

TANG SOO DO

THE WAY OF THE HAND OF TANG



FAMILY MARTIAL ARTS CENTRES



BLACK BELT LEADERSHIP ACADEMY



STUDENT HANDBOOK

Name: _____

Centre: _____

Region: _____

Instructor: _____

Start date: _____ End date: _____

www.familymartialartscentres.com

Welcome to FAMILY MARTIAL ARTS CENTRES

Dear Student,

We welcome you to Family Martial Arts Centres, one of the most successful and fastest growing martial arts organisations in the UK, and the only Tang Soo Do organization with multiple full-time schools run by professional Blackbelt Instructors.

As a Blackbelt Leadership school we offer much more than just martial arts training and self-defence. We also focus on character development, teaching multiple leadership and life skills and giving our students the skills and knowledge to become leaders in all areas of their lives.

The martial art you will be studying is called Tang Soo Do, a Korean martial art whose roots date back some 2,000 years, which is based upon techniques adopted from Chinese warriors of the Tang Dynasty (618-906 A.D.).

Training in the martial arts can benefit all aspects of our lives, mind, body and spirit. All of us have our own personal reasons for choosing to train. These reasons range from the need for a form of self-defence, physical fitness, stress management, self-confidence, self-discipline or develop teamwork. Through your training you can achieve these goals as well as many others. Although you can achieve your goals by training in Tang Soo Do, you must be aware that these things will not happen overnight. Hard work and commitment will be required to assist you in your quest.

Through your training you will meet many challenges. It is our goal to help you overcome these challenges and continue along your path. As a beginner student you should look toward the senior students to work with you and assist you during your training. Look to them for guidance and show them respect, one day it will be you who is helping out another.

As a student it is your job to watch, listen, study, and practice. Don't rush your training; take it slowly, and at your own pace. Ask questions and don't let yourself become frustrated. Look for the answers from both your seniors and your mind. Although your instructor is here to assist you and provide you with guidance, it will not do you any good unless you take that information, think about it, and apply it.

Within this notebook is information that will help you along in your training and will guide you and help you record your progress. Look over it carefully and use it wisely. With your Federation Membership you will receive emails with more useful information. Keep these and any other handouts with your notebook for easy reference in you training.

Good Luck in Your Journey,



Master Salter
Chief Instructor
Tang Soo Do Moo Duk Kwan Fed. GB



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“Discipline goes beyond personal feelings.”

Grandmaster Hwang Kee

CLASS RULES AND ETIQUETTE

Tang Soo Do is a traditional Korean martial art based on discipline and respect for all life. It is important to demonstrate respect: for our country, our art, seniors, fellow students and the people around us. It is also important to develop as a disciplined person. The following is a list of rules and etiquette which will help you develop the respect and discipline which will aid you in your training at Family Martial Arts Centres.

1. Set an example

(people as well as fellow practitioners will look to you as an example of a martial artist):

- a) As a student at Family Martial Arts Centres it is expected that you promote a good image of yourself and your studio. Students should not use their techniques to show off, bully, or as horseplay at their schools, parks, or other social environments. Only use your training as a means of self defence when physically threatened. Name-calling and anger are not excuses to use your Tang Soo Do training. Always stand up for what you believe, but do so intelligently. Use your mind as a first line of defence.
- b) Within the studio you are to act accordingly and with respect. Junior students will look to more senior students for guidance. Set a good example for the junior students by showing them the proper way a martial artist should act. It is a responsibility that you should take seriously and proudly.

2. Parents and guests:

- a) Parents and guests who are watching the class are asked not to disturb the class that is in session.
- b) Parents are not allowed to coach or "instruct" their children from the side. This is the job of the Instructor.
- c) Any children who are watching the class must be kept under control and off the main floor for their safety.
- d) Please do not eat or drink anything (except water), use mobile phones or take photographs or video whilst in the school.

3. Arriving and getting ready:

- a) Upon entering and leaving the Do Jang, you should pause at the entrance, face the flags and salute by placing your right hand over your heart, return, and bow and as you do so say 'Hello Sir, hello Ma'am'. This shows respect for our country, our style, our training, and the country that produced our style.
- b) Greet other students and instructors with a bow. This is a sign of respect, and sets the tone for the class.
- c) Students should show up to their class 10-15 minutes early if possible. This will allow you to get dressed, warm up, and be ready on time. Showing up to class late only shortens your training time and disrupts the class in session. Show respect for yourself and others by being on time, both in class and in life.
- d) No jewellery, watches, earrings, or socks will be allowed in class. Wearing these items can lead to injury. We recommend that you leave all valuables locked in your car, or at home.
- e) All students must show up to class with a clean uniform (It is not necessary to wash your belt as this symbolises washing away your knowledge).
- f) Personal hygiene is important, and shows respect for yourself. Students should be properly groomed. Be sure to trim your toenails and fingernails to avoid cutting other students.
- g) Women should wear a white (or similar colour to their trim) sports bra or tank top under their Do Bok (training uniform). Male students should not wear anything under their Do Bok, but if needed a plain white or black t-shirt is O.K.

4. Food, drink, mobile phones, photography and personal items:

- a) All food and drinks (other than water) are not allowed to be consumed within the Do Jang by either students or spectators.
- b) Bags, shoes or any belongings must be kept off the training floor on or under a chair, and out of the way of students.
- c) Mobile phones should not be used and should be either switched off or put on silent.
- d) Taking photographs and video is NOT allowed in the school.

TIPS TO HELP YOU ALONG IN YOUR TRAINING

PHYSICAL HEALTH

Training in Tang Soo Do will have many physical benefits; flexibility, strength, stress relief, coordination, weight management and so on. In order to maximise these benefits through your training there are some things that you can do.

1. PRACTICE!!

Set a time outside of class to practice and/or stretch. Any extra practice is beneficial and highly recommended. For those of you who are looking for physical benefits from Tang Soo Do this can be a very good goal to set and keep. This can also be a good idea for parents to reinforce with their children.

2. Avoid eating sweets and soda high in sugar.

If you desire to lose weight, avoiding junk food and maintaining regular workouts are your best option. This will also help you have lasting energy for class.

3. Eat foods that give you energy.

Carbohydrate foods will supply you with the energy you need to have successful workouts. Fruits, vegetables, and pasta are great sources of carbohydrates.

4. Drink plenty of water.

Your body needs to replace the water you lose through working out. Sports drinks are o.k. but avoid drinks with lots of sugar like cola etc.

5. Lead an active life.

Be an active participant, not a passive observer. Training in Tang Soo Do is only part of an active life style. Outside activities help you enjoy the world around you and help you get in touch with nature.

6. Avoid substances that will cause you mental and physical harm.

This means no drugs and no smoking. We are working to develop a strong and healthy body and mind, smoking and drugs do not do this. This also can injure fellow students if you are not mentally aware and focused.

MENTAL HEALTH AND FOCUS

In order to make the best use of our techniques, we must have a sharp and knowledgeable mind. Kwang Jang Nim (Grandmaster) Hwang Kee says that martial artists should be a Warrior and a Scholar.

1. USE YOUR MIND!!

Don't become a mindless follower. Think for yourself, and ask questions. Think about the things you are learning and the things you are sensing (Seeing, feeling, hearing, smelling, and tasting when needed). Become a Leader not a follower!

2. Practice mentally as well as physically.

When you practice, think about what you are doing (Use your hip, good stance, correct technique etc.), don't just physically fall through your training.

3. Study your art.

As a martial artist you should be a scholar. Listen to your instructor, make notes, read books, read your emails and study this guide!

4. Clear your mind and concentrate on your activity.

No matter what you are doing, you should concentrate only on that thing. This is important in Tang Soo Do; your partner's safety depends on your focus. Forget about work, social problems, the weekend, or other distracting things while you are training (or working, reading, painting, studying). Concentrating on your activity will help you get the most out of it. Developing a child's attention span during his/her activity will aid them throughout their lives.

5. Picture Perfect technique.

Close your eyes (NOT WHILE TRAINING!), and picture the perfect kick, form, sparring combination, or even the perfect speech, athletic performance, or job. By having a perfect image in your head and by replaying it over again, your mind will be ready for the technique and your body will adjust to the image with practice. Visualisation is a powerful technique for creating self-belief and increased confidence.

6. Knowledge.

Education for our younger students is paramount and the younger martial artists should strive to achieve their best at school, college and university. Your education is the building block to a great future and should be your first priority. Your pursuit for knowledge should not finish when we leave formal education. Education is a life-long process and you should continuously strive for knowledge and personal development in all areas of your life. Remember, a warrior is also a scholar.

7. Goal Setting.

Focus on what you would like to achieve by setting goals in all areas of your life. Write your goals down and use a system like SMARTS goal setting to make sure your goals are clearly defined. Don't neglect any areas of your life. Set goals in all areas including Health, wealth and relationships.

TANG SOO DO MOO DUK KWAN FEDERATION OF GREAT BRITAIN

As a student at **Family Martial Arts Centres**, it is mandatory that you are a member of the Tang Soo Do Moo Duk Kwan Federation of Great Britain, one of the most successful and fastest growing Tang So Do organizations in the UK, and the only one to operate from multiple full-time schools run by professional male and female Blackbelt instructors.

What is the Tang Soo Do Moo Duk Kwan Federation of Great Britain?

The Tang Soo Do Moo Duk Kwan Federation of Great Britain was founded in 2002 by Master Robert Salter and Master John Parkinson for the purpose of promoting the martial art of Tang Soo Do throughout the United Kingdom. Both Master Salter and Master Parkinson have been studying Tang Soo Do for over 25 years and have had the privilege of training under the guidance of the late Grandmaster Hwang Kee, the founder of Tang Soo Do Moo Duk Kwan. Today there are many federations that can trace their lineage back to Kwan Jang Nim Hwang Kee. Our Federation is one of many whose purpose is to carry on his teachings and to promote our martial art of Tang Soo Do.

The TSDMDKFGB promotes the art of Tang Soo Do by the following means:-

- 1. Creating Blackbelt Leaders in the traditional martial art of Tang Soo Do by providing training programmes suitable for men, women and children of all ages.**
- 2. Ensuring standardization of technique, quality of tuition and continued advancement and education for all members of the Federation.**
- 3. Opening and operating full-time martial art schools under the name of "Family Martial Arts Centres".**
- 4. Supporting part-time schools operating from sports centres and community centres.**
- 5. Promoting and hosting regional and national competitions, seminars and summer camps.**
- 6. Providing Certified Instructor and Assistant instructor Training Programmes in order to create fully qualified Blackbelt instructors.**

As a member of **Family Martial Arts Centres** you will enjoy the benefits of membership to the Federation and have access to all events and teachings.

Students should fill out and return the MEMBERSHIP APPLICATION to the Tang Soo Do Moo Duk Kwan Federation of Great Britain upon joining **Family Martial Arts Centres**. As a member you will receive a MEMBERSHIP CARD and unique membership ID. You must carry your membership card with you to all Tang Soo Do events, and graduations. You will not be able to attend these events without a current card.

(Your membership is good for 1 year, and it is your responsibility to make sure it is current. **)**

TRADITIONAL AND CULTURAL INFORMATION

The Family *Martial Arts* Centres Flag (Kwan Gi)



The **Family Martial Arts Centres** flag (Kwan Gi) represents the organization of our martial art, Tang Soo Do. It has both physical and philosophical meaning in our training. The centre circle (Tae Kuk) is divided into a red (Yang/active) and blue (Um/passive) that flows into each other. These halves resemble the Um Yang theory of eternal balance of the universe (good/evil, light/dark, hot/cold...) In science this is represented by “+” and “-”. The Chinese character at the centre of our logo is Moo, meaning Martial or Military. The character Moo is made up of two Chinese characters, one meaning stop and the other a sword or spear (meaning fighting). These together mean to “Stop Fighting” or to stop conflict both within ourselves and our fellow human beings. This is the ultimate goal of **Family Martial Arts Centres**.

The Korean Flag (Tae Kuk or Tae Kuk Gi)



The Tae Kuk Gi is the Korean Flag. The centre circle (Tae Kuk) is divided into a red (yang/active) and blue (um/passive) that flows into each other. These halves resemble the Um Yang theory of eternal balance of the universe (good/evil, light/dark, hot/cold...) In science this is represented by “+” and “-”.

The four “Gye” or bars around the centre circle also represent the Um Yang.

Kun	
Heaven	
Spring	
East	

Kam	
Water (Moon)	
Winter	
North	

Yi	
Fire (Sun)	
Autumn	
South	

Kon	
Earth	
Summer	
West	

The United Jack Flag: National Flag (Kuk Gi)

The flag of the United Kingdom is known as the Union Jack or Union Flag. It is made up of 3 individual flags: St Georges Cross, St Andrews Cross and St Patricks Cross. The salutation at the start and end of class is made towards the Kuk Gi (National flag) which will vary from country to country.



**On the wall of the training studio (Do Jang) you will see these 3 flags. On the left is the Union Jack showing respect for our country. On the right you will see the Korean Flag (Tae Kuk Gi), which represents the heritage of our style and art. In the centre will be the Family Martial Arts Flag (Kwan Gi) with the Chinese character Moo, which symbolises the ideals and goals central to our training.

The Belt (Dee) Ranking

The four traditional belt colours symbolise the following:-

COLOUR	SEASON	MEANING
White	Winter	Emptiness, innocence, hidden potential, purity.
Green	Spring	Growth, spreading, advancement.
Red	Summer	Ripening, “Yang” active.
Blue	Autumn	Maturity, “Um” passive, harvest.

*The other belts were added as an extra step for motivation between white and green.

The Uniform (Do Bok)

Do Bok is made of two words, Do which means “way of life”, and Bok “apparel” or “clothing”. Since the Do Bok is what you wear when you train its care and meaning are very important. The white colour of our Do Bok shows purity, reverence for life, and commitment to avoiding bloodshed in life. Action and thought are inseparable. Your outside look and inside attitude are closely linked. If you look your best, you will feel good too. For this reason make sure that your uniform is kept clean. Take care of your Do Bok, wash it, hang it up or fold it neatly.



CHINESE CHARACTERS

Tang Soo Do = Way of the Hand of Tang

	Tang	Soo	Do
Chinese Character			
	Tang	Hand	Way



Moo = Martial: The character Moo is made up of 2 characters, stop, and sword or spear (fighting). These together mean to “Stop Fighting” which is the ultimate goal of Tang Soo Do Moo Duk Kwan.

STOP -  SPEAR/SWORD - 

	Moo	Duk	Kwan
Chinese Character			
	Martial or Military	Virtue, Ethics Discipline	Style, School Institute

BEGINNERS' TERMINOLOGY

Tang Soo Do	Name of the art we study (The Way Of The Hand Of Tang)
Tang	A Chinese dynasty (618A.D to 907A.D)
Soo	Hand
Do	Way or Path
Moo Duk Kwan	Name of the Organization or style (School of Martial Virtue / School of Military Ethics)
Moo	Martial or Military
Duk	Virtue or Ethics
Kwan	School or organisation
Sa Bom Nim	Master Instructor (4th Dan or higher)*
Kyo Sa Nim	Instructor (2nd Dan and higher)*
Sun Beh Nim	Senior member
Dan	Degree, holder of midnight blue belt
Gup	Grade, holder of colour belt under midnight blue
Do Jang	Training hall
Do Bok	Uniform
Dee	Belt
Ki Ahp	Loud shout

KOREAN COUNTING

Ha Na : One, **Dool** : Two, **Set** : Three, **Net** : Four, **Da Sot** : Five
Yuh Sot : Six, **Il Gup** : Seven, **Yo Dull** : Eight, **Ah Hope** : Nine, **Yohl** : Ten

BELT SYSTEM

Rank	Belt
10th Gup	White
9th Gup	Yellow
8th Gup	Orange
7th Gup	Blue
6th Gup	Green + Green Lapels
5th Gup	Green + Green Lapels + 1 Blue Tag
4th Gup	Green + Green Lapels + 2 Blue Tags
3rd Gup	Red + Red Lapels
2nd Gup	Red + Red Lapels + 1 Blue Tag
2nd Gup Intermediate Level 1	Red + Red Lapels + 1 Blue Tag + 1 Black Tag
2nd Gup Intermediate Level 2	Red + Red Lapels + 1 Blue Tag + 2 Black Tags
1st Gup	Red + Red Lapels + 2 Blue Tags
1st Gup Intermediate Level 1	Red + Red Lapels + 2 Blue Tags + 1 Black Tag
1st Gup Intermediate Level 2	Red + Red Lapels + 2 Blue Tags + 2 Black Tags
1st Gup Intermediate Level 3	Red + Red Lapels + 2 Blue Tags + 3 Black Tags
1st Gup Intermediate Level 4	Red + Red Lapels + 2 Blue Tags + 4 Black Tags
1st Gup Intermediate Level 5	Red + Red Lapels + 2 Blue Tags + 5 Black Tags
Blackbelt	1st Dan to 3rd Dan Midnight Blue + Full Trim
Master Rank	4th Dan and above Midnight Blue with Red Stripe

GRADUATIONS

Graduations have been created to help you on your journey through the martial arts.

Graduations are extremely important events at Family Martial Arts Centres and are held every two months. It is at these events that students are promoted to the next rank on their journey to becoming a Blackbelt Leader. Each student is awarded their next coloured belt and certificate of promotion (you will be awarded your Yellow Belt at your first Graduation). Although Graduations are not a test, students are only invited to attend if their instructor believes them to be ready. Students from all Family Martial Arts Centres across the North West graduate together at the same venue, watched and supported by their friends and family.



Graduation dates and times are announced within class, posted on the notice board and sent out by email on a regular basis. Students wishing to Graduate must first submit a completed Grading Form, proof of Federation Membership and fees by the designated due date.

BLACKBELT LEADERSHIP

“Become a Leader not a follower.”

Family Martial Arts Centres is a Blackbelt Leadership Academy, meaning we teach much more than just kicking, punching and self defence. Our goal is to create leaders not followers and to focus as on character development as well as physical ability. This is what we call "Blackbelt Excellence". The Blackbelt Leadership programme has been developed over many years and has been designed to create fully qualified Blackbelt Leaders. The programme takes the beginner all the way from the rank of white belt to the coveted Blackbelt in the traditional Korean martial art of Tang Soo Do. Blackbelt Leadership students learn all aspects of martial arts training including multiple leadership and life skills.

In every social setting there are leaders and there are followers. And the best way to safeguard your child against unhealthy peer pressure and dangerous situations, is to build their confidence so they always make the best choices, like deciding on appropriate behaviours and making the right friends that will help them develop into the person you would like them to become. This is our goal at Family Martial Arts Centres.



The Blackbelt Leadership programme includes the following:-

- Tang Soo Do Blackbelt curriculum - All tuition from White Belt to Blackbelt
- 12 Leadership Skills - taught via mat chats, workbooks and emails
- Use of all equipment - Punch Bags, Wavemasters, Paddles, Strike Shields etc.
- Unlimited Classes - full length 60 to 120 minutes
- Hyungs - traditional patterns of martial arts moves
- Non-Contact sparring - wearing approved safety gear
- Full Self-Defence syllabus - close range techniques including all wrist grips
- One step and three step sparring - long range self-defence techniques
- Weapons Training - long staff, knife and stick self-defence using safety weapons
- Board Breaking - safely using plastic re-breakable boards
- Physical Conditioning Programme - for fitness, strength, flexibility
- Seminars & Competitions - for sparring, patterns, breaking, weapons

Family Martial Arts Centres is the only Tang Soo Do organization in the world that teaches the following 12 Leadership Skills:-

The 12 Leadership skills of a Blackbelt Leader are :-

1. Vision - "Vision is what separates leaders from followers."
2. Action - "Actions speak louder than words."
3. Confidence - "Confidence begins with a smile."
4. Charisma - "You only get one chance to make a first impression."
5. Motivation - "Motivation is the key to success."
6. Creativity - "Don't let your past results limit your future achievements. The past does not equal the future."
7. Communication - "The quality of your life is in direct proportion to the quality of your communication."
8. Courage - "Courage comes from the heart not from the fist."
9. Persistence - "Persistence is a measure of ones self-belief."
10. Trust - "Trust is the guidance of your instructor."
11. Passion - "Blackbelt Leaders share their passions with everyone."
12. Strategy - "Failing to plan is planning to fail."

Being a Blackbelt Leader means much more than having the ability to defend yourself. It is about successfully dealing with life's challenges ahead and having the confidence and self-belief that you can succeed in life and achieve all your goals

To qualify for consideration of the Blackbelt Leadership programme you must first successfully complete your Leadership Programme Qualification Book.

Your instructor will then sit down with you in a scheduled conference to discuss your progress and determine if and when you will be ready to start your Blackbelt Leadership training to one day become a fully qualified Blackbelt Leader in Tang Soo Do.



SEMINARS, COMPETITIONS, SUMMER CAMPS

Family Martial Arts Centres organise various martial arts activities throughout the year including seminars for specialist topics such as weapons self-defence, competitions for sparring, patterns and board breaking and summer camps which include Tang Soo Do training on the beach, archery, surfing and a family barbeque.



SOCIAL EVENTS

From time to time Family Martial Arts Centres will organise various social events and outdoor activities to further enhance students experiences, build confidence and have fun! These include such activities as fell walking, rock climbing, bowling, canoeing and of course a Christmas Party.

FREE BIRTHDAY PARTIES FOR CHILDREN

If you would like a birthday party with a difference for your child's next birthday then why not book a Karate Party. We can accommodate up to 30 children and will provide 90 minutes of exciting martial arts fun for your child and his/her friends **free of charge**. Limited availability so please book early to avoid disappointment.



Standard Uniform Patches

The standard Blackbelt Leadership uniform includes three patches on the left chest, left arm and rear of the uniform:-



Small patch positioned on the left chest.



Large rear back patch positioned in the centre of the uniform.



Arm patch located on upper left sleeve.

Special Uniform Patches

Certified Instructor Training



This patch is worn by CIT students on the right sleeve below the chevrons. The tri-colour image is the Korean Sam Taegeuk symbol.

Blue = Heaven

Red = Earth

Yellow = Humanity

Chevrons Worn on Upper Right Sleeve



1 Chevron

Assistant Instructor Training



2 Chevrons

Certified Instructor Training



3 Chevrons

Fully qualified Assistant Instructor



4 Chevrons

Programme Director



5 Chevrons

Chief Instructor

Instructor Training Patches

The following patches are sewn on the back of the uniform above the Family Martial Arts Centres patch.



Certified Instructor
Training 12yrs+



Assistant Instructor
Training 12yrs+



Junior Instructor
Training 7yrs+

Referral Patch

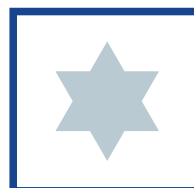
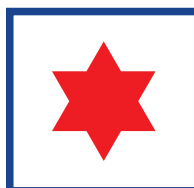
Family Martial Arts Centres is a referral based Academy, and you can directly benefit as a member by NEVER having to pay for another Grading or Graduation EVER again! All you have to do is introduce somebody that you know - that you think would benefit from training at our Academy. We will offer them a free trial and if they subsequently enrol you will receive our referral patch for your uniform and your next graduation for free. This contributes to the success of our schools and helps ensure that similarly like-minded students train together.



The patch is sewn onto the left chest of the uniform around the circular patch. The fourteen laurel leaves on each side, represent the fourteen states of Korea and the advancement of peace. The six red berries stand for the six inhabited continents and Tang Soo Do is the name of our art.

Attendance Patch

Red, Silver and Gold stars are worn under the referral patch and represent the number of years you have been training.. One red star represents one year. Up to 4 stars. Silver represents 5 years and gold is for those who have been training for 10 years.



Merit Badges

There are lots of merit badges for younger members to earn these go on the Right Arm.



FAMILY MARTIAL ARTS CENTRES



BLACK BELT LEADERSHIP ACADEMY

We have schools throughout the UK, write your school address here.

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.....

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