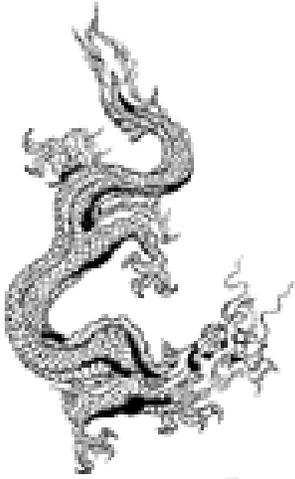


**GREAT GRAND MASTER
CLINGAN' S and Grand
Master Drigger' s
TANG SOO DO
ACADEMY**

STUDENT MANUAL

唐
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道



**Master Clingan's
Tang Soo Do
Academy**

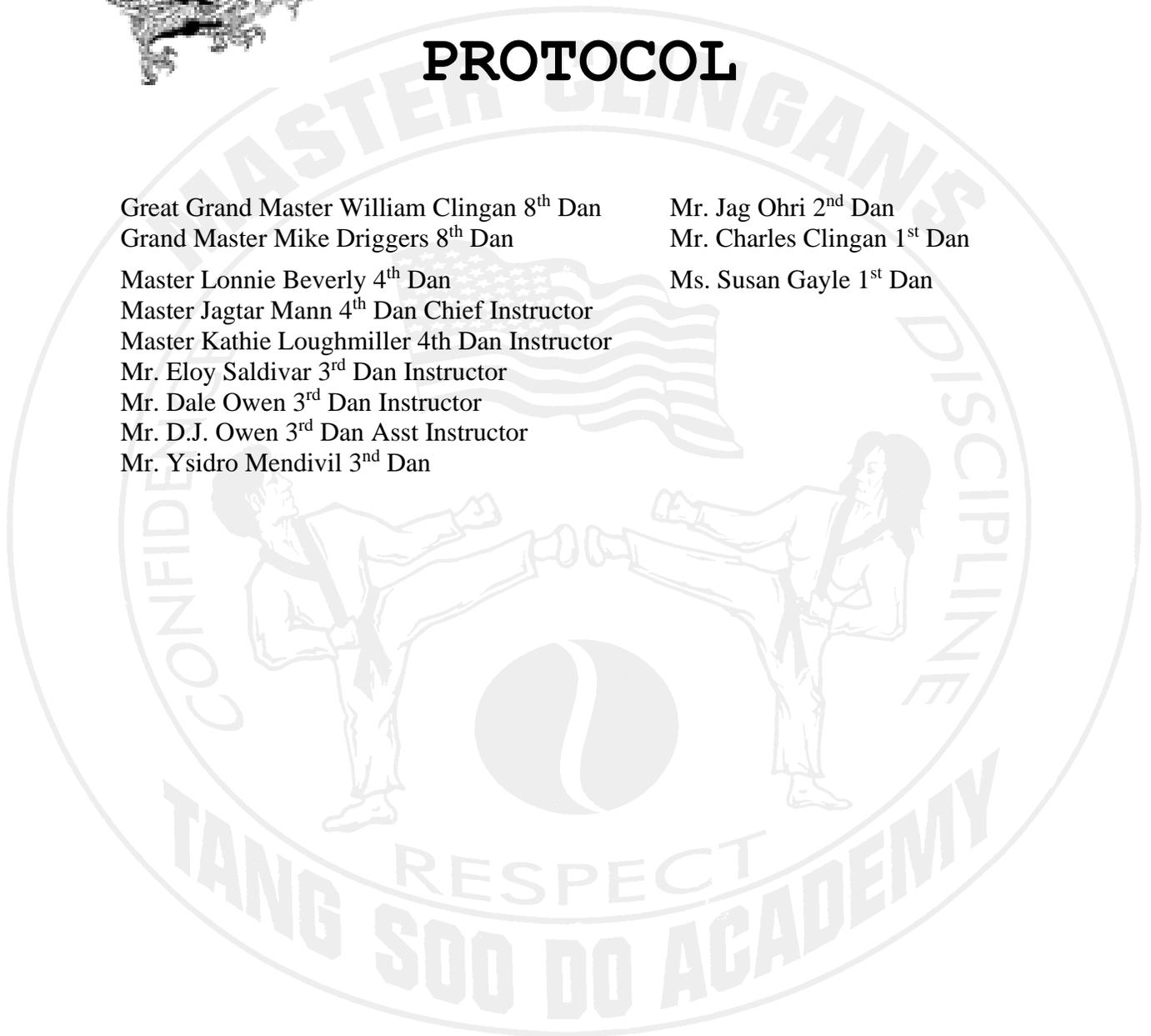
PROTOCOL

Great Grand Master William Clingan 8th Dan
Grand Master Mike Driggers 8th Dan

Mr. Jag Ohri 2nd Dan
Mr. Charles Clingan 1st Dan

Master Lonnie Beverly 4th Dan
Master Jagtar Mann 4th Dan Chief Instructor
Master Kathie Loughmiller 4th Dan Instructor
Mr. Eloy Saldivar 3rd Dan Instructor
Mr. Dale Owen 3rd Dan Instructor
Mr. D.J. Owen 3rd Dan Asst Instructor
Mr. Ysidro Mendivil 3nd Dan

Ms. Susan Gayle 1st Dan



Great Grand Master William D. Clingan

Grand Master Clingan is currently the Great Grand Master with over 50 years of training in the martial arts including Tang Soo Do, Hapkido, Okinawan Goju Ryu, Shoto Kan and Judo.

Master Clingan was born in Grafton, West Virginia on December 15th, 1944. He was the 14th child in a family of fifteen brothers and sisters. He attended school in Grafton until the age of 11 at which time his family moved to Cumberland, Maryland. There he attend For Hill High School from which he graduated in June of 1962.

Master Clingan trained in Korea for a period of four years, during which time he served with the United States Air Force. He was taught the Korean style of Tang Soo Do by the current President of the World Tang Soo Do Federation, Master J. C. Shin. He was also the co-founder of this organization. During his four years training period in Korea, Master Clingan also trained with Carlos (Chuck) Norris while on his first tour of duty with the U. S. Military in Korea.

Master Clingan was promoted to 1st Degree Black Belt in September of 1965, in Seoul Korea. Through his continuous and hard training, and never ending desire for honing his skills and learning, Master Clingan was promoted to Great Grand Master in October 2003.

Master Clingan is currently the owner and operator of the Yuba City Korean Karate Academy located in Yuba City, California. Not only does he teach martial arts, but he is an active member of his academy and students of all ages are able to speak directly with and work out along side this true and humble Master of the Martial Arts.

Grand Master Mike L Driggers Sr

Master Driggers began his martial arts training in the mid 60's while stationed in Korea with the United States Air Force. He trained daily either at the Osan Air Force Base facilities or in the Do Jangs in Chico Village, Kunsan and/or Soul Korea. Training during this time was very different than the way Tang Soo Do training is conducted today in the United States. Classes in Korea were extremely intense both mentally and physically. Master Driggers remembers trying to teach his first Tang Soo Do class in the US, out of 20 students that joined his first class, in less than two weeks the class was down to "0" zero because the class was too demanding and hard. Master Driggers has over 40 years in the martial arts.

After leaving Korea, the US Air Force provided Master Driggers with the opportunity to travel extensively both within the continental US and abroad. He was able to teach classes in places such as: Paris, Greece, Egypt, Philippines, etc. In every country or state that Master Driggers was assigned to, he always started a Tang Soo Do class and worked-out with other martial artists in the area. By participating with other styles, Master Driggers was able to enhance his knowledge of different martial art's philosophies and techniques. Although Master Driggers trained with many different styles, Tang Soo Do, in his opinion, is the most effective and well rounded Martial Arts. Tang Soo Do teaches the overall capabilities of a person's body including the mental aspects.

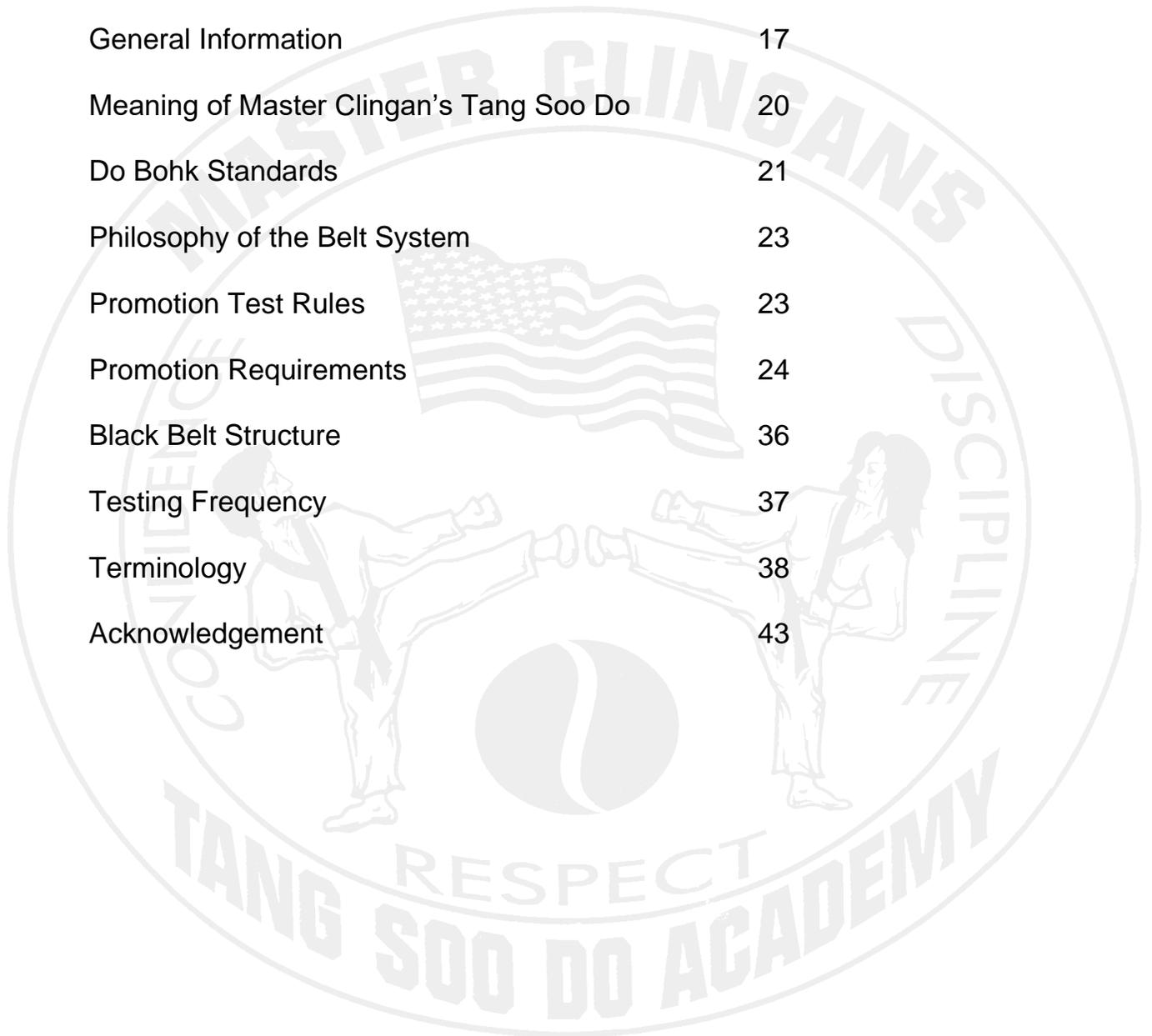
Master Driggers considers himself very lucky, not only was he able to train with the Masters in Korea, but he was able to continue his training with Great Grand Master Clingan. From the time both of these masters met in Korea until present, they have continually learned and trained together. Not only is Master Clingan a mentor and senior master to Master Driggers, he is also a close friend of Master Driggers and his family.

Master Driggers is originally from East Point, Georgia. After retiring from the US Air Force, he and his wife selected Northern California as their home.

In Master Driggers profession outside of Tang Soo Do, he has over 40 years in instructional design, developing, managing and delivering training programs. He is retired from Bank of America where he held a Vice President position. Master Driggers has a Master Degree in Business Administration, Bachelor Degree in Sociology and an Associate Degree in Instructional Methodology. Master Driggers owns and operates "Driggers and Associates" a consulting firm..

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HISTORY



Why Should We Study History?

“The progress of the past is our blueprint for the future. The Successes and failures of yesterday are our building blocks for tomorrow.” Anonymous

Everything we do, both as students of Tang Soo Do and in our private lives, is based on what has occurred previously. We shop for food and maintain our cars based on what happened in the past. It is enlightening to look back to yesterday to find out why we’re doing what we’re doing today.

Origin

The exact origin of Tang Soo Do, Kung-Fu, Karate, and other styles of martial arts in general are uncertain. Martial arts arose from the needs of combat, in fact, martial arts can be divided into 3 periods:

- Instinctive
- Conscious
- Systematic

Instinctive: (one million plus years ago) During the primitive age when human beings first appeared on earth, they had only their mental and physical qualities to survive. No conscious actions were involved in defense. Our ancestors used their natural instincts to fight with animals or other human beings for food and survival.

Conscious: (approximately 500,000 years ago) This time is referred to as the Stone Age. It was during this time that human beings acted consciously to develop methods of protecting their bodies and acquiring their daily needs. Through the use of their inherent wisdom, human beings advanced from instinctive action to thoughtful, planned action. They used stones, sticks, and other natural resources to hunt and protect themselves. These types of martial arts migrated from the Asiatic continent where it originated to the European area. During this migration, men established martial arts according to their own tradition and style, depending on their leaders.

Systematic: (10,000 years ago and lasted for approximately 7,000 years) This is the period of most interest to us. Also known as the Iron Age. It was the period when self-defense methods were consciously developed, systematized, and refined. People began using iron and copper in their daily life. By this time, martial arts had spread all over the world. Games had been developed that used martial arts skills. For example:

HISTORY

- In the Greek Olympics there was a game called **Pancratium**, which was a vicious sport utilizing: hitting, kicking, strangling, limb-twisting, and struggling on the ground until one contestant gave up. The only fouls were biting and gouging.
- Japan had **Sumo** wrestling whose earlier rules were probably like Pancratium.
- Korea used a method called **Farando** which included: head, shoulder, arm, hand, knee, foot strikes, and a strike using the long braided hair, called Queue, the warriors had hanging down their backs. Also, there was a grapple called **Soo Bahk, Tack Kyun, Kwon Bop**.
- China used a method of hand and foot fighting called **I-Chi-Ching**, and a method called **Soo Bahk (Kwon Bop)** developed in Korea.

Under various dynasties struggling against invasion from other lands, methods of unarmed combat developed quickly. In the early days, Korea was divided into several kingdoms. The one of most interest to use are:

- **Koguryo** (37 B.C. to 668 A.D.)
- **Silla** (57 B.C. to 935 A.D.)
- **Koryo** (918 to 1392 A.D.)
- **Yi** (1392 to 1910)

Koguryo Dynasty: This dynasty, with help from China in the fourth century, was very powerful. It was during this period that Buddhism was introduced into the northern kingdom of Koguryo. The Buddhist Monks were quick to adopt the Kwon Bop styles. Since the monks had to do a lot of traveling, they practiced Kwon Bop to protect themselves on the road. As in China, the art was practiced and grew on temple grounds, which were located in mountainous areas. In this type of isolation, the monks had time to train and refine many techniques. During the Koguryo Regime, Soo Bahk, Tae Kyun, and Kwon Bop were the most popular martial arts.

Silla Dynasty: It was during the reign of Chin Heung, 24th king of this dynasty, that a warrior corps was formed to protect the kingdom from their enemies. These young warriors called themselves **Hwa Rang Dan**, and trained themselves by practicing mental and physical discipline throughout the years in rugged mountains and seashores. Their training was unmerciful, so to guide them and give them purpose, they incorporated a five point code of conduct set forth by their country's greatest monk, Won Kwang, which has become Tang Soo Do's basic principles.

HISTORY

1. Be Loyal to one's King (Master).
2. Obedience to parents and elders.
3. Honor Friendship.
4. Never retreated in battle.
5. In killing, choose with sense and honor.

Note: We still use this code today, however, since we are not at war and not divided into Kingdoms with kings and masters, we use the following code:

1. **Loyalty to country.**
2. **Obedience to parents.**
3. **Honor Friendship.**
4. **No retreated in battle.**
5. **In fighting, choose with sense and honor.**

The Hwa Rang Dan became known for their courage and skill in battle, gaining respect from even their bitterest foes. They obtained their strength from their respect for the code, enabling them to attain feats of legendary valor. These warriors inspired the people of Silla to rise, unite, and eventually conquer the other kingdoms at the time. Korean peninsula became united for the first time in its history. The original primitive art of self defense called Soo Bahk Ki (Foot and Body Fighting) was popular among the people and military. Soo Bahk was combined with the Hwa Rang Dan principles to become Soo Bahk Do and formed the traditional martial art of Korea. During the Silla Dynasty, Soo Bahk Do combined with different self-defense techniques and fused into a style known as TAE Dyun.

Koryo Dynasty: The Koryo Dynasty ushered in a golden era for Korea and its people. Ceramics as well as other cultural aspects of Korean Life, enhanced refinement. The soldiers of this dynasty were among the finest ever produced by this country. According to an old authoritative history book entitled "Koryosa," the king of Koryo held a match every May for unarmed posts with the government. King Ui Jong, 16th King of the Koryo Dynasty, admired the excellent proficiency of Yi Ui Moon in Soo Bahk and was promoted to general (Dae Jung). Also, Jang Jung Boo and Sa Kang Sung were recorded as excellent Soo Bahk Ki winners. Thus the art, having its inception in religious discipline, received royal patronage and became a permanent segment of national life.

HISTORY

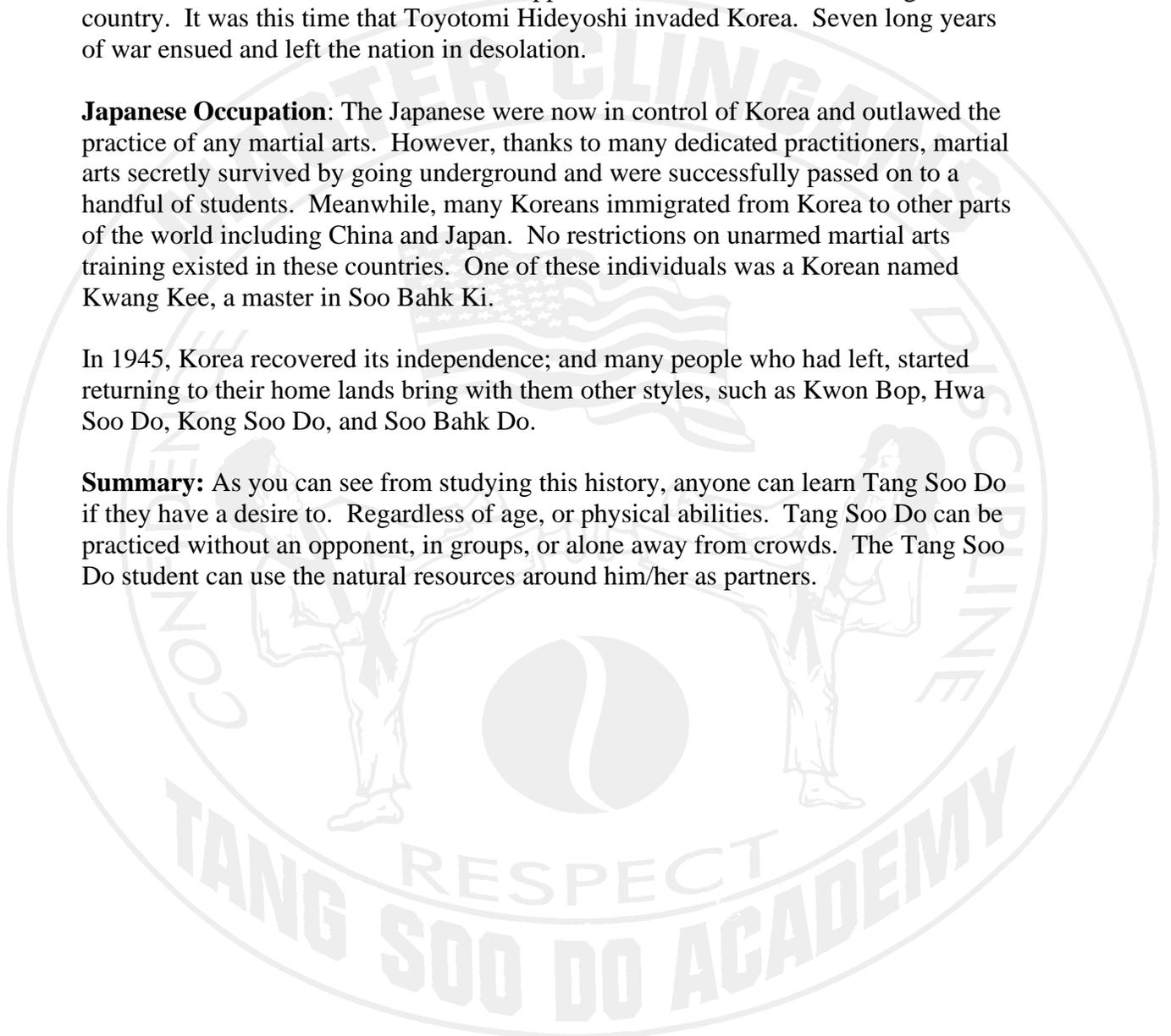
Yi Dynasty: The Koryo Dynasty was defeated by Yi Sung Kye, who was the founder of the Yi dynasty. It was a time of serious and rapid decline for Korean martial arts. Feudal Lords suppressed all martial arts because of the danger of rebellion. In fact, many of the famous warriors ended up in prison. A small group of people continued to practice Soo Bahk and improve it. People use the words Soo Bahk Ki and Tack Kyun, without discrimination, to describe their style. An important, fully illustrated martial arts record book was written in this period. The book is called Muye Dobo Tang Ji and contains illustrations that substantiate the theory that Soo Bahk Ki quickly developed into a sophisticated form of combat techniques.

As mentioned earlier, martial arts were suppressed, which declined the strength of the country. It was this time that Toyotomi Hideyoshi invaded Korea. Seven long years of war ensued and left the nation in desolation.

Japanese Occupation: The Japanese were now in control of Korea and outlawed the practice of any martial arts. However, thanks to many dedicated practitioners, martial arts secretly survived by going underground and were successfully passed on to a handful of students. Meanwhile, many Koreans immigrated from Korea to other parts of the world including China and Japan. No restrictions on unarmed martial arts training existed in these countries. One of these individuals was a Korean named Kwang Kee, a master in Soo Bahk Ki.

In 1945, Korea recovered its independence; and many people who had left, started returning to their home lands bring with them other styles, such as Kwon Bop, Hwa Soo Do, Kong Soo Do, and Soo Bahk Do.

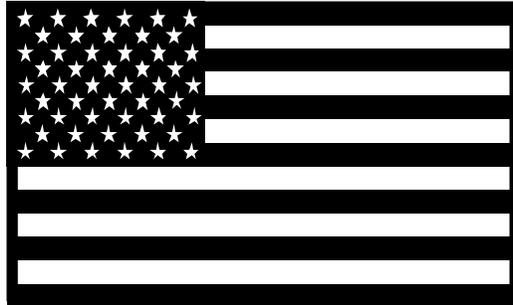
Summary: As you can see from studying this history, anyone can learn Tang Soo Do if they have a desire to. Regardless of age, or physical abilities. Tang Soo Do can be practiced without an opponent, in groups, or alone away from crowds. The Tang Soo Do student can use the natural resources around him/her as partners.



MEANING OF THE FLAGS



Flag Of The United States



Called the Stars and Stripes, the flag originated during the revolutionary War and was one of the first emblems to symbolize the nationhood of a people. On June 14, 1777, Congress adopted the following resolution:

“Resolved, that the flag of the thirteen United States be thirteen stripes, alternated red and white; that the Union be thirteen stars, white on a blue field.”

The flag’s present design, with seven red and six white stripes and fifty stars, has existed since 1960, after Hawaii’s admission to the union.

The meaning of freedom, the dignity of the individual, the pursuit of happiness, and national unity all come to mind when you think of our flag. We show honor to our flag by reciting the following pledge of allegiance:

“I PLEDGE ALLEGIANCE TO THE FLAG OF THE UNITED STATES OF AMERICA AND TO THE REPUBLIC FOR WHICH IT STANDS; ONE NATION UNDER GOD, INDIVISIBLE, WITH LIBERTY AND JUSTICE FOR ALL.”

Ways of preventing disrespect to the flag:

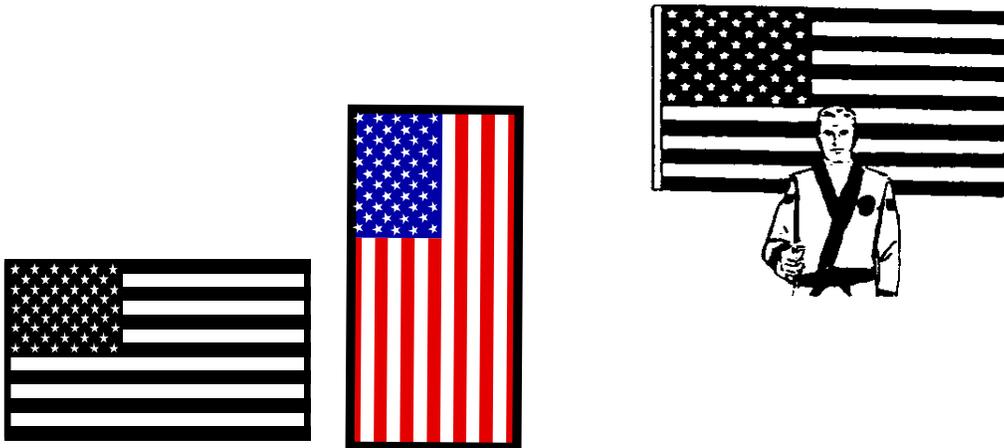
- Do not dip the American flag in salute.
- Do not display the flag with the union (stars) down, except as a signal of distress.
- Do not permit the flag to touch anything beneath it, such as the ground, the floor, or water.
- Do not carry the flag flat or horizontally, but always aloft and free.

MEANING OF THE FLAGS

- Do not use the flag as drapery of any sort. It is never festooned, but always allowed to fall and hang freely.
- The Flag is not used as a covering for ceiling.
- Never place marks, insignia, lettering, words, or emblems, figures, or designs on the flag.
- Do not use the flag as a receptacle for receiving or carrying an object.
- Never use the flag for advertising purposes in any manner. Never embroider it on such articles as cushions or handkerchiefs, nor print or impress it on paper napkins, boxes, or anything designed for temporary use.
- Do not fasten, display, use, or store the flag in such a manner that it can be easily torn, soiled, or damaged in any way.

Displaying the flag in the studio

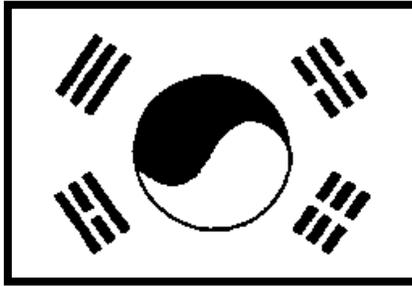
When the flag is displayed flat against a wall, it will be placed above and behind the instructor, with the union on the instructor's right, or to the student's upper left.



Displayed Flat (Either Horizontally or Vertically) on a Wall or Window

MEANING OF THE FLAGS

Korean Flag



The Korean name for the flag is **TAE KEUK KI**, and it symbolizes the thought, philosophy, and mysticism of Korea. The symbol is called **TAE KEUK**. In the center of the flag is a circle divided equally and in perfect balance. This circle represents the absolute of the essential unity of all being.

The upper red section is called **YANG** and the lower blue section is called **UM (YING)**. This is the ancient symbol of the creation of universe, day and night, light and dark, active and passive, etc. The central thought indicates that while there is a constant movement within the sphere of infinity, there is also balance and harmony. Ancient oriental philosophers viewed the universe as a place in which harmony could be attained by the reconciliation of opposing forces. One such force is **YANG**, which is associated with expansion and separation. **UM (YING)** is associated with contraction and assimilation. These opposites continually balance and complement each other. In martial arts, we use this same wisdom by facing violence with non-violence, soft against hard, etc.

The three bars at each corner also carry the ideas of opposition and balance:

Three unbroken bars stand for heaven.



Three broken bars represent the earth.



The two unbroken bars with the broken bar in the middle represent fire.



The two broken bars with the unbroken bar in the middle represent water.



BEFORE , DURING AND AFTER CLASS



Before Starting Class

Equipment: All students must have the following equipment:

- Do Bohk (Tang Soo Do Uniform)
- Mouth Piece
- Protective Cup (for men) Protective Bra optional for women.
- Fighting Pads
 - Hands
 - Forearms
 - Shins
 - Feet

Entering the Training Area:

Before entering or leaving the training area, whether in street clothes or Do Bohk, you will salute the flags and bow to the instructor and/or training area.

REMOVE SHOES BEFORE ENTERING TRAINING AREA.

Prior to Class Start

- All members should be at the studio and in their Do Bohks 10 minutes prior to class (Do Bohks are not to be worn to and from class.)
- No loud or controversial activities are to take place in the training area. Silence is important for proper concentration, especially during free sparring.
- Warm up prior to class.
- Do not wear any jewelry during class..
- Do not chew gum or smoke in class (Instructor may chew gum to maintain moisture in their throat and wear a watch.)
- Maintain personal hygiene standards at all times.
- Do Bohk will be clean and contain only markings authorized by the Masters or Master Clingan's Tang Soo Do Academy.
- Assist in cleaning the training area prior to training.
- Advise instructor of any medical conditions not previously identified.

BEFORE , DURING AND AFTER CLASS

During Class

To Start Class

1. Students will line up according to rank and seniority, with the higher ranking member to the right.
2. Instructor(s) will take a position in the front center of the class.
3. The highest ranking member in the class will give the following commands:
 - Cha Ryut (attention)
 - Kukgi Bae Rye (salute the flags)
 - Ba Ro (return)
 - Ahn Jo (sitting position)
 - Muk Yum (meditation)
 - Ba Ro (return – called by instructor)
 - Sah Bum Nim E Kyun Yet (bow to instructor)

During Class

Proper respect and discipline will be maintained at all times, and Tang Soo Do ritual will be followed in a uniform manner.

- When the Master Instructor, Chief Instructor of the school, or a high ranking guest enters the studio/workout area, the instructor of the floor or highest ranking member in the class will call the class to attention and have the class bow (This is only done if the person entering is of higher rank than the instructor on the floor.) After respect has been paid, the class should return to training immediately.
- When a student arrives late for class, he/she should wait for recognition by the instructor, then approach him or her, bow, and obtain permission to join the class. After permission is received, the student will join in at the rear of the class, regardless of rank.
- If a student must leave the class early, he/she should first receive permission from the instructor.
- If a student has to ask the instructor anything, he/she must first approach the class senior member to gain permission. A chain of rank should be instituted and not breached for any reason, except for emergencies.

BEFORE , DURING AND AFTER CLASS

During Class (continued)

- A student will remain in the last position executed until he/she receives another command or is released by the instructor or a senior class member.
- There should be an absence of unnecessary noise in the training area at all times. Students are to remain silent, especially during forms and free fighting. Students seated on the sidelines are to remain still, so as not to disturb those on the floor.

NEVER SETTLE FOR BEING AVERAGE, FOR AVERAGE IS AS CLOSE TO THE BOTTOM AS IT IS TO THE TOP

Dismissing Class

1. Students will line up according to rank. The senior member gives the following commands:
 - Cha Ryut (attention)
 - Kukgi Bae Rye (salute the flags)
 - Ba Ro (return)
 - Ahn Jo (sitting position)
 - Muk Yum (meditation)
 - Ba Ro (return – called by the instructor)
 - Sah Bum Nim E Kyung Yet (bow to instructor)
2. When the command to bow to the instructor is given, all members will say “KoMap Sum Ni Da” (Thank You, Sir) to the instructor
3. The class instructor or senior member then gives the command “Five Codes of Tang Soo Do.” All class members will recite the five codes together, loudly, and with clarity.
 - **Loyalty to country.**
 - **Obedience to parents.**
 - **Honor friendship.**
 - **No retreat in battle.**
 - **In fighting, choose with sense and honor.**

BEFORE, DURING AND AFTER CLASS

Dismissing Class (continued)

4. Then all members say: “TANG SOO!” with the right hand raised in a fist.
5. The class instructor will then turn the class over to a senior class member, who will give the following commands:
 - Face the Black Belt(s).
 - Kyung Yet to the Black Belt(s).
6. The senior class member will then take a position front center of class and will give the class any information, comments, and/or warnings as needed. The senior class member will assign a cleaning detail for after class.
7. The senior class member will now dismiss the class.
8. The students will then bow and leave the training area, removing any items belonging to them.

NOTE: ALL STUDENTS AND INSTRUCTORS ARE RESPONSIBLE FOR KEEPING THE TRAINING AREA AND SURROUNDING AREAS CLEAN AT ALL TIMES.

“In Sparring, Being Repetitious Admits Defeat”

INNER BUILDING BLOCKS TO TANG SOO DO



- Every member should always seek truth and practice it.
- Every member should promote the highest moral character through the training of Tang Soo Do.
- Every member should respect and obey his/her parents, teachers, and seniors.
- Every member should love his/her parents, teachers and seniors.
- Every member should love his/her country and contribute to his/her community.
- Every member should develop confidence, humility, integrity, and practice them inside and outside of class.
- Every member should always do his/her best to promote intelligence.
- Every member should not hesitate to sacrifice him or herself for justice.
- Every member should do his/her utmost to develop Tang Soo Do as the most popular martial art in the world.
- Every member should develop his endurance, perseverance, self-control, and be calm/humble in mind.
- Every member should approach his/her training with seriousness, and all-out effort.
- Every member should maintain a schedule of regular and constant practice.
- Every member should always remember that the ultimate purpose of Tang Soo Do is to promote physical and mental health.

GENERAL INFORMATION



- Salutation** Salutations are an integral part of Tang Soo Do. Every member will bow to his instructor, to senior members, and to his opponents. He/she should maintain self-control, composure, and prudence at all times. Before and after exercise or contest, students will turn around, adjust their uniform, face their opponent or instructor, and bow. While seated on the floor, every member should keep a proper posture conducive to health. Hands should be placed on the knees, the back should be straight, and the legs should be crossed in front with the feet tucked beneath the thighs, or knees together with calves tucked under the thighs.
- Do Bohk** This is the Tang Soo Do uniform. **Do** means way of life or martial arts and **Bohk** means robe or training clothes. Its origin can be traced back to 600 A.D. in Korea. The warriors wore the Do Bohk under their armor when in battle and during their training. The Do Bohk should be kept clean and pressed at all times. A neat appearance is important because it shows that the student has confidence and respect in his/herself, and leaves a good impression with others about the student and Tang Soo Do. All Do Bohks should be folded properly upon entering and leaving the training area (with permission of Master Instructor, Do Bohks may be placed on hangers.)
- Personal Hygiene** Fingernails and toenails should be clipped and kept short to prevent injury during training and fighting. Regular washing of the body especially after exercising.
- Equipment** All equipment should be kept in good repair and clean. When not in use, it should be stored away, so as not to clutter up the training area.
- Warm-Up** Warm-up exercises should be practiced by the student prior to training, whether it be personal training or training in the studio, in order to prepare the body and mind. These warm-up exercises are important to prevent the body from suffering injury due to strained/pulled muscles. After training is completed it is advisable to do some cool-down stretching exercises to help the body calm down and return to its normal state.
- The Basics** In order to be effective with your techniques, you must first master the basics. These basic actions are the foundations of all techniques you will learn. No matter what rank you achieve in Tang Soo Do, it is important to constantly practice the basics.

GENERAL INFORMATION

Confidence, Discipline, And Respect.

Confidence, Discipline, and Respect are the three main virtues that the Korean Karate Academy strives to instill in all of its members regardless of rank.

Confidence:

In this particular entity of your Tang Soo Do training, we are striving to develop your own confidence in the areas of self-confidence, self-possession, and self-reliance, all of which imply consciousness of your own powers and abilities.

- Self-confidence stresses trust in your own self-sufficiency.
- Self-possession implies control over your own relations and a tendency to be self-assured.
- Self-reliance stresses self-trust manifested in action and implies independence and self-sufficiency.

Through the daily practice of Tang Soo Do techniques and philosophy, you develop techniques for your own self-defense, and become aware of your hidden capabilities. Thus, you must maintain the attitude of never saying “I can’t”, and instead say “I can.” Remember, you are as important as anyone else, no matter who they are or what they seem to be.

Discipline:

The word discipline conjures up different meanings to many people. In Tang Soo Do, we define discipline as training that will produce moral and mental improvement. Consistent training is very important in developing and controlling your internal emotions/desires, and physical reactions. You must constantly remind yourself that attending class regularly is important toward building discipline, even through it is sometimes much easier to sit down and relax after a hard day at school or work.

Always tell yourself that you will:

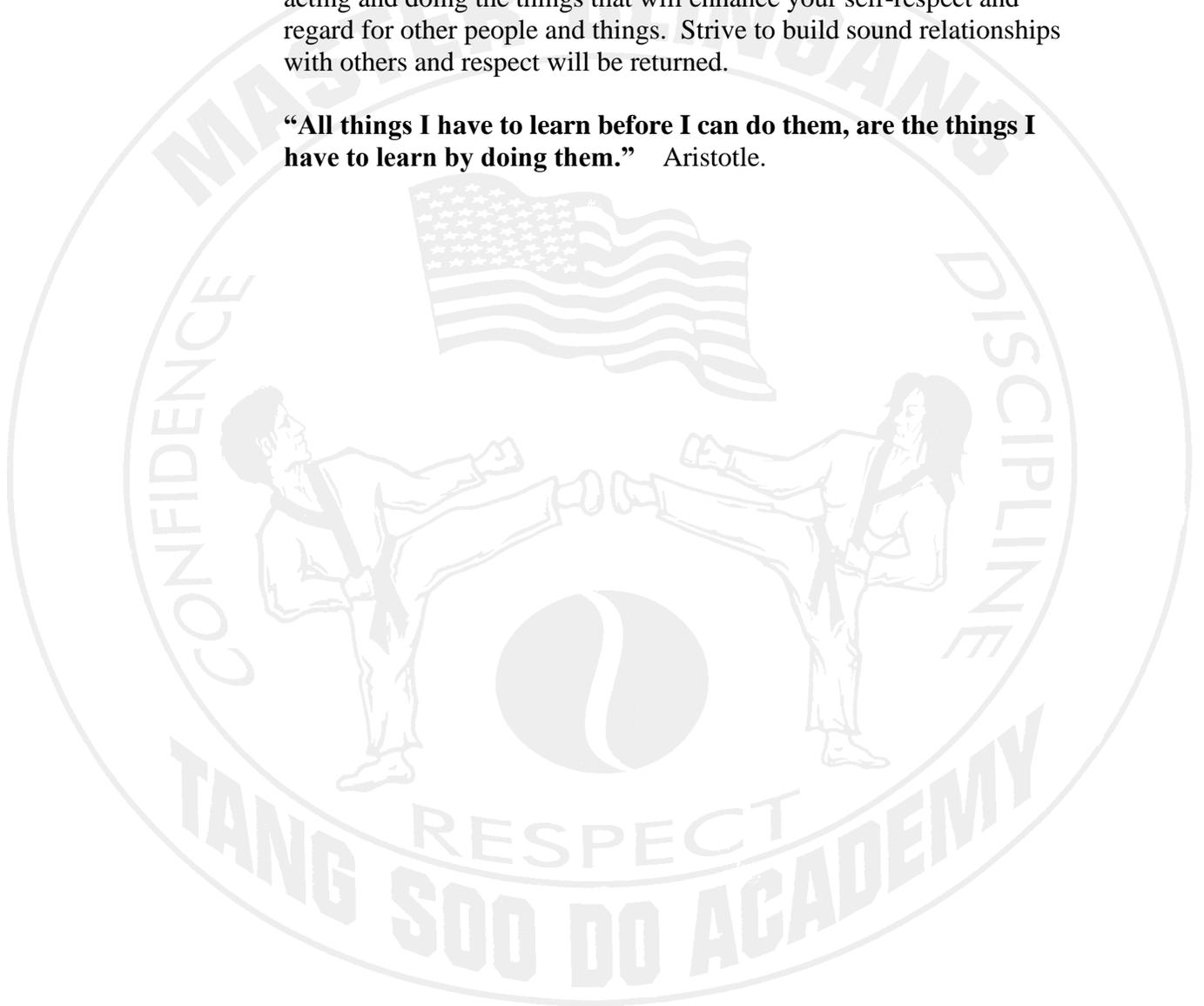
- Attend each class or meeting.
- Always strive to do your best.
- Approach each new event with enthusiasm.
- Accept constructive punishment as learning, and you will not react with prejudice or a desire for revenge.

GENERAL INFORMATION

Respect:

This is the ability to regard people and things with respect or esteem, and the willingness to demonstrate consideration and appreciation. The first step in accomplishing this, is to remember that **“YOU ARE THE MOST IMPORTANT PERSON IN THIS WORLD.”** In other words, first respect yourself. You are what you imagine yourself to be. Constantly visualize the person you want to become. See yourself acting and doing the things that will enhance your self-respect and regard for other people and things. Strive to build sound relationships with others and respect will be returned.

“All things I have to learn before I can do them, are the things I have to learn by doing them.” Aristotle.



THE MEANING OF MASTER CLINGAN'S TANG SOO DO LOGO



American Flag	Represents the efforts of all Americans in the art of Tang Soo Do
White Background	Represents the purity of thought in the Korean Karate Academy.
Dual Side Kicks	Represents Balance, Harmony, and Equality for all men and women in Tang Soo Do
Uniform	Represents the traditionalism in the Korean Karate Academy
Confidence, Discipline and Respect	Represents the three main aspects being taught in Korean Karate Academy.
Blue and Red Circle	Represents togetherness and friendship in the Korean Karate Academy.
Six Stars	Represents the ultimate dream of sharing our thoughts with marital artists of the other six continents.
Master Belts	Achievement of the ultimate goal in mastering Tang Soo Do.



DO BOHK STANDARDS



Standard Do Bohk to be Worn by Members

The Do Bohk is not simply training clothing, but a tradition with martial arts and Tang Soo Do, and is maintained a certain way.

Students in the ranks of Cho Dan Bo (Black Belt candidate) or Orange belt will not have trim on their Do Bohk jackets. Students in the ranks of green and red belt will have trimmed Do Bohk jackets on lapel only, and it will be the color of their belts. Dan (Black Belt) members must have trimmed Do Bohk jackets which include lapel, sleeve cuffs, and all around bottom border with black color.

The only markings placed on the Do Bohk shall be:

- Master Clingan's Korean Karate Academy Logo on the back of the uniform.
- The American flag on the right sleeve, just below the shoulder seam.
- The Korean flag on the left sleeve, just below the shoulder seam.
- Appropriate trim.
- Printing on the back of the jacket to identify individual school.

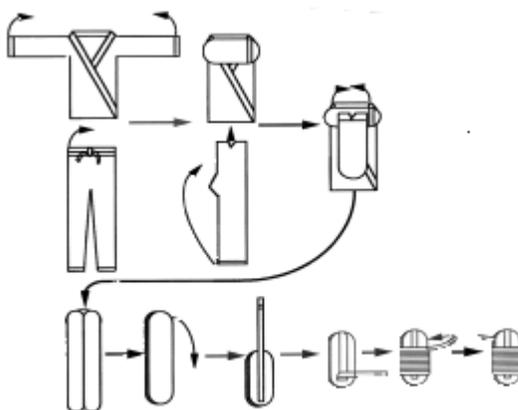
Any other symbol, sign, or lettering is not permitted on the Do Bohk without permission from the association.

Folding the Do Bohk

- Place jacket flat with back side down, and fold sleeves inward at the seam toward center. Fold pants in half, and place in the center of the jacket with tie strings even with bottom edge of jacket.
- Fold right and left sides of jacket inward to meet at center, so as to cover pants. Then fold the Do Bohk in half, lengthwise.
- Fold the Do Bohk in half

DO BOHK STANDARDS

- Holding the folded Do Bohk with the open ends up, place the belt end at the open ends, so the belt runs center down the Do Bohk. Holding the belt end where it is, grab the loose end of the belt, turn the folded Do Bohk around and bring the loose end up to the edge of the open folds. Holding the belt in position, start wrapping the rest of the belt widthwise around the Do Bohk toward the folded end. When you have about 12” of belt left, take the loose end and run it through the inside middle of the fold (see diagram below.)



Carrying and Storage of the Do Bohk

- May be carried over the shoulder, holding on to the end of the belt end hanging out.
- May be carried in a closed gym bag.
- With permission of Master Instructor, may be carried on a hanger or in a clothing hanger bag.

“In sparring if I lose my temper, I place my safety in the hands of a fool.”

PHILOSOPHY OF THE BELT SYSTEM



White Belt	Represents the center of the Earth.
Orange Belt	Represents the outside of the center of the Earth.
Green Belt	Represents Earth.
Red Belt	Represents the red circle surrounding the Earth's atmosphere.
Black/Blue Belt	Represents Heaven and the universe.

PROMOTION TEST RULES



General Rules

- Members of the Korean Karate Academy will learn both good character and Tang Soo Do techniques, and will show respect to the students and instructors at all times.
- Students qualified to test must be recommended by their instructor.
- Students qualified and recommended by their instructors to test will pay a test fee, and have all membership fees and other fees paid prior to taking the test..

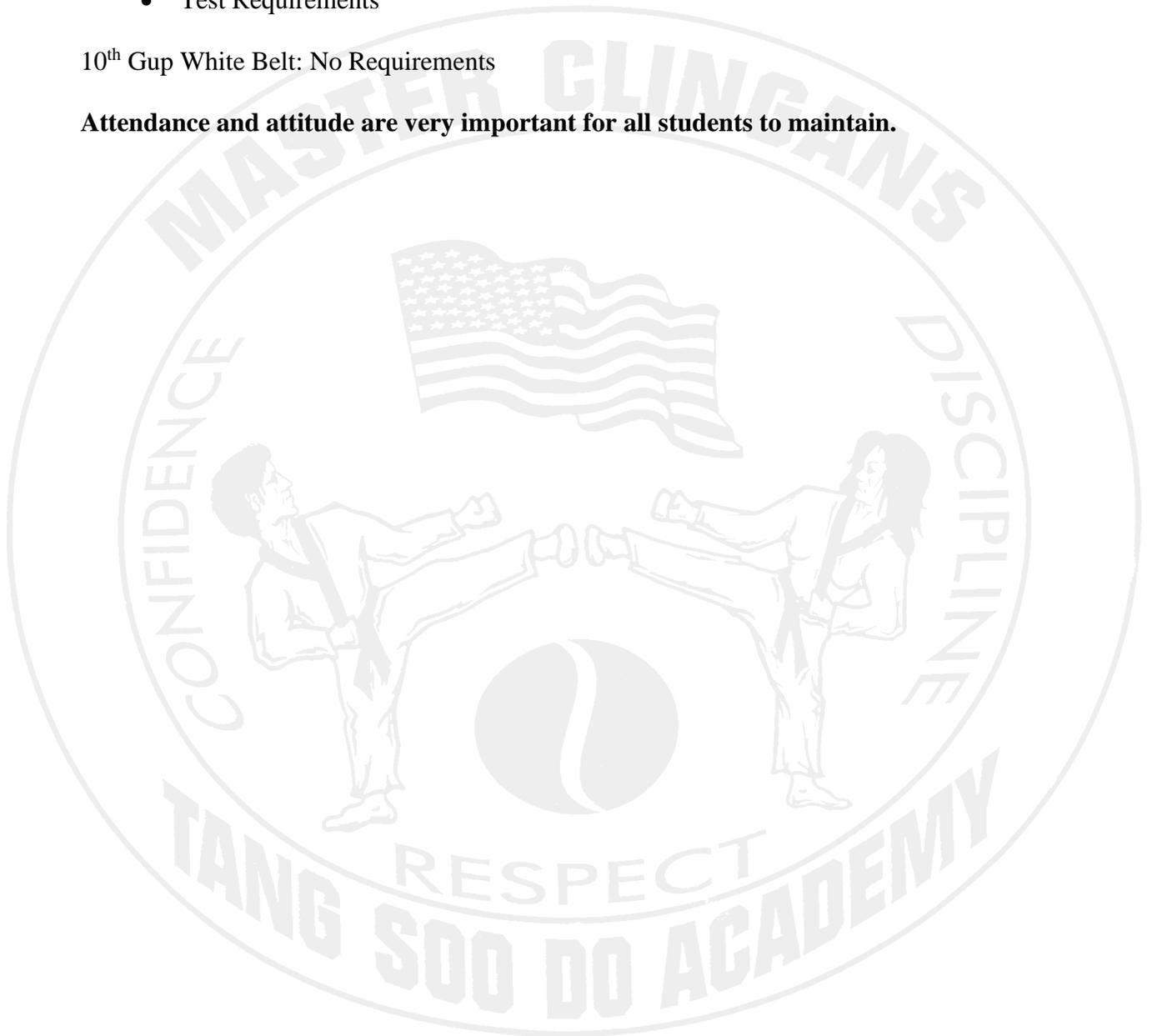
PROMOTION REQUIREMENTS WHITE BELT

From the very first day you begin your training, you begin to obtain knowledge for testing.

- Belt Structure
- Test Requirements

10th Gup White Belt: No Requirements

Attendance and attitude are very important for all students to maintain.



PROMOTION REQUIREMENTS PLAIN ORANGE BELT

9th Gup Plain Orange Belt

Required Forms:

- Geicho Hyung Il Bo
- Sae Gye Hyung Il Bo

Other Requirements:

- Basic History
- 5 One Step Punches
- Basic Kicks
- Basic Free Sparring



PROMOTION REQUIREMENTS ORANGE BELT WITH ONE WHITE STRIPE

8th Gup Orange Belt One (1) White Stripe

Required Forms:

- Geicho Hyung IL Bo
- Geicho Hyung Yi Bo
- Sae Gye Hyung IL Bo
- Sae Gye Hyung Yi Bo

Other Requirements:

- Instructors Ranks and Names
- History of Tang Soo Do
- Be Able to Indicate Levels of Gup Training
- 5 to 10 One Step Punches
- Kicks
- Basic Free Sparring



PROMOTION REQUIREMENTS ORANGE BELT WITH TWO WHITE STRIPES

7th Gup Orange Belt Two (2) White Stripe

Required Forms:

- Geicho Hyungs IL & Yi Bo
- Sahm Bo
- Sae Gye Hyungs IL & Yi Bo
- Shay Bo
- Basic Knowledge of Pyung Ahn Cho Dan

Other Requirements:

- History
- Basic Instructing Time Under Supervision
- Be Able to Indicate Levels of Gup Training
- 15 One Step Punches
- Free Sparring
- Belt Structure

PROMOTION REQUIREMENTS PLAIN GREEN BELT

6th Gup Plain Green Belt

Required Forms:

- All Geicho and Sae Gye Hyungs
- Pyung Ahn Cho Dan
- Basic Knowledge of Pyung Yi Dan

Other Requirements:

- History
- Belt Structure
- Definition of All Forms at the Present Stage of Your Training
- Recognize Chain of Command
- 15 or More 1 Step Punches
- Kick & Punch Combinations
- Free Sparring

PROMOTION REQUIREMENTS GREEN BELT WITH ONE WHITE STRIPE

5th Gup Green Belt With One (1) White Stripe

Required Forms:

- All Geicho and Sae Gye Hyungs
- Pyung Ahn Cho Dan
- Pyung Ahn Yi Dan
- Knowledge of Pyung Sahn Dan

Other Requirements:

- History
- Chain of Command
- Instructor Time with White and Orange Belts
- Definition of 5th Gup Forms
- Intermediate Kicks and Punches
- 15 to 20 One Step Punches
- Basic Self Defense
- Free Sparring



PROMOTION REQUIREMENTS GREEN BELT WITH TWO WHITE STRIPE

4th Gup Green Belt With Two (2) White Stripes

Required Forms:

- All Basic and Pyang Ahn Forms
- Pyung Ahn Sah Dan
- Knowledge of Pyang Oe Dan

Other Requirements:

- History
- Chain of Command
- Definition of 4th Gup Forms
- One and Three Step Punches
- Free Sparring
- Basic Self Defense

PROMOTION REQUIREMENTS PLAIN RED BELT

3RD Gup Plain Red Belt

Required Forms:

- All Geicho, Sae Gye and Pyang Ahn Forms
- Pyung Ahn OeDan
- Knowledge of Bassi So, Bong Hyung IL Bo
- Basic Knowledge of Bassai Dae

Other Requirements:

- History
- Chain of Command
- Definition of all Forms
- One Step Kicking
- One and Three Step Punches
- Self Defense
- Free Sparring



PROMOTION REQUIREMENTS RED BELT WITH ONE WHITE STRIPE

2nd Gup Red Belt With One (1) White Stripe

Required Forms:

- All Geicho, Sae Gye, Pyang Ahn, and Bo Forms
- Bassai Dae
- Bong Hyung Yi Bo
- Dagger Form
- Basic Knowledge of Nai Han Chi Cho Dan

Other Requirements:

- History
- Chain of Command
- Definition of all Forms
- One and Three Step Punches
- Self Defense, 1-on-1, and 2-on-1
- Free Sparring

PROMOTION REQUIREMENTS RED BELT WITH TWO WHITE STRIPES

1st Gup Red Belt With Two (2) White Stripes

Required Forms:

- All Forms, Basic to Present
- Bassai Dae
- Nai Han Chi Cho Dan
- Bong Hyung, Yi Bo, and Sahm Bo
- Basic Knowledge of Nai Han Chi Yi Dan

Other Requirements:

- All related materials to this level.
- 30 or More Months of Training



PROMOTION REQUIREMENTS CHO DAN, BLACK BELT ONE WHITE STRIPE

Cho Dan, Black Belt With One (1) White Stripe

Required Forms:

- All Geicho, Sae Gye, Pyang, Bassai, Bo Forms and Nai Han Chi Cho Dan
- Nai Han Chi Yi Dan

Other Requirements:

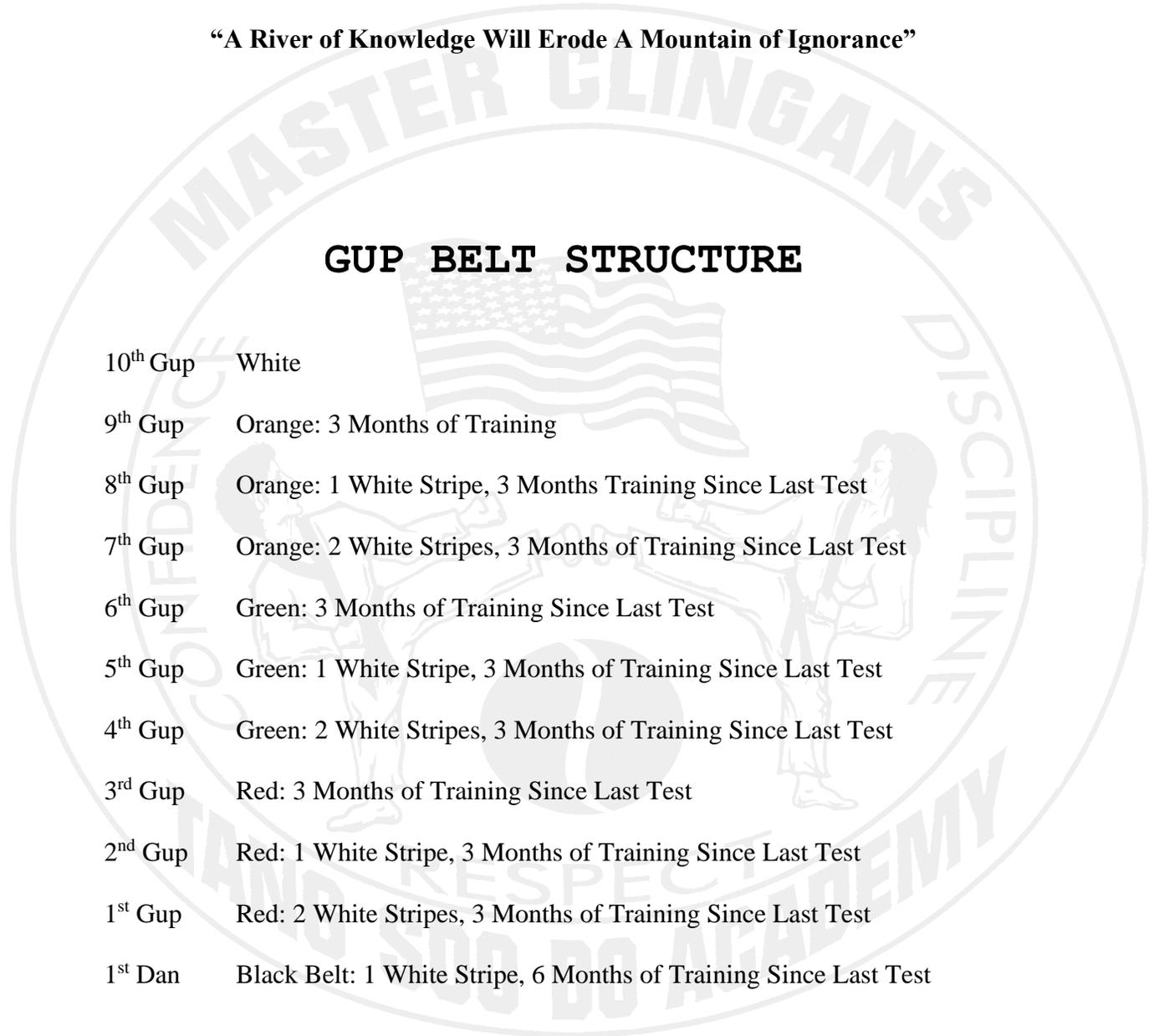
- Be Recommended by at Least Two Senior Belts
- Trained as Cho for a Period of not Less Than 2 years
- Be an Active Instructor
- Know All Other Related Material
- 1 and 3 Step Punches and Kicks
- Self Defense, 1-on-1, and 2-on-1.
- Free Sparring

PROMOTION REQUIREMENTS

All students are reminded that, regardless of the Test Requirements for any test, it will be at the discretion of the Test Board President as to which Forms you will be required to perform.

“A River of Knowledge Will Erode A Mountain of Ignorance”

GUP BELT STRUCTURE



10 th Gup	White
9 th Gup	Orange: 3 Months of Training
8 th Gup	Orange: 1 White Stripe, 3 Months Training Since Last Test
7 th Gup	Orange: 2 White Stripes, 3 Months of Training Since Last Test
6 th Gup	Green: 3 Months of Training Since Last Test
5 th Gup	Green: 1 White Stripe, 3 Months of Training Since Last Test
4 th Gup	Green: 2 White Stripes, 3 Months of Training Since Last Test
3 rd Gup	Red: 3 Months of Training Since Last Test
2 nd Gup	Red: 1 White Stripe, 3 Months of Training Since Last Test
1 st Gup	Red: 2 White Stripes, 3 Months of Training Since Last Test
1 st Dan	Black Belt: 1 White Stripe, 6 Months of Training Since Last Test

BLACK BELT STRUCTURE



Special Classes of Black Belt

The Korean Karate Academy has two types of earned black belts: Junior Black Belt and Senior Black Belt.

- Junior Black Belt will be 17 years old or under and can be awarded the 1st and 2nd Dan ranks. He/she cannot receive any higher degrees. Under 12 years old, 2nd Dan promotion can be considered.

The Korean Karate Academy has three different types of Black Belts:

- Regular (earned) black belt – Must meet all qualifications for Black Belt and be a member in good standing in the Korean Karate Academy. All Black Belts must be certified. Must be re-certified annually.
- Probationary Black Belt – Must be a member in good standing in the Korean Karate Academy and have passed at least 80% percent of the test for a higher degree. Upon completion of the probationary period to improve the weak areas, the Black Belt will receive certification.
- Honorary Black Belt – Need not be a member of the Korean Karate Academy, but one who is honored with the Black Belt membership for his/her contribution to the, studio, or martial arts. Requires approval of the Korean Karate Academy Board of Directors.



TESTING FREQUENCY

There are three types of tests, Master, Dan, and Gup

- Master test will be held twice a year in conjunction with black belt testing, but as special circumstances arise, it may be held more often. Requires approval of Master Board and Board of Directors.
- Dan (Black Belt) testing will be held twice a year, but as special circumstances arise, it may be held more often. Requires approval of the Korean Karate Academy.
- Gup tests will be held during the months of March, June, September, and December. Gup tests will be administered by studio instructor (instructor must be a 1st Dan) and at least two other Black Belts, 1st Dan or higher. Master instructors may run Gup testing by themselves.
- Black Belt tests will be held at the Korean Karate Academy Headquarters, or places specified by the Board of Directors.
- All tests, including Black Belt, must be reported to the Korean Karate Academy Headquarters. Regional/Area Masters are responsible for issuing certificates to all Gup tests. Korean Karate Academy Headquarters is responsible for issuing certificates for all Dan tests.
- If a student fails a test, he/she may re-test at the next make-up test or regular test cycle for their level.

TERMINOLOGY



Instructors	
Name of The Founder	Grandmaster Hwang Kee
Grandmaster	Kwanjangnim (<i>Nim = Term of Respect</i>)
Master	Sahbumnim
Head Instructor	Boo Sahbumnim
Assistant Instructor	Kyosahnim
Senior Dan Holder	Ko Dan Ja
Dan Holder	You Dan Ja

Forms	
Bassai Form	The Snake (<i>Fast, Light, Active</i>)
Nihanci Forms	The Horse (<i>Sideways Step Advance, Harder More Powerful Form, Heavy Movements</i>)
Chi Do Form	The Crane (<i>Advance and Retreat, Very Light Fast Form</i>)
Sip Soo	The Bear (<i>Ten Hands</i>)
Lo Hai Form	The Crane
Kong Sang Koon	The Eagle
Sei Shan	Praying Mantis
Wang Shu Form	Small Bird
Ji On	The Ram
O Sip Sa Bo	The Tiger
Tae Kuk Kwan	Grand Ultimate Fist
So Rim Jang Kwan	Shaolin Long Fist
Chil Sung	Seven Star Forms

TERMINOLOGY

General Commands	
Attention	Charyut
Bow to the Flag	Kuk Gi Bay Ray
Bow to Instructor	Sa Bom Nim Kay Kyung Yet
Thank You	Ko Mup Sum Ne Da
Bow	Kyungye
Ready	Joonbee
Back to Ready	Baro
Sit Down	Ahn Jo
At Ease	Shiuh
Meditation	Muk Yum
Studio/Trainig Hall	Do Jang
Turn Around	Dwi Ro Dorah
Turn to the left	Joaro Dorah
Turn to the right	Wooro Dorah
Degree Holder (Black Belt)	Dan
Color Belt (Grade Holder under Black Belt)	Gup
Gup Holder	You Gup Ja
Beginner	Cho Bo Ja
Student Member	Kwan Won
Uniform	Do Bok
Belt	Dee
Kick	Cha Gi
Focus of power/Yell	Ki Hap
Focus of Eyes	Shi Sun
Balance	Choong Shim
Right	O Rin Jok
Left	Wen Jok
Backwards	Hu Jin
Turn to the Rear	Dwee Ro Tora
Form	Hyung
Sparring	Deh Ryun
Self-Defense	Ho Sin Sul
One Step Sparring	Il Soo Sik Deh Ryun
Three Step Sparring	Sam Soo Sik Deh Ryun
Breaking	Kyuk Pa
Attack	Kong Kyuk
Defense	Mahk Kee
Attention	Cha Ryut
Stop	Goman
Bow	Kyung Yet

Begin	Shi Jok
Return	Ba Ro
Kick	Cah Gi
Meaning of Pyung	Calm, Well Balanced, Peace of mind
Meaning of Ahn	Confident, Safe, Comfortable
Meaning of Moo	Stop War , To End Conflict
Meaning of Duk	Way In Which Conflict Is Dissolved - Negotiation, Agreement, War Etc.
Meaning of Kwan	School, Home, Place of Security, Make All Places Feel Safe
Moo Duk Kwan	Institute of Martial Virtue
Meaning of Tang	Tang Dynasty of China - Time When Martial Arts First Appeared
Meaning of Soo	Open Hand
Meaning of Do	Way
Tang Soo Do	Way of the Knife hand or "Way of the China Hand" or "Way of the Open Hand"
External Power	Physical Force = Weh Jung
Internal Power - Mental Focus	Neh Jung
Spirit, Determination	Shim Jung
End Conflict With One Blow	Gup Pil Sar
Concept of Empty Mind	Moo Shim
Vital point	Kup So

Count/Numbers	
One	Ha Na
Two	Dool
Three	Set
Four	Net
Five	Da Sot
Six	Yo Sot
Seven	Il Gup
Eight	Yo Dol
Nine	A Hop
Ten	Yol
Ku Ryung E Mat Cho So	By The Count
Ku Ryung Up Shi	Without count

TERMINOLOGY

Stances	
Ready Stance	Choon Be
Back Stance	Dwi Goobee
Cat Stance	Buhm Suhgi
Kick Stance	Bal Cha Gi Choon Be
Front Stance	Chul Gul Ja Seh
Horse Riding Stance	Ke Ma Ja Seh
Fighting Stance	Hu Gul Ja Seh
2 Fist Fighting Stance Block	Ssang Soo Hul Gul Mahk Kee

Kicking Techniques (Jok Ji)	
Front Snap Kick	Ap Chagi
Front Push Kick	Ahp Mee Ro Chagi
Side Snap	Kick Yup Chagi
Back Kick	Dwi Chagi
Roundhouse Kick	Dollyu Chagi
Hook Kick	Yup Hu Ri Gi
Outside Crescent Kick	Bakat Hooryu Chagi
Inside Crescent Kick	Bandal Chagi
Jump Front Snap Kick	Yi Dan Ap Chagi
Front Stretching Kick	Ahp Podo Oli Ri Gi
Jump Side Kick	Edan Kong Jung Yup Cha Gi
Side Stretching Kick	Yup Podo Oli Ri Gi
Back Spinning Kick	Dwi Dull Ryo Cha Gi

TERMINOLOGY

Blocking Techniques	
High Block	San Dan Mahki
Outside\Inside Block	Anour Mahki or Phakuro Ahneso Mah Kee
Inside\Outside Block	Bakkour Mahki or Ahneso Phakuro Mah Kee
Low Block	Ha Dan Mahki
Low Chops	Sudo Ha Dan Mahki
Middle Chops	Sudo Jungdan Mahki
High Chops	Sudo San Dan Mahki
Low "X" Block	Sangsu Ha Dan Mahki
High "X" Block	Sangsu San Dan Mahki
Middle "X" Block	Ssang Soo Chul Gun Mahkee
Side Block	Chung Dan Yup Mahki
Low Chop Block	Ha Dan Soo Do Mahki
Middle Chop Block	Chung Dan Soo Do Mahki
High Chop Block	Sang Dan Soo Do Mahk Kee

Hand Techniques (Soo Ji)	
Fore Fist	Chung Kwan
Back Fist	Cap Kwan
Knife Hand	Soo Do
Ridge Hand	Yuk Soo Do
Spear Hand	Kwan Soo
Heel of Palm	Jang Kwan
Middle Punch	Chung Dan Kong Kyuk
High Punch	Sang Dan Kong Kyuk
Side Punch	Weng Jin Kong Kyuk
One Finger Punch	Kwan Soo Kong Kyuk
Reverse Punch Fighting Stance	Yuk Jin Kong Kyuk
Horse Stance, Middle Punch	Kima Jase Pal Pot Ki
Moving Middle Punch	Jund Dan Jii Jiruki
Moving High Punch	San Dan Jii Jiruki

ACKNOWLEDGMENT

The information contained in this manual, the time spent in research and writing of this manual, including times of intense discussion is a cumulative effort of the members of the Board of Directors.

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