

***Pierson's Boro Martial Arts Centers***

# **Junior Manual**

**American Tang Soo Do**



**Boro Martial Arts**

**Name:** \_\_\_\_\_

# The Circle of Growth to Black Belt & Advanced Ranks



Grade	Ranks	Educational system	Black Belt Excellence
1.	<b>Introductory Course</b>	Pre-school	/ First step A punch is just a punch.
2.	<b>White &amp; Yellow Belt</b>		
3.	<b>Purple Belt</b>	Elementary School	/ Beginners Learning begins
4.	<b>Orange Belt</b>		A punch is no longer a punch
5.	<b>1<sup>st</sup> Blue Belt</b>		
6.	<b>2<sup>nd</sup> Blue Belt</b>	Jr. High School /	Intermediate Learning continues
7.	<b>1<sup>st</sup> Green Belt</b>		A punch is no longer a punch
8.	<b>2<sup>nd</sup> Green Belt</b>		
9.	<b>3<sup>rd</sup> Green Belt</b>		
10.	<b>1<sup>st</sup> Red Belt</b>	High School S.A.T.	/ Advanced Studying begins
11.	<b>2<sup>nd</sup> Red Belt</b>		A punch is more than a punch
12.	<b>3<sup>rd</sup> Red Belt</b>		
1.	<b>1st Degree Black Belt</b>	First year in college	/ <b>Education begins</b>
2.	<b>2nd Degree Black Belt</b>		
3.	<b>3rd Degree Black Belt</b>	Associates of Arts	/ Education continues
4.	<b>4th Degree Black Belt</b>	Bachelor of Science	/ Education continues A punch is just a punch
5.	<b>5th Degree Black Belt</b>	Masters	/ Education continues / Simplicity begins
6.	<b>6th Degree Black belt</b>	PH.D.	/ Education continues / Life goes on

# THE HISTORY OF TANG SOO DO

Tang Soo Do Moo is one of the most popular of Korean martial arts. Hundreds of thousands of martial artists practice the art around the world. The following is a brief history of Tang Soo Do.

## Grand Master Hwang Kee

The martial art of Tang Soo Do is 50 years old. It began when Grand Master Hwang Kee began teaching it in Seoul, Korea in the fall of 1945. He mastered Soo Bahk Do and Tae Kyun by the age of 22. In 1936, Master Kee traveled to northern China where he encountered a Chinese variation of martial artistry called the Tang Method. He studied the Tang Method of Kung Fu from 1936-1945 and combined it with Soo Bahk Do to develop what he would call Tang Soo Do. Grand Master Hwang Kee has been the driving force behind the spread of Tang Soo Do throughout the world. He continues to head up the Tang Soo Do Moo Duk Kwan Federation from his headquarters in Seoul, Korea.

Soo Bahk Do was first developed during the Silla Dynasty (818-935 A.D.), but flowered during the Koryo Dynasty (935-1392 A.D.) Tang Soo Do derives its hardness from Soo Bahk Do and its softness from northern Chinese Kung Fu. Grand Master Kee said his art is 60% Soo Bahk Do, 30% northern Chinese Kung Fu and 10% southern Chinese Kung Fu.

Tang Soo Do Moo Duk Kwan means "a brotherhood and school of stopping inner and outer conflict and developing virtue according to the way of the worthy hand." Some have shortened the definition to "Art of the knife hand." Here is what Grand Master Kee said about his art: "It is not a sport. Though it is not essentially competitive, it has great combat applications. It is a classical martial art, and its purpose is to develop every aspect of the self, in order to create a mature personality who totally integrates his intellect, body, emotions, and spirit. This total integration helps to create a person who is free from inner conflict and who can deal with the outside world in a mature, intelligent, forthright, and virtuous manner."

## Tang Soo Do Code of Conduct

1. Tang Soo Do is a classical martial art and not a sport. It is not a game to be played solely for the sake of winning, but rather a physical and intellectual activity designed to foster physical, mental, and spiritual health.
2. As a classical martial art, Tang Soo Do aims to develop and express the individual's true self, not the false aggrandizement.
3. As its major focus is on interior development, competition by groups or individuals is of minor usefulness in realizing individual potential.
4. Every practitioner of Tang Soo Do must do his utmost to retain the purity of this art and not debase it in any way.

5. Man is at his best in helping others: at his worst in bettering others.
6. Every member shall: seek truth; work at developing his highest moral character; strive for humility; love his country; sacrifice himself for justice; contribute, by example, to the acceptance of Tang Soo Do as the most genuine of the martial arts; develop his endurance; and value confidence and peace of mind.
7. Set an example. Members shall conduct themselves at all times as an example of what a proper martial artist should be. The very fact that you study Tang Soo Do makes you an example of the State of the Art. It is a responsibility members shall bear seriously and proudly.

### **Tang Soo Do Philosophy and Principles**

1. Responsibility
2. Sincerity
3. Justice

### **Ten Creeds of Tang Soo Do**

1. Be loyal to your country.
2. Be obedient to your parents.
3. Be loving to one's husband or wife.
4. Be cooperative with your brothers.
5. Be respectful to your elders.
6. Be faithful to your teacher.
7. Be faithful to friends.
8. Kill only in justice and with honor.
9. Never retreat in battle.
10. Always finish what you start.

### **Eleven Points of Emphasis on Mental Training**

1. Respect for nature
2. Physical concentration
3. Courtesy
4. Modesty
5. Thankfulness
6. Self-sacrifice
7. Render courage
8. Chastity
9. Be strong inside and mild outside
10. Endurance
11. Reading ability

### **Ten Points of Emphasis for Physical Development**

1. Vocal exhalation, for thoracic strength
2. Focus of sight
3. Continuous balance during movements
4. Flexibility of the body
5. Correct muscle tone for maximum power
6. High and low speed techniques
7. Exactness of techniques
8. Adjustment for proper distance
9. Proper breathing for endurance
10. Conditioning of hands and feet

### **Three Requisites on Mental Training**

1. Complete awareness of environment

2. Experience
3. Conscience

### **Matters That Demand Special Attention While Training In Tang Soo Do**

1. Purpose of training should be enhancement of the mental and physical self.
2. Sincerity is necessary.
3. Effort is necessary.
4. Consistent schedule during practice.
5. Do your best when training. Train in the basic spirit of Tang Soo Do.,
7. Regularly spaced practice sessions.
8. Obey without objection the word of instructors or seniors; look and learn,
9. Don't be overly ambitious.
10. Pay attention to every aspect of your training.
11. Get instruction step by step in new forms and techniques.
12. Try to overcome feelings of idleness.
13. Cleanliness is desired when practice is finished.

### **Key Concepts in Tang Soo Do**

Young Gi — Courage

Chung Shin Tong — Concentration

In Neh — Endurance

Chung Jik — Honesty

Kyum Son — Humility

Him Cho Chung — Control of power

Shin Chook — Tension and relaxation

Wan Gup — Speed control

# Junior Yellow Belt Curriculum



## Red Stripe \_\_\_\_

### Things to know:

1. How to tie your Belt - refer to “how to tie your belt” page for Help
2. The name of your martial art – **American Tang Soo Do**
3. The meaning of Karate – **“Empty Hand”**
4. 6 words: Courtesy, Integrity, Self-Control, Perseverance, Indomitable Spirit, Modesty
5. Your Phone Number & Address
6. Meaning of “Respect.” How do I show respect in the school and to others?
7. You should never misuse your martial arts. Do not use you martial arts on family, friends, or to be a “bully” to another. Martial Arts are “balanced” and built from a foundation of “respect” for yourself and others.
8. The 2 proper uses of martial arts: a) Training b) Self-Defense

### **Yellow Belt Concept: Respect | The First Lesson of the Martial Arts**

*“Through Martial Arts it is hoped that you will become Skillful, Powerful, and Secure enough to be Gentle, Considerate and Peaceful....” ~ HKI Grandmaster Jack Hogan (10<sup>th</sup> degree)*

### Stances:

- Front Stance    ● Back Stance    ● Horse Stance    ● Fighting Stance
- 6 Basic Positions:

1. Ready (Choon Bee)
2. Attention (Cha Rutt)
3. Bow (Kyung Yet)
4. Fighting Stance
5. Listen Stance
6. Defense Stance

### Strikes:

#### Concepts:

- How to make a fist    ● Fist Positioning for Punches: a. Horizontal    b. 3/4 Punch    c. Vertical
- Strike with two larger knuckles    ● The importance of using your “Pulling Hand”

### ***Punches:***

- Jab ● Reverse Punch ● Back Knuckle (linear, full swing) ● 1-2 Jab Punch Combo
- Single, Double, & Triple punches in Horse Stance (emphasis: Pulling Hand)

### **Blocks: Learn 5 Basic Blocks**

- Inside Defense ● Outside Defense ● High Defense ● Knife Hand Defense ● Low Defense

### **Junior Yellow Form:**

- **Appreciation Form (Count 1 - 12 Sir)** Teaches Blocking Hand; specifically, “how to fold & block.” \*See Appreciation Form page for details. Who should we appreciate?

## **White Stripe —**

### **Kicking:**

- **Scoop Kicks** [from neutral stance, standing from fighting stance w/rear leg, slide-up]
- **Front Kicks** [standing, stepping, slide-up] *striking surface: ball of foot*
- **Round Kicks** [standing, spinning, slide-up] *striking surface: top of foot, shin, or ball of foot*
- **Back Kicks** [Stepping, “pivot - step - kick”] *striking surface: heel of foot*

### **Self Defense:**

- **“Happy Place”** - Position & Drills 1-3 w/combatives
- **3- Knees** (Knee, Round Knee, Thai Knee)
- **Hammer Fist** (Forward, Downward, Side w/Turn)
- **Palm Strike**
- **#1 Rt Elbow**
- **Chase and Hit**



## **Grabs:**

- **Wrist Releases** [same side, cross grab, 2 hands high, 2 hands low, 2 hands on 1]
- **Front Choke Defenses** (2 handed Pluck, Single handed Pluck, Shelling Defense)

## **Ground:**

### **Rolls & Falling**

- Front Roll
- Back Rolls
- Side Fall

## **Blue Stripe —**

- Final review by Instructor & Sign off of manual
- Testing Request Form completely filled out & turned in
- Testing Fee of \$40 turned in

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**APPRECIATION FORM: Count 1 Sir – 12 Sir (teaches folds & basic blocks/strikes)**



**1 Sir**



**2 sir**



**3 sir**



**4 sir**



**5 sir**



**6 sir**



**7 sir**



**8 sir**



**9 sir**



**10 sir**



**11 sir**



**12 sir**

## Appreciation Form:

Choon Bee,

1. Cap Fist
2. Fold for inside block,
3. Inside block,
4. Fold for outside block,
5. Outside block,
6. Fold for high block,
7. High block,
8. Fold for knife hand block,
9. Knife hand block,
10. Fold for low block,
11. Low block,
12. Cap Fist

Choon Bee. (done to count of 1 sir to 12 sir)

### The Tenants of Tang Soo Do (Our 6 Words):

- **Courtesy** - Treat people with kindness and respect.
- **Integrity** - Honesty
- **Perseverance** - Goal setting (always trying your best)
- **Self-Control** - controlling your thoughts, emotions, and actions
- **Indomitable Spirit** - you never give up
- **Modesty** - Having on enough clothes & not creating problems with bad behavior

## **Student Oath:**

I shall **observe** the tenants of Tang Soo Do.

I shall **respect** instructors and seniors.

I shall **never misuse** Tang Soo Do.

I will be a **champion** of freedom and justice.

I will build a more **peaceful** world.

## **Student Creed**

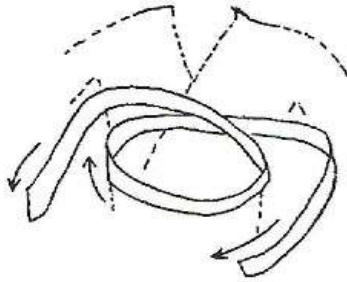
- (1) To build true **confidence** through **knowledge** in the mind, **honesty** in the heart, and **strength** in the body.
- (2) To keep **friendship** with one another, and to build a strong and happy **community**.
- (3) Never fight to achieve selfish ends, but to develop **might** for **right**.

Boro Martial Arts

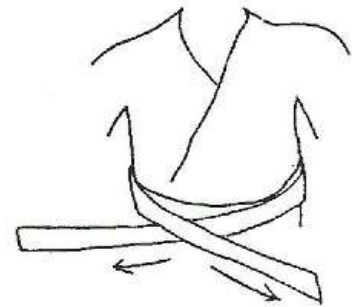
# How to Tie Your Belt



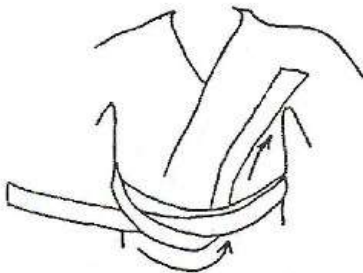
Step 1. Fold belt so its ends are even. This will allow you to locate the center of the belt.



Step 2. Place the center of the belt one inch below the navel. If you have stripes they should start on your left side. Wrap the belt around you body, crossing the right side over the left on your back. Your stripes should now be on your right side. Now, check to make sure the belt ends are even.



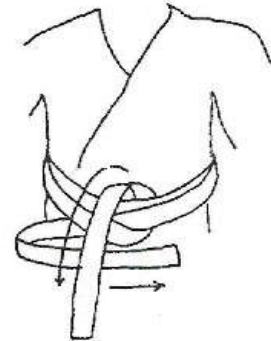
Step 3. Take the belt end on your left side and align it with the belt below your navel. Take the right belt end and cross it over the other belt section. Your stripes will now be on your left side.



Step 4. Slide the left end (striped) of the belt under and behind all of the belt loops. The striped end will now be in front of your patch.



Step 5. Bring the right end of the belt around toward the left side to form a U.



Step 6. Bring the end of the belt that is by your patch (striped end), down and over the front of the U formed in step 5.



Step 7. Loop the striped end under and through the U to form the knot.



Step 8. Pull the two ends out in opposite directions to tighten the knot. The stripes should be on your right side.



Step 9. Check to see that the Belt ends are even and hang neatly.

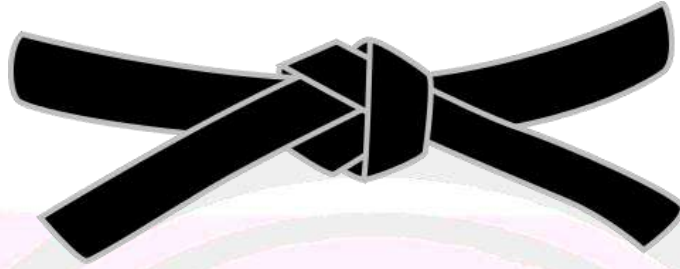


# Information & Terms

<b>Chief BMA Masters:</b>	Mr. Clay Pierson & Mrs. Debra Pierson
<b>Other BMA Masters:</b>	Mr. Daniel Pierson, Mr. Clate Peed, Mr. Humphries
<b>Honesty:</b>	Telling the truth at all times
<b>Strength:</b>	Keeping your body healthy and strong by eating good, resting and exercise
<b>Knowledge:</b>	Feeding your mind by going to school, and reading good books, or learning wisdom from the Bible
<b>Friendship:</b>	Being loving and truthful to friends
<b>Community:</b>	People who live around us, our neighborhood
<b>Might for right:</b>	Believing in the truth, and being a force for righteousness, not a bully
<b>Appropriate uniform:</b>	Uniform with the School patch or logo on the left side with flags on shoulders under seams
<b>Giving and receiving manner:</b>	Always give and receive with both hands while showing respect and appreciation; used in weapons presentation
<b>Presentation at the exam:</b>	Walk up to the exam table with confidence & introduce yourself properly, then hand judges your exam sheets
<b>Proper introduction:</b>	Make eye contact, say your name and make appropriate physical contact (shake hand, high five, etc.). Always repeat their name back and say: "It's a pleasure to meet you Sir."



# Junior Yellow Belt



## Testing Request Form

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Requested Belt Size \_\_\_\_\_

Testing fee: \$40      Paid: Y   N      Cash    Check# \_\_\_\_\_    CC

### Testing Checklist:

- ☐ I have completed my stripes and had my manual signed off by an instructor.
- ☐ I have set my goal to become a Purple Belt.
- ☐ I am showing respect to others, and not misusing my martial arts, or bullying others.
- ☐ I have flags for my uniform. (If no, they can be purchased at the school)
- ☐ My teacher has also approved me for Yellow Belt testing. (Optional)

Teacher's Signature \_\_\_\_\_

- |   |   |   |
|---|---|---|
| • I would like to meet with an instructor.  | Y | N |
| • I would like to schedule private lessons.   | Y | N |
| • I would like to bring a friend(s) to class and give them a "Free Week" of Karate. | Y | N |
| • I am interested having a Karate Birthday and would like more information.         | Y | N |
| • I would like to learn more about the "family Plan discounts."                     | Y | N |

# Junior Purple Belt Curriculum



## Red Stripe \_\_\_\_

### Things to Know:

1. Purple Belt means “new growth which appears in spring.” Techniques begin to take form.
2. “*Punctuality*”- Being where your supposed to be when you’re supposed to be there. (5 minutes early is on time)
3. The meaning of “Tang Soo Do” – “Art of the Knife Hand,” or “Way of the Chinese Hand;” deeper meaning is “the ceasing of inner and outer conflict.”
4. What country does Tang Soo Do come from? Answer: Originally Korea. Today we practice “American Tang Soo Do” which came to us through Chuck Norris & Pat Johnson, was passed down to Dennis Ichikawa, then to Mark Cox, who taught Mr. & Mrs. Pierson.
5. You can spar at purple belt, but it is not a requirement until orange belt. Sparring happens in Black Belt Club class and in Fight Class. All Sparring Gear must be school approved and therefore obtained through the school. Sparring is extremely fun; sparring guidelines are included for you become familiar with under this purple belt section.

### **Purple Belt Concept – “Goal Setting” | Winners Set Goals and Do Them**

- Example: Set a “goal” to achieve your Purple Belt 2 months after you receive your Yellow Belt. Then take steps, train and do it. Overcome obstacles along the way.
- Question: Have you set a goal to one day become a Black Belt? You can do it if you set the goal in your heart and take small steps to achieve it.
- Exercise: Set a goal and do it. “Better *is* the end of a thing than the beginning thereof.” Ecclesiastes 7:8a



## Stances:

- Front Stance
- Back Stance
- Horse Stance
- Fighting Stance
- 6 basic positions

## Strikes:

- Center Punch
- Jab Punch
- Reverse Punch
- Bottom Fist
- Horizontal Elbow
- Back Knuckle
- Single, Double, Triple punches
- 1-2 Punch Combo
- High, Center, Low, & Reverse Punches progressing in front stances

## Blocks:

- All Basic Blocks [inside, outside, high, low, knife hand] progressing in front stances

## Forms:

- Giecho Hyung Il Bu | Basic Form # 1

## White Stripe \_\_\_\_

## Kicks:

- Scoop Kicks (From: Neutral Stance, Fighting Stance, w/slide-up)
- Front Kicks (standing, slide up, stepping)
- Round Kicks (standing, spinning, slide up)
- Side Kicks (standing, spinning, slide-up & introduce step behind)
- Back Kicks (standing [mule kick], stepping [front leg], turning [rear leg])
- Knees (Basic, Round, Thai)

*TSD Kicking Rule: All “standing” kicks in American Tang Soo Do are done with the FRONT leg with the exception of “front” kick which is done with the rear leg.*

## Self Defense:

**One-Step Punching: 1-4** (All attacks with right stepping high punch in front stance)\*

*\*See detail page under Purple Belt Curriculum*

## Grabs

- Side Headlock
- Rear Bear Hug
- Front Lapel Grab

## Concepts

- All Scoop Kicks
- Chase and Kick
- Outside Leg Kicks - round.
- Foot Stomping
- Freight Train Punches | Drive and Hit (variation #1 Elbow)

## Ground:

**New: Getting up from the Ground**

**Review: Rolls & Falling**

- Back Fall
- Side Fall
- Forward Fall
- Forward Roll

## Blue Stripe

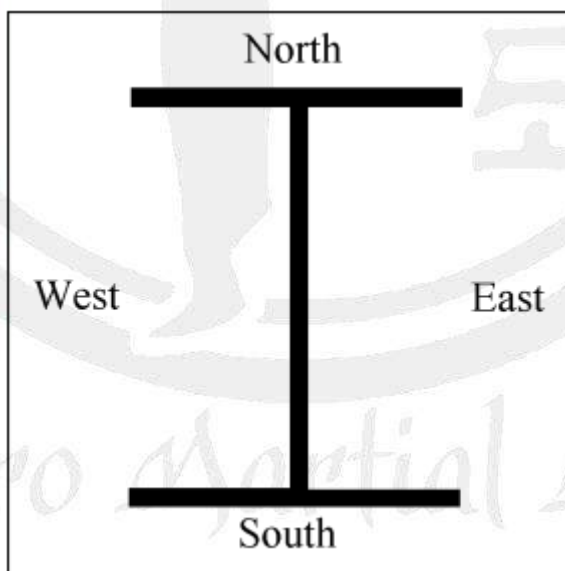
- Final review & manual signed off
- Testing request filled out & turned in
- Testing Fee \$40 turned in

# GIECHO HYUNG IL BU

## BASIC FORM NUMBER ONE

(Adults and Juniors)

1. Quarter turn left, low defense, stepping center punch.
2. Half turn right, low defense, stepping center punch.
3. Quarter turn left, low defense, three stepping center punches...KIAI.
4. Three-quarter turn left, low defense, stepping center punch.
5. Half turn right, low defense, stepping center punch.
6. Quarter turn left, low defense, three stepping center punches...KIAI.
7. Three-quarter turn left, low defense, stepping center punch.
8. Half turn right, low defense, stepping center punch.
9. Wait for Instructor's command, "Paro," step back with left leg to ready position.



## **PURPLE BELT**

### **1-STEP PUNCHING TECHNIQUES**

**Note:** All four one step punching techniques begin with defender standing in fighting stance. Defender folds for their block BEFORE the signal kiap.

- 1. Left leg forward in Fighting Stance.** Block the punch with a left inside defense while shifting into back stance, follow with right reverse punch to solar plexus while shifting into front stance and kiap.
- 2. Left leg forward in Fighting Stance.** Standing left side kick, Right turning back kick and kiap.
- 3. Left leg forward in Fighting Stance.** Step to left as right hand knife hand defense, Right round kick and kiap.
- 4. Right leg forward in Fighting Stance.** Block-check-counter with hammer fist to the head and kiap

Boro Martial Arts

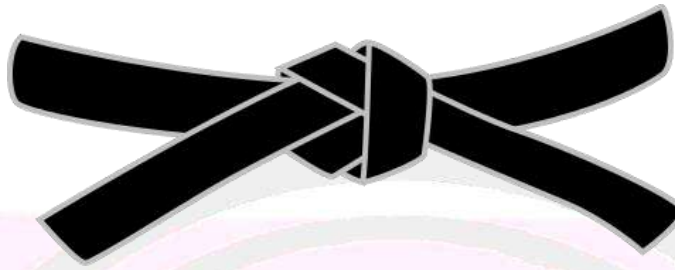
# Sparring Rules & Guidelines

It is up to each individual to maintain **self-control** and follow these guidelines, to minimize the risk of injury to our students and to maximize the benefits from free fighting.

**Anyone disregarding these rules will be suspended from free fighting privileges.**

1. All students and instructors must wear safety equipment when free fighting. This includes: a headgear, mouthpiece, shin guards and safety equipment on both hands and feet. Groin protectors and mouth pieces are mandatory for both men and women. (equipment must be approved by the center)
2. Equipment with excessive tape or hand gear that does not provide protection past the wrist will not be permitted and must be replaced prior to any free fighting class, for safety precautionary reasons.
3. Junior students should practice attacking senior students. Senior students should practice a block, and counter with “light touch contact,” working on their control.
4. Do not free fight during an on-going class unless you have the Instructor’s permission.
5. No excess contact will be permitted at all.
6. Always stop fighting immediately when told to “break.”
7. All Purple Belts and Orange Belts are required to free fight under the direct supervision of a Black Belt instructor.
8. Students will be allowed to begin group fighting at the rank of Purple Belt.
9. No head contact for students below Blue Belt.
10. No free fighting will be allowed without the supervision of an instructor.

# Junior Purple Belt



## Testing Request Form

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Requested Belt Size \_\_\_\_\_

Testing fee: \$40      Paid: Y N      Cash      Check# \_\_\_\_\_      CC

### Testing Checklist:

- ☐ I have completed my stripes and had my manual signed off by an instructor.
- ☐ I have set my goal to become an Orange Belt.
- ☐ I am showing respect to others, and not misusing my martial arts, or bullying others.
- ☐ My teacher has approved of me for Purple Belt testing. (Optional)

Teacher's Signature \_\_\_\_\_

- I would like to meet with an instructor or staff Member. Y N
- I would like to schedule private lessons. Y N
- I am interested in knowing more about the Black Belt Club. Y N
- I would like to purchase my gear and weapons package at this time. Y N
- I would like to purchase a school gear bag at this time. Y N



# Junior Orange Belt Curriculum



## Red Stripe \_\_\_\_

### Things to Know:

1. Orange Belt means “Energy and brightness, as from the sun, and maturation.”
2. “Loyalty” is an important character trait expected in the martial arts of serious students and practitioners. Loyalty can be understood and practiced by us being faithful in honoring and protecting our family members (especially parents), instructors, and friends at all times and in all situations. *“To whom much is given, much is required.”* This includes our martial arts family. *“To whom men commit much, they expect the more.”* Blind loyalty is not meant here, loyalty stops at following others into “sin,” inappropriate, or especially illegal behavior.
3. **You are now eligible to Join our Black Belt Club** if you have learned to be respectful to parents, and are ready to set a goal to become a 1<sup>st</sup> degree Black Belt in your heart! We believe in goal setting! That means we set the goal and then take the steps to do it. See our Black Belt club page under Orange Belt to learn more.

### **Orange Belt Concept: Emotional Bank Account | “Building Friendships”**

The Emotional Bank Account can be summed up as a means of weighing our interactions with others and specifically how I am impacting others and my potential “friendships.”

A deposit is a kindness or positive interaction/action that builds my friendships. A withdrawal is a negative behavior that hurts a relationship or weakens it. We build our emotional bank accounts with deposits. We can tear down friendships with withdrawals or bad behavior toward others. If we make more deposits than withdrawals, we will have healthier relationships building our emotional bank account with that person, and avoid a bankruptcy that may cause a self-defense situation. Seeking to have healthier relationships is “Black Belt thinking;” as friends are also many times the source of our help, resources, and opportunities in life.

- “A **friend** loveth at all times....” Prov. 17:17
- “A man *that hath* friends must shew himself friendly:” Proverbs 18:24a

## Stances & Footwork:

All Previous

- Advancing
- Slide Up
- Step Through (fighting Stances)
- Step through Lunge
- 4 Count Boxer Footwork

## Strikes:

- Front Hook
- Rear Hook
- Stepping Side Punch
- Ridge Hand
- Chops
- Turning Bottom Fist
- Hammer Fist
- Palm Strike

## Boxing Based Hand Combinations:

- #1- Left Jab, Right Punch
- #2 - L. Jab, R. Punch, Left Hook
- #3 – L. Jab, R. Punch, L. Hook, R. Straight Punch
- #3 Variation – L. Jab, R. Punch, L. Hook, R. Horizontal Elbow

## Blocks:

- Progressing with all previous Blocks
- Reinforced Inside Block
- Reinforced Outside Block
- Arm Stop
- Reinforced Low Block
- Reinforced High Block
- Purple Belt Hand Combination
- Inside defenses
- Parry Blocks

## Forms:

- All Previous Forms (Appreciation Form, Basic Form #1)
- **Geicho Hyung Il Bu Sahm Gup** | Basic Form #1 advanced (added by Chuck Norris)
- **Geicho Hyung Yi Bu** | Basic Form #2



## White Stripe \_\_\_\_

### Kicks:

- All Previous Basic Kicks - Review
- Concept: Powering off the ground (Front Scoop Kick, Running Scoop Kick)
- Jump Kicks (**Jump Front Kick 1 & 2; Jump Spinning Round; Flying Side Kick**)
- Crescent Kicks (**Stepping Inside, Stepping Outside, Slide Up Outside**)
- Mandatory Kicking Combo @ **Orange** (Spinning Side, into Turning Back Kick; **Step behind Hook Kick, Stepping Outside Crescent Kick**)
- Kicking Combo #1 (Stepping Front Kick, Step behind Side Kick, Step in front Round Kick)
- Kicking Combo #2 (Step **Inside Crescent Kick**, Step behind **Hook Kick, Turning Back Kick**)

### Self Defense Techniques:

**One-Step Punching: 1-4** (All attacks with right stepping high punch in front stance)\*

*\*See detail page under Orange Belt Curriculum, add orange level techniques*

### Grabs

- All Defenses Front
  1. Front Hair Grab
  2. Front Choke
  3. Front Choke w/Push
  4. 2 Hand Lapel Grab
  5. Bear Hug Arms Free w/Space
  6. Bear Hug, Arms Caught w/ Space
  7. Front Headlock or Guillotine Choke
- All Defenses Side
  1. Side Headlock
  2. Side Hair Grab
  3. Side Choke Defense

- Arm Bars 1 & 2 (in front stance)
- Elbows 1-7 (Horizontal 1-3, Vertical 4-7)
- Hook Punches (Front, Rear)
- All Falls (Forward, Side, Rear, Front)
- Intro to Loading

### **Ground:**

- Kicking from the ground
- Kicking off from the guard

### **Blue Stripe \_\_\_\_**

- Final review & manual sign off
- Testing request filled out & turned in
- Testing Fee \$40

Boro Martial Arts

# What is the Black Belt Club?



**“Our BBC is the next step of you setting your Goal to become a Black Belt!”**

*Only 1 out of 100 who train in martial arts ever earn a Black Belt ... Take the first step on your path to become a 1<sup>st</sup> Degree Black Belt today. Set your goal and join our BBC today!*

**What are the differences between the BBC & our basic entry program?**

**Some of the BBC Benefits:**

- Our Sparring Gear and Weapons Package is discounted at enrollment for new BBC members!
- Your Black Belt is presented and placed on our Black Belt Wall to cement your Goal!
- You receive a Red BBC Uniform to identify you as a BBC member!
- Train in “Unlimited Classes!” instead of 2 - 3 weekly.
- BBC members will receive true martial arts application training with additional commitment!
- Special “Black Belt Club” Sparring and Weapons class for members!
- Our Upgrade Program for all Serious Karate Students!
- Only BBC members can try out to join our Demo Team!
- 10% discount on some retail and many special events!
- BBC members take our Modern Arnis Stick class at no additional cost! Normally \$20 mo
- Fight Club Phase Training is included in BBC no additional charge! Normally \$300...
- Advanced Self-Defense including weapons disarms are only taught to BBC members!
- We train our leaders and all our instructors from our BBC and Masters Club members!
- Ask how you can save big \$\$ on our upgrade BBC program! Huge savings available!
- Fact: BBC is the “inner core” of our school for all serious karate students.

**Want to know more? Schedule a BBC meeting with Master Clay Pierson @ (912) 690-5425.**

**BORO MARTIAL ARTS CENTERS | AMERICAN TANG SOO DO**

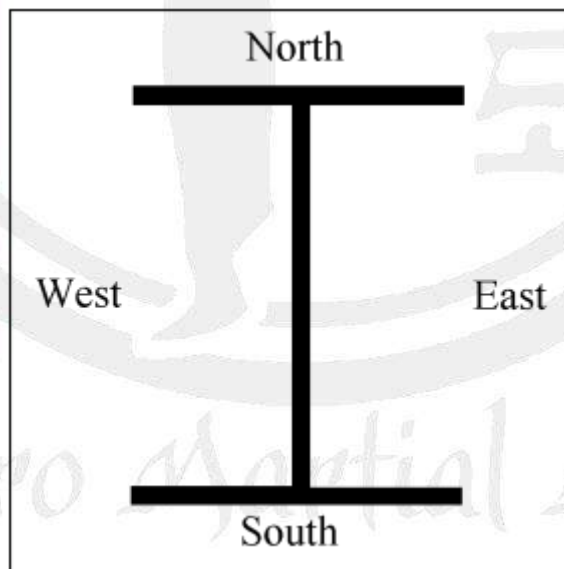
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# GIECHO HYUNG IL BU SAHM GUP

## BASIC FORM NUMBER ONE ADVANCED

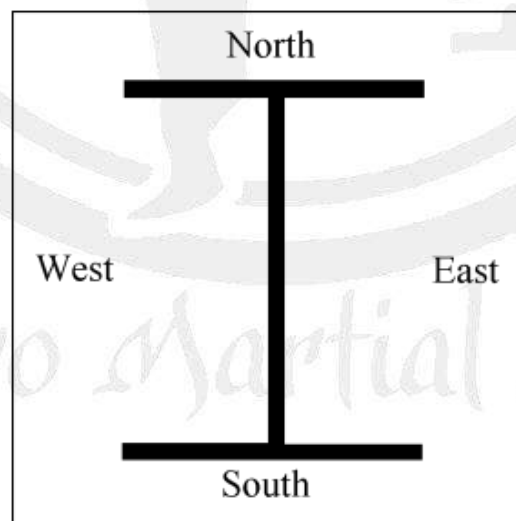
1. Quarter turn left, low defense, stepping front kick, center punch.
2. Half turn right, low defense, stepping front kick, center punch.
3. Quarter turn left, low defense, three stepping front kicks and center punches...KIAI.
4. Three-quarter turn left, low defense, stepping front kick, center punch.
5. Half turn right, low defense, stepping front kick, center punch.
6. Quarter turn left, low defense, three stepping front kicks and center punches...KIAI.
7. Three-quarter turn left, low defense, stepping front kick, center punch.
8. Half turn right, low defense, stepping front kick, center punch.
9. Wait for Instructor's command, "Paro", step back with left leg to ready position.



# GIECHO HYUNG YI BU

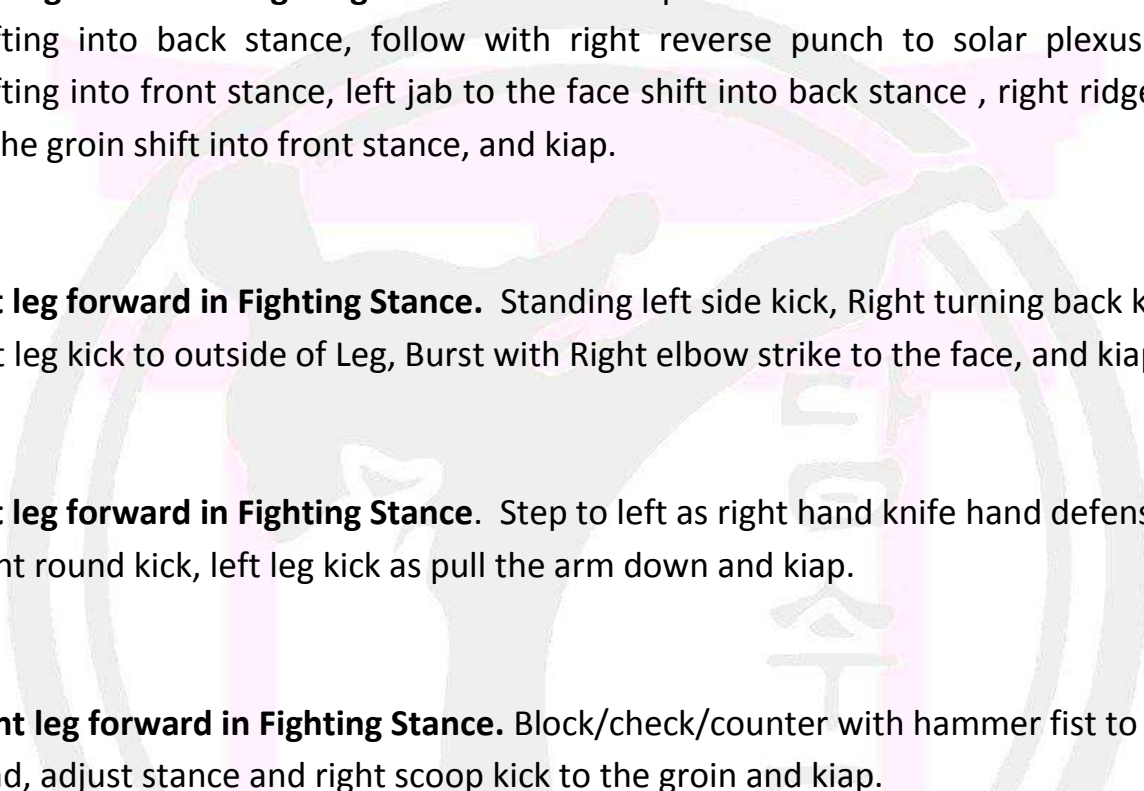
## BASIC FORM NUMBER TWO

1. Choon Bee position.
2. Quarter turn left, low defense, stepping high punch.
3. Half turn right, low defense, stepping high punch.
4. Quarter turn left, low defense, stepping inside defense.
5. Stepping high defense, stepping outside defense, KIAI.
6. Three-quarter turn left, low defense, stepping high punch.
7. Half turn right, low defense, stepping high punch.
8. Quarter turn left, low defense, stepping inside defense.
9. Stepping high defense, stepping outside defense, KIAI.
10. Three-quarter turn left, low defense, stepping high punch.
11. Half turn right, low defense, stepping high punch.
12. Step back to original ready position with left leg.



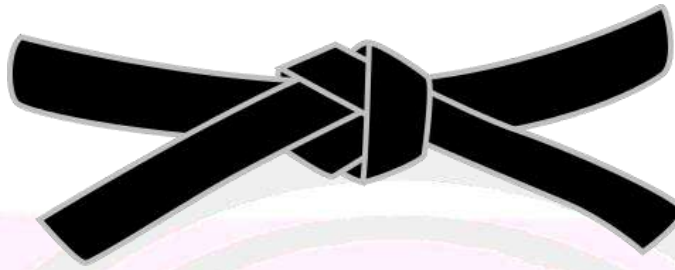
## **ORANGE BELT**

### **ONE STEP PUNCHING TECHNIQUES**

- 
- 1. Left leg forward in Fighting Stance.** Block the punch with a left inside defense while shifting into back stance, follow with right reverse punch to solar plexus while shifting into front stance, left jab to the face shift into back stance , right ridge hand to the groin shift into front stance, and kiap.
  - 2. Left leg forward in Fighting Stance.** Standing left side kick, Right turning back kick. Left leg kick to outside of Leg, Burst with Right elbow strike to the face, and kiap.
  - 3. Left leg forward in Fighting Stance.** Step to left as right hand knife hand defense, Right round kick, left leg kick as pull the arm down and kiap.
  - 4. Right leg forward in Fighting Stance.** Block/check/counter with hammer fist to the head, adjust stance and right scoop kick to the groin and kiap.



# Junior Orange Belt



## Testing Request Form

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Requested Belt Size \_\_\_\_\_

Testing fee: \$40      Paid: Y N      Cash      Check# \_\_\_\_\_      CC

### **Testing Checklist:**

- ☐ I have completed my stripes and had my manual signed off by an instructor.
- ☐ I understand that I need to meet with an instructor to get more information about sparring for 8<sup>th</sup> Blue Belt requirements after Belt testing.
- ☐ I have already set my goal to become a Blue Belt.
- ☐ I am showing respect to others, and not misusing my martial arts, or bullying others.
- ☐ My teacher has also approved me for Orange Belt testing. (Optional)

Teacher's Signature \_\_\_\_\_

- I would like to purchase my gear bag. Y N
- I would like to purchase my gear & weapons package at this time. Y N
- I would like to schedule a meeting to discuss joining the Black Belt Club. Y N
- I would like to know more about having my Birthday Party in the School. Y N

# Junior 8<sup>th</sup> Gup Blue Belt Curriculum



## Red Stripe \_\_\_\_

### Things to Know:

1. “Blue Belt Ranks Represent the sky, continued upward attainment. The stage where one continues to stabilize both mentally and physically.” Hands and Feet should begin to work together in the Blue Belt ranks.
2. Stances should become consistent in the Blue Belt ranks as well.
3. Upon Becoming a Blue Belt, you will have traveled 1/3 of the way toward your Black Belt Goal.
4. You should be thinking about setting your Black Belt Goal at this point if you have not already done so; Blue Belt is also the point where a student also needs to begin to expand his martial arts diet to include the specialty classes offered in our Black Belt club.
5. We are also looking for you to understand the basics of Self-Defense during Blue Belt.
6. **Sparring is now an additional requirement for rank progression.** Sparring begins during the Orange Belt phase and is required for 8<sup>th</sup> Gup Blue Belt testing, and each rank hereafter. At 8<sup>th</sup> Blue Belt, you will need 3 sparring classes to be eligible to test. Each sparring class must be instructor signed off under the blue stripe spaces in you manual. Every student will need his/her own set of “school approved sparring gear” (please purchase through the school). Please use and order gear with our gear sheet is included in under the 8th Gup Blue Belt section in this manual. What counts as a sparring class? Answer: Sparring or Fight Class, Fight Club Phase training classes, any BBC class in which sparring or ground grappling happens, Mat Rats classes, any class in which sparring or grappling occurs, a private lesson in which you spar or grapple also counts. Bully Buster Self-Defense class doesn’t count as a sparring class.
7. Any Orange Belt cannot make contact to the head, or be struck in the head in sparring by higher ranks.



## **Blue Belt Concept: Self-Defense | The School Rule: Don't Get Hurt!**

### **Stances & Footwork:**

- All Previous • X-Stance • Crane Stance
- Review Footwork (mix up, and combine together as the foundation of forming combinations)

### **Strikes:**

- All Previous
- Body Shot
- Reinforced Low chops
- Orange Belt hand Combination: Emphasis on Open Handed Strikes
- Inverted Ridge Hand
- Spear hand
- Web Hand
- Upper Cut
- Reinforced Center Chop
- Elbows 1-7

### **Boxing Based Hand Combinations:** (emphasize loading footwork to power punches)

- Review: #1-3
- Combo #4 – L. Jab, R. Punch, L. Hook, R. Punch, L. Hook
- Combo #5 - L. Jab, R. Punch, L. Hook, R. Punch, L. Hook, R. Upper Cut
- Combo #6 – L. Jab, R. Punch, L. Hook, R. Upper
- Intro to Adv. Jab, Side Step Jab, Groin Punch & L. Jab to R. Upper Cut

### **Blocks:**

- Progressing with all previous Blocks
- Reinforced Inside Block
- Reinforced Outside Block
- Purple Belt Hand Combination
- Reinforced Low Block (closed & open handed)
- Reinforced High Block (closed & open handed)
- Elbow Block
- Hook Punch Defenses (1-3)

### **Forms:**

- All Previous Forms (Basic Forms 1,1adv 2)
- **Giecho Hyung Yi Bu Sahm Gup** | Basic Form 2 advanced (added by Chuck Norris)

# White Stripe \_\_\_\_

## Kicks:

- All Previous Kicks & Jump Kicks- Review
- **Hook Kicks** (Standing, Spinning, Slide-up) – Strike with heel or ball of foot
- **Turning Heel Kick** - Strike with Heel
- **Turning Outside Crescent Kick** - Strike with knife edge
- Mandatory Kicking Combo @ **Blue** (Spinning Side, into Turning Back Kick, Step behind Hook Kick, Stepping Outside Crescent Kick, **Step into Turning Heel Kick, Step behind Side Kick, recover into Back Stance with Back Knuckle Strike to face, Reverse Punch into Front Stance - Kiai**) execute from both sides
- Review: Kicking Combo #1, 2
- **Kicking Combo #3** – Double Kicks [low front Kick (groin) to medium or high round; step behind low (knee) to high side (trachea), Step behind Hook Kick into Round Kick (same level)].
- **Jump Kick Combo # 1** (Linear) – Jump Front Kick, Jump Turning Back Kick, 1 Step Flying Side Kick
- **Drop Turning Heel Sweep**

## Self-Defense:

**One-Step Punching: 1-4** (All attacks with right stepping high punch in front stance)\*

*\*See detail page under 8<sup>th</sup> Blue Belt Curriculum, add 8<sup>th</sup> Blue level techniques to previous*

## Grabs

- Bully Buster Style All Front & Side Grab Drill (*Drill top to bottom*)
- Lower Back and Full Nelson escapes
  1. Bear Hug Rear Arms Free
  2. Bear Hug Rear Arms Caught (Base & Agitate)
  3. Bear Hug Rear Lifted in Air (Base off them) – Use Dbl Rear Kick, or Reverse Scoop
  4. Full Nelson Attempt Caught Arms
  5. Full Nelson Variations (Peel Fingers w/ Back Kick, w/Finger Lock, w/Turn, Face, Strike)
- “Happy Place” - Level II combatives

1. Upward Hammer
2. Downward Hammer
3. Straight Rt Punch to TW 17, or Neck
4. Palm Strike to Ear Drum
5. Downward Elbow to Neck, and Back
6. Dbl Gallbladder 20 Cupped Hand
7. Instep Kick to Inside of Rear Leg
8. Step of to Left, Side Kick to Knee Release Points
9. Left Step Forward, Rt Back Kick to Rear of Knee

- Wrist Twist w/take down and lock
- Intro to Hip Throw (breaking balance, basic lift and throw)

### **Ground:**

- Mount and Guard Holding and Escape
- Side Control
- Sit-Up Sweep
- Trap & Roll

### **Blue Stripe \_\_\_\_**

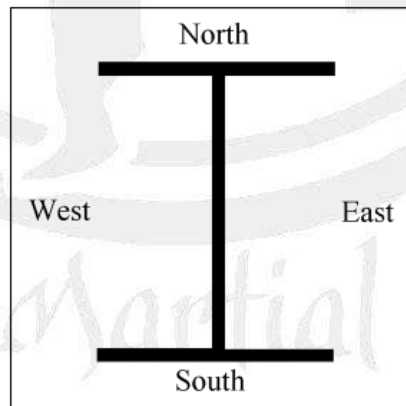
- 3 sparring classes    1 \_\_\_\_    2 \_\_\_\_    3 \_\_\_\_
- Final review & manual sign off
- Testing request filled out & turned in
- Testing Fee \$40

Boro Martial Arts

# GIECHO HYUNG YI BU SAHM GUP

## BASIC FORM NUMBER TWO ADVANCED

1. Choon Bee position.
2. Quarter turn left, low defense, stepping front kick, high punch.
3. Half turn right, low defense, stepping front kick, high punch.
4. Quarter turn left, low defense-back stance, reverse punch-front stance, Stepping inside defense-back stance, reverse punch-front stance, stepping high defense-back stance, reverse punch-front stance, stepping outside defense-back stance, reverse punch-front stance, KIAI.
5. Three quarter turn left, low defense, stepping front kick, high punch.
6. Half turn right, low defense, stepping front kick, high punch.
7. Quarter turn left, low defense-back stance, reverse punch-front stance, stepping inside defense-back stance, reverse punch-front stance, stepping high defense-back stance, reverse punch-front stance, stepping outside defense-back stance, reverse punch-front stance, KIAI.
8. Three quarter turn left, low defense, stepping front kick, high punch.
9. Half turn right, low defense, stepping front kick, high punch.
10. Step back to original ready position with left leg.



## **8<sup>th</sup> GUP BELT**

### **ONE STEP PUNCHING TECHNIQUES**

- 1. Left leg forward in Fighting Stance.** Block the punch with a left inside defense while shifting into back stance, follow with right reverse punch to solar plexus while shifting into front stance, left jab to the face (back stance), right ridge hand to the groin (front stance). Step forward with right foot and turn counter clockwise with a left turning bottom fist to the head and kiap.
- 2. Left leg forward in Fighting Stance.** Standing left side kick, Right turning back kick. Left leg kick, right elbow strike to the face. Grab & 2 knees (right then left) and kiap.
- 3. Left leg forward in Fighting Stance.** Step to left as right hand knife hand defense, Right round kick , left leg kick as pull the arm down, left turning heel kick and kiap.
- 4. Right leg forward in Fighting Stance.** Block-check-counter with hammer fist to the head, right scoop kick to the groin. Right body punch, and kiap.

Boro Martial Arts



# What are the Definite Lines of Self-Defense?

**& help with some common School Yard self-defense scenarios**

## **How do I know when I have “no choice” but to defend myself?**

We are told when taking martial arts that “respect” is the first lesson of Martial arts and that I may not misuse Martial Arts. However, students are sometimes confused about the real lines of when self-defense is “o.k.” or needed. When will I not get in trouble for using my Martial Arts for self-defense? Let us help you. One of the hardest things to accept is the reality that I might be required to act in self-defense in order to protect myself from harm. We should not have to... right? However, people are capable of harming us, and may times attempt to do so in one way or another unjustly. So, like it or not, you may need to defend yourself, and should be prepared to do so if necessary.

“...for I am fearfully *and* wonderfully made:” ~ Psalm 139:14a

We believe that we have been given life as a gift, and it not the “right” of another to infringe upon this freedom, or for a person to “harm” or “bully” you in any way.

So when is it right, and needful to defense yourself? What are the clear lines?

- I. You are being pursued by a person showing bad intent.**
- II. You are being grabbed, restrained, hit, pushed, about to be hit, thrown down, or feel as though one of these things is “about to happen.”**
- III. You are hemmed in by a group with bad intent, and cannot escape.**

*If these things happen to you, you have a self-defense situation, FACT! You cannot ignore the threat. And most likely, these things will happen quickly, and escalate to be physical before you are “ready.” This is one reason why we train in the Martial Arts; so we can be ready and know what to do in these situations.*

## **Good Guidelines and practical thoughts about facing these problems**

1. Do not get physical because someone calls you names, or maybe simply bumps you. You may not need to fight here. Try leaving, or “walking away” first.
2. When perceiving a threat from someone, **walk away quickly** and **create space** between you and the threat. The self-defense here is to “separate yourself from a situation” or “place” where you can be harmed. Go tell a person in authority and if at school, document the event in writing. Try not to have a physical confrontation at school if at all possible. This is the best self-defense; don’t be present where there is a potential problem....avoid it.

**Right Response:** Try to “walk away” or “create space” to diffuse a potential self-defense situation.

3. When a person follows you with the “intent to do you harm” **after you have “walked away”** in an attempt to neutralize/avoid a potential conflict, then you must act to defend yourself; you have no choice at this point, so engage them quickly, and act aggressively to defend yourself. Do not wait until they harm you.

**Right Response:** If followed, or chased sensing “bad” or “hostile intent” after you have attempted to walk away, you must **defend Immediately, without hesitation.**

4. When a person attempts to **grab** or **choke** you, tries to **restrains** you, **raises a hand to harm** or hit you, or **attempts to throw you to the ground...** You must **engage** and **immediately** defend yourself to stop them from harming you!

**Right Response:** If attacked physically in any way, immediately engage and stop them before you are hurt. *(The school rule is: Don't Get Hurt!)*

5. If bullied, and you feel the need to respond by defending yourself, you must do so ***at the time when you are being bullied***, not later. Do not walk away, think about it, and seek the person out at later time, and then attempt to fight them.

Defend yourself ***at the time*** or ***while*** you are being bullied ... **under the “duress” of the bullying**. You do not want to be viewed as having premeditated an attack, or having planned and executed an assault on the bully; you may then be found guilty of Battery yourself if you do this! You must defend yourself under the “duress” of the bullying, or when it happens; you cannot think about it, and then choose to come back later!

## **Common Schoolyard Self-Defense Scenario Smarts**

1. **Try to avoid Self-Defense situations at school, if at all possible.**
2. **The Hallway Measuring Challenge** – You know what this is... you are walking to classes down a hallway and another person or group of persons tries to make you move out of the way to prove they are the “alphas”. They walk directly at you in an “alpha” attempt at hallway chicken to see who will move to show their dominance over you. What should I do?
  - a. Do not act afraid or timid; look them in the eyes calmly and keep walking.  
If contact is imminent, you can avoid slightly and keep walking quickly. Try



to avoid making big efforts to avoid yield to their dominance. If you walk away quickly, they have 2 choices:

- 1) Turn and follow you with hostile intent.
- 2) Allow you to walk away; in which case, I have successfully defended myself by creating space.
- 3) If they follow you hostilely, you have a no choice self-defense situation as described above. They are crossing a line with you.

**Things not to do:**

- Act like a victim and cower
- Be a reactionary and overreact
- Say something foolish that will cause a fight
- Stop if struck and enter into conflict/ you may be circled by people forcing a fight and hemming you in. You know..."everyone stops and yells "fight, fight, etc.!" Don't be pushed into this scenario.
- Purposefully strike them to cause a conflict, and start a fight.

**3. You get "hemmed in" the Middle of a Group**

... and they are trying to start a fight with you.

We have all seen this...You are circled and hemmed in, can't get out and are stuck in a confrontation with everyone yelling, "Fight, Fight! And more come people come running and you are stuck.

**What should I do?**

- a. Avoid being stuck in the middle and navigate crowds by staying to the outside. Bad things happen in the middle! I.E. Bully Beat down, or Dog

Pile....right? Stay out of the middle, avoid dangerous crowded situations and potential traps.

- b. If confronted and there is “no way out” of a group self-defense situation, quickly identify the “alpha” or “leader” and engage him.

If you win, the others may leave you alone, if you choose a lesser opponent, you will still probably have to face him, most likely in a weakened capacity. It is better to confront him first win or lose; you will earn respect and may avoid facing the group if you beat or engage the leader.

- c. If you must defend yourself, do it to win, not to lose. Go all out 100% to win, or don't engage. There is not ½ way option that will work here. There are also no “Queensbury” rules in a street self-defense scenario! Do what you have to survive it, period! Don't get hurt. *Even if you are defeated, they most likely will leave you alone afterward, once it is seen that you will not be a “victim.”*

#### **4. You are being “Bullied.”**

##### **Things to Understand and Do:**

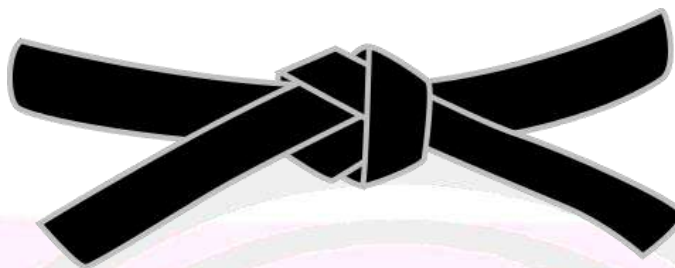
- *Don't be a victim; bullies prey on what they perceive to be weakness.*
- *Document or keep a written record of each situation dated and with details. Write down all witnesses who saw, or know about you being bullied.*
- *Tell the appropriate authorities. (teachers, yard monitors, bus drivers, principals, law enforcement)*
- *Always tell your parents what is going on and get seek their wisdom and help.*
- *Avoid places and situations where you feel threatened, or where the bully hangs out.*

- *Walk with and surround yourself with as many friends as you can; numbers are a deterrent and friends function as good “witnesses.”*
- *Be aware at all times who is near you.*
- *If you must defend yourself... do it aggressively, and do it all out while you are being bullied; don’t come back later. Don’t hold back... a “good shock” or self-defense response experienced the “bully” may be what the doctor has ordered to fix this problem, and deter him from coming back to you again; he/she may even be embarrassed publicly. You should still report it to all appropriate people in your life to hold him/her further accountable for this behavior. Remember bullies target “weaker victims”, not fierce combatants or bully busters.*



Boro Martial Arts

# Junior 8<sup>th</sup> Blue Belt



## Testing Request Form

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Requested Belt Size \_\_\_\_\_

Testing fee: \$40      Paid: Y   N      Cash    Check# \_\_\_\_\_    CC

### Testing Checklist:

- ☐ I have completed my stripes and had my manual signed off by an instructor.
- ☐ I have completed the 3 sparring /grappling class requirement for 8<sup>th</sup> Blue Belt.
- ☐ I have already set my goal to become a 7<sup>th</sup> Gup Blue Belt.
- ☐ I am showing respect to others, and not misusing my martial arts, or bullying others.
- ☐ My teacher has also approved me to test for 8<sup>th</sup> Blue Belt. (Optional)

Teacher's Signature \_\_\_\_\_

- I am a Black Belt club Member. Y   N
- If no, I want to schedule a meeting to discuss joining the Black Belt Club. Y   N
- I would like to meet with an instructor. Y   N
- I would like to schedule private lessons. Y   N
- I would like to buy my gear and weapons package at this time. Y   N

# Junior 7<sup>th</sup> Gup Blue Belt Curriculum



## Red Stripe \_\_\_\_

### Things to Know:

1. “Blue Belt Ranks Represent the sky, continued upward attainment. This is the stage where one continues to stabilize both mentally and physically.” Hands and Feet should begin to work together in the Blue Belt ranks. Martial Arts is a body economy science.
2. Principle #1: “...a false balance is not good.” – Prov. 20:23
3. You should understand Bully Buster self-defense basics by 7<sup>th</sup> blue belt.
4. If you have not joined our Black Belt club you should set your Black Belt goal at this time and Join. “If you set your sight at nothing, you most certainly will hit it.” Set up a meeting to discuss the details with Masters Clay or Daniel Pierson. “Better is the end of a thing than the beginning thereof:” – Eccl. 7:8a

### **7<sup>th</sup> Blue Belt Concept: Balance & Synergy | Cooperation**

“And we know that all things work together for good....” Roman 8:28a

### **Stances:**

- All Previous

### **Strikes:**

- All Previous
- Traditional Elbow Strikes in Stances
- Inverted Ridge Hand
- Review: Purple & Orange Belt Hand Combinations
- Blue Belt Hand combination



## Boxing Based Hand Combinations:

- Review Combos #1-6
- Advance Jab, Side Step Jab, R. Straight to Groin
- Jab to Upper Cut
- Concept: Mixing Loading with Forward Movement in Combinations

## Blocks:

- Progressing with all previous Blocks
- Hook Punch Defenses (1-3)
- Upper Cut Defenses (1-2)
- Lower Straight Punch Defense

## Forms:

- All Previous Forms (Basic 1, 1adv, 2, 2adv, 3, Inter 1, 2)
- **Giecho Hyung Sahm Bu** | Basic Form #3

## White Stripe \_\_\_\_

## Kicks:

- **Jump Turning Heel Kick - Strike with Heel**
- **Jump Knee (rear leg knees)**
- **Butterfly Kick** ( or jump inside turning crescent kick) both with a step. and with no step.
- Mandatory Kicking Combination; execute from both sides
- **Kicking Combo #4** – Stepping **Outside Crescent Kick**, Step into **Turning Heel Kick**, Drop **Turning Heel Sweep**.
- **Jump Kick Combo # 2** (Circular) – **Jump Spinning Round Kick**, **No Step Butterfly Kick**, **Jump Turning Heel Kick**.
- **One Step Kicking Defense** (R. Leg Only) – Understand General Defense
- Review: Butterfly Kicks, Jump Turning Crescent, Jump Turning Heel Kick



## Self-Defense:

### One-Step Punching: 1-4 (All attacks with right stepping high punch in front stance)\*

*\*See detail page under 7<sup>th</sup> Blue Belt Curriculum, add 7<sup>th</sup> Blue level techniques to conclusion & finish*

### Grabs

- Upper Back Series
  1. Rear Hair Grab
  2. Rear Choke Defense (military knife threat)
  3. Bar Arm Choke Defense
  4. Carotid Choke Defense
  5. Rear naked Choke or “Sleeper Choke” Defense
    - \*Moving into a sleeper choke off of a two handed lapel grab

### Self-Defense Concepts

- Variations 1-4 of “Happy Place” Control position. (basic, spreading, burst forward, pull back)
- Arm stop
- Arm Bar Drills
- Arm Bar to Wrist Twist Flow.
- Hip Throw
- Rear Leg Foot Sweep
- Punch defenses; hands and feet combos/ same side loading & #3 w/ elbow. Hand drills; bully buster-front-side back. Hand combos 1-6. Bull in the ring. FC if hr combo III.

### Ground:

- Rear Naked Choke
- Americana
- Striking from the Ground

Boro Martial Arts

## Blue Stripe \_\_\_\_

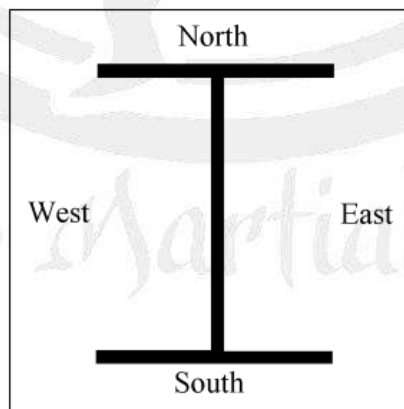
- 3 sparring classes 1 \_\_\_\_ 2 \_\_\_\_ 3 \_\_\_\_
- Final review
- Testing request filled out & turned in
- Testing Fee \$40



# GIECHO HYUNG SAM BU

## BASIC FORM NUMBER THREE

1. One quarter turn left outside defense-back stance, stepping center punch-front stance.
2. One half turn right outside defense-back stance, stepping center punch-front stance.
3. One quarter turn left, low defense-front stance, stepping side punch, turning bottom-fist, stepping side punch, KIAI.
4. Three quarter turn left, outside defense-back stance, stepping center punch-front stance.
5. Half turn right, outside defense-back stance, stepping center punch-front stance.
6. Quarter turn left, low defense-front stance, stepping side punch, turning bottom-fist, stepping side punch, KIAI.
7. Three quarter turn left, outside defense-back stance, stepping center punch-front stance.
8. Half turn right, outside defense-back stance, stepping center punch-front stance.
9. Step back to ready position with left leg

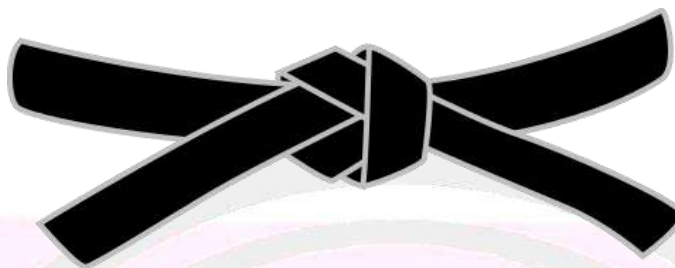


## **7th GUP BLUE BELT**

### **ONE STEP PUNCHING TECHNIQUES**

- 1. Left leg forward in Fighting Stance.** Block the punch with a left inside defense while shifting into back stance, follow with right reverse punch to solar plexus while shifting into front stance, left jab to the face shift into back stance, right ridge hand to the groin shift into front stance. Step forward with right foot and turn counter clockwise with a left turning bottom fist to the head. Switch directions with right leg drop turning heel sweep, execute from kneeling position a right round kick finish with full hip power on the ground kiap.
- 2. Left leg forward in Fighting Stance.** Standing left side kick, Right turning back kick. Left leg round kick to outside of leg, bursting right elbow strike to the face in front stance. Go to neck and clench/grab delivering 2 consecutive knees (right then left). Pop head out of the way and double leg tackle take down, climb to mount, Right punch and kiap.
- 3. Left leg forward in Fighting Stance.** Step to left as right hand knife hand defense, Right high round kick, left leg kick as pull the arm down, and recoil left leg to rear position, then execute a left turning heel kick to the head, step in with the left foot in front of body and scissor sweep take down, axe kick and kiap.
- 4. Right leg forward in Fighting Stance.** Block-check-counter with hammer fist to the head, right scoop kick to the groin. Right body punch, and hip throw and strike with kiap.

# Junior 7<sup>th</sup> Blue Belt



## Testing Request Form

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Requested Belt Size \_\_\_\_\_

Testing fee: \$40      Paid: Y   N      Cash   Check# \_\_\_\_\_   CC

### Testing Checklist:

- ☐ I have completed my stripes and had my manual signed off by an instructor.
- ☐ I have completed the 3 sparring /grappling class requirement for 7<sup>th</sup> Blue Belt.
- ☐ I have already set my goal to become a Green Belt.
- ☐ I am showing respect to others, and not misusing my martial arts, or bullying others.
- ☐ My teacher has approved of me for 7<sup>th</sup> Blue Belt testing. (Optional)

Teacher's Signature \_\_\_\_\_

- I would like to meet with an instructor.      Y   N
- I would like to schedule private lessons.      Y   N
- I would like to schedule a meeting to learn more about Black Belt Club.      Y   N
- I understand to progress to Green Belt and beyond that I must enroll in      Y   N  
Black Belt Club. (\*Fact: Advanced skills require an additional commitment & specialty classes.

# 6<sup>th</sup> Gup Green Belt Curriculum



## Red Stripe \_\_\_\_

### Things to Know:

1. Green Belt Levels designate “growth and power soar to higher levels. As a green plant drives upward to greater heights.”
2. Green belt marks a serious student in American Tang Soo Do. Students should have a green trimmed uniform that is patched up at this level. Please purchase one if you have not done so. This should be worn to testing, not the red BBC uniform at this point.
3. Green Belt marks a measured shift in our emphasis of training; not only have you entered the intermediate phase of our BBC program, but training becomes more physical and creativity begins to occur in your personal application for our art. American Tang Soo Do has both a consistent and recognizable appearance, and also takes on an individualistic personal look. The student begins to grow in his art at green and will be challenged to merge concepts and begin to practice creativity in movement and flow.
4. A key concept to help students flourish in the Green Belt ranks is consistent “positive leadership” from parents and instructors.
5. Reminder: You cannot progress to Green Belt or have intermediate application & combat skills imparted to you without an additional training commitment at this level; therefore you must be in our Black Belt Club to progress to the Green Belt Ranks.

### **6<sup>th</sup> Green Belt Concept: Commitment | Going Beyond Athletic Ability**

### Stances:

- All Previous
- Emphasis on Footwork (Advance, Step Through, Slide Up, Step Through Lunge)



## Strikes, Blocks, and Hand Skills:

- All previous hand combinations (Purple-Blue)
- All above Footwork with Straight Punches
- All Hand Strikes & Blocks in Side & Front stances (open and closed) forward & retreating
- Introduction to fast hand drills
- Try - L. Jab into R. Turning Bottom Fist; add L. hook punch (variation: add R. Round Kick)

## Forms:

- **Pyong Ahn Cho Dan** | Intermediate Form #2
- **Introduction to Staff Form #1 & Basic Staff concepts**

## White Stripe \_\_\_\_

## Kicking:

- Mandatory Combination: adds a **jump on the turning heel kick** at this level
- Review of Kicking Combos 1-4
- **Kicking Combination #5 – Jump Kicks (Jump Front Kick, No Step Butterfly, Pop Up Side Kick)**
- One Step Kicking Defenses - **Right & Left Legs (student composes)**

## Self Defense:

### Review

- All Grabs Review
- All boxing Hands Review

## Blue Belt One-Steps 1-4 to Conclusion

## New

- Arm 1 & 2 w / Takedown & Lock (Circular Movement);
- Wrist Twist with Take Down Lock Turn Over Lock
- Armlocks (Basic, Rear)

## Throws I

- **Hip Throws**
  - a. Basic Lift & Throw
  - b. Hook Arm
  - c. Neck
- **Basic Shoulder Throw** (practice on Rt Knee)
- **Outer Reaping Throw**
- **Tackle Take down**

## Ground:

- Transitioning between 3 Positions
- All Escapes
- Striking

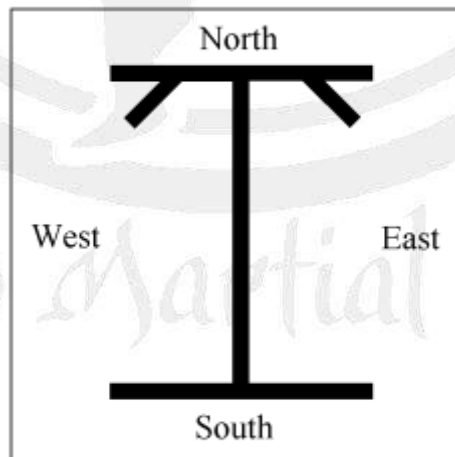
## Blue Stripe \_\_\_\_

- 5 sparring classes 1 \_\_\_\_ 2 \_\_\_\_ 3 \_\_\_\_ 4 \_\_\_\_ 5 \_\_\_\_
- Final review
- Testing request filled out & turned in
- Testing Fee \$40

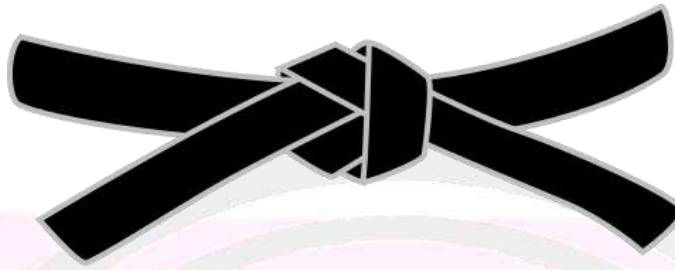
# PYONG AHN CHO DAN

## INTERMEDIATE FORM NUMBER ONE

1. One quarter turn left, low defense, stepping center punch.
2. One half turn right, low defense, someone grabs wrist-break away-slide back, back knuckle person to face, stepping center punch.
3. One quarter turn left, low defense-shift back knife hand, stepping high defense, stepping high defense, stepping high defense, KIAI.
4. Three quarter turn left, low defense, stepping center punch.
5. Half turn right, low defense, stepping center punch.
6. Quarter turn left, low defense, stepping center punch, stepping center punch, stepping center punch, KIAI.
7. Three quarter turn left, reinforced low chop.
8. 45-right, reinforced low chop.
9. One half turn right, reinforced low chop.
10. 45-left, reinforced low chop.
11. Step back to ready position with left leg.



# Junior 6<sup>th</sup> Gup Green Belt



## Testing Request Form

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Requested Belt Size \_\_\_\_\_

Testing fee: \$40      Paid: Y   N      Cash    Check# \_\_\_\_\_    CC

### **Testing Checklist:**

- ☐ I have completed my stripes and had my manual signed off by an instructor.
- ☐ I have completed the 3 sparring /grappling class requirement for 6<sup>th</sup> Green Belt.
- ☐ I have already set my goal to become a 5<sup>th</sup> Gup Green Belt.
- ☐ I am showing respect to others, and not misusing my martial arts, or bullying others.
- ☐ My teacher has approved of me for 6<sup>th</sup> Green Belt testing. (Optional)

Teacher's Signature \_\_\_\_\_

- I would like to meet with an instructor. Y   N
- I would like to schedule private lessons. Y   N
- I would like to order my Green Trimmed uniform. (\$79) Size \_\_\_\_\_ Y   N
- I understand to progress to Green Belt and beyond that I must be enrolled in Black Belt Club. (Advanced skills require an additional commitment & specialty classes.) Y   N
- I would like to try out for the Demo Team at the next opportunity. Y   N

# 5<sup>th</sup> Gup Green Belt Curriculum



## Red Stripe \_\_\_\_

### Things to Know:

1. Green Belt Levels designate “growth and power soar to higher levels. As a green plant drives upward to greater heights.”
2. Our new concepts are “softness” and “relaxation.” Learning sensitivity allows you to feel your opponent and sense what he will do. The Green Belt student needs to begin to understand that there is a soft side of the martial arts and a need to develop sensitivity to movement and flow.
3. Circular concepts are now added to linear to add another dimension to your art.

### **5<sup>th</sup> Green Belt Concept: Humility | God gives grace to the humble**

- A student must be “humble;” pride hinders learning

### Stances:

- All Previous
- Emphasis on Footwork (Advance, Step Through, Slide Up, Step Through Lunge); Footwork drills as a foundation for combinations
- The Clock Theory – Circular footwork for real self-defense

### Strikes, Blocks, and Hand Skills:

- All above Footwork with Straight Punches
- All Blocks and Strikes Forward & Retreating
- Arm Trap Concepts
- 1 & 2 combo into kicks (front, round, side; front to back, round to back, side to back)

## Forms:

- All Previous Forms (#1, 1 adv, 2, 2adv., 3, Int. 1)
- **Pyong Ahn Yi Dan** | Intermediate Form #2
- **Staff Form #2**

## White Stripe \_\_\_\_

## Kicking:

- Mandatory Combination
- Review of Kicking Combos 1-5 & Jump Kick Combos 1 & 2
- **Kicking Combination #6 – Triple Kicks (low, med, high round kick; low front, high round, med side; step behind hook, round, side – same level)**
- One Step Kicking Defenses (new) - **Right & Left Legs (student composes)**
- **Challenge – round kick into 3 butterfly kicks**

## Forms:

- All Previous Forms (#1, 1 adv, 2, 2adv., 3, Int. 1)
- **Pyong Ahn Yi Dan** | Intermediate Form #2
- **Staff Form #2**

## Self Defense:

## Blue Belt One Steps 1-4 to Conclusion

## Throws II

- Straight Entry Throw
- Head Pulling Throw
- Judo Take Down
- Figure Four Throw
- Spinner Throw



## Ground:

- Guillotine
- Arm Bars

## Blue Stripe \_\_\_\_

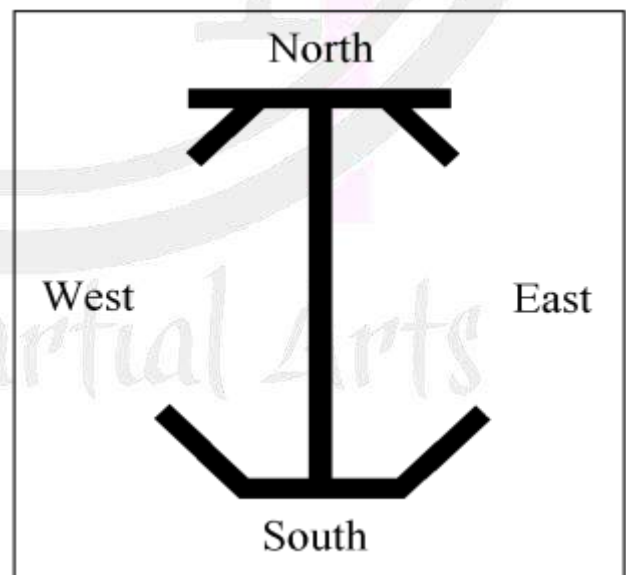
- 5 sparring classes    1 \_\_\_\_ 2 \_\_\_\_ 3 \_\_\_\_ 4 \_\_\_\_ 5 \_\_\_\_
- Final review
- Testing request filled out & turned in
- Testing Fee \$40

Boro Martial Arts

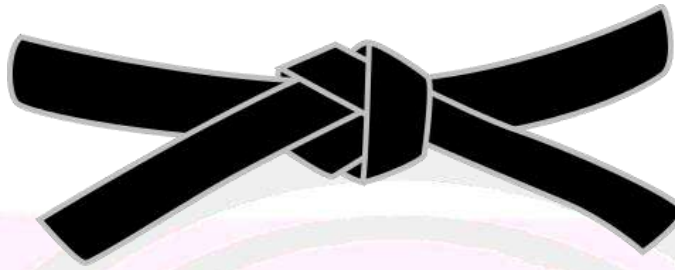
# PYONG AHN YI DAN

## INTERMEDIATE FORM NUMBER TWO

1. One quarter turn left, high and forearm block, upper cut right hand, pull left hand back-standing side punch.
2. One half turn right, high and forearm block, upper cut left hand, pull right hand back-standing side punch.
3. 45-head snap slide up feet together, switch hands to left side, side kick-bottom fist, (right side).
4. One quarter turn left, reinforced center chops, stepping reinforced center chops, stepping reinforced center chops, stepping reinforced spear-hand, KIAI.
5. Three quarter turn left, reinforced center chops.
6. 45-right, reinforced center chops.
7. One half turn right, reinforced center chops.
8. 45-left, reinforced center chops.
9. Head snap left, scoop low outside defense right hand.
10. Fold, stepping front kick, reverse punch, standing reverse outside defense.
11. Fold, stepping front kick, reverse punch, stepping reinforced outside defense.
12. Three quarter turn left low defense-knife hand defense, 45-right high defense.
13. One half turn right, low defense-knife hand defense, 45-left high defense, KIAI.
14. Step back to ready position with left leg.



# Junior 5<sup>th</sup> Green Belt



## Testing Request Form

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Requested Belt Size \_\_\_\_\_

Testing fee: \$40      Paid: Y   N      Cash    Check# \_\_\_\_\_    CC

### Testing Checklist:

- ☐ I have completed my stripes and had my manual signed off by an instructor.
- ☐ I have completed the 5 sparring /grappling class requirement for 5<sup>th</sup> Green Belt.
- ☐ I have already set my goal to become 4<sup>th</sup> Gup Green Belt.
- ☐ I am showing respect to others, and not misusing my martial arts, or bullying others.
- ☐ My teacher has approved me for 5<sup>th</sup> Green Belt testing. (Optional)

Teacher's Signature \_\_\_\_\_

- I would like to meet with an instructor. Y   N
- I would like to schedule private lessons. Y   N
- I would like to order my Green Trimmed uniform. (\$79) Size \_\_\_\_\_ Y   N
- I am interested in going beyond 1<sup>st</sup> degree and would like to know more about the masters club program. Y   N

# 4<sup>th</sup> Gup Green Belt Curriculum



## Red Stripe \_\_\_\_

### Things to Know:

1. Green Belt Levels designate “growth and power soar to higher levels. As a green plant drives upward to greater heights.”
2. Creativity grows as Hard techniques, Linear attacks, Circular movement, and softness begin to mix and develop together.

### **4<sup>th</sup> Green Belt Concept: Loyalty | “To whom men commit much, they expect the more.”**

- *Be Loyal to family, Instructors, and the Art. Loyalty Stops at Sin...*

### Stances & Footwork:

- All Previous
- Understanding Foundational footwork: Side to side loading mixed with advancing footwork
- The Clock Theory – Circular footwork for real self-defense
- Arm bar drill review

### Strikes, Blocks, and Hand Skills:

- All above Footwork with Straight Punches
- All Blocks and Strikes Forward & Retreating
- Arm Trap Concept review
- Setting up turning kicks & techniques

## Forms:

- All Previous Forms (#1, 1 adv, 2, 2adv., 3, Int. #1,2)
- **Pyong Ahn Sahm Dan** | Intermediate Form #3

## White Stripe \_\_\_\_

## Kicking:

- Mandatory Kicking Combination
- Progression of Kicks (Front, Round, Side, Hook, Crescent, Turning Heel) \*Attributes of kicks for situational applications
- Defensive Kicking (Front, Side)

## Self Defense:

### Review

- Throws All

## Blue Belt One-Steps 1-4 to Conclusion

### New

- Spinning Wrist Throws (basic, drop to knee).
- 4 Count Flow
- Hook Punch/ Hip Throw/ Arm Bar on Ground
- Hammerlock
- Figure Four
- Chicken wing (s)
- Rear Wrist Break & Take Down
- Reverse Arm Bar
- Shoulder Separation

## Ground:

- Kamura
- Triangle Choke
- Scissor Sweep
- Flower Sweep from Armbar

## Blue Stripe \_\_\_\_

- 5 sparring classes    1 \_\_\_\_    2 \_\_\_\_    3 \_\_\_\_    4 \_\_\_\_    5 \_\_\_\_
- Final review
- Testing request filled out & turned in
- Testing Fee \$40

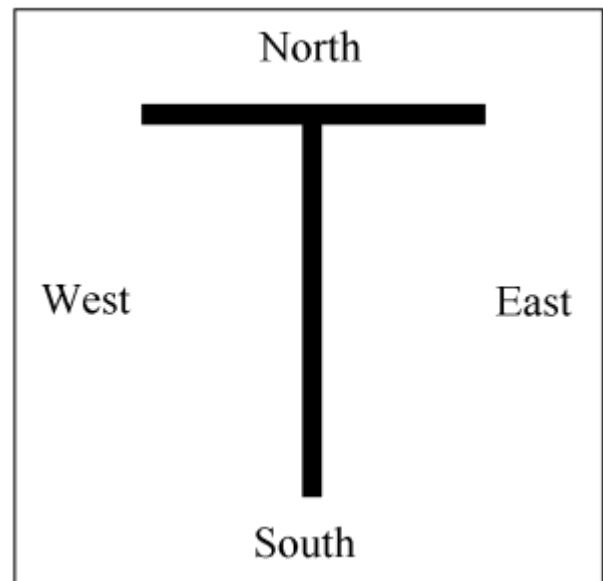
Boro Martial Arts



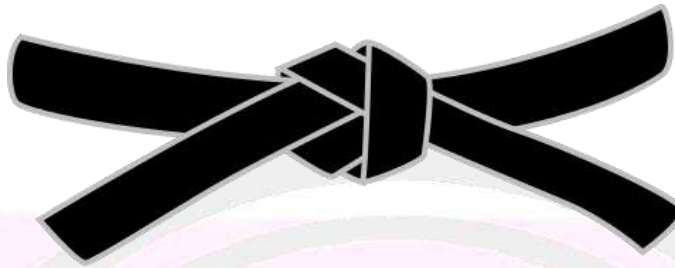
# PYONG AHN SAM DAN

## INTERMEDIATE FORM NUMBER THREE

1. One quarter turn left, outside defense-back stance.
2. Slide up low defense, double block twice.
3. One half turn right, outside defense-back stance.
4. Slide up low defense, double block twice.
5. One quarter turn left, reinforced outside defense, stepping reinforced spear hand-grab, pull in-turning bottom fist person behind them, stepping center punch, KIAI.
6. Look left, one half turn on one leg (right leg) for Korean arrogance-daring the attackers.
7. Both knuckles on belt.
8. Crescent kick right leg blocking jab, elbow parry, back-knuckle to face.
9. Left crescent, elbow parry, back-knuckle to face.
10. Right crescent, elbow parry, back-knuckle to face, stepping center punch front stance, stalking slide up slowly.
11. Three quarter turn left, elbow and punch over shoulder.
12. One half turn right, JUMP, right elbow and punch over shoulder.
13. Step back to ready position.



# Junior 4<sup>th</sup> Green Belt



## Testing Request Form

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Requested Belt Size \_\_\_\_\_

Testing fee: \$40      Paid: Y   N      Cash    Check# \_\_\_\_\_    CC

### **Testing Checklist:**

- ☐ I have completed my stripes and had my manual signed off by an instructor.
- ☐ I have completed the 5 sparring /grappling class requirement for 4<sup>th</sup> Green Belt.
- ☐ I have already set my goal to become a red belt.
- ☐ I am showing respect to others, and not misusing my martial arts, or bullying others.
- ☐ My teacher has approved me for 4<sup>th</sup> Green Belt testing. (Optional)

Teacher's Signature \_\_\_\_\_

- I would like to meet with an instructor.      Y    N
- I would like to schedule private lessons.      Y    N
- I understand that I will need to be in Kicking Line & Forms to test for red.      Y    N
- I am interested in privates to start working on my Black Belt weapon now.      Y    N
- I am interested in meeting about purchasing my Black Belt Weapon.      Y    N

# 3<sup>rd</sup> Red Belt Curriculum



## Red Stripe \_\_\_\_

### Things to Know:

1. 3<sup>rd</sup> Gup Red Belt designates “Power, stability, agility, weight and wisdom. The stage where one begins to stabilize both mentally and physically.”
4. Red Belt stands for “fire;” our approach to our martial arts should become more explosive, while creativity and advanced blends with understanding of application.
5. We are now focusing on polishing our art and smoothing our basics. It is vitally important to consistently train at this level, we have come a long way and are on a race to achieve our Black Belt! You should be able to taste it! Don’t give up, focus and move toward it!

### **3rd Red Belt Concept: Enthusiasm | Chase your Black Belt Dream**

“Whatsoever thy hand findeth to do, do *it* with thy might;” Ecclesiastes 9:10

### Stances:

- All Previous
- Review Footwork (Advance, Step Through, Slide Up, Step Through Lunge); Footwork drills as a foundation for combinations
- Review Clock Theory – Circular footwork for real self-defense

### Strikes, Blocks, and Hand Skills:

- Ox Jaw
- All above Footwork with Straight Punches
- Review - All Blocks and Strikes Forward & Retreating
- Quick hands drills

## Forms:

- All Previous Forms (#1, 1 adv, 2, 2adv., 3, Int. #1,2,3)
- **Pyong Ahn Sah Dan** | Intermediate Form #4

## White Stripe \_\_\_\_

## Kicking:

- Mandatory Combination
- Progression of Kicks – understand application of Kicks and attributes

## Self Defense:

## Blue Belt One Steps to Conclusion

## New

- Stick/Bat Defense
- Review of Red Belt Self Defense
- Arm Trap concept intro
- Intro to Gun

## Ground:

- Submissions & Transitions
- Striking

Boro Martial Arts

## Blue Stripe \_\_\_\_

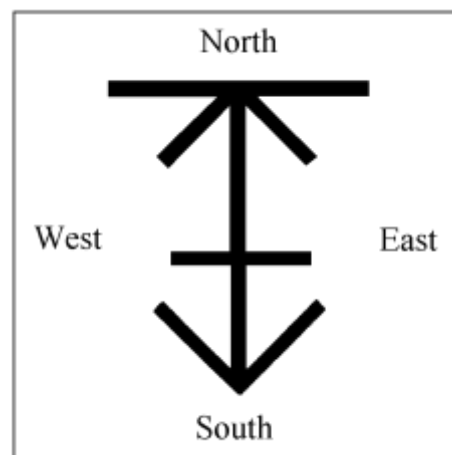
- 5 sparring classes 1 \_\_\_\_ 2 \_\_\_\_ 3 \_\_\_\_ 4 \_\_\_\_ 5 \_\_\_\_
- Final review
- Testing request filled out & turned in
- Testing Fee \$40

### **PYONG AHN SA DAN**

#### *INTERMEDIATE FORM NUMBER FOUR*

1. One quarter turn left, double parry-high defense open hand, knife hand.
2. One half turn right, double parry-high defense open hand, knife hand.
3. One quarter turn left reinforced low defense, front stance.
4. Stepping reinforced outside defense, look left-side kick and bottom fist, open left hand pull into right elbow smash, front stance.
5. Shift to back stance, slide up side kick and bottom fist, open right hand pull into left elbow smash, front stance.
6. Look to left, open hand high and low defense, chop to throat, front kick solar plexus, lunging back knuckle to face, X stance, KIAI.
7. Look-knocking arms away from the throat with double forearm blocks, front kick solar plexus, jab, back stance, punch, front stance.
8. Look to right 45 (same thing) double forearm blocks, front kick, jab, back stance, punch, front stance.
9. Reinforced outside defense, backstance.
10. Stepping reinforced outside defense, back stance.

11. Stepping reinforced outside defense, back stance, stab left thumb to the throat, stab right thumb to throat, shift to front stance.
12. Smash across the knee, KIAI.
13. Look 45 left, reinforce center chop.
14. Look 45 right, reinforced center chop
15. Move back to ready position.



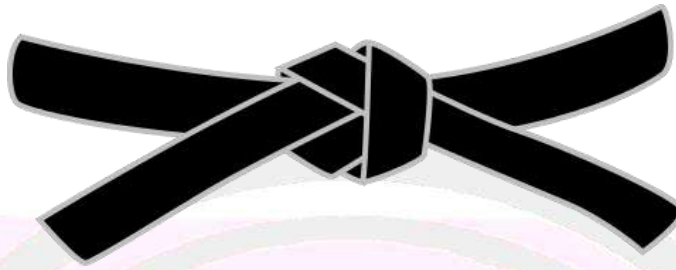
## **JUNIOR 3RD GUP RL**

### **ONE STEP PUNCHING TECHNIQUES**

- 1. Rt - Start left leg forward in Fighting Stance.** Step out with right knife hand defense into front stance left leg forward. Grab arm, execute a high round kick with right leg. Left elbow break in front stance right leg forward. Step into Front stance with left arm bar; left knife hand chop to neck. Kiap.
- 2. Left - Start right leg forward in Fighting Stance.** Defend with left parry block into right turning back kick to solar plexus. Left web hand to trachea in front stance right leg forward. Kiap.
- 3. Rt Reverse - Start right leg forward in Fighting Stance.** Bursting forward with left arm trap of left hand, right punch to TW17, same side load to right body shot to floating rib; shift to front stance with left ridge hand strike to trachea; turning to right with horizontal elbow to trachea. Kiap.
- 4. Lt Reverse - Start left leg forward in Fighting Stance.** Bursting Simultaneous left parry with vertical punch to solar plexus; same side reload into palm strike to face or SI 18; right knee to mid section, left downward elbow to spine into right leg forward fighting stance. Kiap.



# Junior 3<sup>rd</sup> Red Belt



## Testing Request Form

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Requested Belt Size \_\_\_\_\_

Testing fee: \$75      Paid: Y   N      Cash    Check# \_\_\_\_\_    CC

### Testing Checklist:

- ☐ I have completed my stripes and had my manual signed off by an instructor.
- ☐ I have completed the 8 sparring /grappling class requirement for 3rd Red Belt.
- ☐ I have already set my goal to become a 2<sup>nd</sup> Gup Red Belt.
- ☐ I am showing respect to others, and not misusing my martial arts, or bullying others.
- ☐ My teacher has also approved me for 3<sup>rd</sup> Red Belt testing. (Optional)

Teacher's Signature \_\_\_\_\_

- I would like to meet with an instructor.      Y    N
- I would like to purchase my Red trimmed uniform. (\$79) Size \_\_\_\_\_      Y    N
- I would like to schedule private lessons for my Black Belt weapon.      Y    N
- I would like to schedule a meeting to discuss joining Master's Club.      Y    N
- I understand the red belt concept of "Giving Back."      Y    N

# 2<sup>nd</sup> Red Belt Curriculum



## Red Stripe \_\_\_\_

### Things to Know:

1. 2<sup>nd</sup> Gup Red Belt Level designates “blood, life, energy, attention, and control. Maturity, respect, honor, and perfection of character starts to reflect.”
2. You need to have a red trimmed medium to heavy weight uniform that is fully patched.
3. You should be thinking about which weapon you wish to use for Black Belt Testing and begin to work on it with an instructor.
4. Think about achieving your Black Belt Goal ...You are a future Black Belt.
5. Review Concept: Goal Setting; Now practice “Backward Planning”... Plan your steps to Black Belt and do them.

### 2<sup>nd</sup> Red Belt Concept: Giving Back | Teach What You Know to Others

1. The best way to polish your skills and grow in the martial arts is to teach others.
2. Black Belt comes with responsibility; give back to others as others have invested into you.
3. Learn to serve others. “... it is better to give, than to receive.”

### Stances:

- Review Previous
- Review Emphasis on Footwork (Advance, Step Through, Slide Up, Step Through Lunge); Footwork drills as a foundation for combinations
- Review Clock Theory – Circular footwork for real self-defense

### Strikes, Blocks, and Hand Skills:

- All above Footwork with Straight Punches

- All Blocks and Strikes Forward & Retreating
- Review Boxing Combos #1-6
- Focus Mitt work and Thai Pads

## Forms:

- All Previous Forms (#1, 1 adv, 2, 2adv., 3, Int. 1, 2, 3, 4)
- Review Staff Forms #1 & #2
- **Pyong Ahn Oh Dan** | Intermediate Form #5

## White Stripe \_\_\_\_

## Kicking:

- Review Mandatory Combination
- Review of Jump Kick Combos 1 & 2
- Review Kicking Combinations 1 - 6
- Review Running Kicks
- Review Ball of the foot Jump Spinning round Kick
- Offensive Back Kicks
- Step into turning Heel Kicks
- One Step Kicking Defenses (new) - **Right & Left Legs (student composes)**

## Self Defense:

### Review

- All Ground Concepts

## 2<sup>ND</sup> Gup Red Junior One Steps

## New

- Intro to Knife
- Understanding the 5 Reasons to Utilize Kicks
  1. Feet to set up hands
  2. Hands to set up feet
  3. Defensive kicking
  4. Offensive kicking
  5. To work both upper and lower leg points in self-defense
- All Ground Concepts

## Small Circle/ Kyusho Intro (Close Quarters Combat)

- Basic Finger Locks
- Push Defense w/finger lock
- Arm Points 1-6
- TW 17
- Knee Release Points
- Outside Leg Round Kick
- Review: Arm Trap Concepts
- 2nd Red Belt Concept: Softness/ Relaxation
- CC Concept: grappling, throwing, strike points, finger lock as transitional movement.

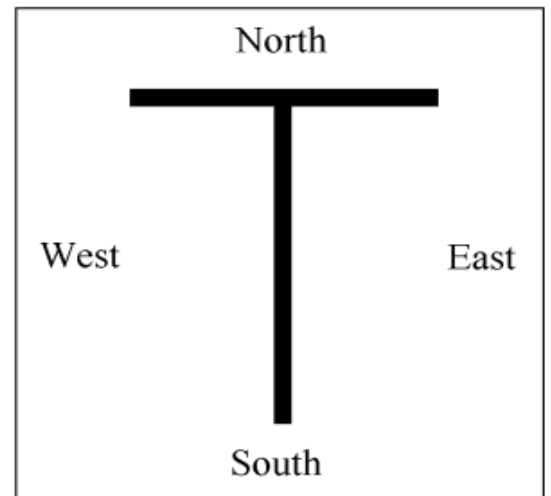
## Blue Stripe \_\_\_\_

- 5 sparring classes    1 \_\_\_\_ 2 \_\_\_\_ 3 \_\_\_\_ 4 \_\_\_\_ 5 \_\_\_\_
- Final review
- Testing request filled out & turned in
- Testing Fee \$40

# PYONG AHN O DAN

## INTERMEDIATE FORM NUMBER FIVE

1. One quarter turn left, outside defense-back stance.
2. Half punch solar plexus, back stance.
3. Slide up right to left, feet together, hands to right side.
4. One half turn right, outside defense, back stance, half punch, back stance.
5. Slide up left to right, feet together, hands to left side.
6. Stepping reinforced outside defense, front stance.
7. Stepping reinforced low defense, front stance, shift to back stance-reinforced high defense, front stance.
8. Twisting-spear hand to the eye, stepping center punch, KIAI.
9. Look to the left, twisting front stance, reinforced inside defense.
10. Crescent kick, bottom fist to groin.
11. Back hand to face, pulling head in, right crescent kick and elbow smash.
12. Look right, reinforced back knuckle in front X stance.
13. Look, back stance, upper cut.
14. Jumping over someone, landing in a reinforced low defense.
15. Look to right, stepping reinforced outside defense.
16. Look to left, open hand low defense and back knuckle.
17. Spear hand to groin, grab twisting cutting with left hand closing left hand.
18. Slide back, upper cut right hand, twisting double back knuckles in X stance.
19. Low open hand defense, left spear hand to groin, grab and tear with right hand closing, ending up in a back stance.
20. Return to ready position.





## **JUNIOR 2ND GUP RED BELT**

### **ONE STEP PUNCHING TECHNIQUES**

**1. Rt - Start left leg forward in Fighting Stance.** Step out with right knife hand defense into front stance left leg forward. Grab arm, execute a high round kick with right leg. Left elbow break in front stance right leg forward. Step into Front stance with left arm bar; left knife hand chop to neck. Flow into wrist twist and take down, turn combatant over onto stomach and apply lock elbow with right shoulder as lever. Kiap.

**2. Left – Start right leg forward in Fighting Stance.** Defend with left parry block into right turning back kick to solar plexus. Left web hand to trachea in front stance right leg forward; shift to back stance with inverted chop to brachial nerve; fold left hand, left knife hand chop to trachea holding back stance; shift to front stance with palm heel strike to nose or (SI 18). Kiap.

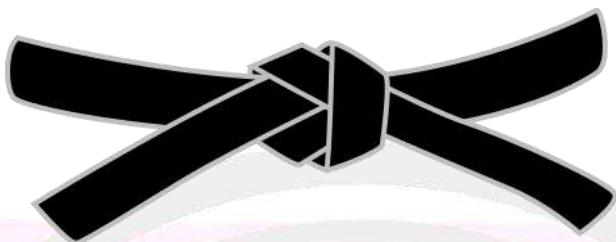
**3. Rt Reverse – Start right leg forward in Fighting Stance.** Bursting with left arm trap of left hand, right punch to TW17, same side load to right body shot to floating rib; shift to front stance with left ridge hand strike to trachea; turning to right with horizontal elbow to trachea; jump turning bottom fist to head into front stance with left leg back. Kiap.

**4. Lt Reverse – Start left leg forward in Fighting Stance.** Bursting Simultaneous left parry with vertical punch to solar plexus; same side reload into palm strike to face or SI 18; right knee to mid section, left downward elbow to spine into right leg forward fighting stance, left arm lock in neutral stance, reverse scoop kick to face. Kiap.

Boro Martial Arts



# Junior 2<sup>nd</sup> Red Belt



## Testing Request Form

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Requested Belt Size \_\_\_\_\_

Testing fee: \$75

Paid: Y N

Cash Check# \_\_\_\_\_ CC

### Testing Checklist:

- ☐ I have completed my stripes and had my manual signed off by an instructor.
- ☐ I have completed the 8 sparring /grappling class requirement for 2nd Red Belt.
- ☐ I have set my goal to become a 1<sup>st</sup> Gup Red Belt.
- ☐ I am not misusing my martial arts, or bullying others.
- ☐ My teacher has also approved me for 2nd Red Belt testing. (Optional)

Teacher's Signature \_\_\_\_\_

- I would like to meet with an instructor. Y N
- I would like to schedule private lessons. Y N
- I would like to schedule private lessons for my Black Belt weapon. Y N
- I am practicing "giving back" in the school. Y N
- I am interested in training beyond 1<sup>st</sup> degree and want to know more about the Masters Club Program. Y N

# 1<sup>st</sup> Red Belt Curriculum



## Red Stripe \_\_\_\_

### Things to Know:

1. 1st Gup Red Belt Level designates “The combination of all colors, mastery, calmness, dignity, and sincerity. Final stage of one life cycle and the beginning of the next.”
  2. You should be thinking about which weapon you wish to use for Black Belt Testing and begin to work on it with an instructor.
  3. Please plan to purchase a Black Belt weapon at this level if you do not have one already.
  4. Discipline will be needed to train to Black Belt; start building your training discipline now.
  5. Are you a team player? Find someone who needs help in the school, and give back with no motive of gain.
  6. Perfect your stances at this level and work on having consistency in stances and technique.
- 1<sup>st</sup> Degree Black Belt designates a “Master of Basics.”

### **1st Red Belt Concept: Discipline | Bringing your Mind & Body in line with your Goals**

1. Develop a plan to train and reach your Black Belt Goal.
2. “Giving back” now becomes leadership hours at this level; begin to assist classes on the mat... not for you, but for the students.
3. Pick a training partner for this test, and the coming Black Belt test; become a team player, then build and support each other.
4. Learning how to discipline yourself will change your life.
5. You can do whatever you wish in Life; believe it! Do not let “dream stealers” throw water on your dreams.

## Stances:

- Review all Previous
- Review Emphasis on Footwork (Advance, Step Through, Slide Up, Step Through Lunge); Footwork drills as a foundation for combinations
- Review Clock Theory – Circular footwork for real self-defense

## Strikes, Blocks, and Hand Skills:

- All above Footwork with Straight Punches
- All Blocks and Strikes Forward & Retreating
- Focus Mitt Skill Review

## Forms:

- All Previous Forms (#1, 1 adv, 2, 2adv., 3, Int. 1, 2, 3, 4, 5)
- Review Staff Forms #1 & #2
- **Bassai** | "Breaking through the Fortress with Force", or "Form of the Rock"

## White Stripe —

## Kicking:

- Review Mandatory Combination
- Review of Jump Kick Combos 1 & 2
- Review Kicking Combinations 1 - 6
- Review Running Kicks
- Review Jump Spinning Round Kick, Offensive Back Kick, Step into Turning Heel Kick
- Review Flying Side Kick
- One Step Kicking Defenses (new) - **Right & Left Legs (student composes)**

## Self Defense:

### Review

- All Bully Buster Concepts
- Red Belt Self-Defense
- Stick/Bat
- All Throws
- All Ground Concepts

### Junior 1<sup>st</sup> Gup Red Belt One Steps to Conclusion

#### Blue Stripe \_\_\_\_

- 5 sparring classes 1 \_\_\_\_ 2 \_\_\_\_ 3 \_\_\_\_ 4 \_\_\_\_ 5 \_\_\_\_
- Final review
- Testing request filled out & turned in
- Testing Fee \$75

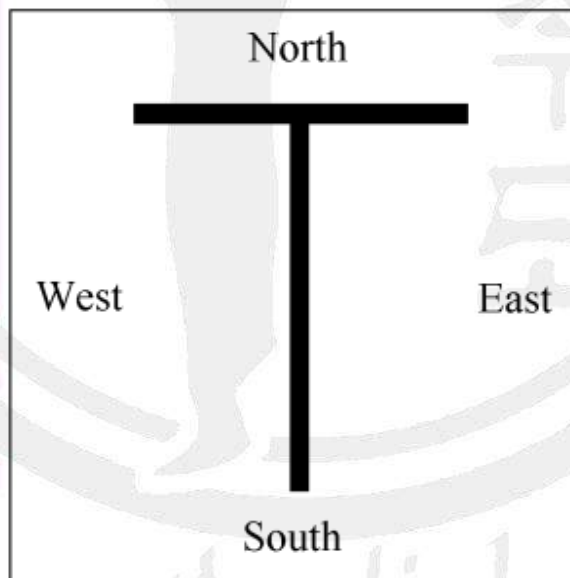
Boro Martial Arts

## **BASSAI**

### ***“BREAKING THROUGH FORTRESS WITH FORCE”***

1. Bassai has it's own ready position: with right fist and left knife hand with left knee up, and bladed ankle, showing brotherhood and solidarity.
2. Twisting upon the toes lunging forward in X-stance with reinforced back knuckle.
3. Look one half turn left, outside defense left, outside defense right.
4. Look one half turn right, inside defense left, outside defense right.
5. Look right one quarter, one leg turn, right leg up, low defense (right), fold (right) inside defense, outside defense (left).
6. Look to left, shift to straddle-like stance, spear hand to eye (left), punch-back stance (right), outside defense-front stance (right).
7. Punch-back stance (left), outside defense (left) front stance.
8. Slide left foot to right, step out with reinforced center chops (right).
9. Stepping reinforced center chops (left), stepping reinforced center chops (right), someone grabs right forearm, left hand knocking grab, breaking free, stepping under chair, sidekick and bottom fist, KIAI.
10. Look back to the left, reinforced center chops (left), stepping reinforced center chops (right), someone grabs both wrists, stepping back, struggling, breaking free, stepping out with right, double bottom fist to ribs.
11. Jumping center punch, KIAI.
12. Look to left, open hand low defense, back knuckle.
13. Spear hand to groin, grab tearing with left hand closing.
14. Upper cut right hand, stepping out (left) modified front stance.
15. Right reinforced inside defense, crescent kick (right), landing bottom fist to groin, open back hand to face, crescent kick smashing head, elbow smash.

16. Grabbing someone's hair, double punches to face.
17. Look to right, double punches, face and groin, (left hand on top, right leg out).
18. Slide back, feet together, hands switch from left to right.
19. Left crescent kick, step out, double punches, face and groin, right hand on top.
20. Slide back, feet together, hands switch from right to left.
21. Right crescent kick, step out, double punches, face and groin, left hand on top.
22. Three quarter turn, sweeping and back knuckle person on the mat, (right), back knuckle with left.
23. Look, slide left to right, step out reinforced center chop (right), one quarter turn right reinforced center chop, look left, slide right to left foot, step out with the left with reinforced center chop.
24. Return to Bassai Choon Bee.





# **JUNIOR 1ST GUP RED BELT**

## **ONE STEP PUNCHING TECHNIQUES**

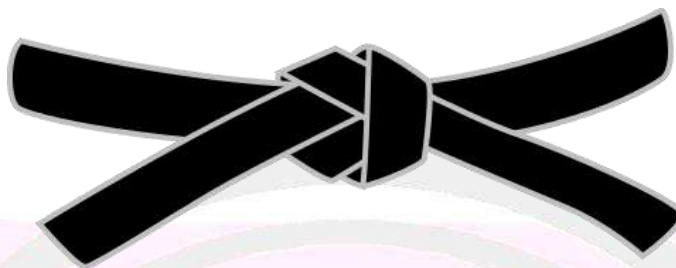
**1. Rt - Start left leg forward in Fighting Stance.** Step out with right knife hand defense into front stance left leg forward. Grab arm, execute a high round kick with right leg. Left elbow break in front stance right leg forward. Step into Front stance with left arm bar; left knife hand chop to neck. Flow into wrist twist and take down, turn combatant over onto stomach and apply lock elbow with right shoulder as lever. Step over drop to arm bar on the ground, finish with right axe kick. Kiap.

**2. Left – Start right leg forward in Fighting Stance.** Defend with left parry block into right turning back kick to solar plexus. Left web hand to trachea in front stance right leg forward; shift to back stance with inverted chop to brachial nerve; fold left hand, left knife hand chop to trachea holding back stance; shift to front stance with palm heel strike to nose or (SI 18). Grab hair and hold head in place to finish with a jumping right knee from the left side of combatant. Kiap.

**3. Rt Reverse – Start right leg forward in Fighting Stance.** Bursting with left arm trap of left hand, right punch to TW17, same side load to right body shot to floating rib; shift to front stance with left ridge hand strike to trachea; turning to right with horizontal elbow to trachea; jump turning bottom fist to head into front stance with left leg back, left front to solar plexus flowing into right step through into upward elbow to face turning into rear elbow to solar plexus; head pulling throw; finish with eye rake. Kiap.

**4. Lt Reverse – Start left leg forward in Fighting Stance.** Bursting Simultaneous left parry with vertical punch to solar plexus; same side reload into palm strike to face or SI 18; right knee to mid section, left downward elbow to spine into right leg forward fighting stance, left arm lock in neutral stance, reverse scoop kick to face, dropping on body to arm bar on ground, dbl elbows finish. Kiap.

# Junior 1st Red Belt



## Testing Request Form

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Requested Belt Size \_\_\_\_\_

Testing fee: \$40      Paid: Y N      Cash      Check# \_\_\_\_\_      CC

### Testing Checklist:

- ☐ I have completed my stripes and had my manual signed off by an instructor.
- ☐ I have completed the 8 sparring /grappling class requirement for 2nd Red Belt.
- ☐ I have set my goal to enter the next Black Belt testing cycle.
- ☐ I am not misusing my martial arts, or bullying others.
- ☐ My teacher has also approved me for 1st Gup Red Belt testing. (Optional)

Teacher's Signature \_\_\_\_\_

- I would like to meet with an instructor. Y N
- I would like to schedule private lessons for my Black Belt Weapon. Y N
- I would like to schedule a meeting to discuss joining Master's Club. Y N
- I would like opportunities to "give back" in a greater way in the school. Y N
- I would like to be invited to participate in the next Black Belt Testing. Y N