

# Moo Son Tang Soo Do



## 5th Gup Study Guide

### General Knowledge

What does the Green Belt represent?

Speedy development of youth as summer arrives

What states are part of Region 7 of the W.T.S.D.A.?

Kentucky, North Carolina, South Carolina, Eastern Tennessee, Virginia, West Virginia

About how old is Tang Soo Do?

2000 years

What does the blue in the American Flag stand for?

Unity

Can a color belt teach other lower color belts?

Yes

### Hyungs (Forms)

What form do you need to know to test for 5th Gup?

Pyung Ahn E Dan

How many moves are there in Pyung Ahn Cho Dan?

22

How many moves are there in Pyung Ahn E Dan?

29

### Techniques & Terminology

How do you say “begin” in Korean?

Shi Jak

How do you say “round house kick” in Korean?

Tollyo Cha Ki

How do you say “axe kick” in Korean?

Cchik Ki

How do you say “front stretch kick” in Korean?

Bahl Poto Oly Ki

How do you say “inside to outside block” in Korean?

Ahneso Phaku Ro Mahk Ki

How do you say “command” in Korean?

Ku Ryung

How do you say “punch exercise horse riding stance” in Korean?

Pahl Put Ki

What part of your foot do you strike with when doing a round house kick?

Instep or Ball

When doing a back break fall you should keep your chin tucked into your chest.

The key to Free Sparring is defend and counter-attack.

When stretching, you should stop before you feel pain.

### Vital Points

See ‘Vital Points (Kup So)’ in the student manual.