



Orange County School of Martial Arts

ORANGE BELT STUDY GUIDE

7th Gup Orange/Blue to 6th Gup Green/White

General Requirements

This rank is assigned to individuals of good moral character, who have been accepted as members of San Kil Tang Soo Do.

No age requirement, but must be a member in good standing with San Kil Tang Soo Do, their studio, and their instructor.

Minimum of two months training with regular weekly Dojang attendance.

Minimum of 16 classes in rank.

Demonstration of Ability (curriculum is cumulative, all lower rank requirements may be tested)

1. Basic Movements (Gi-Cho):
Hand Techniques:
Reinforced block (back stance), Spear hand attack
Foot Techniques:
Jump Inside/Outside Kick, Hop Side Kick
2. Forms:
Chil Sung Ee Ro
Pyong Ahn Ee Dan
Children under 10 years may perform any two Hyungs until 4th Gup
3. One Step #7: Right knife hand block in place; step with your left foot into a left front stance striking with a right palm heel to the face
4. Sparring Combination #7: Left shuffle side kick; right reverse punch; right ax kick
5. Self-Defense #7 (from same side grab): Raise fingers to loosen grip; grab hand palm up; step right foot 45° left while pulling hand out; step right foot behind left while holding hand in front of and above the head; apply wrist lock; left punch to face
6. Breaking (Kyok Pa): 1 Board with the hand technique of your choice
7. Terminology:
Kuk Gi: National Flag
Kwan Gi: Flag of style or school of Tang Soo Do (i.e. San Kil)
Gi Cho Hyung: Gi Cho (Basic) Hyung (Form)
Dan Bon: Dan number
Dan: Degree, holder of Midnight blue belt
Gup: Grade, holder of color belt under midnight blue
Hu Gul Ssang Soo Mahk Kee: Reinforced block/back stance
Moo Roop Cha Gi: Knee kick
Kyom Son: Humility
8. Studio Requirements: Each instructor may have additional requirements
9. Essay (1-2 pages, typed): What are the responsibilities of a Green Belt

Self Defense starts with Self Confidence