



Orange County School of Martial Arts

WHITE BELT STUDY GUIDE

10th Gup White to 9th Gup Gold/White

General Requirements

New 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 individuals must be members in good standing with San Kil Tang Soo Do, their studio, and their instructor.

Two to three months training with regular weekly Dojang attendance.

Minimum of 16-24 classes in rank.

Demonstration of Ability

- Basic Movements (Gi-Cho):
Hand Techniques:
Back Fist, Low Block, High Block
Foot Techniques:
Front Kick, Roundhouse Kick, Inside/Outside Kick
- Forms (Hyung):
Combinations 1, 2, & 3 substituted for Hyung practice
- One Step #1: Left high block in place; stepping forward right high punch in a front stance
- Sparring Combination #1: Left back-fist; reverse punch; right roundhouse kick
- Self-Defense #1 (from cross hand grab): Breaking the grip over the top; step in elbow; knife hand strike to temple; palm heel strike to face
- Breaking (Kyok Pa): Optional per instructor
- Terminology:
The Art You Train in: **Tang** (China) **Soo** (Hand) **Do** (Way)
Our Style of Tang Soo Do: **San** (Mountain) **Kil** (Path)
Sa Bom (Nim): 4th Dan & up, certified Master Instructor
Kyo Sa Nim: 2nd & 3rd Dan, certified Head Instructor
Choon Bee: Ready position (Ready for what? Ready for anything!)
Cha Ryut: Attention
Kuk Gi Bay Ray / Ba Ro: Salute the Flag / Return
Kyung Ret: Bow (e.g. Sa Bom Nim Kay Kyung Ret: Bow to Master Instructor)
Annyong ha shimnikka: Hello
"Pure Numbers" (for hour, age & counting)

Ha Na	One	Yeo Seot	Six
Dul	Two	Il Gop	Seven
Set	Three	Yeo Deol	Eight
Net	Four	A Hop	Nine
Da Seot	Five	Yeol	Ten

Ha Dan Mahk Kee: Low block
Ahp Cha Gi: Front snap kick
- Studio Requirements: Each instructor may have additional requirements
- Essay (1-2 pages, typed): NA

Self Defense starts with Self Confidence