

WHITE BELT INSTRUCTIONAL GUIDE

This information and additional material can be found at our website, www.valleykarate.org

Courtesy and Etiquette

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

Upon entering the Dojang

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

Late Entrance

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

Receiving Instruction

At any time before, after or during class, when the instructor or any senior member offers personal correction of instruction to a junior member must bow and repeat “Thank you Sir/Ma’am”. This shows appreciation and respect. A junior member should refrain from correcting a senior member in the Dojang. At the end of the class after the closing ceremonies, all class members should bow to their instructor.

Questions

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

Leaving Class

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

Entering the Dojang

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

Number	Korean Symbol	Pronunciation
1	하나	Ha-na
2	둘	Tul (1)
3	셋	Set
4	넷	Net
5	다섯	Ta-sot
6	여섯	Ya-sot
7	일곱	Il-gop
8	여덟	Yo-dol
9	아홉	A-hop
10	열	Yol

10 th Gup	9 th Gup	9 th Upgrade
Forms (Hyngs): Ki Cho Hyung Il Bu Basic One-Steps 1-3 Hand & Foot Techniques <ul style="list-style-type: none"> • Low Block • High Block • Center Punch • High Punch • Reverse Punch • Front Kick 	Forms (Hyngs): Ki Cho Hyung Ee Bu Basic One-Steps 4-5 Hand & Foot Techniques <ul style="list-style-type: none"> • Inside-Outside Block • Outside-Inside Block • Round House Kick 	Forms (Hyngs): Ki Cho Hyung Sam Bu Basic One-Steps 6-10 Hand & Foot Techniques <ul style="list-style-type: none"> • Inside-Outside Block • Backstance • Horse Stance Punch • Side Kick

KICHO HYUNG IL BU

Basic Form #1

- 1.Look left. Step left with left low block.
- 2.Step forward with right with middle punch.
- 3.Look over right shoulder, 180-degree turn. Right footstep with right low block.
- 4.Step forward with left middle punch.
- 5.Look left, step 90 degree left low block.
- 6.Step forward with right middle punch.
- 7.Step forward with left middle punch.
- 8.Step forward with right middle punch with kihap.
- 9.Look over left shoulder, 270-degree turn. Left footstep with left low block.
- 10.Step forward with right middle punch.
- 11.Look over right shoulder, 180-degree turn. Right footstep with right low block.
- 12.Step forward with left middle punch.
- 13.Look left, step 90-degree left low block.
- 14.Step forward with right middle punch.
- 15.Step forward with left middle punch.
- 16.Step forward with right middle punch with kihap.
- 17.Look over left shoulder, 270-degree turn. Left footstep with left low block.
- 18.Step forward with right middle punch.
- 19.Look over right shoulder, 180-degree turn. Right footstep with right low block.
- 20.Step forward with left middle punch.

KICHO HYUNG EE BU

Basic Form #2

- 1.Look left. Step left with left low block.
- 2.Step forward with right with high punch.
- 3.Look over right shoulder, 180-degree turn. Right footstep with right low block.
- 4.Step forward with left high punch.
- 5.Look left, step 90-degree left low block.
- 6.Step forward with right high block.
- 7.Step forward with left high block.
- 8.Step forward with right high block with kihap.
- 9.Look over left shoulder, 270-degree turn. Left footstep with left low block.
- 10.Step forward with right high punch.
- 11.Look over right shoulder, 180-degree turn. Right footstep with right low block.
- 12.Step forward with left high punch,
- 13.Look left, step 90-degree left low block.
- 14.Step forward with right high block.
- 15.Step forward with left high block.
- 16.Step forward with right high block with kihap.
- 17.Look over left shoulder, 270-degree turn. Left footstep with left low block.
- 18.Step forward with right high punch.
- 19.Look over right shoulder, 180-degree turn. Right footstep with right low block.
- 20.Step forward with left high punch.

KICHO HYUNG SAM BU

Basic Form #3

- 1.Look left; step left with left side block in back stance.
- 2.Step forward with right middle punch.
- 3.Look over right shoulder, 180-degree turn. Right footstep with right side block in back stance.
- 4.Step forward with left middle punch.
- 5.Look left, step 90-degree left with left low block.
- 6.Step forward with right horse stance punch.
- 7.Step forward with left horse stance punch.
- 8.Step forward with right horse stance punch with kihap.
- 9.Look over left shoulder, 270-degree turn. Left footstep with left side block in back stance.
- 10.Step forward with right middle punch.
- 11.Look over right shoulder, 180-degree turn. Right footstep with right side block in back stance.
- 12.Step forward with left middle punch.
- 13.Look left, step 90-degree left with left low block.
- 14.Step forward with right horse stance punch.
- 15.Step forward with left horse stance punch.
- 16.Step forward with right horse stance punch with kihap.
- 17.Look over left shoulder, 270-degree turn. Left footstep with left side block in back stance.
- 18.Step forward with right middle punch.
- 19.Look over right shoulder, 180-degree turn. Right footstep with right side block in back stance.
- 20.Step forward with left middle punch.