

MARTIAL ARTS KNOWLEDGE AND HISTORY

Knowing the disciplines, history, and traditions of the style you are practicing is a fundamental part of learning Martial Arts. This section starts with words that every Martial Arts student should know and embrace and continues with a brief overview of the history of Tang Soo Do, the United Tang Soo Do Federation, and Pak's Karate Louisiana. It continues with biographies of the Senior Masters and Martial Arts etiquette. It concludes with our Student Creed and some of the Korean words used throughout our program. Students will receive quarterly quizzes to complete at home to test their knowledge and history. Students will earn their Knowledge stripe on their belt upon completion and submission of their quiz.

GOALS – Setting goals is the first step towards being successful. A goal is more than a wish or a dream. You have to take action to turn your wishes into goals.

The first action step is to write your goal down as specifically as possible.

Second, make sure your goal is a SMART goal, Specific/Motivating/Achievable/Rewarding/Traceable:

Specific: Your goal must be well defined. Saying you want to bring your grades up for example is too general. Saying you want to bring your math grade up from a C to a B is much more defined and specific.

Motivating: Your goal must be something you want. Setting a goal for something that you do not care about will not motivate you to reach that goal.

Achievable: Your goal should be something that is within your reach. Setting a goal to have your Black Belt by tomorrow at noon is not achievable.

Rewarding: Your goal should be something that makes you feel good when you reach it. For example, a rewarding goal might be to lose 20 pounds by the end of next month so that you can wear a pair of jeans you really like that did not fit you any longer. The reward is being able to wear your favorite jeans.

Traceable: Your goal should be something that you can see progress as you work towards that goal. I want to be able to run a 10 minute mile by the end of summer is something very traceable as you can see your time decrease as you practice towards meeting that goal.

Third, break your larger goals down into smaller short-term goals and use those short-term goals as stepping stones toward your long-term goal. Take one step at a time working toward your larger goal. Next, know what obstacles there are and prepare to overcome them. Stay focused on the goal instead of the obstacles that arise. Also, visualize your goals; learn to focus and see yourself as having already accomplished your goal. Remember, if you can conceive it, you can achieve it. Be ready to set new goals as you accomplish the old ones.

ATTITUDE - It's the way you look at a situation. Your attitude can affect the outcome of situations. Your attitude can also affect people around you. Strive to have a positive attitude. Look for the good in situations rather than dwelling on the bad. Focus on solving problems instead of the problems themselves. How you react to what is happening is more important than what is happening. You can choose to focus on the positive instead of the negative.

COMMITMENT - To bind by a promise or pledge. In order to accomplish your goals, you have to develop a sense of commitment. You must develop a burning desire to accomplish your goal. As you make and keep commitments, you begin to establish an inner integrity that gives you the awareness of self-control and the strength to accept responsibility. Once you make a commitment to something, it is not OK to break it under any circumstances.

SELF-DISCIPLINE/SELF-CONTROL - This is your mind telling your body what is right and wrong and your body doing what is right even when you don't want to. This is doing what you are supposed to be doing even when you don't feel like it. Disciplining and controlling yourself, your desires, actions, emotions, and restraining yourself will help you develop positive traits that will make your life happier and healthier. You will be better able to handle yourself and act more rational when provoked or angered. Having self-discipline and self-control will give you the power to control adverse situations rather than the situation controlling you.

RESPONSIBILITY - Accepting punishment or praise for your actions and being obligated to account for something or to someone. Being answerable helps make you more dependable, reliable, and aids in the development of a sense of right and wrong. Responsibility helps assure things are accomplished and allows you to receive praise or correction. Responsibility is doing a job and accepting praise or criticism for it. Passing on some of your responsibility to others is called *delegation* and is considered acceptable as long as you understand that you are still the one accountable for the action (or inaction) of the person you delegated your responsibility to.

RESPECT - Treating others like you want to be treated. Think of others first. Be polite and gracious. You should learn to treat all people with respect, even people you dislike. Being polite gives others the opportunity to return the kindness. You must treat people with respect in order to receive respect. You can avoid many confrontations by treating others with respect. You should also treat other people's property with respect.

SELF-RESPECT/SELF-ESTEEM/SELF-CONFIDENCE - A firm belief in yourself and your abilities, pride in yourself, certainty and assurance in yourself. This will help you to avoid peer pressure. You do not need to prove yourself to others and this knowledge will help you to avoid confrontations. You will be able to accomplish things that others are afraid to even try.

HONESTY - Being truthful and trustworthy, showing fairness and sincerity. Do not lie, cheat, or steal or tolerate those around you to do so. Being honest will help you have more self-respect and receive more respect from others. It will keep you out of the bad situations that accompany a lie. Honesty will help you be more responsible and you will gain and secure the trust of others.

KNOWLEDGE— HISTORY OF TANG SOO DO AND TAEKWONDO

Though no one can be exactly sure where the martial arts originated, the most accepted theory is that they did not originate in any one place but in almost all parts of the globe, as they were needed.

Tang Soo Do and Tae Kwon Do have the same lineage. They both originated from the ancient Korean martial art of TaeKyon, dating back to about 50 B.C. During this time, Korea was divided into three kingdoms: Silla (57 B.C.), Korguryo (37 B.C.), and Baekche (18 B.C.). TaeKyon probably first appeared in Korguryo, but Silla played a larger role in the development of TaeKyon. Silla requested help from Korguryo to defend against constant attacks by Japanese pirates. Korguryo sent 50,000 soldiers to help drive out the pirates. TaeKyon was probably introduced to Silla's warrior class at this time, handed down in strict secrecy to a few select Sillan warriors. Silla assembled an elite fighting corps of young nobility called the Hwarang (Flower of Youth). In addition to regular military training, the Hwarang subjected themselves to rigorous mental discipline and severe physical hardship in order to condition their minds and bodies. Legend has it that they studied the fighting techniques of nature to use to their advantage. These new movements were incorporated, along with exercises in intense concentration, in order to achieve a harmonious existence of mind and body. The Hwarang lived by five codes of Human Conduct, which are still the foundation of our art's philosophy today. These codes are:

- Loyalty to your country
- Obedience to your parents
- Trustworthiness between friends
- Courage to never retreat in battle
- Avoidance of unnecessary violence and killing

Later, during the Koryo Dynasty (935-1392), TaeKyon became known as SuBak. It was primarily restricted to the military and nobility. It was not until the Yi Dynasty (1397-1907) that the art was readily accessible to the general public. During this time, the first book was written on the art (1790). During the second half of the Yi dynasty, the country turned its emphasis to education. This cultural change away from the military caused the practice of SuBak to decline. What knowledge there was of the art was handed down within families from one generation to the next.

In 1909, the Japanese invaded Korea and banned the practice of all military arts for native Koreans. This actually marked a resurgence in SuBak. Patriots organized themselves into underground factions and traveled to remote temples to study the martial arts. Some left Korea to study in China and even Japan itself.

In 1945 (Korea's liberation), the Korean fighting arts finally took root and began to flourish. At this time, many Korean martial arts styles existed. These styles varied according to the amount of influence each master had absorbed from the Chinese and Japanese styles and to the extent the native SuBak/TaeKyon had been modified. Also in 1945, "kwans" (schools) were organized to teach the Native Korean martial arts. Each school emphasized a different aspect of SuBak/TaeKyon. Various names emerged for each system such as Soo Bahk Do, Kwon Bop, Kang Soo Do, Tae Soo Do, Dang So, Tang Soo Do, etc.

In 1945, the Moo Duk Kwan, one of the larger and more prominent kwans, was formed. We trace our heritage in the United Tang Soo Do Federation primarily back to the Moo Duk Kwan and its influence.

In 1955, there was a government-sponsored move toward consolidating the kwans under the umbrella term "Tae Kwon Do." One reason for this was because the name Tae Kwon Do accurately describes the nature of the art (loosely translated – comprised of both hand and foot techniques) and was similar to the art's early name of TaeKyon. The leaders of the Tae Kwon Do movement also wanted to organize the art into a worldwide sport aimed at eventually achieving Olympic recognition. Tae Kwon Do finally made its Olympic debut in 1988, in its homeland of Seoul, Korea, as a demonstration sport. It appeared again in 1992 as a demonstration sport in Barcelona, Spain. Tae Kwon Do was recognized as an official Olympic sport in the 2000 games in Sydney, Australia.

The Moo Duk Kwan, under the leadership of Grandmaster Hwang Kee, remained separate from the Tae Kwon Do movement and continued to teach Tang Soo Do as a traditional martial art, not emphasizing the sport aspect. It is from this heritage that our current training is derived and focuses more on self-defense and personal development rather than the sport aspect.

KNOWLEDGE — UNITED TANG SOO DO FEDERATION AND GRANDMASTER PAK

In 1980, Grandmaster Song Ki Pak founded the United Tang Soo Do Federation (UTF), also known as the United Martial Arts Federation. The UTF is dedicated to the growth of Tang Soo Do as a world martial art and has developed into a prominent and internationally recognized organization of over 26,000 members as of 2014. The UTF's main headquarters (one of the largest martial arts facilities in the world) is in Jacksonville, Florida. Grandmaster Pak teaches there daily and encourages students to visit his classes whenever possible.

Born in Dae Gu City, South Korea, Grandmaster Pak started training at age 12 with Cha Jay Won in the Moo Duk Kwan system. He received a black belt from Master Cha, a first-generation instructor of Grandmaster Hwang Kee.

Grandmaster Pak is noted for teaching members of the 7th Infantry military police and the Central Intelligence Agency for the U.S. Government from 1961 to 1969. In 1969, Grandmaster Pak moved his school onto the army base and taught martial arts to the 5th Air Force Division, 6170 Combat Support Squadron until 1973.

In 1973, Grandmaster Pak moved to Jacksonville, Florida, via Hawaii, then to Louisville, Kentucky. In 1974, he moved to Lafayette, Indiana. Grandmaster Pak moved back to Jacksonville in 1975 and opened a school in an old carpet store on Blanding Boulevard. He soon built his own school with the help of students and moved to his new location in November 1978.

Grandmaster Pak then built his current facility, which opened in October 1985. It is billed as the largest Tang Soo Do dedicated school in the world and serves as the headquarters for the 30+ schools worldwide that comprise the United Tang Soo Do Federation.

KNOWLEDGE — NORTHWEST LOUISIANA SCHOOLS

The Northwest Louisiana branch of Pak's Karate (now known as Pak's Karate Louisiana) began when its founder, Senior Master Charles Chapman, was commissioned a 2nd Lieutenant in the United States Air Force and assigned to Barksdale Air Force Base in Bossier City, Louisiana. Together with Master Heidi Chapman, what began as a part-time youth enrichment program at the Base Youth Center in February of 1994 soon blossomed into a school that surpassed its capacity in the limited space of the Youth Center facility. The decision was made to acquire space off-base and open an official school with room to grow.

After a Grand Opening in October of 1994 with a space of about 1800 square feet in a shopping center on Shreveport-Barksdale Hwy. in Shreveport, Pak's Karate Louisiana was born. After only a year, space once again became an issue and the school was expanded to roughly 3000 square feet in the same shopping center. Four years later, the opportunity presented itself to purchase a facility in South Bossier and the school moved to its current location at 5302 Barksdale Blvd. in Bossier City, Louisiana. With over 10,000 square feet of space and multiple classrooms, Pak's Karate Louisiana became the largest Tang Soo Do school in the state.

In 1997, as families moved towards the outskirts of the core of Bossier City, the need for a location to serve the North and East Bossier areas developed. Under the direction of Master Chapman, Mr. Michael Vance opened a location on Hwy 80 in Haughton, Louisiana. Less than 3 years later, the school outgrew its original location in the Oak Thicket Shopping Center and moved to the old Ponder Hardware building. Ownership of the Haughton location fell back to the Chapmans when Mr. Vance had to retire from teaching in 2009. The Chapmans ran both locations until Master Jassen Holve from Pak's Martial Arts Livingston, TX moved to Bossier City to manage the Haughton location. This facility rivals the Bossier location with 10,000 square feet of space.

Pak's Karate Louisiana has spent the last 5 years preparing for expansion and the results of those efforts have resulted in the planned opening of a third location on Line Avenue in Shreveport. This location will host its Grand Opening in April 2023. Under the direction of Master Catherine, the Shreveport location will serve those families whose schedule will not allow them to travel to Bossier for class.

Pak's Karate Louisiana has been honored as the 2010, 2011, 2012, 2013 and the 2014 winner of both the Bossier and Shreveport Reader's Choice Award as well as the 2011-2022 (12 consecutive years) Local's Love Us survey. This is arguably due to our balanced mix of styles, the Word of the Month character development program, and an outstanding age-specific Tigers program all taught by a superb, well-trained team of outstanding instructors, support staff, and volunteers.

KNOWLEDGE — SENIOR MASTER INSTRUCTORS

Senior Master Charles B. Chapman III is a 7th Degree Black Belt who began his formal training in 1987 under the direction of Senior Master Curtis C. Hammond. Recognized almost immediately for his talent in leading and motivating his peers, Master Chapman started his instructor training as a Green Belt. Less than 2 years later, he became a certified assistant instructor for Master Hammond. In May of 1993, he graduated from the University of New Orleans with a Bachelor of Science degree in Mechanical Engineering. He is a Registered Professional Engineer in the State of Louisiana. At the same time, he was commissioned as an officer in the U.S. Air Force and is currently still serving as Deputy Commander to the 822d Civil Engineer Flight Staff Augmentation Team at Naval Air Station-Joint Reserve Base Fort Worth. He has completed his Master's Degree in Military Arts and most recently was promoted to the rank of full Colonel in the Air Force. Master Chapman has expanded his training in other styles of Martial Arts and has recently earned his Black Belt in Traditional Tri-O-Ryu Jujitsu and is scheduled to test for Grandmaster (8th Degree Black Belt) in Tang Soo Do in 2023.

Senior Master Heidiann K. Chapman is a 6th Degree Black Belt who began her training in Shotokan Karate in 1990 while in college. Graduating with a degree in Nursing in May 1995, she is a licensed Registered Nurse. During and after college, she continued her training in Tang Soo Do under Senior Master Curtis Hammond and Senior Master Charles Chapman. She became heavily involved in community service projects of various types and is recognized as a major contributor to several programs such as the Chuck Norris Kick Drugs Out of America Foundation, St. Jude Children's Research Hospital, and the Fabulous Friday Development Program for the Bossier Parish School Board. She has attended numerous professional development seminars on topics such as teacher-student interaction, child development, and customer service. She was awarded the rank of 6th Dan in Tang Soo Do in 2015 and currently holds instructor certifications in Tang Soo Do, SafetyNet Kids, and Te-Geri Kickboxing Fitness. She is on track to test for her 7th Degree Black Belt in 2023.

Senior Master Jassen Ryan Hulse is a 6th Degree Black Belt in Tang Soo Do. He began his training under Mister Jean Couraud of Pak's Martial Arts Livingston, Texas in the summer of 1994 at the age of 12. Jassen began competing in tournaments at the age of 14. This would lead to a 12-year long competition run that would carry him overseas to fight for the Amateur Athletic Union on multiple occasions. On March 15th, 1997 he received his 1st Degree Black Belt in the art of Tang Soo Do. His father, Senior Master Donald Hulse then took over the Livingston school and became his instructor. On November 28, 2001, he received his 1st degree in Tae Kwon Do under the Kukkiwon school in Korea. He then pursued academic studies at Sam Houston State University in Huntsville, TX, receiving his Bachelors in General Business Administration on May 14, 2005. Jassen taught with his father at the Livingston, TX school for many years until he pursued a career in retail management and moved to Huntsville, TX. He then became the manager of the Pak's Karate school in Onalaska, TX. He moved to Haughton, LA on March 9, 2013 where he is currently pursuing his dream of running his own martial arts school. He has continued his training in Martial Arts and has received his Black Belt in Judo. He is on track to promote to 7th Degree Black Belt in Tang Soo Do in 2023.

MARTIAL ARTS PROTOCOL AND ETIQUETTE

Proper Martial Arts protocol and etiquette is a must for all Black Belts to learn and understand. This is a part of tradition that dates back centuries to when student and master always followed specific behaviors. Although much more relaxed now than in the ancient times, there are still certain protocols that must be understood and followed as a Black Belt of our traditional Martial Art. It is essential that you study this section as a breach of protocol with your Master or a Master from another school could reflect poorly on your training and your school.

GENERAL ETIQUETTE

- Always greet the Master Instructors every time you enter the Do Jang unless they are busy with a student or parent. Then, you should greet them as soon as possible.
- When greeting the Master Instructors, you should bow first and then speak.
- You should never, ever let your belt lay on the floor. If it is loose, you should ask to be excused to adjust it.
- When adjusting your uniform or belt, you should always turn away from any other Black Belt and away from the flags.
- You should present yourself in a professional manner. Your uniform should be clean and neat at all times when at the school. A sweaty workout results in a stinky uniform and it should be washed. Always come to class with clean hands, clean feet, and proper deodorant. You are representing the school when wearing the Black Belt. Always set the example.
- When a Master Instructor or senior Black Belt offers you correction or instruction, stand at attention. When the discussion is complete, bow and say "Thank you Sir/Ma'am". Junior students should refrain from correcting senior students unless it is a reminder about behavior and then do so respectfully.
- If you have a question during class, raise your hand and wait to be recognized. When called upon, stand at attention and ask your question. After the answer is received, bow and say "Thank you Sir/Ma'am". Never directly approach the instructor when they are teaching.
- Remember to use both hands when giving or receiving something from a senior Black Belt or Master Instructor.

MEETING YOUR MASTER INSTRUCTOR OUTSIDE OF THE SCHOOL

- If you happen to meet your instructor at a location outside of the Do Jang, you should bow to them before beginning a conversation. Remember, your instructor is still your instructor, wherever you may be.
- The same behavior and respect rules apply outside the Do Jang as they do within the Do Jang.

ENTERING THE MASTER INSTRUCTOR'S OFFICE

- Never walk into the instructor's office unannounced. Knock first, wait at the door at attention, and when the instructor recognizes you, bow.
- When instructed, you may enter the office and stand at attention. Remain at attention throughout your conversation unless otherwise instructed. It is the instructor's responsibility to extend the courtesy of being seated to the student before the conversation begins.
- When the conversation is complete, thank the instructor and walk backward to the door (never showing your back to the instructor). Bow before you leave the room.
- A student shall never sit at the instructor's desk, whether in the presence or absence of the instructor.
- Conversation between the instructor and the student shall always maintain a tone of respect. Sir/Ma'am shall always be used, whether you are in uniform or not.

DINING WITH YOUR MASTER INSTRUCTOR

- Dining with your Master Instructor is an event that requires proper protocol. Remember to maintain the following protocol rules at all times unless told to ignore them by the Master Instructor.
- Tables shall be seated by rank, with the Master Instructor at the head and from there in rank order. If at a round table, the Master Instructor has the choice of where he/she wants to sit. You shall not sit down in your seat until the Master Instructor directs or is seated first. Stand behind your chair until the Master Instructor is seated or until directed to have a seat by the Master Instructor.
- If ordering from the menu, remind the host that the Master Instructor shall order first and be served first. If you receive your food before the Master Instructor, you are required to wait until the Master Instructor receives his food before you may eat unless otherwise directed by the Master Instructor.
- If at a buffet style restaurant, the Master Instructor shall be first to go to the bar to get his/her food unless otherwise directed. Then, follow by rank.
- Conduct yourself at the restaurant with proper manner at all times.

GOING ON TRIPS WITH YOUR MASTER INSTRUCTOR

- When attending special events with your Master Instructor you should always be on your best behavior. You are representing the school and your instructor wherever you go.
- When traveling, it is a Junior Black Belt's responsibility to assist the Master Instructor with any luggage or other items required to be carried to/from the vehicle. Do not wait for the Master Instructor to ask—it is your responsibility to offer assistance.
- When attending a tournament or visiting another school, remember that you are required to maintain the same levels of discipline, respect, and protocol as if you were at your own school.

KOREAN TERMINOLOGY

BASICS

Kook Ki	<i>Flag</i>
Char-yet	<i>Attention</i>
Kyong Yet	<i>Bow</i>
Chun Bee	<i>Ready Position</i>
Ba-row	<i>Recover Ready Positon</i>
Tang Soo Do	<i>Korean Martial Art</i>
Tae Kwon Do	<i>Korean Martial Art</i>
Soo Bahk Do	<i>Korean Martial Art</i>
Do Jang	<i>Martial Arts School</i>
Ji Kwan	<i>Branch School</i>
Joong Ang Do Jang	<i>Headquarters School</i>
Dobok	<i>Martial Arts Uniform</i>
Dee	<i>Belt</i>
See-Jak	<i>Begin</i>
Kee Cho Bup	<i>Basic Movements</i>
Dora	<i>Change Direction</i>
Kyuk Pa	<i>Breaking</i>
Com Sah Hom Neda	<i>Thank you</i>
Chu On Ma Nayo	<i>You are Welcome</i>

INSTRUCTORS/STUDENTS

Nim	<i>Instructor (base word)</i>
Jar	<i>Student (base word)</i>
Kwan Jang Nim	<i>Grandmaster</i>
Sah Buh Nim	<i>Head Instructor (4th Dan & up)</i>
Kyo Sa Nim	<i>Instructor (2nd & 3rd Dan)</i>
Jo Kyo Nim	<i>Assistant Instructor (1st Dan)</i>
Yoo Dan Jar	<i>Black Belt Student</i>
Yoo Kup Jar	<i>Color Belt Student</i>
Moo Kup Jar	<i>White Belt Student</i>

FORMS

Hyung	<i>Form</i>
Poomsae	<i>Pattern</i>
Ki Cho Hyung	<i>Basic Forms</i>
Chung San	<i>"Green Mountain" (Healthy)</i>
Dol Poon	<i>"Strong Wind" (Strength)</i>
Bi Ho	<i>"Flying Tiger" (Speed)</i>
Pak Ka Kwan	<i>"House of Pak" (Master Form)</i>
Chil Sung	<i>"7 Stars" (Senior Master Form)</i>

AREAS OF BODY

Sah Dan	<i>High (Face/Head)</i>
Joong Dan	<i>Middle (Body)</i>
Ha Dan	<i>Low (Below Belt)</i>

KICKING

Jok Ki	<i>Kick Technique</i>
Olekee	<i>Stretching (base word)</i>
Chakee	<i>Kick (base word)</i>
Aup Chakee	<i>Front Kick</i>
Yup Chakee	<i>Side Kick</i>
Dolryo Chakee	<i>Roundhouse Kick</i>
Dwi Dolah Chakee	<i>Back Pivot Kick</i>
Dwi Hoe Jun	<i>Backspin Kick</i>
Aneh se Bake Ro Chakee	<i>In-Out Axe Kick</i>
Bake se Aneh Ro Chakee	<i>Out-In Axe Kick</i>

HAND TECHNIQUE

Soo Ki	<i>Hand Technique</i>
Kyong Kyuk	<i>Attack (with hand)</i>
Tuel Ol	<i>Reverse</i>
Jung Kwon	<i>Fist</i>
Soo Do	<i>Knife Hand</i>
Yuk Soo	<i>Ridge Hand</i>
Kwan Soo	<i>Spear Hand</i>
Jang Kwon	<i>Palm Heel</i>
Kap Kwon	<i>Back Fist</i>
Yak Gin	<i>Knife hand attack & punch combo</i>
Haeng Gin	<i>Side Punch</i>

BLOCKING

Bang Uh	<i>Block (base word)</i>
Makee	<i>Block (base word)</i>
Ha Dan Bang Uh	<i>Low Block</i>
Joong Dan Bang Uh	<i>Middle Block</i>
Sang Dan Bang Uh	<i>High Block</i>
Aneh se Bake Ro Makee	<i>Inside-Outside Block</i>
Bake se Aneh Ro Chakee	<i>Outside-Inside Block</i>
Sang Soo Joon Dan Makee	<i>Double Middle Block</i>

SPARRING/TOURNAMENT

Dae Ryun	<i>Sparring (base word)</i>
Il Soo Sik Dae Ryun	<i>One Step Sparring</i>
Yi Soo Sik Dae Ryun	<i>Two Step Sparring</i>
Ja Yoo Dae Ryun	<i>Free Sparring</i>
Chung	<i>Blue</i>
Hong	<i>Red</i>
Kae Sok	<i>Continue</i>
Keu-man	<i>Stop</i>
Sung	<i>Winner</i>
Kyung-Go	<i>1/2 point deduction</i>
Gamjeon	<i>1 (Full) point deduction</i>
Joo-eui	<i>Warning</i>
Kalyeo	<i>Break</i>

PARTS OF BODY

Pal Mok	<i>Wrist</i>
Pal Koop	<i>Elbow</i>
Moo Roop	<i>Knee</i>
Ee Ma	<i>Head</i>
Bal Ba Dak Mit	<i>Ball of Foot</i>
Bal Yup Dwee Chi	<i>Heel of Foot</i>
Bal Dueng	<i>Instep of Foot</i>

COUNTING

Il	<i>1st</i>
Yi	<i>2nd</i>
Sam	<i>3rd</i>
Sah	<i>4th</i>
Oh	<i>5th</i>
Yuk	<i>6th</i>
Chil	<i>7th</i>
Pal	<i>8th</i>
Koo	<i>9th</i>
Sip	<i>10th</i>
Ha Na	<i>1</i>
Dool	<i>2</i>
Set	<i>3</i>
Net	<i>4</i>
DaSut	<i>5</i>
YaSut	<i>6</i>
Il Kup	<i>7</i>
Yuh Dul	<i>8</i>
Ah Hop	<i>9</i>
Yul	<i>10</i>
Baik	<i>100</i>
Chuin	<i>1000</i>

STANCES

JaSae	<i>Stance (base word)</i>
KeeMa JaSae	<i>Horse Riding Stance</i>
Joon Kul JaSae	<i>Forward Stance</i>
Hoo Kul JaSae	<i>Cat Stance</i>
Pyung Rip Jasae	<i>Natural Peaceful Stance</i>

Yul Ha Na	<i>11</i>
Yul Dool	<i>12</i>
Yul Set	<i>13</i>
Yi Sip	<i>20</i>
Yi Sip Ha Na	<i>21</i>
Yi Sip Dool	<i>22</i>
Yi Sip Set	<i>23</i>
Yi Sip Net	<i>24</i>
Yi Sip Dasut	<i>25</i>
Yi Sip Yasut	<i>26</i>
Yi Sip Il Kup	<i>27</i>
Yi Sip Yuh Dul	<i>28</i>
Yi Sip Ah Hop	<i>29</i>
Sam Sip	<i>30</i>
Sam Sip Ha Na	<i>31</i>
Sam Sip Dool	<i>32</i>
Sah Sip	<i>40</i>
Oh Sip	<i>50</i>
Yuk Sip	<i>60</i>
Chil Sip	<i>70</i>
Pal Sip	<i>80</i>
Koo Sip	<i>90</i>

STUDENT CREED

- ☯ I WILL DEVELOP MYSELF IN A POSITIVE MANNER AND AVOID ANYTHING THAT WOULD REDUCE MY MENTAL GROWTH OR MY PHYSICAL HEALTH.
- ☯ I WILL DEVELOP SELF-DISCIPLINE IN ORDER TO BRING OUT THE BEST IN MYSELF AND OTHERS.
- ☯ I WILL USE WHAT I LEARN IN CLASS CONSTRUCTIVELY AND DEFENSIVELY, TO HELP MYSELF AND MY FELLOW MAN, AND NEVER TO BE ABUSIVE OR OFFENSIVE.
- ☯ THIS IS A BLACK BELT SCHOOL. I AM MOTIVATED, I AM DEDICATED, I AM ON A QUEST TO BE MY BEST.