural healing).

Kwan Jhang Nim Charles Ferraro opened his first Dojang in 1976 in New Haven, CT, under the name of New England Tang Soo Do Academy. After moving his Dojang to West Haven, CT, in 1978, Kwan Jhang Nim Ferraro decided to change the name of his school to West Haven Academy of Karate, Achievement Centers.

It was upon these aforementioned achievements, growth and development of his various Dojangs, and the philosophical and fiscal direction of the existing federations that Kwan Jhang Nim Charles Ferraro and his students founded and established the Tang Soo Do Mi Guk Kwan, Association, Inc., in 1995.

In 2009 Kwan Jhang Nim Charles Ferraro in conjunction with Kwan Jhang Nim Theo Salm of Rotterdam, Netherlands co-founded the Worldwide Tang Soo Do Family. This interna

tional umbrella organization was founded in order to help unite international groups and organizations for the purpose of martial arts fellowship and brotherhood among Tang Soo Do practitioners worldwide. Inaugural membership countries were USA, Netherlands, England, Scotland, Ireland, Poland, Belgium, Germany, Chile, Argentina and South Africa.

Tang Soo Do Mi Guk Kwan, (“A brotherhood, school, and / or place in America to practice the way of the empty hand defense”).

On December 9th, 1995, fifty-nine of Kwan Jhang Nim Ferraro's senior students and studio owners held an unprecedented and historic meeting. It was at this meeting that it was decided by unanimous vote to form a new martial arts organization. It was through the dedicated efforts of those in attendance at this inaugural meeting that the Tang Soo Do Mi Guk Kwan Association, Inc. was formed with Kwan Jhang Nim Charles Ferraro as its president.

As a result of the decision to form the Tang Soo Do Mi Guk Kwan Association, Inc., an elected and appointed Board of Directors was established to guide its membership in the growth and continuation of Tang Soo Do Mi Guk Kwan in the United States and abroad. The Board also maintains the standards of excellence set by Kwan Jhang Nim Charles Ferraro and his appointed Technical Advisory Committee. The chartered members of the TAC are Sa Bom Nim Richard Kopf, Sa Bom Nim Howard Dugan, and Sa Bom Nim Joseph DeVita.

In 2001 Tang Soo Do Mi Guk Kwan was brought to Chile by SBN Carlos Garcia-Huidobro and today there is a large group of Tang Soo Do Mi Guk Kwan practitioners there today. Shortly thereafter Tang Soo Do Mi Guk Kwan was brought to Argentina by SBN Ricardo Longinotti who currently serves as the Director of South American Affairs and assists KJN Ferraro in administrating Tang Soo Do Mi Guk Kwan throughout South America.

In 2005 Kwan Jhang Nim Ferraro established a new level of administration for the Tang Soo Do Mi Guk Kwan Association, Inc. Kwan Jhang Nim Ferraro established the RAC (Regional Advisory Committee). This committee was formed to work in cooperation with Kwan Jhang Nim Ferraro and the TAC in helping to ensure that the same standards of technique and philosophy are disseminated throughout the world. The inaugural members of the RAC were: SBN William Lear; SBN Jeff Talavera; SBN John McGuiness; SBN James Savidge; SBN James Bergers; SBN Brett Riley; SBN Paul Carty.

Due to the vision, courage, and action of Kwan Jhang Nim Ferraro and many mature, intelligent, and independent individuals including the Charter Members, Technical Advisory Committee and Board of Directors who worked to create the Association, the Tang Soo Do Mi Guk Kwan has experienced unprecedented success.

Tang Soo Do practitioners are positive thinkers with a “rock-hard determination” to succeed. We are proud of our achievements, yet we know there is much more to learn. We are winners who share an unbreakable solidarity, yet we have the independence to speak what we feel. These qualities will forever hold us together as a family, and assure that future generations will inherit the way of Tang Soo Do Mi Guk Kwan.

PHOTOS



Four Mi Guk Kwan members win awards in the Senior Dan division at the Tang Soo Do Mi Guk Kwan Nationals, Las Vegas, NV - 2001.



Kwan Jhangs and Sa Boms are led into the competition in Las Vegas, NV, 2001 by Kwan Jhang Nim C. I. Kim, KJN Andy Ah Po and KJN Charles Ferraro.



Sparring competition – Las Vegas, NV – 2001.



Kodanja Shimsa – West Haven Dojang – January 2007.

Student Code of Conduct

Members must conduct themselves in accordance with and abide by the following principles of Tang Soo Do Mi Guk Kwan.

- 1.** The major function of Tang Soo Do is developing one's mental and physical abilities and realizing one's personal potential in these areas.
- 2.** Every member shall: lead by example, be truthful to yourself and others, love your country, demonstrate sound moral character, strive to help others in need, develop a "peaceful confidence" and demonstrate by example that you are worthy of and value being a Tang Soo Do Mi Guk Kwan practitioner.
- 3.** As a practitioner you should recognize the benefits of respectful competition as a tool of developing qualities such as concentration, respect, sportsmanship, control of power, humility, courage, and cooperation with others.
- 4.** Tang Soo Do is a classical martial art, not a sport. It is not something that is used solely for the sake of winning. Tang Soo Do is a discipline that utilizes physical and intellectual activities to develop mental, physical and spiritual health.
- 5.** Practitioners have a responsibility to maintain the purity of Tang Soo Do Mi Guk Kwan and never tarnish its name, techniques or philosophy.
- 6.** Your fellow practitioners are your sisters and brothers. They are family and consequently everyone must always work together helping one another as a team.
- 7.** Members shall remember that their bodies are their temples. Drugs and smoking tobacco should be avoided.
- 8.** Members shall never use alcohol in an abusive manner.
- 9.** Members shall maintain their dues on a current basis.
- 10.** Tang Soo Do practitioners must always keep their uniforms and person clean. You represent the Mi Guk Kwan Association, and your personal hygiene is very important.

The Ten Motivational Reasons for **Training**

One must always approach their martial arts training with the mind of a beginner, an empty cup if you will. Keeping an open mind toward your training and instructor will foster a positive learning environment. Remember that the purposes and goals of Tang Soo Do training are not the same as sport endeavors. The following are ten reasons why everyone should practice Tang Soo Do Mi Guk Kwan.

1. **Martial arts excellence can be and is achieved by young children, men and women, and the elderly; One must emphasize the three “Ds”: discipline, dedication, and desire.**
2. **Martial arts training is free and nonrestrictive, the only limitations are those of the individual practitioner.**
3. **Martial arts practice is natural and reasonable; nothing but space and desire is needed.**
4. **Martial arts combines the best attributes that civil and martial disciplines have to offer. Teaching its practitioners to be both strong (aggressive when necessary) and submissive (yielding when necessary).**
5. **Martial arts practice is good for effective self-defense, for the improvement of personal health, and for increased longevity of life.**
6. **Martial arts practice is good for mental, spiritual, and physical well being.**
7. **Martial arts can be practiced in groups or on an individual basis.**
8. **Martial arts can be practiced anywhere. Your dojang is wherever you decide to practice.**
9. **Martial arts practice requires no props, equipment, or apparatus.**
10. **Martial arts practice does not require you to have a partner.**

When we train in Tang Soo Do, we are not playing a “game” or contest, instead we face physical, mental, and spiritual interaction between ourselves and our art. As such, the benefits that one achieves from the practice of Tang Soo Do are immediate and lasting. Whether we are met with an outside challenge or have to deal with one of our weaknesses, we forge our character on a strong sense of discipline, replacing the temporary condition of victory or defeat with the lasting benefits of greater self-esteem, improved personal health, and self-confidence. The Eight Key Concepts, 12 Tenets of Tang Soo Do Mi Guk Kwan and the 7 Rs of Tang Soo Do Mi Guk Kwan are provided in order for Tang Soo Do Mi Guk Kwan practitioners to use as a moral compass to guide them through their “Moo Do” life. It is expected that students constantly strive to improve their understanding and application of these important principles.

Eight Key Concepts

Always strive to improve the Eight Key Concepts.

1. **Yong Gi** - Courage
2. **Chung Shin Tong II** - Concentration
3. **In Neh** - Endurance
4. **Chung Jik** - Honesty
5. **Kyum Son** - Humility
6. **Him Cho Chung** - Control of Power
7. **Shin Chook** - Tension & Relaxation
8. **Wan Gup** - Speed Control

Twelve Tenets of TSDMGK

- | | |
|-------------------------|--------------------------------------|
| 1. Self Control | 7. Cleanliness |
| 2. Courage | 8. Unselfishness |
| 3. Faith | 9. Secrecy |
| 4. Forbearance | 10. Sense of Oneness (Nature) |
| 5. Honesty | 11. Perseverance |
| 6. Concentration | 12. Gratitude |

Seven R's of TSDMGK

1. Right **Thought**
2. Right **Meditation**
3. Right **Faith**
4. Right **Resolve**
5. Right **Effort**
6. Right **Speech**
7. Right **Action**

Benefits of Mi Guk Kwan **Membership**

I. The Grandmaster, TAC, and Senior Master Instructors - Grandmaster Charles Ferraro dedicates much of his time to developing the Mi Guk Kwan style. He is recognized throughout the world for his vast martial arts knowledge, extraordinary teaching abilities, and his high standards of technical excellence. Membership in the Tang Soo Do Mi Guk Kwan Association gives you access to the Grandmaster, TAC, RAC and Senior Master Instructors through its Gup and Dan testings, clinics, special seminars, and tournaments. If you ever have a question about any aspect of Tang Soo Do Mi Guk Kwan, you should feel free to call at once.

2. Clinics, Accredited Workshops, Annual Weekend with the Masters Seminar, and Summer Camps - As a member, you will have several opportunities to participate in special events that focus on self-defense, hand and foot techniques, sweeping techniques, study of philosophy, grappling, free sparring, forms, and many other aspects of the martial arts. These Tang Soo Do Mi Guk Kwan events offer members the chance to greatly expand their martial arts knowledge while developing greater physical strength and technical abilities. All special events are supervised by master level instructors.

3. Mi Guk Kwan Charter, Copyright, and Authority - The Tang Soo Do Mi Guk Kwan Association is the only organization in the United States chartered by and under the direction of Grandmaster Charles Ferraro, its founder. The name "Mi Guk Kwan" is copyrighted and registered and can only be used by Certified Mi Guk Kwan Studios.

4. Certification of Instructors and Studios - Every Tang Soo Do Mi Guk Kwan instructor must be certified before they are sanctioned to teach Tang Soo Do Mi Guk Kwan. To become a Certified Instructor, candidates must pass a special test conducted by the TAC and a Board of Examiners. All Tang Soo Do Mi Guk Kwan schools are inspected and certified, and must maintain the high standards set by the Grandmaster and the Tang Soo Do Mi Guk Kwan Association, Inc.

5. Books on Tang Soo Do Mi Guk Kwan - Grandmaster Ferraro is constantly developing educational material and as it is published, it will be made available to the membership at discounted rates. Currently, Grandmaster Ferraro has produced a gup manual (now in electronic format), a dan manual and an instructional DVD set that depicts the curriculum of Tang Soo Do Mi Guk Kwan from 10th gup white belt through 6th dan

6. Visiting Rights - When traveling, you will have the right to study at any Tang Soo Do Mi Guk Kwan certified studio. You should always inform your instructor of your intention to do so before you travel.

7. DVDs and CDs - You will be able to obtain Instructional DVDs that cover all of

the basic hand and foot techniques, forms, as well as advanced techniques either directly through your instructor or with your instructor's permission directly through the Tang Soo Do Mi Guk Kwan Association, Inc.

8. Centralized Headquarters - (766 Boston Post Rd., West Haven, CT 06516 203.932.5335) As a member, you are welcome to contact International Headquarters for information relating to membership, tournaments, clinics, seminars, Dan and Ko Dan Ja testing schedules. You can also get information concerning the names, locations, addresses, and phone numbers of other Mi Guk Kwan certified schools.

9. Culture and Philosophy Seminars - Special seminars concentrating on the history, philosophy and tradition of Tang Soo Do Mi Guk Kwan are conducted by Grandmaster Ferraro and his senior master instructors. Other seminars that benefit the growth and development of members are also conducted by various Tang Soo Mi Guk Kwan instructors in areas where Tang Soo Do Mi Guk Kwan Association dojangs are located. Ask your instructor for details.

10. Tournaments - Tournaments give you the opportunity to use the skills you learn in class in a "competitive environment". Tournaments are great learning experiences for students of all ranks. Confidence, respect for your opponent, control of power and humility are just a few of the concepts you will experience in tournament competition. It is recommended that all students from beginners through 3rd dans should attend as many tournaments sponsored by Tang Soo Do Mi Guk Kwan instructors and the national organization as possible. As a membership driven organization participation in these events are essential to the growth and development of the membership in general as well as for individual growth.

11. Newsletter - Periodically a TSDMGK newsletter will be published and distributed by the Association. The newsletter contains information about the achievements of members, new techniques and upcoming events. You are encouraged to contribute to YOUR newsletter.

12. Transferring between Studios - If you should have to move, the Association will locate the nearest certified studio for you. All active members will be able to continue training at their new studio at their current rank.

13. Media Coverage - Tang Soo Do Mi Guk Kwan will continue to grow internationally because of the coverage in martial arts magazines and regional and national news media. These publicity vehicles enhance the membership, reputation and the name of the Tang Soo Do Mi Guk Kwan

14. Standardization of Techniques - All Certified Mi Guk Kwan instructors follow the standardized techniques established by Grandmaster Ferraro and the Technical Advisory Committee. All Mi Guk Kwan Certified schools follow the same standardized curriculum.

15. Sharing Knowledge - Grandmaster Ferraro, the TAC, the Board of Directors and Senior Masters have a wealth of knowledge that they are anxious to share with you. When you participate in Association events you will become stronger physically, sharper technically and smarter mentally through the knowledge the instructors share with you.

16. Legitimacy of Mi Guk Kwan Association - The Tang Soo Do Mi Guk Kwan Association is recognized worldwide for its high standards of martial arts excellence. As a member, you will grow in many ways and you will never stop learning. Your Tang Soo Do Mi Guk Kwan International certification of rank is recognized throughout the martial art world.

17. Voting and Holding Office - All Dan members have the right and are expected to vote in any Association Election of Officers and Charter revisions. Any member of the Mi Guk Kwan Association can hold office, regardless of their rank.

18. Your Right to be Heard - If you have concerns about any of the Associations policies or procedures it is your right to express your concerns. You can express your concerns by writing to the Board of Directors, the Executive Committee, or the appropriate Committee Chairman.

19. Your Mi Guk Kwan Association will Support You - The Tang Soo Do Mi Guk Kwan Association will back you in any way it can if your credentials should ever be questioned. All members will be supported with the full cooperation and authority of the Association.

20. Promotion Diplomas - Every student who passes all the test requirements will receive an official Tang Soo Do Mi Guk Kwan "Certificate of Rank" diploma. All Gup and Dan level students receive certificates.

21. Identification Card and Gup/Dan Numbers - Members are given identification cards with assigned Gup or Dan numbers. All numbers are recorded in the official Tang Soo Do Mi Guk Kwan Gup/Dan Registration Book.

Your Uniform (DoBok)

The correct name in Korean for your uniform is "Do Bok". The word "Do" means "Way of Life" and the word "Bok" means "clothing" or "apparel". The word "Gi" is the Japanese term for uniform and is inappropriate for use in our art.

The Do Bok is the symbol of your loyalty to the Mi Guk Kwan and your commitment to mental, physical, and spiritual self-improvement. The traditional white color of the Do Bok has been maintained since ancient times. The white color represents the practitioner's respect for all life, purity of spirit and commitment to avoid unjust conflict. You should always wear your Do Bok with pride. Additionally, you should respect your Do Bok as you do your own body. Keep it clean and in good condition. When one is proud of their outside appearance then they feel good on the inside as well.

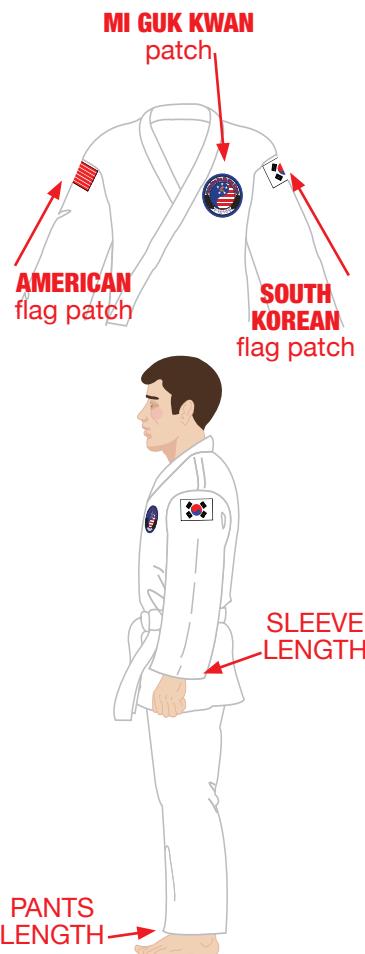
Proper Placement Of Patches

Flag patches may be placed on the sleeves of your uniform. If the American Flag is positioned on the right sleeve just below the horizontal seam or shoulder seam, then one must use a "reverse field" patch, i.e., the field of stars is worn closest to the heart. The South Korean Flag, red portion up, is positioned on the left sleeve just below the horizontal seam or shoulder seam. If both flags are worn on the same sleeve, they should be on the left with the American Flag on top (regular field of stars is more easily obtained) of the South Korean flag. Both flags are optional, not required. In case of members of TSD Mi Guk Kwan from other countries different from U.S.A., the proper placement of flag patches are as follows: on the left sleeve the American Flag on top (regular field of stars is more easily obtained) of the South Korean flag; and on the right sleeve the Flag patch of your country. Three flags are optional, not required.

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The Tang Soo Do Mi Guk Kwan patch is mandatory. Everyone must have a Mi Guk Kwan patch. It must be positioned over the left chest. Be sure the patch is straight when the Do Bok is tied (put your uniform on and tie it completely, then pin the patch on straight to secure it before sewing).

When tying the top of your Do Bok, pull the right side to the left side and tie it. Take the left side and pull it over the right side and tie it. The left side of the Do Bok is always on top of the right side. The sleeves should come to the wrist area; never roll up your sleeves as this shows lack of discipline and lack of respect for your instructor. Green and red belts must trim the lapels of their uniform. The Do Bok pants should be hemmed just below the ankles. No part of your Do Bok should be frayed, torn or stained in any way.



In the Korean culture it is inappropriate to wear clothing out of context. In the dojang you wear a TSD Do Bok, at the grocery store or the gas station you wear street clothes. To adhere to this tradition you should change your clothing at the dojang in the changing area provided. Your TSD Do Bok can be transported in a workout bag and your street clothing can be stored in the changing area during class. Students are responsible for their personal belongings and valuables. It is therefore, recommended that valuables should be left in your vehicle or at home.

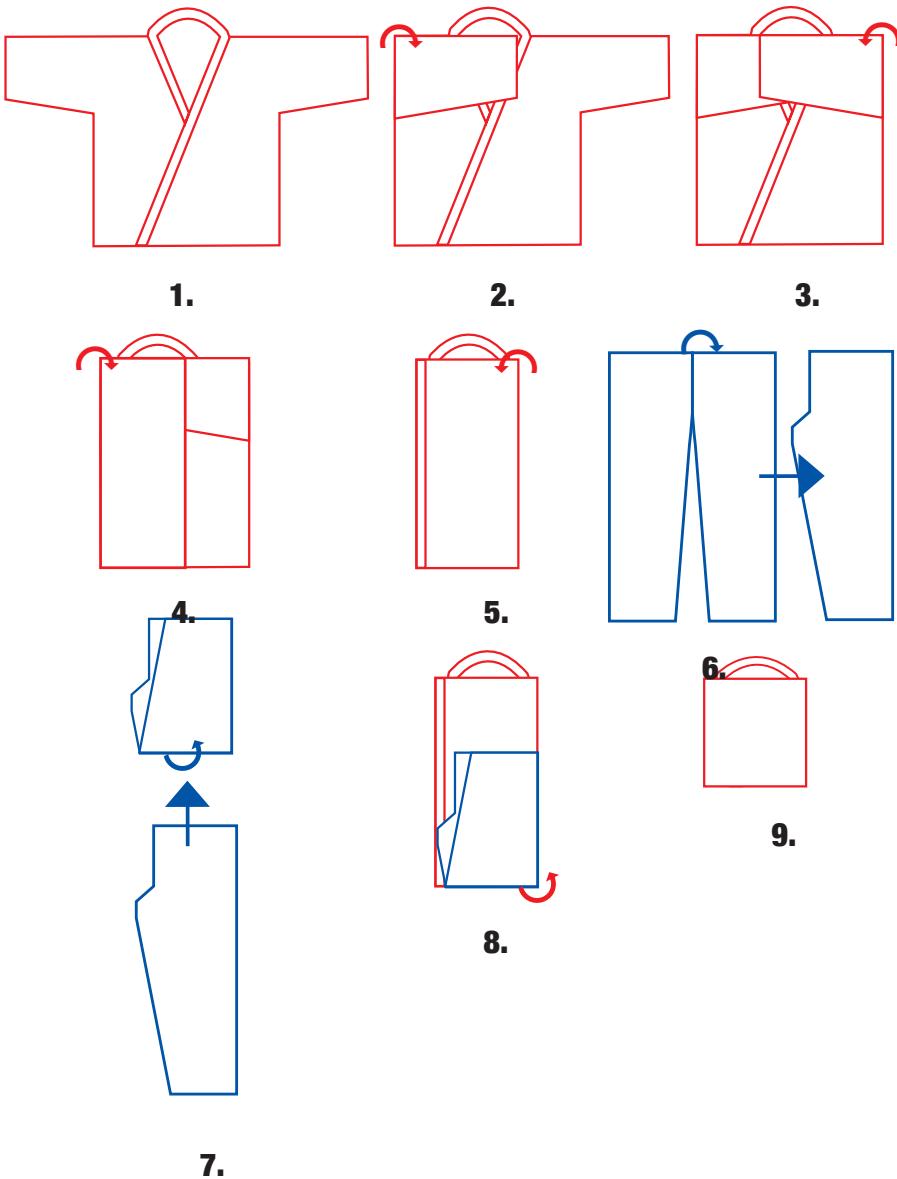
Proper Care for a Tang Soo Do **Do Bok**

- 1.** Wash After Every Use: You sweat in your Do Bok each time it is worn. The bacteria remaining in the Do Bok will need to be washed out to prevent odor and disintegration of seams. Wash the Do Bok after each time you wear it.
- 2.** Wash It Immediately - Do not delay in washing your Do Bok. As soon as you return home from practice, it must go straight into the washing machine. Bleach can be added to the wash to assist in removing stains and reducing odor.
- 3.** Dry Immediately - When the wash cycle is complete dry the Do Bok right away.
- 4.** Fold Properly - When your uniform has finished drying, you will find that it is usually quite wrinkled. Ironing of your Do Bok is not necessary if the Do Bok is folded correctly.
**Your Do Bok should be folded after cleaning and after use.*

How to Fold Your **Do Bok**

- 1.** Use the Floor - The first step to properly folding a Do Bok is to get on your knees on the floor. Lay the jacket out with the back down to the floor. Spread the sleeves out so that they point straight out to the sides in opposite directions. Smoothing the Do Bok fabric throughout the process will eliminate wrinkles later.
- 2.** Fold right Sleeve Over – Fold the right sleeve towards the center, stopping at the edge of the shoulder seam.
- 3.** Fold left Sleeve Over – Fold the left sleeve towards the center, stopping at the edge of the shoulder seam.
- 4.** Fold the right outer edge inward all the way over so it lines up with the opposite side of the lapel (folding the uniform in thirds).
- 5.** Fold the left outer edge inward over the top of the previous fold until it is even with the opposite side of the lapel (now completely folded in thirds).
- 6.** Fold Do Bok pants – Fold the Do Bok pants in half.
- 7.** Fold Do Bok pants once again bottom to top in half.
- 8.** Place pants on top of the bottom side of the Do Bok Top after turning the pants sideways.
- 9.** Fold the entire Do Bok package (top and pants) in half bringing the bottom up to the top.

How to Fold Your **Do Bok**



Proper Care for Your Belt (Dee)

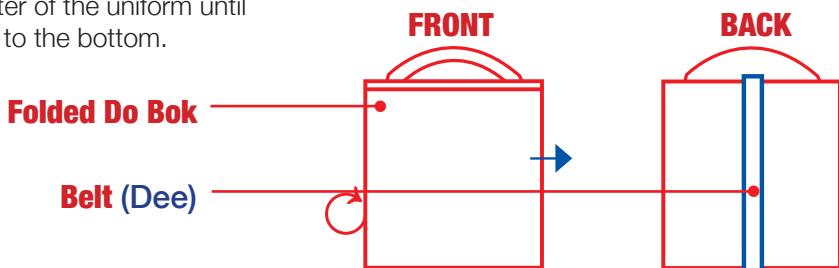
Your Dee, or belt, should be treated with care and folded after each use. One of the traditions that is associated with our belts is that we never wash the belt. It is said that the hard work and energy put forward to achieve each belt is symbolized by the sweat and soil contained in it. It is always a good idea to every so often, let you belt hang outside so that the fresh air can prevent any unpleasant odors from attaching themselves to the belt.

How to Fold a Dee

The following is a diagram detailing the folding of the Dee around the Do Bok

Following your training session your belt should be wrapped about the uniform in the following manner.

1. Turn folded Do Bok so the collar is at the top and upwards. Place belt end at the collar. String belt straight down the center of the uniform until you get to the bottom.



2. Wrap belt around bottom as you flip uniform over so that the bottom trim of the uniform is at the top continue stringing the belt up the center of the uniform until you get to the top.

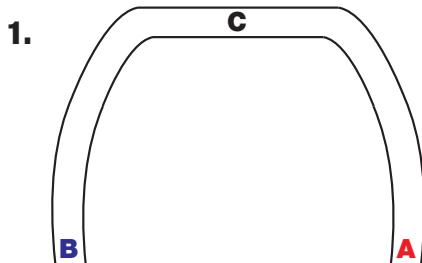
3. Then pinch the belt and fold it so that it goes horizontally across the uniform and around to the other side.

4. Then once again flip the uniform over and continue wrapping the belt horizontally until you reach the end.

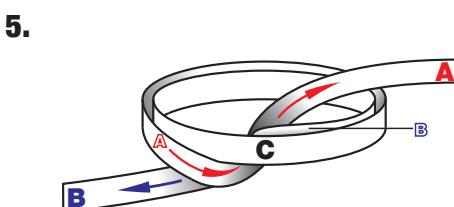
5. You will tuck the last 4-8 inches of the belt into the center of the Do Bok.



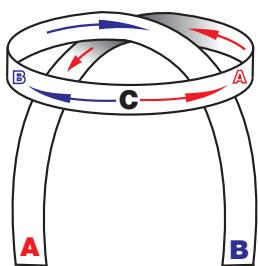
How to Tie Your **Belt** (Dee)



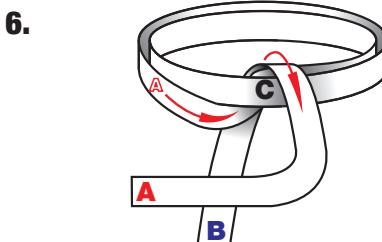
Hold the belt in front of you with both ends (A and B) even. All strips should be on side B.



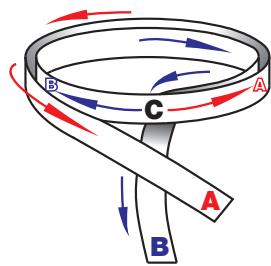
Tuck side A under C and B and pull both ends, A and B, to tighten the belt.



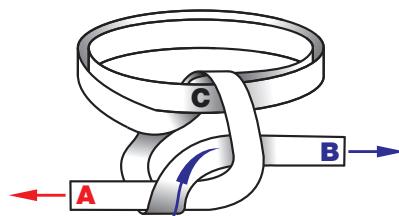
Wrap both A and B around to the back of you, keeping side A to the outside and B to the inside.



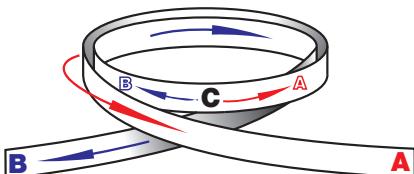
Bring side A up and over C from back to front and point side A to your right.



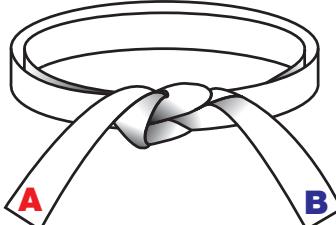
Keeping both sides even Side B should be under side A.



Side B goes under A and loops through side A. Pull both ends, A and B, to tighten.



With Side A wrapping around to the front in front of C and side B also wrapping to the front in back of C.



When finished, both ends of the belt should be even. IF NOT, try again.

- 1.** Form training requires both mental and physical discipline.
- 2.** Concentration is essential. Make sure there are no distractions while you practice.
- 3.** Every attempt at a form requires and should involve maximum effort. Always make your practice time, “quality time”.
- 4.** Perfection requires “total focus” of the mind with continuous and consistent practice.
- 5.** Forms are a method of preserving and perpetuating the art. “You are your forms!” The way you perform your forms is a representation of you and the way you represent the art of Tang Soo Do.
- 6.** In learning a new form, first learn the history (origin) and characteristics of the hyung. Then memorize the sequence of movements. After you know the sequence, study the practical applications and cultivate an awareness of body postures (Chung Se). Concentrate on breathing control (Ho Hup Cho Chung), relaxation and tension (Shin Chook), control of power (Him Cho Chung), line of sight (Shi Sun), focus and intention. Next try to establish the natural combat rhythm of the form. Last, take on the mental significance and Tang Soo Do meaning of the form.
- 7.** Study and practice the forms your instructor shows you. Never attempt a form beyond your ability, or without the consent of your instructor.
- 8.** Patience is as important as physical ability in developing a perfect form.
- 9.** Develop your own psychological technique for overcoming idleness, inertia, distractions, and mental blocks.
- 10.** Learn to relax after you have practiced and to appreciate the gains you have made, no matter how small they may be.

Free-sparring is an extremely important part of Tang Soo Do Training. It is an area where one must pay very careful attention to proper practice. It is essential to approach sparring practice with a solid strategy, a sound technical foundation, a healthy attitude, a good sense of personal discipline, and proper etiquette, as well as, an understanding of the appropriate use of technology with regards to safety equipment.

One must understand that each Tang Soo Do instructor does a great deal of preparation with each student before introducing them to free-sparring. Students are introduced to the basic techniques through line work during regular training sessions. Tang Soo Do instructors meticulously drill their students on the blocks, punches, and kicks that will later be integrated into the free-sparring. Students spend many hours perfecting hyungs (forms). Hyung practice imparts such qualities as transitions between stances, focus, intensity, concentration, speed, power, balance, proper breathing, and proper technique development. All of these qualities are essential to developing a good understanding of free-sparring. It is always easier to develop a practitioner who is a champion in hyung into an excellent free-sparring practitioner than it is to develop a champion in free-sparring into an excellent hyung practitioner.

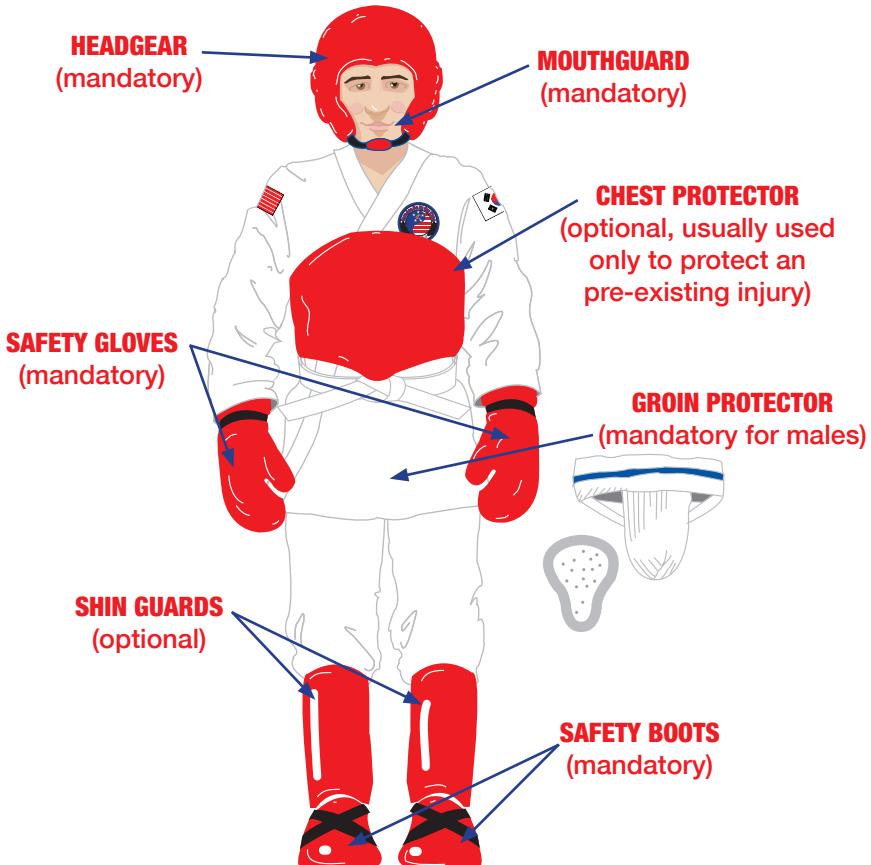
Tang Soo Do instructors also spend a lot of time teaching their students one-step sparring. This type of training helps students understand distance, focus and proper foot work, all attributes of a good fighter. Finally Tang Soo Do instructors will personally direct each student's introduction to sparring, making sure that they are aware of all the regulations associated with safety and competition.

There are two major types of free-sparring suitable for Tang Soo Do Schools. The two types of sparring are referred to as: (A). Dojang sparring, (B) competition, (sport) sparring. Although the techniques used in these types of sparring could be potentially dangerous and could result in a knockout or serious injury if not properly controlled, full contact sparring, (kick boxing), traditionally is not included in the Tang Soo Do curriculum.

Dojang sparring is primarily concerned with students exchanging energy in a positive way. In other words, Dojang sparring is a method where both practitioners can learn from each other in a supportive way. Students are encouraged to alternate their offense and defense while attempting to develop more of a versatile repertoire of techniques. The emphasis is not on scoring points but rather on a continuous exchange of energy, sometimes giving energy (attacking), and sometimes receiving energy (defending). Dojang sparring allows the practitioners to develop combinations and precision timing that can later be applied to point, or competition, sparring.

Competition sparring, on the other hand, emphasizes the sport aspect of sparring. It is in this method of sparring that students can compete in an atmosphere that cultivates their growth and development while providing a set of rules that places the safety of the competitors first. All practitioners, whether they participate in dojang sparring or competitive sparring, are required to wear protective gear for the head, hands, and feet. Practitioners are also required to wear mouth guards and, for males, groin cup protectors are required. Tang Soo Do competitions do not allow contact to face, groin, or back, while allowing light to moderate contact to the sides and front of the body. When one looks at injuries occurring in other sports, such as Hockey, Basketball, or Football, one realizes that Sport Karate is actually a very safe activity. Qualities like sportsmanship, mutual respect for each other, and personal discipline ensure that karate practitioners compete in the healthiest environment possible.

Sparring Equipment



Belt and Uniform Requirements Little Dragons Program

Official Association Little Dragons Program 4 & 5 year olds (Optional, not required)

Rank	Belt	Uniform
Tadpole (10th gup)	 white no tips	 white
All beginning little dragons start off as tadpoles.		
Tadpole to Frog (10th gup)	 white with one orange tip	 white
front stance; low block; center punch; 1st four moves Gicho Hyung II Bu (form 1)		
Frog to Minnow (10th gup)	 white with two orange tips	 white
high block; high punch; stretch front kick; front kick; 1st twelve moves of Gicho Hyung II Bu		
Minnow to Barracuda (10th gup)	 white with one green tip	 white
back stance (moving forward, no technique just stance); Gicho Hyung II Bu (complete form); 1-step #1		
Barracuda to Shark (10th gup)	 white with two green tips	 white
inside / out block; Outside / in block; 1st twelve moves of Gicho Hyung Ee Bu (form 2); 1-steps #2 and 3		
Shark to Falcon (9th gup)	 white with one red tip	 white
round kick; Gicho Hyung Ee Bu (complete form); 1-steps #4,5,6,7		
Falcon to Eagle (9th gup)	 white with two red tips	 white
inside / out block back stance; horse stance punch; 1st eight moves of Gicho Hyung Sahm Bu (form 3)		
Eagle to Tiger (9th gup)	 white with one blue tip	 white
side kick; 1st sixteen moves of Gicho Hyung Sahm Bu; 1-steps # 8 and 9		
Tiger to Lion (9th gup upgrade)	 white with one black tip	 white
reverse punch; Gicho Hyung Sahm Bu (complete form); 1-step #10		
Lion to Dragon (8th gup traditional TSDMGK ranking system)	 orange no tips	 white
refine all techniques		

Belt Ranking System

The colors used in the Mi Guk Kwan belt ranking system signify “Growth in Knowledge”. The belt colors are the same colors used in the Mi Guk Kwan flag and patch. Study the meaning of each belt color and you will better understand and enjoy the feeling of growth as you progress in rank.

Belt Color	Season	Meaning
White	Winter	Hidden Potential, Emptiness
Orange *	Early Spring	Awareness of potential, desire
Green	Spring	Growth, advancement, life, peace
Red	Summer	Ripening, active, Yang
Blue	Autumn	Harvest, passive, maturity, success, Um

* Originally Tang Soo Do used only White, Green, Red and Blue belts. The Orange belt was added in 1975 as a means of improving student motivation and student retention.

Belt and Uniform Requirements

Rank	Belt	Uniform
10th Gup	White Belt	White - White lapel trim
9th Gup	White Belt /one blue stripe	White - White lapel trim
9th Gup upgrade *	White Belt /one black stripe	White - White lapel trim
8th Gup	Orange Belt	White - White lapel trim
7th Gup	Orange Belt /one blue strip	White - White lapel trim
6th Gup	Green Belt	White - Green lapel trim
5th Gup	Green Belt /one blue strip	White - Green lapel trim
4th Gup	Green Belt /two blue strips	White - Green lapel trim
4th Gup upgrade *	Green Belt/two black strips	White - Green lapel trim
3rd Gup	Red Belt	White - Red lapel trim
2nd Gup	Red Belt /one blue strip	White - Red lapel trim
1st Gup	Red Belt/two blue strips	White - Red lapel trim

* These ranks are optional, not part of the official ranking system of TSDMGK

Minimum Time Requirements for Gups

Rank	Belt	Minimum Time	Total Time
10th Gup	White Belt	1 to 2 Months	1 to 2 Months
9th Gup	White Belt /1 blue stripe	1 to 2 Months	2 to 4 Months
9th Gup upgrade*	White Belt /1 black stripe	1 to 2 Months	3 to 6 Months
8th Gup	Orange Belt	3 Months	6 to 9 Months
7th Gup	Orange Belt /1 blue stripe	3 Months	9 to 12 Months
6th Gup	Green Belt	3 Months	12 to 15 Months
5th Gup	Green Belt /1 blue stripe	3 Months	15 to 18 Months
4th Gup	Green Belt /2 blue stripes	3 Months	18 to 21 Months
4th Gup upgrade*	Green Belt /2 black stripes	3 Months	21 to 24 Months
3rd Gup	Red Belt	6 Months	27 to 30 Months
2nd Gup	Red Belt /1 blue stripe	6 Months	33 to 36 Months
1st Gup	Red Belt /2 blue stripes	9 Months	42 to 45 Months

* These ranks are optional, not part of the official ranking system of TSDMGK

Dan Belt and Uniform Requirements

Rank	Belt	Uniform
1st Dan	Midnight Blue	Blue lapel, sleeve and border trim
2nd Dan	Midnight Blue, 2 white stripes	Midnight Blue lapel, sleeve and border trim
3rd Dan	Midnight Blue, 3 white stripes	Midnight Blue lapel, sleeve and border trim
4th Dan	Red stripe in center of belt all round	Midnight Blue lapel, sleeve and border trim
5th Dan	Red stripe in center of belt all round	Midnight Blue lapel, sleeve and border trim
6th Dan	Red stripe in center of belt all round	Midnight Blue lapel, sleeve and border trim
7th Dan	Red stripe in center of belt all round	Midnight Blue lapel, sleeve and border trim
8th Dan	Red stripe in center of belt all round	Midnight Blue lapel, sleeve and border trim
9th Dan	Red stripe in center of belt all round	Midnight Blue lapel, sleeve and border trim

Minimum Time Requirements for **Dans**

(Minimum time before next Promotion)

Rank	Belt	Minimum Time	Total Time
1st Dan		Midnight Blue 2 or More years	2 years
2nd Dan		Midnight Blue, 2 white stripes 3 or more years	5 years
3rd Dan		Midnight Blue, 3 white stripes 4 or more years	9 years
4th Dan		Midnight Blue, red stripe in center of belt all round 5 or more years	14 years
5th Dan		Midnight Blue, red stripe in center of belt all round 6 or more years	20 years
6th Dan		Midnight Blue, red stripe in center of belt all round 6 or more years	26 years
7th Dan		Midnight Blue, red stripe in center of belt all round 6 or more years	32 years
8th Dan		Midnight Blue, alternating blocks with red at tips midnight blue & red 7 or more years	39 years
9th Dan		Midnight Blue, alternating blocks with red at tips midnight blue & red 7 or more years	46 years

**** These time requirements are based on consistent and regular training at a Certified Associated Studio.**

Any Dan member who has recognized credits and approval by the Chairman of the Technical Advisory Committee may receive up to (6) months reduction between Dan testing periods. Also, any member who has achieved outstanding recognition and credit from Grandmaster Charles Ferraro may have time requirements reduced between tests at the discretion of the Grandmaster.

NOTE:

- All blue or black stripes on Gup rank belts and all white stripes on Dan tape with the first stripe approximately 2" from the end of the belt; second and third stripes should be 1/2" apart.
 - Gup and Dan lapel trim shall cover the lapel (approximately 1 3/4"). Green and Red belt students shall have trimmed uniform jackets on lapel only. Orange belt students do not trim their uniform jackets..
 - Dan members must trim (in midnight blue) the sleeve cuffs, lapel and all around the bottom border of their uniform jackets.
 - Commercial or brand labels should be removed from lapels and belts

Courtesy and Etiquette

Tang Soo Do Mi Guk Kwan is a traditional martial Art based on respect for all life. It is important to develop this respect of our Art, our Country, our Grandmaster, our Senior Kodanja, our Senior Dans, and all our members, in accordance Tang Soo Do Mi Guk Kwan principles.

1. Entering the Dojang:

Upon entering the Dojang, pause by the entrance; face the flags and salute by holding the right hand open and across the chest with palm facing the heart and bow in the direction of the flags. This demonstrates respect and appreciation of our country, our style, our training and the country of origin of the art of Tang Soo Do. The act of bowing is also a sign of your commitment to your training. You should exhibit this discipline upon entering and leaving the Dojang.

2. General Situation in the Dojang:

A. Upon entering the Dojang

Upon entering the Dojang one must show respect by personal preparation. Cease talking and try to acquire a quiet state both mentally and physically. Turn your thoughts towards training. All this creates an atmosphere of "Jong Sook" quite internal peace. As you enter the Dojang, you must recognize every senior member by bowing. Standing at attention and bowing from the waist about 45 degrees perform the appropriate bow. The senior member will bow in return. While in the Dojang, upon the entrance of a senior member, you must recognize him/her with a bow from the attention position. Junior members always bows to senior first. The senior member, in accordance, bows back.

B. Late Entrance

When a student arrives late and enters the Dojang after the class has begun, the student follows this protocol: Quietly enter the Dojang and stand by the door; First bow in the direction of the flags; Then remain at an attention position by the door until you are recognized by your instructor; After recognition from the instructor is achieved, bow to the instructor and walk behind the other members of the class to assume your appropriate position with the class.

3. Receiving Instruction: At any time, before, after, or during class, when the instructor or any senior member offers personal correction or instruction to a junior member, the junior member must stand at attention (if possible). At the completion of the instruction the junior member must bow and repeat "Thank you Sir/Ma'am". This shows appreciation and respect. A junior member should refrain from correcting a senior member in the Dojang.

At the end of the class after the closing ceremonies, all class members should bow to their instructor.

A. Questions

During the class, if a student has a question, they must raise their hand. When the instructor recognizes him/her, the student must stand to attention, bow, and ask the question. After the answer is received, the student will bow and say "Thank you Sir/Ma'am".

B. Leaving Class

During the class, if a student has to be excused from class (to go to the rest room or due to illness) the student will raise their hand to gain recognition from the instructor. After getting permission from the instructor, the student will bow and leave, making sure not to walk in front of senior members. On returning, the student must stand at attention on the outskirts of the room until recognized by the instructor. Once recognized by the instructor, the student will bow and rejoin the class.

4. Entering the Dojang:

During the class, upon entrance of the Sa Bom Nim or the Chief instructor, the most senior member of the class will call the class to attention “Cha Ryut” and command “Kyung Ret”. The class will then recognize the Sa Bom Nim with a bow.

5. Entering the Office:

A. Never walk into your instructor’s office unannounced. Always knock first at the door and wait for instructions.

B. Upon seeing the instructor, the student bows from the attention position.

C. Student stands until recognized by the instructor.

D. Student remains standing at attention during conversation unless otherwise instructed by the Sa Bom / Kyo Sa, (if asked to be seated, student may sit and then begin the conversation).

E. It is the instructor’s responsibility to show respect to his student by extending the courtesy to him to be seated before the conversation begins.

F. When the conversation is concluded, the student thanks the instructor and proceeds to walk backward (not showing his back to the instructor) until he reaches the door. The student bows before exiting.

G. No student should seat himself at the instructor’s desk at any time (Whether in the presence or absence of the instructor.)

H. The conversation between the instructor and the student should always maintain a tone of respect and the words “Sir/Ma’am” should be used regardless if you are in or out of your Do Bok.

6. At a Social Event (restaurant):

A. The students should be in the restaurant earlier than the expected arrival of the instructor.

B. When the instructor arrives, all students should rise and greet the instructor with a bow.

C. Traditional Seating Procedure: The instructor should be seated first and the students should begin to be seated rotating from the left side of the instructor to the right according to seniority. Seniors sit down first and others follow. If already seated, the student should rise and remain standing until all his seniors are seated.

D. Placement of seating can be flexible: However, it is usual for the seniors to be placed next to the instructor but this is not a rigid rule.

E. Students should not smoke or drink alcohol while the instructor is present, unless the instructor gives his prior permission.

F. When the food is served, the students should wait until the instructor starts to eat first and then the student may begin.

*Kyung Ret" always means to bow from the attention position.

G. If a student has the opportunity to be in the presence of the Grandmaster, proper attire must be worn (*suits, ties for men and dresses, suits and appropriate pant outfits for women*). Of course, the Grandmaster can waive formal, and semiformal attire at his discretion

7. Communication through phone:

A. Continuation of class manners and discipline should be extended when talking over the phone to your instructor.

B. Student should use "Sir/Ma'am".

8. Communication by letter:

A. Addressing the letter: When writing letters always include the title of the person whether he is your senior or junior. If he has no title, use the title Mr., Mrs., Miss or Ms.

1. Seniors writing to junior: Do not include the "Nim".

example: Kyo Sa John Doe

2. Juniors writing to senior: Include the "Nim".

example: Sa Bom Nim Joe Smith

B. Salutations:

1. Seniors writing to juniors: Include the official title but do not use "Nim", add the proper name.

example: Dear Kyo Sa John Doe

a. Seniors writing to juniors (If the relationship warrants) may use the first name.

example: Dear John

b. The proper name with no title except Mr., Mrs., Miss, or Ms. may also be used.

example: Dear Mrs. Smith

2. Juniors writing to seniors: Always use the official title (including "Nirn") and the proper name.

example: Dear Sa Bom Nim Joe Smith

C. Closing or Signing of the letter: When writing to a senior no matter how high your rank, you sign just your name and not your rank or position.

example: Sincerely, John Doe

A junior shows disrespect to a senior by signing a letter "Master John Doe" or "Kyo Sa John Doe". It is better to be humble and not flaunt your title.

1. Senior writing to his junior: Never uses Master, Mr., Sa Bom, or Kyo Sa in front of name. As a courtesy, he may give an official title or position such as "Chairman" or school name.

example: Sincerely, or Sincerely,

John Doe John Doe

Chairman Doe's Tang Soo Do

2. Junior writing to his senior: No rank, title, or position may be given, but an example of your relationship as a student or junior may be given.

example: Sincerely,

John Doe

Your student

Your Roll as a Member

As a member of the Mi Guk Kwan Association you are being taught a classical martial art that is known and respected worldwide. This art of Tang Soo Do has been studied by thousands of individuals since 1946, with its Korean and Chinese roots dating back thousands of years. Tang Soo Do Mi Guk Kwan is taught by professional Instructors certified by Grandmaster Charles Ferraro. As you study and learn more about Tang Soo Do you will see your true potential not only in the physical aspects of training but also in the mental and spiritual aspects.

You are expected to be an “action oriented” person. You are expected to attend class on a regular basis and to give 100% in everything you do. Your attitude must be positive in nature, losers look for excuses... winners look for solutions. Challenge yourself, not others, for you are the one who is responsible and will determine whether you achieve your goals. Your role is to take a good look at yourself and if you don’t like what you see, have the determination to do something about it. Most importantly, you must remember that discipline always comes before personal desire.

You can and should participate in as many Association functions as possible. Clinics, national and interschool tournaments, special workshops, summer camps, Gup and Dan testings, even school picnics are scheduled for your enjoyment and benefit. Your support of these events makes your school, your art, and your character stronger. As with every aspect of the Mi Guk Kwan, we are family. Each member experiences a special bonding to all the members of the Tang Soo Do Mi Guk Kwan Association. This is our “brotherhood”, our “Moo Do”.

Rank Certification - After each rank examination Instructors submit all promotion requests to the Technical Advisory Committee and The Grandmaster. Within a short period of time students who have passed their exam are given authentic Tang Soo Do Mi Guk Kwan rank certificates. Only registered Tang Soo Do Mi Guk Kwan students can receive official rank certificates.

Certified Instructors - Your Certified Instructor is highly qualified and has successfully passed several physically and mentally enduring tests by the Technical Advisory Committee and The Grandmaster. His/her primary objective is to help you, to guide you as you train and learn the Tang Soo Do way of life. They are totally dedicated to preserving the high standards of Tang Soo Do.

How to Contact the Association

You are free to contact your Association headquarters for any information you can not get directly from your instructor or for something you feel is urgent enough to be directed to headquarters. However, ordering sales items, educational material or general information can and should be handled directly by your instructor. Your instructor may advise you to contact a TAC member, Board of Directors member or to call directly to headquarters. When communicating with headquarters you should do it in a respectful manner in keeping with the "Moo Do" aspect of our art.

If you require further assistance concerning philosophy, history or technical aspects, or if you have any questions regarding student or studio certification you should consult your instructor concerning the proper etiquette and direct your communication to:

**Chairman of the Technical Advisory Committee
Tang Soo Do Mi Guk Kwan Association, Inc.
P.O. Box 26096
West Haven, CT 06516**

**Voice: 203-923-5335
Fax: 203.933.4873
Web Page: www.tsdmgk.com**

Any further assistance concerning Association policies, programs, tuition, certification, or a concern you have already attempted to resolve with your instructor's assistance, but still need additional help, should be directed to the Chairman of the Board.

Direct this communication to:

**Chairman of the Board of Directors
Tang Soo Do Mi Guk Kwan Association, Inc.
P.O. Box 26096
West Haven, CT 06516**

**Voice: 203-932-5335
Fax: 203.933.4873**

***Normal Hours of Operation
12:30P.M. to 7:30 P.M. Eastern Standard Time
Monday through Friday***

White to Orange Belt Testing Requirements

(10th and 9th Gup) to (8th Gup)

General Requirements

1. Candidates must show good moral character, discipline, loyalty and abide by the Tang Soo Do Mi Guk Kwan Code of Conduct.
2. Candidates must be registered students of an officially recognized Dan member / instructor of the Tang Soo Do Mi Guk Kwan Association, Inc. in order to receive a promotion diploma.
3. Candidates must have completed a minimum of three months of faithful and consistent training at the Dojang.

General Knowledge

1. Conceptual knowledge of basic technique.
2. General rules of class conduct.
3. Basic Tang Soo Do etiquette.

Demonstration of Basic Hand and Foot Techniques (Gi Cho)

1. Hand techniques: Low block, Middle punch, High punch, High block, Inside/outside block, Outside/inside block, Side punch (horse stance), Side block from the back stance (hu gul jaseh).
2. Foot techniques: Front stretch kick, Front snap kick, Front pushing (thrust kick), Side stretch kick, Side thrust kick, Roundhouse kick.

Forms (Hyung)

1. Ki Cho Hyung II Bu - 10th - 9th Gup (blue stripe, 1 month for adults; 2 months for young children)*
2. Ki Cho Hyung Ee Bu - 9th Gup - 9th Gup upgrade (black stripe, 2 months for adults; 4 months for children)*
3. Ki Cho Hyung Sam Bu - 9th Gup upgrade - 8th Gup (orange belt, 3 months for adults; 6 months for children)

One-Step Sparring (Il Soo Sik Dae Ryun)

- Basic One-Step # 1 - # 3 - 10th Gup - 9th Gup*
- Basic One-Step # 1 - # 5 - 9th Gup - 9th Gup upgrade*
- Basic One-Step # 1 - # 10 - 9th Gup upgrade* - 8th Gup (Orange belt)

Self-Defense (Ho Sin Sool)

None required

Breaking (Kyok Pa)

- One board with any hand technique - 9th Gup upgrade and 8th Gup (Orange belt)

Culture and Terminology

Name of art you study: Tang Soo Do

Name of ancient arts from which Tang Soo Do was derived: Soo Bahk, Tae Kyun

Name of style (organization) : Mi Guk Kwan

Founder of Tang Soo Do Chung Do Kwan: Grandmaster Lee, Won Kuk

Founder of Hwa Soo Do (Tang Soo Do) Moo Duk Kwan: Grandmaster Hwang Kee

Founder of our style Tang Soo Do Mi Guk Kwan: Grandmaster Charles Ferraro

Instructor: Sa Bom Nim (4th Dan & up, certified instructor);Kyo Sa Nim (1st - 3rd Dan, certified instructor)

Uniform-Do Bok: Seniors-Suh Beh: NimJuniors-Hu Beh:

Studio-Dojang: Courage-Yong Gi: Nim-Respect as in Sir or Honorable.

*Students may move to 8th Gup in two steps (from 10th Gup, then 9th Gup to 8th Gup) or, at the instructor option, in three steps (10th Gup to 9th Gup, 9th Gup to 9th Gup upgrade, and 9th Gup upgrade to 8th Gup).

Orange Belt Testing Requirements

Orange Belt (8th Gup) to Orange Belt (7th Gup)

General Requirements

1. Must be a member in good standing of the Tang Soo Do Mi Guk Kwan Association, Inc.
2. Sound moral character
3. No age requirement.
4. Regular weekly Dojang attendance

General Knowledge

1. Conceptual knowledge of all lower rank techniques.
2. Understanding of Mi Guk Kwan spirit by demonstrated attitudes
3. Additional knowledge of the basic techniques of Tang Soo Do

Demonstration of Basic Hand and Foot Techniques (Gi Cho)

1. Hand techniques: Open hand low block, Reverse punches (high and middle), Open hand center block, Two fisted block (back and front stance), Spear hand attack; Hand combinations: Low block, reverse middle punch; High block, reverse high punch, From the fighting stance: backfist - reverse punch.
2. Foot techniques: Back kick, Hop side kick, Hop hook kick, Spin hook kick, Reverse hook kick, Jump front kick

Form (Hyung) - Pyung Ahn Cho Dan and Chil Sung Ee Rho

One-Step Sparring (Il Soo Sik Dae Ryun) - Intermediate One-steps #1 - #4

Self-Defense (Ho Sin Sool) - Cross hand grabs #1 & #2

Free-sparring (Ja Yu Dae Ryun)

Breaking (Kyok Pa) - One board with a kick of their choice

Culture and Terminology

- What is the meaning of Tang Soo Do: Way of the empty (worthy or China) hand.
What is the meaning of Mi Guk Kwan: Brotherhood, style or place in America
What is the meaning of the two together: Brotherhood, style or place in America where the way of the empty (worthy or China) hand is practiced
What is the meaning of Kwan Jhang Nim: Head of the Style
What is a Sa Bom Nim: Certified Instructor 4th Dan and up
What is a Kyo Sa Nim: Certified Instructor 1st - 3rd Dan
Seniors: Sun Beh (Nim)
Juniors: Hu Beh
Studio: Dojang
Count to ten in korean: Hana, Dool, Set, Net, Da Sot, Yuh Sot, Il Gup, Yo Dull, Ah Hope, Yohl
second key concept of TSD - Concentration: Chung (Jong) Shin Tong Il

Orange to Green Belt Testing Requirements

Orange Belt (7th Gup) to Green Belt (6th Gup)

General Requirements

1. Must be a member in good standing of the Tang Soo Do Mi Guk Kwan Association, Inc.
2. Sound moral character
3. No age requirement.
4. Regular weekly Dojang attendance

General Knowledge

1. Conceptual knowledge of all lower rank techniques.
2. Understanding of Mi Guk Kwan spirit by demonstrated attitudes
3. Additional knowledge of the basic techniques of Tang Soo Do

Demonstration of Basic Hand and Foot Techniques (Gi Cho)

1. Hand techniques: Double fisted middle block (back and front stance), Open hand Soo Do low block, Open hand Soo Do middle block, Spear hand attack, Yuk Jin Kong Kyuk (back stance, chop to the throat, reverse punch);hand combinations.
2. Foot techniques: Back kick, Hop side kick, Hop hook kick, Spin hook kick, Reverse hook kick, Jump front kick

Forms (Hyung) - Pyung Ahn Cho Dan, Chil Sung Ee Rho and Pyung Ahn Ee Dan

One-Step Sparring (Il Soo Sik Dae Ryun) - Intermediate One-steps #5 - #8

Self-Defense (Ho Sin Sul) - Cross hand grabs #3 & #4

Free Sparring (Ja Yu Dae Ryun)

Breaking (Kyok Pa) - One board with a hand technique of their choice plus one board with a foot technique of their choice

Culture and Terminology

Basic: Gi Cho

Bow: Kyung Ret

Block: Mahk Kee

Sparring: Dae Ryun

Return: Ba Ro

Third Key Concept of TSD: Endurance: In Neh

Attack: Kong Kyuk

Form: Hyung

Begin: Shi Jak

Attention: Cha Ryut

Meditation: Muk Nyum

Examiner may require a demonstration of lower belt knowledge and techniques.

Green Belt Testing Requirements

Green Belt (6th Gup) to Green Belt (5th Gup)

General Requirements

1. Must be a member in good standing of the Tang Soo Do Mi Guk Kwan Association, Inc.
2. Sound moral character.
3. No age requirement.
4. Regular weekly Dojang attendance.

General Knowledge

1. Conceptual knowledge of all lower rank techniques.
2. Understanding of Mi Guk Kwan spirit by demonstrated attitudes.
3. Additional knowledge of the basic techniques of Tang Soo Do.

Demonstration of Basic Hand and Foot Techniques (Gi Cho)

1. Hand techniques: High "x" block, Low "x" block, all previous hand techniques singularly or in combination
2. Foot techniques: Inside/outside crescent kick, Outside/inside crescent kick, Jump round kick, Jump side kick, Jumping inside/outside downward heel kick, all previous kicks singularly or in combination.

Forms (Hyung) - Chil Sung Ee Rho, Pyung Ah Ee Dan and Pyung Ahn Sam Dan

One-step sparring (Illi Soo Sik Dae Ryun) - Intermediate one-step #9 and #10

Self-defense (Ho Sin Sul) - Same side grabs #1 - #4

Free sparring (Ja Yu Dae Ryun)

Breaking (Kyok Pa) - One board Dwi Cha Gi (Back kick) plus 1 board Ee Dan Ahp Cha Nut Gi (Jump front kick)

Culture and Terminology

What is the meaning of Pyung Ahn? Peaceful confidence

How can you use Pyung Ahn outside the Dojang?

Why do you bow before you enter the Dojang?

Why do you bow before you leave the Dojang?

Illi - First **Yuk** - Sixth

Ee - Second **Chil** - Seventh:

Sam - Third **Pahl** - Eighth:

Sa - Fourth **Gu** - Ninth:

O - Fifth **Ship** - Tenth:

Fourth Key concept of TSD: Honesty = Chung (Jong) Jik.

Examiner may require a demonstration of lower belt knowledge and techniques.

Green Belt Testing Requirements

Green Belt (5th Gup) to Green Belt (4th Gup) and 4th Gup Upgrade*

General Requirements

1. Must be a member in good standing of the Tang Soo Do Mi Guk Kwan Association, Inc.
2. Sound moral character
3. No age requirement.
4. Regular weekly Dojang attendance

General Knowledge

1. Conceptual knowledge of all lower rank techniques.
2. Understanding of Mi Guk Kwan spirit by demonstrated attitudes
3. Additional knowledge of the basic techniques of Tang Soo Do

Demonstration of Basic Hand and Foot Techniques (Gi Cho)

1. Hand techniques: Soo Do attacks, Yuk Soo Do attacks, all previous techniques either singularly or in combination
2. Foot techniques: Inside/outside crescent kick, Outside/inside crescent kick, Jumping roundkick, Jumping side kick, Jumping inside/outside downward heel kick, all previous kicking technique either singularly or in combination

Forms (Hyung) - Pyung Ahn Ee Dan, Pyung Ahn Sam Dan and Pyung Ahn Sa Dan

One-Step Sparring (Il Soo Sik Dae Ryun) - Intermediate One-steps #11 & #12

Self-Defense (Ho Sin Sul) - Two hands on one grabs #1 - #3

Free sparring (Ja Yu Dae Ryun)

Breaking (Kyok Pa) - Flying side kick (1 board) plus Reverse punch (1 board) plus Jump round kick (1 board)

Culture and Terminology

Self-Defense: Ho Sin Sool

External Power: Weh Gung

Internal Power: Neh Gung

Spiritual Power: Shim Gung

Free sparring: Ja Yu Dae Ryun

Breaking: Kyok Pa

Fifth Key Concept o TSD: Humility = Kyum Son

Muk Nyum: Meditation

Explain the meaning of the Mi Guk Kwan flag/patch

How does Muk Nyum help you before training?

How does Muk Nyum help you after training?

How can Muk Nyum help you outside the Dojang?

*4th Gup upgrade is an optional step 3 months after a student achieves 4th Gup, otherwise the student waits 6 months and grades for 3rd Gup.

Testing for 4th Gup upgrade:

Have student attend regular Gup testing and demonstrate all Hyungs,
Gi Cho # 1 - #3; Pyung Ahn Cho Dan; Chil Sung Ee Rho; Pyung Ahn #2 - #5

Examiner may require a demonstration of lower belt knowledge and techniques.

Green to Red Belt Testing Requirements

Green Belt (4th Gup) & 4th Gup Upgrade (Green Belt with two black stripes) to Red Belt (3rd Gup)

General Requirements

1. Must be a member in good standing of the Tang Soo Do Mi Guk Kwan Association, Inc.
2. Sound moral character.
3. No age requirement.
4. Regular weekly Dojang attendance.
5. Service to the Dojang or Association.

General Knowledge

1. Conceptual knowledge of all lower rank techniques.
2. Some basic Korean Tang Soo Do terminology, etiquette, and further development of Mi Guk Kwan attitudes and spirit.
3. Philosophy and history of Tang Soo Do Mi Guk Kwan.
4. Development of a leadership role and responsibility in the Dojang.

Demonstration of Basic Hand and Foot Techniques (Gi Cho)

1. Hand techniques: All basics and combinations are required.
2. Foot techniques: All basic foot techniques, Kicking combinations, Hand and foot combinations can be required.

Forms (Hyung) - Pyung Ahn Sa Dan; Pyung Ahn O Dan; Chil Sung III Rho Hyung

One-step sparring (III Soo Sik Dae Ryun) - Intermediate one-steps #13 & #14

Self-defense (Ho Sin Sul) - One hand on each #1 - #4

Free sparring (Ja Yu Dae Ryun)

Breaking (Kyok Pa) - Hand technique of their choice (2 boards) plus Jump downward heel kick (1 board) plus Hop side kick (2 boards)

Culture and Terminology

Korean Terminology of Tang Soo Do movements.

Ten Articles of Faith on mental training.

Eight Key Concepts of TSD.

Responsibilities of senior students to the studio.

What are some of the things we respect in the martial arts and why?

Why is loyalty to instructor, school and style important?

The examiner may require a demonstration of lower belt knowledge and techniques.

Red Belt Testing Requirements

Red Belt (3rd Gup) to Red Belt (2nd Gup)

General Requirements

1. Must be a member in good standing of the TSDMGK Association, Inc.
2. Sound moral character.
3. No age requirement.
4. Regular weekly Dojang attendance.
5. Service to the Dojang or Association.

General Knowledge

1. Conceptual knowledge of all lower rank techniques.
2. Some basic Korean Tang Soo Do terminology, etiquette, and further development of Mi Guk Kwan attitudes and spirit.
3. Philosophy and history of Tang Soo Do Mi Guk Kwan.
4. Development of a leadership role and responsibility in the Dojang.

Demonstration of Basic Hand and Foot Techniques (Gi Cho)

1. Hand techniques: All basics and combinations are required, with emphasis on Teul Oh (twisting or reverse) defensive and offensive techniques, Korean terminology for all hand techniques and combinations
2. Foot techniques: Jump back kick, Jump spinning hook kick, Jump spinning wheel kick short, Jump spinning wheel kick long. All previous kicks and combinations, Korean terminology for all kicks.

Forms (Hyung) - Pyung Ahn O Dan, Chil Sung III Rho Hyung and Bassai Hyung.

One-step sparring (III Soo Sik Dae Ryun) - Intermediate one-steps #15 & #16.

Self-defense (Ho Sin Sul) - Side grab #1 (natural grip); Side grab #2 (unnatural grip)

Free sparring (Ja Yu Dae Ryun) - Introduction to two or more on one (Da Soo In Dae Ryun)

Breaking (Kyok Pa) - Jump back kick (1 board).

Culture and Terminology

Korean Terminology of Tang Soo Do movements

Ten Articles of Faith of TSD on mental training.

Philosophy and History of Tang Soo Do and the Mi Guk Kwan.

Yong Gi: Courage

Chung (Jong) Shin Ton Il: Concentration

In Neh: Endurance

Chung (Jong) Jik: Honesty

Kyum (Kyom) Son (Shon): Humility

Him Cho Chung (Jong): Control of Power

Shin Chook: Relaxation and Tension

Wan Gup: Speed Control

Why are the Eight Key Concepts important to Tang Soo Do training?

How can you apply Yong Gi outside of the Dojang?

How can you apply In Neh outside of the Dojang?

How can you apply Kyum Son outside of the Dojang?

Why is assisting in teaching classes important at the Red Belt level?

The examiner may require a demonstration of lower belt knowledge and techniques.

Red Belt Testing Requirements

Red Belt (2nd Gup) to Red Belt (1st Gup)

General Requirements

1. Must be a member in good standing of the TSDMGK Association, Inc.
2. Sound moral character.
3. No age requirement.
4. Regular weekly Dojang attendance.
5. Service to the Dojang or Association.

General Knowledge

1. Conceptual knowledge of all lower rank techniques.
2. Korean Tang Soo Do terminology, etiquette, and further development of Mi Guk Kwan attitudes and spirit.
3. Philosophy and history of Tang Soo Do Mi Guk Kwan.
4. Increased responsibility in the class with the approval of the Sa Bom – Kyo Sa.

Demonstration of Basic Hand and Foot Techniques (Gi Cho)

1. Hand techniques: All basics and combinations are required, Techniques with Hu Jin (stepping back) singularly or in combination may be required. Korean terminology for all hand techniques.
2. Foot techniques: All Jump spinning kicks, all single jumping kicks required, hand and foot combinations moving forward and back can be required.

Forms (Hyung) - Chil Sung III Rho Hyung, Bassai Hyung and Chil Sung Sam Rho Hyung

One-step sparring (III Soo Sik Dae Ryun) - Intermediate one-steps #17 & #18

Self-defense (Ho Sin Sui) - Behind the back one hand on each grabs #1 & #2 (short and long distance)

Free sparring (Ja Yu Dae Ryun & Da Soo In Dae Ryun)

Breaking (Kyok Pa) - Hop side kick (2 boards children, women; 3 boards men) plus Jump back kick (face height 1 board children, women; 2 boards men) plus Spin hook kick (1 board)

Culture and Terminology

Eight Key Concepts and Terminology of Tang Soo Do movements.

Control of Breathing - Ho Hup Cho Chung (Jong):

Why is it important to have good Ho Hup Cho Chung (Jong)?

Ten Articles of Faith on Mental Training.

What is the meaning of "Do"? What is the meaning of "Moo"?

What is the meaning of "Neh Khang Weh Yu"?

How do you apply the concept of Neh Khang Weh Yu to your training and outside of Dojang?

What is the meaning of Bassai? What is ancient name of Bassai and what is its meaning?

What is the meaning of Chil Sung?

The examiner may require a demonstration of lower belt knowledge and techniques.

Red to Cho Dan Testing Requirements

Red Belt (1st Gup) to Cho Dan (1st Dan) (Midnight Blue – “Black Belt”)

General Requirements

1. Must be a member in good standing of the TSDMGK Association, Inc.
2. Sound moral character.
3. No age requirement.
4. Regular weekly Dojang attendance.
5. Contribution in service to the TSDMGK Association and/or Dojang (assist in gup testings).
6. Must have minimum required evaluations by the Regional Examiners or his/her designee.

General Knowledge

1. Conceptual knowledge of all lower rank techniques.
2. Assistance in teaching and class responsibilities with ability to conduct formal classes with the approval of the Sa Bom – Kyo Sa.
3. Ability to explain the relationship between forms and mental discipline.
4. Philosophy and history of all aspects of Tang Soo Do Mi Guk Kwan.
5. General knowledge of unique characteristics of Tang Soo Do Mi Guk Kwan.
6. General knowledge of responsibilities and meaning of being a Dan member (Midnight Blue – “Black Belt”)

Demonstration of Basic Hand and Foot Techniques (Gi Cho)

1. Hand techniques: All lower belt requirements can be requested. Test of basic movements will be conducted using Korean terminology.
2. Foot techniques: All lower belt requirements can be requested. Test of basic movements will be conducted using Korean terminology.

Forms (Hyung) - Gi Cho Hyung Sam Bu, Chil Sung III Rho Hyung, Bassai Dae Hyung, Chil Sung Sam Rho Hyung, Naihanji Cho Dan Hyung. Examiner may require any lower forms.

Endurance (In Neh) - Candidate will be required to demonstrate Pahl Put Ki (horse stance punching) minimum of 120 repetitions, with proper form and power, within a 30 second time period

One-Step Sparring (III Soo Sik Dae Ryun) - Intermediate One-steps #1 - #18

Self-Defense (Ho Sin Sool) - Review of all Gup self-defense may be requested.

Free sparring (Ja Yu Dae Ryun)

Breaking (Kyok Pa) - Jump back kick at face level (bottom of board at chin): Adult men, 3 boards; adult women and young adults, 2 boards; children under 10, 1 board

Specific Knowledge of Culture; written T.A.C. exam.

Knowledge of the meaning and history of specific hyungs.

Knowledge of the meaning behind the “Midnight Blue Belt” as opposed to the “Blackbelt” .

Knowledge of the responsibilities of the Midnight Blue Belt to the Association and to the Dojang.

Written essay - What Tang Soo Do Mi Guk Kwan means to me. Minimum 1000 words (three typewritten pages).

The examiner may require a demonstration of lower belt knowledge and techniques.

Personal Resume of **Grandmaster Ferraro**

RANK HISTORY

Karate-Tang Soo Do and Shio Karano Kempo Karate:

Tang Soo Do Moo Duk Kwan

1st Dan - Grandmaster Jae C. Shin - 1969

1st Dan - Grandmaster Hwang Kee - 1977 (retesting required with Federation membership)*

2nd Dan - Grandmaster Hwang Kee - 1980*

3rd Dan - Grandmaster Hwang Kee - 1983*

4th Dan - Grandmaster Hwang Kee - 1986*

5th Dan - Grandmaster Hwang Kee - 1991*

6th Dan - Grandmaster Roger Haines - 1996

Tang Soo Do Moo Do (Martial Way)

7th Dan - Grandmaster Andy Ah Po - 2003

8th Dan - Grandmaster Andy Ah Po - 2009

9th Dan - Grandmaster Andy Ah Po - 2014

Recognized as Founder with Kwang Jhang title of the Tang Soo Do Mi Guk Kwan style - Soke Clement Reidner - 1996 (see Shio Karano Kempo karate)

Recognized as Founder with Kwan Jhang title of the Tang Soo Do Mi Guk Kwan style - World Head Family of Soke Council - 1996

*Personal instructor Master H. C. Hwang, son of Grandmaster Hwang Kee

Shio Karano Kempo Karate

2nd Dan - Professor Dan Grady and Soke Clement Reidner-1978

3rd Dan - Soke Clement Reidner - 1980

4th Dan - Soke Clement Reidner - 1983

5th Dan - Soke Clement Reidner - 1986

6th Dan - Soke Clement Reidner - 1990

7th Dan - Soke Clement Reidner - 1993

8th Dan - Soke Clement Reidner - 1996**

**Certificate issued with Soke/Kwan Jhang title as well as recognition as founder of Tang Soo Do Mi Guk Kwan style

Shio Karano Jujutsu

1st Dan - Soke Clement Reidner - 1980

2nd Dan - Soke Clement Reidner - 1983

3rd Dan - Soke Clement Reidner - 1986

4th Dan - Soke Clement Reidner - 1988

5th Dan - Soke Clement Reidner - 1991

6th Dan - Soke Clement Reidner - 1994

Other Martial Arts Ranks

1st Dan Okinawan CHA - 3 Go Shin Jutsu Kenpo Karate - Master Robert Meyers, Ky-1975

1st Dan Aikido - New Haven Aikikai - instructor Master Bob Barrett under Yamada Sensei-1979

3rd Dan American Goju - Grandmaster Peter Urban - 1980

Appointed Soke-Dai - Inheritor - Shio Karano Ryu - Soke Clement Reidner - 4/26/1992

Personal Resume of **Grandmaster Ferraro**

Instructor Certification - Mas Guro title - Sinatirsiawali (Kali, Arnis, Escrima)-Master Guru P.Greg Alland - 1993

8th Dan - Soke/Kwan Jhang title and recognition as founder of Tang Soo Do Mi Guk Kwan
Soke Clement Reidner - 1996

8th Dan- Soke/Kwan Jhang title and recognition as founder of Tang Soo Do Mi Guk Kwan
Soke John Larlee - 1996

8th Dan- Soke/Kwan Jhang title and recognition as founder of Tang Soo Do Mi Guk Kwan
Soke William Van Camp - 1996

8th Dan- Soke/Kwan Jhang title and recognition as founder of Tang Soo Do Mi Guk Kwan
Soke Ron Cherry - 1996

Master Instructor Certification - Hai Dong Gumdo (Korean Sword) - Grandmaster Tae Kim-2003

NATURAL HEALING-INITIATIONS and HISTORY

Reiki:

Usui System of Reiki

Initiated to 1st Degree level-Carolyn Pistey, Melanie Chong-May 1995

Initiated to 2nd Degree level-Carolyn Pistey, Melanie Chong-June 1995

Initiated to 3rd Degree level and Membership-Carolyn Pistey, Melanie Chong-July 1995

Seichem-Reiki (Earth Ray), Sakara (Fire Ray), Sophie-EI (Water Ray), Angelic Light 9 (Air Ray): Tera-mai System of Reiki and Seichem

Initiated into: Sakara (Fire Ray) 1st Degree level; Sophie-EI (Water Ray) 1st Degree; Angelic Light (Air Ray), levels 1-66; Seichem, Level 1 - Kathleen Milner, November 1995

Initiated into: Seichem, Level 2; Sakara (Fire Ray) 2nd Degree level; Sophie-EI (Water Ray) 2nd Degree; Angelic Light (Air Ray), levels 67-317 -Kathleen Milner, November 1995

Initiated into: Seichem Master Level; Sakara (Fire Ray) 3rd Degree level; Sophie-EI (Water Ray) 3rd Degree; Angelic Light (Air Ray), levels 318-333; Seichem, Level 3 - Kathleen Milner, December 1995

Personal Resume of **Grandmaster Ferraro**

OTHER

Attended Clinics and Seminars:

Accupressure: "Neck and Shoulders Releases" - Michael Lee Gaulk - 1989

Studied Yang - style Tai Chi - Master Ai Ping Chen and Kathleen Brenner - 24 movements; 48 movements; 88 two man yang style; 42 movements yang style tai chi sword 1995 to present

MARTIAL ARTS ACHIEVEMENTS AND AWARDS

Competition History

- Frequent form and sparring competitor throughout the eastern United States, having won 11 Grand Championships in 8 states - 1971 - 1986
- Placed first, second or third in the Blackbelt heavyweight sparring division each year in the U. S. Tang Soo Do Moo Duk Kwan Federation National Championships - 1981-1986
- Placed first in forms (Masters Division) at the U. S. Tang Soo Do Moo Duk Kwan National Championships held in Fort Lauderdale, FL - 1991
- National Tang Soo Do Sparring Champion; U. S. Tang Soo Do Moo Duk Kwan Federation - 1985, 1986
- U. S. Tang Soo Do Moo Duk Kwan National Team Member - 1983, 1986; International Sparring Champion - Watford, England - 1986
- As of 09/17/2012: Coached Team WHAK; Team Tang Soo Do Mi Guk Kwan; Team Tang Soo Do USA; Tang Soo Do Competition Teams to:

2 first place International Team Sparring Championships 2009 - Rotterdam, Netherlands; 2011 - Orlando, Florida

2 second place International Team Sparring Championships - 2009 - Rotterdam, Netherlands; 2011 - Orlando, Florida

24 first place National Team Sparring Championships.

4 second place National Team Sparring finishes.

6 consecutive first places and a total of 11 first place National Form Team Championships.

5 second place National Form Team finishes and 1 third place finish.

As of this writing, his students have garnished thousands of individual first place National Championships, and hundreds of individual National Grand Championships and dozens of individual first place International Championships.

- Member of U. S. A. National Demonstration Team - International Goodwill Demonstration - Seoul, Korea
- U. S. A. National Karate Team Coach - International Championships, Wald, Switzerland - 1993
- Founder and promoter of the Annual St. Patrick's Day Classic - 1978 - 1984
- Founder and promoter of the Annual CT State Diamond Classic - 1985 - 1989
- Founder and promoter of the Annual CT State Tang Soo Do Championships - 1990 to present
- Served on the National Tournament Committee as Tournament Director and Coordinator, U. S. Tang Soo Do Moo Duk Kwan Federation 1984 - 1995
- Served as the National Tournament Director, Shio Karano Kai International - 1994, 1995, 1996.
- Co-founded the Worldwide Tang Soo Do Family with Grandmaster Theo Salm of Netherlands in 2009.
- Co-preserved over International Championships in Rotterdam, Netherlands - 2009; International Championships in Orlando, Florida - 2011.

Personal Resume of **Grandmaster Ferraro**

Other Awards and Accomplishments

- Co - promoted with the Tang Soo Mi Guk Kwan Association the Annual All Tang Soo Do International Championships from 1995 to present.
- Earned B. S. Degree, Biology - Southern CT State University – 1974
- Earned M. S. Degree, Fishery Biology - Murray State University - 1975
- Founder and Owner of the West Haven Academy of Karate, Inc. Martial Arts System.
- Military Self-defense instructor, U. S. Army Reserve Units - Wintergreen Ave., New Haven, CT - 1976 - 1978
- Who's Who in American Karate - 1982 - 1986
- Outstanding Young Men in America Award - 1986
- Appointed State Chairman of the Connecticut Senior AAU Karate Program.
- Appointed State Chairman of the Connecticut AAU Junior Olympics Program.
- Featured in Inside Kung Fu Magazine - Dec. 1981; Blackbelt Magazine - 1985; Blackbelt Magazine - 1996
- Served as Chief of Security - All Tang Soo Do National and International Championships Atlantic City, New Jersey - 1982
- Served as Chief of Security and personal body guard to such personalities as Jonathan Edwards, Stephen Bishop, Livingston Taylor, and John Pusart Dart Band - Mountain Air Productions - 1984
- Served as a member of the Board of Directors of the U. S. Tang Soo Do Moo Duk Kwan Federation, Inc. 1979 - 1995
- Elected and served as Vice-Chairman of the Board of Directors to the U. S. Tang Soo Do Moo Duk Kwan Federation, Inc. 1994 - 1995
- Appointed to regional examiner for New England area - U. S. Tang Soo Do Moo Duk Kwan Federation, 1993 - 1995
- Promoted thousands of individuals to the Dan level (black belt), and hundreds of individuals to the Master level.
- Master Ferraro in conjunction with his senior Dans created the Tang Soo Do Mi Guk Kwan Association, Inc. in November of 1995
- Founder and Grandmaster of the Tang Soo Do Mi Guk Kwan style.
- Elected President and Chairman of the Technical Advisory Committee of the Tang Soo Do Mi Guk Kwan Association, Inc. - November 1995
- Conducted numerous martial arts clinics and seminars all over the United States, as well as internationally.
- Published numerous martial arts articles and professional papers.
- Published Tang Soo Do Mi Guk Kwan Instructional DVD series 2005.
- Introduced Tang Soo Do Mi Guk Kwan to Chile, 2000.
- Introduced Tang Soo Do Mi Guk Kwan to Mexico, 2003.
- Introduced Tang Soo Do Mi Guk Kwan to Argentina, 2004.

Korean and Chinese Terminology

GENERAL TERMINOLOGY:

Tang Soo Do - Name of the art we study

Tang - Tang Dynasty (showing Chinese influence of our style)

Soo - Hand

Do - Way

Mi Guk Kwan - Brotherhood, Style, or Place in America

Mi - Beautiful

Guk - Country

Kwan - Place, Style, or Brotherhood

Kwan Jhang (Nim) - Grandmaster, head of style (Mi Guk Kwan, Charles Ferraro)

Sa Bom (Nim) - Master Instructor (4th Dan and up)*

Kyo Sa (Nim) - Instructor (1st Dan through 3rd Dan)*

Nim - A term of respect similar to "Sir" or "Honorable"

Sun Beh (Nim) - Senior member

Hu Beh - Junior member

Dan - Degree, holder of the midnight blue belt

Gup - Grade, holder of a color belt under midnight blue belt

Ko Dan Ja - Senior Dan holder (4th Dan and up)

You Dan Ja - Dan holder (1st Dan through 3rd Dan)

Dan Bun - Dan number

Kwan Won - Student member

Dojang - Training hall (studio)

Dee - Belt

Kwan Gi - Flag of style of school of Tang Soo Do, i.e., Mi Guk Kwan Gi

Ki Cho - Basic

You Gup Ja - Gup holder

Dae Ryun - Sparring

Cho Bo Ja - Beginner

Soo Gi - Hand techniques

Do Bok - Training suit (uniform)

Neh Gung - Internal power or control in exercise

Kuk Gi - National Flag

Weh Gung - External power or control in exercise

Hyung - Form

Shim Gung - Mental power or control in exercise

Ho Sin Sool - Self-defense

Mahk Kee - Block

Jok Gi - Foot techniques

Ha Dan - Low part

Kong Kyuk - Attack

Sang Dan - High part

Choong Dan - Middle part

Yup - Side

Ahp - Front

O Rin Jok - Right side

Dwi - Back

Tuel Oh - Twisting (reverse)

Wen Jok - Left side

Ki Hap - Yell

Cha Gi - Kick

Choong Shim - Balance

Shi Sun - Line of sight or focus of eyes

Cap Kwon - Backfist

Chung Kwon - Forefist

Yuk Soo Do - Reverse (inside edge) knife hand

Soo Do - Knife hand

Kwan Soo - Spear hand

Jang Kwan - Heel of hand

Neh Khang Weh Yu - Hard Inside-Soft Outside

Pahl Put Ki - Horse Stance Punching

Ho Hup Cho Chung (Jung) - Correct Breathing

Terminology **Continued**

*The terms Sa Bom and Kyo Sa are reserved for certified instructors

BASIC STANCES (Gi Cho Jaseh)

Choon Bee Jaseh - Ready stance
Chun Gul Jaseh - Front stance
Hu Gul Jaseh - Back stance
Kee Ma Jaseh - Horse stance
Sa Ko Rip Jaseh - Side stance
Ko-yang Jaseh - cat stance in Chil Sung and Yuk Ro
Kyo Cha Rip Jaseh - Cross-legged stance
Choong Gan Jaseh - Intermediate position

COMMANDS IN TRAINING

Ku Ryung - Count	Ku Ryung E Mat Cho So - By the count
Ku Ryung Up Shi - Without count	Jhoon Bee - Ready
Kyung Ret - Bow	Tora - Turn
Shi Jock - Begin	Bahl Ba Kwa - Switch Feet
Dasi - Again or repeat	Bal Cha Gi Choon Bee - Ready for kick
Shio - Relax (rest)	Dwi Ro, Tora - Turn to rear
Jin - Movement	Chun Jin - Forward movement
Wheng Jin - Sideways movement	Hu Jin - Backward movement
Yuk Jin - Movement while maintaining a reverse relationship between hand and foot	

NUMBERS (Bun)

KOREAN	CHINESE	
Ha Na - One	Il - First	
Dool - Two	Ee - Second	Ee Ship - Twenty
Set - Three	Sahm - Third	Sahm Ship - Thirty
Net - Four	Sa - Fourth	Sa Ship - Forty
Da Sot - Five	O - Fifth	O Ship - Fifty
Yuh Sot - Six	Yuk - Sixth	Yuk Ship - Sixty
Il Gop - Seven	Chil - Seventh	Chil Ship - Seventy
Yo Duhl - Eight	Pahl - Eighth	Pahl Ship - Eighty
Ah Hope - Nine	Gu - Ninth	Gu Ship - Ninety
Yohl - Ten	Ship - Tenth	Baek - One hundred

COMMANDS FOR STARTING AND CLOSING CLASS

Cha Ryut - Attention
Kuk Gi Ba Ray - Salute the flag
Ba Ro - Return
An Jo or Chuk Suk - Sit
Muk Nyum - Meditation
Ba Ro - Return
Sa Bom Nim Kay Kyung Ret - Bow to Master instructor

Terminology **Continued**

Kyo Sa Nim Kay Kyung Ret - Bow to (certified) instructor

Sun Beh Nim Kay Kyung Ret - Bow to senior student

Sahng Ho Kan E Kay Kyung Ret - Bow to partner (each other)

Shim Sa Kwan Nim Kay Kyung Ret - Bow to Judge or Examiner Kwan

Kwan Jhang Nim Kay Kyung Ret - Bow to the Grandmaster

DEFENSIVE HAND TECHNIQUES (Soo Gi)

1. Closed Fist, Front Stance

Ha Dan Mahk Kee - low block (also "Tuel Oh", reverse, twisting)

Sang Dan Mahk Kee - high block (also "Tuel Oh", reverse, twisting)

Ahneso Pahkuro Mahk Kee - inside/outside block (also "Tuel Oh", reverse, twisting)

Pahkeso Ahnuro Mahk Kee - outside/inside block (also "Tuel Oh", reverse, twisting)

Ssang Soo Ha Dan Mahk Kee - low "x" block

Chun Gul Ssang Soo Mahk Kee - Double fisted middle block, front stance

Ta Ko Sik - pound the drums movements from Chil Sung Sahm Rho (before both final Sahm Dan Mahk Kee)

Yo Sik - "to beat eggs / to whip cream" Chil Sung Sa Rho (fist on hips, twisting hips and blocking with elbows, then spear hand) **Explanation:** you absorb a direct attack moving the inner portion of your elbow to inside deflecting opponent's punch meanwhile turn you hip back strongly and immediately attack with other hand. Like a White Crane where the elbow is like the wing of the crane which turning its hip deflects attack to one side and the other one hits opponent when its hip returns.

2. Closed Fist, Back Stance

Hu Gul Yup Mahk Kee - side block, back stance

Hu Gul Ha Dan Mahk Kee - low block, back stance

Hu Gul Sang Dan Mahk Kee - high block, back stance

Hu Gul Pahkeso Ahnuro Mahk Kee - outside/inside block, back stance

Hu Gul Ssang Soo Mahk Kee - double fisted middle block, back stance

Hu Gul Ssang Soo Ha Dan Mahk Kee - double fisted low "x" block, back stance

3. Open Hand, Front Stance

Ssang Soo Sang Dan Mahk Kee - high "x" block, front stance

Do Mahl Sik - painting / smearing / anointing (movement #4 Du Mun Hyung)

4. Open Hand, Back Stance

Hu Gul Jang Kwon Mahk Kee - bottom of palm block, back stance

Choi Ha Dan Soo Do Mahk Kee - ground block with knife hand (very low)

Hu Gul Ha Dan Soo Do Mahk Kee - low knife hand block, back stance

Hu Gul Sang Dan Soo Do Mahk Kee - high knife hand block, back stance

Hu Gul Choong Dan Soo Do Mahk Kee - middle knife hand block, back stance

Hu Gul Ssang Soo Sang Dan Mahk Kee - high "x" block, back stance

5. Open Hand Cross-legged Stance

Bal Ja Ba Mahk Kee - foot hold defense, palm heels together

6. Open Hand Sako Rip Jaseh Stance

Pol Wol Seh - "Embracing the moon" (Po Wol Hyung)

Terminology **Continued**

OFFENSIVE HAND TECHNIQUES (Soo Gi)

1. Closed Fist, Front Stance

Choong Dan Kong Kyuk - middle punch, front stance (also Tuel Oh)

Sang Dan Kong Kyuk - high punch, front stance (also Tuel Oh)

Ha Dan Kong Kyuk - low punch, front stance (also Tuel Oh)

Oh Ryo Pan-dae Kong Kyuk - upper-cut punch (Pyong Ahn Ee Dan)

Tuel Oh Pan-dae Kong Kyuk - inverted punch (Chil Sung Sahm Rho)

Ha Dan Kong Kyuk - low punch, front stance (also Tuel Oh)

Jang Cap Kwon Kong Kyuk - double back fist (first movement in Du Mun Hyung)

Hwa Kuk Cap Kwon Kong Kyuk - catching and smashing (second movement in Du Mun Hyung)

Explanation: 1st Jang Cap Kwon, forward hand catches opponents hand, and with a strong movement pull it back while the back fist moves forward to "crush/smash opponent's head.

Jang Kwon Do - double closed hand (over the top) hammer fist like moves in Sahl Chu Hyung and Hwa Sun Hyung.

Hwak Kuk Kwon Do Kong Kyuk - changing from Jang Kwon Do (Sahl Chu Hyung and Hwa Sun

HyungExplanation: 1st Jang Kwon Do, then forward hand catches the opponents hand and with a strong movement pull it back while the back fist comes over the top and performs hammer-fist "crushing/smashing" opponent's head.

2. Closed Fist, Horse Stance

Wheng Jin Kong Kyuk - side punch, horse stance

3. Closed Fist, Back Stance

Yuk Jin Kong Kyuk - reverse punch, back stance

4. Open Hand, Front Stance

Kwan Soo Kong Kyuk - spear hand attack, front stance (also Tuel Oh)

Soo Do Kong Kyuk - knife hand attack, front stance (also Tuel Oh)

Yuk Soo Do Kong Kyuk - reverse knife hand attack, ridge hand (also Tuel Oh)

5. Open Hand, Back Stance

Hu Gul Soo Do Kong Kyuk - knife hand attack, back stance

6. Other Attacks (Kong Kyuk) - (also Tuel Oh)

Chung Kwon - forefist.

Cap Kwon - backfist.

Ban Jul Kwan Soo - knuckle spear hand, all four second knuckles.

Yoo Kwon - soft fist, using second knuckle of first and second fingers.

Kwon Do - hamrner fist.

Il Ji Kwan Soo - one finger spear hand.

Ee Ji Kwan Soo - two finger spear hand.

Il Ji Kwon - one finger fist, using middle finger's or forefinger's second knuckle.

Jip Kye Son - plier hand web of thumb.

Jang Kwon - palm heel.

Sohn Mok Deung - upper wrist.

Pal Mok - inner or outer side of wrist.

7. Elbow Attacks (Kong Kyuk)

Pahl Koop Chi Kee - Chung Gul Jaseh (also Tuel Oh)

Terminology **Continued**

Pahl Koop Kong Kyuck - Sa Ko Rip Jaseh

FOOT TECHNIQUES (Jok Gi) - (E Dan: Jumping)*

1. Offensive:

Ahp Cha Nut Gi - front thrust kick

Ahp Cha Gi - front snap kick

Ahp Podo Cha Gi - front thrust kick (to the side)

Ahp Podo Oll Ri Gi Cha Gi - side stretch kick

Yup Podo Oll Ri Gi Cha Gi - side thrust kick

Yup Cha Gi - side snap kick

Dull Ryo Cha Gi - roundhouse kick

Dwi Cha Gi - back kick

Dwi Podo Cha Gi - back thrust kick

Ahneso Pahkuro Cha Gi - inside/outside kick

Pahkeso Ahnuro Cha Gi - outside/inside kick

Dwi Dull Ryo Ahneso Pahkuro Cha Gi - short/long spinning inside/outside kick

Dwi Dull Ryo Hu Ri Gi Cha Gi - long back spinning kick

Dwi Hu Ri Gi Cha Gi - reverse hook kick

Moo Roop Cha Gi - knee kick

Yup Hu Ri Gi Cha Gi - side hook kick

Chit Pahl Gi Cha Gi - stomping kick

Ahp Mee Ro Cha Gi - front pushing kick

Peet Cha Gi - reverse roundhouse kick

Du Bal Cha Gi - two kicks alternating legs, in sequence

Ssang Bal Cha Gi - double action kick (both feet), same time

Yeon Sok Cha Gi - continual or combination kicking

Dee Mul Yup Podo Cha Gi - hopping side kick

Dee Mul Hu Ri Gi Cha Gi - hopping hook kick

Getten Bahl - multiple combination kick with same foot

*"Ee dan" The addition of this term indicates a "jumping kick."

2. DEFENSIVE:

Bahl Ba Dak Euro Mahk Kee - outside/inside sole of foot block

Bahl Yup Euro Mahk Kee - inside/outside outer edge of foot block

3. AREAS OF THE FOOT

Bal Ba Dak Mit - sole of the foot

Bal Yup Koom Chi - outer edge of the foot

Bal Ap Koom Chi - ball of the foot

Bal Dwee Koom Chi - heel of the foot

Terminology **Continued**

FORMS (Hyungs)

Ki Cho Hyung II Bu - #1
Ki Cho Hyung Ee Bu - #2
Ki Cho Hyung Sam Bu - #3

Pyung Ahn Cho Dan - # 1
Pyung Ahn Ee Dan - #2
Pyung Ahn Sam Dan - #3
Pyung Ahn Sa Dan - #4
Pyung Ahn O Dan - #5

Bassai Dai

Naihanji Cho Dan Hyung - #1
Naihanji Ee Dan Hyung - #2
Naihanji Sam Dan Hyung - #3

Chil Sung II Ro Hyung - #1
Chil Sung Ee Ro Hyung - #2
Chil Sung Sam Ro Hyung - #3
Chil Sung Sa Ro Hyung - #4
Chil Sung O Ro Hyung - #5
Chil Sung Yuk Ro Hyung - #6
Chil Sung Chil Ro Hyung - #7

Yuk Ro Cho Dan Hyung (Du Mun) - #1
Yuk Ro Ee Dan Hyung (Joong Jol) - #2
Yuk Ro Sam Dan Hyung (Po Wol) - #3
Yuk Ro Sa Dan Hyung (Yeon Pyan) - #4
Yuk Ro O Dan Hyung (Sahl Chu) - #5
Yuk Ro Yuk Dan Hyung (Choong Rho) - #6

Pyung - balance **Ahn** - security, confidence
Chil - seven **Sung** - star

SPARRING (Dae Ryun)

Sam Soo Sik Dae Ryun - three-step sparring
II Soo Sik Dae Ryun - one-step sparring
Ja Yu Dae Ryun - free sparring
Jua Dae Ryun - sparring in a sitting position
Bong Dae Ryun - stick sparring
Da Soo In Dae Ryun - sparring against two or more opponents
Kyo Deh - change positions or assume partner's position
Dan Do Dae Ryun - short knife sparring
Gun Nun Dae Ryun - no-contact sparring

ANATOMY

Jok (Chinese) or Bahl (Korean) - foot	Hu Ri - waist	Da Ri - leg	Eema - forehead
Soo (Chinese) or Sohn (Korean) - hand	Moo Roop - knee	Tuck - chin	Pahl - arm
In Choong - between mouth and nose	Dan Jun - abdomen		Myung Chi - solar plexus
Chu Mok - fist			
Pahl Koop - elbow			
Ko Whan - groin			

Terminology **Continued**

8 KEY CONCEPTS IN TANG SOO DO

Yong Gi - courage

Chung (Jong) Shin Ton II - concentration

In Neh - endurance

Chung (Jong) Jik - honesty

Kyum (Kyom) Son (Shon) - humility

Him Cho Chung (Jong) - control of power

Shin Chook - relaxation and tension

Wan Gup - speed control

TOURNAMENT TERMINOLOGY

Shi Jock - start of the match (begin)

Gu Man - temporary stop

Kay Sok - resume match (when the match has been stopped with the proclamation of the referee)

Sun Soo Eep Jang - ordering the contestants into the match area

Sun Soo Wi Chi Jung Nee - ordering the contestants to their fixed position

Shi Gan - time

Han Jom - one point

Du Jom - two points

Seh Jom - three points

E Sang - the end of the match

Beck Soong (White) - victory for the white

Hong Soong (Red) - victory for the red

Shim Sa - judgement

Bee Gim - a draw

Yon Jang Jon - extending the time of the match

Moo Jom - no point

Ban Chuk - foul

Kyong Go - warning

Sil Jae Dae Ryun - contact sparring

Gun Nun Dae Ryun - non-contact sparring

Ja Kyok Sang Shil - disqualified

Soong Ja - winner

Boot Jap Um - holding

Pah Ja - loser

COURTESY AND ETIQUETTE

Kahm Sa Ham Ni Da - thank you

Chun Mhan Eh Yo - you're welcome

An'nyong Ha Sip Ni Ka - hello

Ao'nyong Hi Kye Sip Sio - go in peace (good-bye)

My Ranking **History**

I began my Tang Soo Do Mi Guk Kwan training on: ___ / ___ / ___

I received my 9th Gup White belt 1 Blue stripe on: ___ / ___ / ___

I received my 9th Gup UpgradeWhite belt 1 Black stripe on: ___ / ___ / ___

I received my 8th Gup Orange Belt on: ___ / ___ / ___

I received my 7th Gup Orange Belt 1 Blue stripe on: ___ / ___ / ___

I received my 6th Gup Green Belt on: ___ / ___ / ___

I received my 5th Gup Green Belt 1 Blue stripe on: ___ / ___ / ___

I received my 4th Gup Green Belt 2 Blue stripes on: ___ / ___ / ___

I received my 4th Gup Upgrade Green Belt 2 Black stripes on: ___ / ___ / ___

I received my 3rd Gup Red Belt on: ___ / ___ / ___

I received my 2nd Gup Red Belt 1 Blue stripe on: ___ / ___ / ___

I received my 1st Gup Red Belt 2 Blue stripes on: ___ / ___ / ___

I received my first Cho Dan Evaluation on: ___ / ___ / ___

I received my second Cho Dan Evaluation on: ___ / ___ / ___

I received my Cho Dan (Midnight Blue Belt) on: ___ / ___ / ___

Peaceful Confidence

Pyung Ahn can be “peaceful confidence” another translation can be “peace and security”. It is a very important concept to Tang Soo Do Mi Guk Kwan practitioners. This concept begins to permeate Tang Soo Do classroom instruction as early as orange belt and is a mainstay in Tang Soo Do philosophical discussions all the way through the master belt levels. The term “Pyung Ahn” encompasses the underlying philosophy of our art. In Tang Soo Do Mi Guk Kwan, one of our primary goals is to learn the meaning of Pyung Ahn. The symbol itself is a two part symbol(two characters). The first Character shows a scale with the weight balanced evenly on both sides. Because it is perfectly balanced it can be considered to be calm and peaceful. When we are perfectly balanced in our emotions and our physical well being we are calm and peaceful.



Peace and **Security**

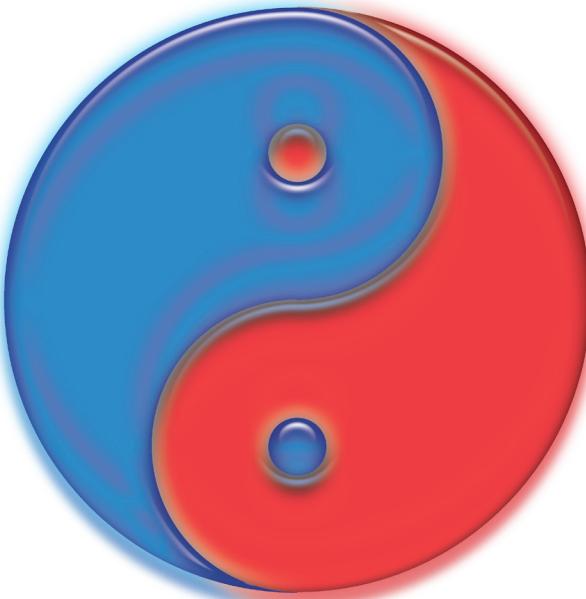
The second character needs to be looked at in two parts. The top looks like a roof which provides shelter and security. Underneath the roof appears to be a parent hugging a child. This represents comfort, security and confidence. It is a reminder of the old phrase "A man's home is his castle." So this part of the symbol seems to embody "calmness and confidence".



Learn to be **Balanced**

As Tang Soo Do Mi Guk Kwan practitioners we must learn to be balanced both mentally (emotionally) and physically. We should try to avoid boastful or aggressive behaviour and we should always strive to control our tempers. Often times instructors are observing their student's movements and mental discipline during their classes, during their shim sa (belt testing) or during a competition to see evidence of the development of their Pyung Ahn. Students who are able to show their Pyung Ahn are in essence demonstrating the martial arts maturity. In the late Grandmaster Hwang Kee's 1978 text book, "Soo Bahk Do Dae Kahm", on page 372 we can find the following passage: "*By completely mastering the pyung ahn forms one can develop a feeling of Pyung Ahn in your mind and body regardless of the situation. This feeling is attained because of the self defense ability developed by practicing the pyung ahn forms*". It is clear from this reading that we must train all aspects of the Pyung Ahn forms. Beginning with the pursuit of perfect technique and form to the never ending practice of their self-defense applications.

In the same book, on page 351 we can find the following passage: "*In summary, to study forms one must be concerned with the applications and meaning behind each movement and technique, both their offensive and defensive*". Along the way we should try to develop calm and confident mannerisms when dealing with others in our daily lives. Ultimately, our aim should be to achieve victory without combat. However, should it be absolutely necessary to engage in a physical conflict we must protect the security of ourselves and our families.



It is not **Easy...**

To Apologize.
To Begin Over.
To Take Advice.
To Be Unselfish.
To Admit Error.
To Face a Sneer.
To Be Charitable.
To Be Considerate.
To Avoid Mistakes.
To Endure Success.
To Keep on Trying.
To Be Broad-minded.
To Forgive and Forget.
To Profit by Mistakes.
To Think, Then Act.
To Keep Out of the Rut.
To Make the Best of Little.
To Shoulder the Blame.
To Maintain a High Standard.
To Recognize the Silver Lining.

...but it always **Pays!**

PHOTOS



Grand Championship awards for Team Sparring and Team Forms for National Tang Soo Do Mi Guk Kwan Championships.



Trophies for Tang Soo Do Mi Guk Kwan Annual National Championships – Portsmouth, RI – 2007.

PHOTOS



1st picture – Students engaging in Kyok Pa (Board Breaking) during the “Weekend with the Masters” training seminar – Shelton CT – 2010.



Student learning Bong Hyung Cho Dan at “Weekend with the Masters” training – Shelton, CT – 2010.

PHOTOS



Sa Bom Nim Davide Bankowski,
(Wilton, CT) - teaches sparring
techniques at "Weekend with
the Masters", University of
Bridgeport - 2009.



Grandmaster Charles Ferraro
promotes Mr. Carlos Marcano to
Cho Dan - West Haven Dojang
- 2006.

PHOTOS



Sa Bom Nim Bankowski and
Sa Bom Nim Donald Allen
training during Hanshi Mike
Cunningham's short fighting
clinic at "Weekend with
the Masters" – Shelton, CT
– 2010.



Kwan Jhang Nim C. I. Kim
instructing self defense
techniques to Mr. Jason
Thornhill – Las Vegas, NV
– 2001.

PHOTOS

*Kodanja Shimsa (Master's testing) West Haven Dojang, 2008: (left to right) - Soke John Larlee – 10th Dan; Beko Miso Ryu Jujutsu; Kwan Jhang Nim Robert Beaujolin, 8th Dan, World Tang Soo Do Association; Kwan Jhang Nim Andy Ah Po – 9th Dan, Tang Soo Do Martial Way Association, Inc.; Kwan Jhang Nim Charles Ferraro – 8th Dan, Tang Soo Do Mi Guk Kwan Association; Kwan Jhang Nim Richard Byrne – 8th Dan, American Tang Soo Do Association; Hanshi Mike Cunningham – 8th Dan, Shotokan Karate



Kwan Jhang Nim Charles Ferraro – Breaks 450 lbs of Ice at Oxford, CT – 2008.

The Song of Sip Sam Seh

십삼세

(Thirteen Influences)

Never neglect any of the Sip Sam Seh.

The source of the will is in the waist.

Pay attention to the slightest change from full to empty.

Let energy flow through the whole body continuously.

Stillness embodies motion, motion stillness.

Seek stillness in motion.

Surprising things will happen when you meet your opponent.

Give awareness and purpose to every movement.

When done correctly all will appear effortless.

At all times pay attention to the waist.

Relaxed clear awareness of abdomen, the energy can be activated.

When the base of the spine is erect, energy rises to the top
of the head.

The body should be flexible.

Hold the head as if suspended from a string.

Keep alert and seek the meaning and purpose of your art.

Bent and stretched, open and closed, let nature take its course.

Beginners are guided by oral teaching.

Gradually one applies himself more and more.

Skill will take care of itself.

What is the main principle of the martial arts?

The mind is the primary actor and the body the secondary one.

What is the purpose and philosophy behind the martial arts?

Rejuvenation and prolonging of life beyond the normal span.

So an eternal spring.

Every word of this song has enormous value and importance.

Failing to follow this song attentively, you will sigh away your time.

제 ————— 호

성명 _____

Date of Birth _____년 _____월 _____일 생

국적 Country _____

위의 사람은 양수도 미국관 제 — 회
승단 심사 결과 — 단을 인정하여
본증을 수여함. —————— 일
Date of Issue

사단 벼의 상수도 미국관

로 죽은 이에 대한



단증
Dan 증
Certificate

This is to certify that the above practitioner
was awarded the rank of _____ Dan in
the _____ Dan Classing of Tang Soo Do
Mi Guk Kwan

Tang Soo Do Ali Guk Kwan Association
Ali Guk Kwan

President

三

Charles Ferraro

Charles J. Ferraro

Instructor

Tang Soo Do
Mi Guk Kwan Association, Inc.®

Dan Promotion **Certificate**



"It is our wish that this practitioner will endeavor to improve further in the physical, mental and spiritual endeavors that are involved in the daily study and practice of this martial art."

"It is our wish that this practitioner will endeavor to improve further in the physical, mental and spiritual endeavors that are involved in the daily study and practice of this martial art".

Member _____
named on this certificate
has been tested and promoted
to the Grade of _____ Gup
by the Technical Advisory
Committee of the Tang Soo Do
Mi Guk Kwan Association, Inc.

Instructor:

Member:
Technical Advisory Committee

三

Gup Promotion **Certificate**