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Student Handbook is for student use in conjunction with regular martial
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Christian Martial Arts System.

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The Christian Martial Arts System



Tang Soo Do Karate

Student Handbook



Welcome to the Christian Martial Arts System. For over 20 years in Texas, Virginia, and California, I have been teaching Tang Soo Do Karate in schools, and churches. As a full time minister, I have discovered that martial arts teach many values and principles essential in a Christian walk. Principles like Discipline,

Honor, Integrity, and Perseverance are learned values that I have seen help many youth and children grow in the Lord. I have also witnessed karate training help students' academic achievements and leadership qualities. Unlike many other martial arts programs, our karate program teaches self defense without Eastern mysticism. We have successfully tied Biblical principles and Christ symbolism to the instruction of Tang Soo Do Karate. I started the Christian Martial Arts System initially at Baylor University in 1996 during my undergraduate years. The Christian Martial Arts System is a program designed to combine the benefits of martial arts training with the sense of honor and discipline needed in the Christian walk. While receiving my Masters degree at Truett Theological Seminary at Baylor University, I had an opportunity to open martial arts programs in many local schools, in addition to the programs I was teaching at churches. The benefits of martial arts training have changed my life, and I believe it can change yours as well. You now are in an established martial arts program and will soon earn nationally recognized ranks. To be a follower of Jesus and a martial artist is both an honor and a responsibility, one to be taken very seriously. May God abundantly bless you as you begin your training in Tang Soo Do Karate in the Christian Martial Arts System.

Serving in Christ,

Rev. Eric E Maggio M.Div.
6th Degree Black Belt and USA Martial Arts Hall of Fame inductee 2016
Director and Head Instructor of the Christian Martial Arts System



Student Handbook

Name of Student

Name of School or Studio

Date

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The Meaning of the Belts

White Belt: The White Belt symbolizes a fresh start. When we give our lives to the Lord, though our sins are as scarlet, He will make them white as snow. This color symbolizes a clean slate, just as the martial artist is as he enters his journey.

Yellow Belt: The Yellow Belt symbolizes the light as Christ brings light to the darkness. A student who achieves Yellow Belt begins to experience this light in their knowledge of martial arts.

Orange Belt: The Orange Belt symbolizes the heat of the sun, the trials and temptations that each Christian must go through just as Jesus did in his forty days in the wilderness. An Orange Belt begins to understand the challenge of martial arts and the dedication and perseverance it takes to succeed.

Green Belt: The Green Belt symbolizes new life as we have begun a new life in Christ. For the martial artist this also symbolizes new life and maturity in their understanding of their journey.

Blue Belt: The Blue Belt symbolizes the water, the waters of Creation, the waters of the Flood, and the waters of Baptism, thus tying us to the Old Testament Creation and Covenant, and the New Testament Covenant of Grace in Baptism. The martial artist who has achieved this rank has shown a new commitment as he has now entered the senior ranks of Tang Soo Do.

Red Belt: The Red Belt symbolizes Christ's blood shed for our sins. The student at Red Belt realizes the commitment and sacrifice it takes to live a life of Honor as a martial artist and a follower of Jesus.

Brown Belt: Brown represents the Cross of Christ, the Cross where Jesus paid for our sins, and the Cross we all must take up to follow Him. The Cross of the martial arts student is his responsibility to live a life of discipline in an undisciplined world.

Black Belt: The Black Belt represents maturity. As a Christian it means living a life wholly devoted to the Lord in both word and deed. As a martial artist it means living that Christian walk with Honor, Wisdom and Integrity.

Korean Terminology

Numbers

Hana	1
Tul	2
Set	3
Net	4
Tasot	5
Yosot	6
Ilgo	7
Yodol	8
Ahop	9
Yol	10
Sumal	20
Sarun	30
Mahoon	40
Swhin	50

Hand Techniques

Soo Ki	Hand Techniques
Mahk Ki	Block
Ha Dan Mahk Ki	Low Block
Sang Dan Mahk Ki	High Block
Pahl Put Ki	Center Punch Horse Stance
Kong Kyuck	Punch
Choong Dan Kong Kyuck	Center Punch
Sang Dan Kong Kyuck	High Punch
Ahneso Pahkuro Mahk Ki	Inside Outside Block
Pahkeso Anuro Mahk Ki	Outside Inside Block
Chun Dan Han Jin	Side Punch Horse Stance
Soo Do	Knife Hand
Ha Dan Soo Do	Low Knife Hand
Sang Dan Soo Do	High Knife Hand
Kwan Soo	Spear Hand
Kwon Soo Kong Kyuck	Spear Hand Punch
Chun Kul Sang Soo	Double Reinforced Block
Yuk Soo Do	Ridge Hand
Kwon Do	Hammer Fist
Kap Kwon	Back Fist

Starting Class

Cha Ryut	Attention
Kookgi Ba Re	Salute to Flag
Ba Ro	Return
Muk Nyum	Pray
Ba Ro / Cha Ryut	Return / Attention
Kwan Ja Nim	Senior Master Instructor
Ke Kyung Yet	Bow

Foot Techniques

Ahp Cha Ki	Front Kick
Tollyo Cha Ki	Roundhouse Kick
Yup Cha Ki	Side Kick
E Dan Ahp Cha Ki	Jump Front Kick
Corro Yup Cha Ki	Stepping Side Kick
Nearyo Cha Ki	Downward Kick
Dwi Yup Cha Ki	Spinning Back Kick
E Dan Yup Ca Ki	Jump Side Kick
Huryo Cha Ki	Hook Kick
Pandal Cha Ki	Crescent Kick
Dwi Pandal Cha Ki	Spinning Crescent Kick
Hweajun Cha Ki	Wheel Kick
E Dan Tollyo Cha Ki	Jump Roundhouse Kick
Dwi Huryo Cha Ki	Spinning Hook Kick
Dwi Nearyo Cha Ki	Spinning Downward Kick
E Dan Nearyo Cha Ki	Jump Downward Kick
E Dan Dwi Yup Cha Ki	Jump Spinning Back Kick 180
E Dan Dwi Yup Cha Ki	Jump Spinning Back Kick 360
E Dan Dwi Nearyo Cha Ki	Jump Spinning Downward Kick
E Dan Dwi Pandal Cha Ki	Jump Spinning Crescent Kick
Tae Poong Cha Ki	Typhoon Kick
Peet Cha Ki	Twist Front Kick
E Dan Hweajun Cha Ki	Jump Wheel Kick
E Dan Dwi Huryo Cha Ki	Jump Spinning Hook Kick

General Commands

Shi Jak	Begin
Sheo	Relax or Rest
Ahn Jo	Sit
Yul Chung Shu	Rest Position
Tora	Turn
Kyo Dae	Change
Dwi Ro Tora	Turn to Rear
Ku Ryung E Mat Cho Soh	By the Count

Class Activities

Pahl Put Ki	Horse Stance Center Punch
Hyung	Form or Pattern
Ho Sin Sul	Self Defense
Il Soo Sik Dae Ryun	One Step Fighting
Ja Yu Dae Ryun	Free Sparring

Stances

Choon Bee Ja Seh	Ready Stance
Chun Kul Ja Seh	Front Stance
Hu Kul Ja Seh	Fighting Stance
Kee Ma Ja Seh	Horse Stance

Technique Locations

Ha Dan	Low Part
Coong Dan	Middle Part
Sang Dan	High Part
Ahp	Front
Yup	Side
Dwi	Back or Spinning
E Dan	Jumping

Conversation

Go Map Sum Ne Da
Ahn Nyong Ha Sa Yo
Chan Man Na O

Thank You Very Much
How Are You?
You're Welcome

School Equipment

Dojang
Do Bohk
Dee
Kookgi
Tae Kookgi
Hyup Hoi Gi

Karate Studio
Uniform
Belt
National Flag
Korean Flag
Organizational Flag

Rank Titles

Kwon Ja Nim	Senior Master Instructor
Bo Sab Ub Nim	3 rd Degree Black Belt Instructor
Kyo Sa Nim	2 nd Degree Black Belt Instructor
Bo Kyo Sa Nim	1 st Degree Black Belt Instructor
Shim Sa Kwan Nim	Grading Examiner
Yu Dan Ja	Black Belt Holder
Yu Gup Ja	Color Belt Holder
Cho Bo Ja	Beginner
Cho Dan Bo	Candidate for Black Belt
Cho Dan	1 st Degree Black Belt
E Dan	2 nd Degree Black Belt
Sam Dan	3 rd Degree Black Belt

Weapons

Moo Gee	Weapons
Dan Gum	Knife
Bong	Staff
Dan Bong	Short Staff
Jang Bong	Long Staff
Kyuck Pa	Breaking
Chang	Spear
Nunchaku	Roped Sticks
Tonfa	Tonfa
Bokkaan	Strait Sword

BELT RANKS AND FORMS

WHITE BELT

PYUNG AHN CHO DAN PEACE AND CALM FORM # 1

YELLOW BELT

PYUNG AHN E DAN PEACE AND CALM FORM # 2
KYO YOOK BONG EDUCATIONAL STAFF

ORANGE BELT

PYUNG AHN SAM DAN PEACE AND CALM FORM # 3
NUNCHAKU ILL BU NUNCHAKU FORM # 1

GREEN BELT

PYUNG AHN SA DAN PEACE AND CALM FORM # 4
KYO YOOK BOKAAN EDUCATIONAL BOKAAN

BLUE BELT

PYUNG AHN OH DAN PEACE AND CALM FORM # 5
BONG HYUNG ILL BU STAFF FORM # 1

RED BELT

BASSAI FORTRESS OF MANY WEAPONS

BROWN BELT

NAIHANCHI CHO DAN HORSEBACK WARRIOR 1ST FORM
BONG HYUNG E BU STAFF FORM # 2

CHO DAN BO

SIP SOO TEN HANDS
KYO YOOK TONFA EDUCATIONAL TONFA

BLACK BELT

NAIHANCHI E DAN HORSEBACK WARRIOR 2ND FORM
JIN DO JIN'S WAY
DAN BONG ILL BU BLACK BELT STAFF # 1

The Five Codes

Loyalty to God: There is one God, and we are to have no other gods before Him. This includes all worldly things. If there is any one thing we value or desire more than God, then it becomes a “god” to us, and that is a violation of our first code and the First Commandment.

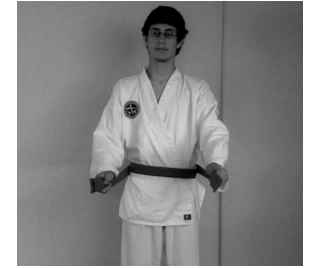
Obey Parents: Parents deserve our respect and our love. God gave you the parent or parents you currently have; you did not pick them but God did. Honoring your father and mother is also one of the Ten Commandments. In our case “your parents” refers to anyone who has authority in your life -- your teachers, the principal, your pastor even an older brother or sister that takes care of you. As a martial artist with honor you need to show them respect.

Honor Friendship: Our friends can be a gift from God. How we treat them reflects not only on you but on God as well. We as Christian Martial Artists must treat our friends with the same kind of love, respect and kindness that our Lord Jesus treated His friends.

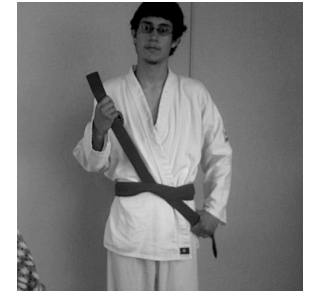
Achieve Your Goals: We each have goals in our lives -- going to college, getting straight A's, or winning a competition. All goals take strategy and perseverance to achieve them. As a martial artist and working toward the goal of achieving a black belt, we understand that no goals worth pursuing can be achieved easily. As a Christian Martial Artist we are making a commitment to perseverance to achieve our goals.

In Battle use Sense and Wisdom: Battle refers to our daily struggles. As a Christian we are given the armor of God to protect ourselves from all the flaming arrows and attacks this world throws at us. While anyone can react with a hasty angry response, a Christian Martial Artist learns to control his anger and react with wisdom not anger.

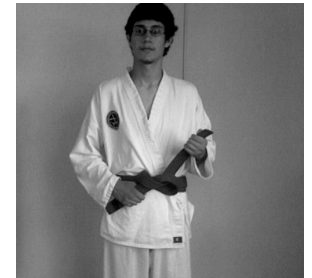
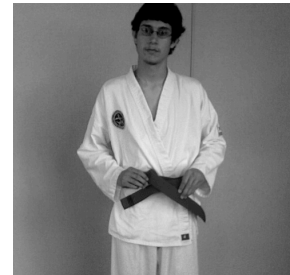
How to Tie Your Belt



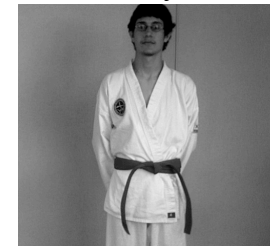
Find the Middle of your belt. Wrap it around your body twice.



With both ends in front of you, place right end over the left and tuck it under both belt layers



Now with both ends in front of you, place left end over right end and tuck under one belt layer.



Pull the ends tight and you have just tied your belt.

The History of Tang Soo Do

Tang Soo Do Distinctives

Tang Soo Do is a Korean style of martial arts that is distinguished for high, jumping, and spinning kicks. Because Tang Soo Do is an art based on classical form and not specifically on competition or sports form, the collection of techniques is far more extensive than most other forms of martial arts. Tang Soo Do specifically complements its wide variety of empty hand techniques with weapons training, such as Staff, Sword, Nunchaku, Tonfa, and Sai.

The Origin of Tang Soo Do

Tang Soo Do means “the way of the (Chinese) open hand.” Tang Soo Do began in the Korean peninsula in AD 37 during the Kokuryo Dynasty. By 668 in the Silla Dynasty an elite caste of highly skilled warriors emerged. The warriors came from the Southeastern kingdom and began conquering neighboring kingdoms such as the kingdom of Baekje. These early Tang Soo Do martial artists were named Hwarang Warriors. Hwarang means “the flower of youth.” Because of Korea’s proximity to China, many of the techniques of their martial arts were adopted and modified by the Koreans. Soon the Hwarang warriors were distinct for their vast knowledge of weapons, and their unmatched jumping and spinning techniques. They were truly the high flyers of early martial arts. In AD 935-1392, during the Kokuryo Dynasty, they began to develop the martial arts into something they could teach to their military. The result was a martial arts system called Soo Bakh Do and began to incorporate even more weapons to the current military martial arts. They would often hold tournaments to determine who would be the leaders of their military regimes. This militarization of early Tang Soo Do happened during the Yi Dynasty between the years AD 1392-1907.

In 1907 Japan invaded Korea and forced an early end to the Korean Dynasty. It also ended the warrior cast. Japan brought in their martial arts such as Judo, Kendo, and Karate. When these new martial arts were introduced, there was an even exchange of ideas, forms, and techniques. During this time five new martial arts formed in Korea: Moo Duk Kwan, Changmu Kwan, Sangmu Kwan, Jido Kwan, and Chungu Kwan. Each blended the Japanese and Korean Martial Arts.

Tang Soo Do Today

While Tang Soo Do, the descendant of Hwarang Do, was in the most part kept pure from this blending of the martial arts, several of the Japanese kata, were adopted as Tang Soo Do Hyungs (Forms). In 1964 the Korean government attempted to unite all Korean styles under the name Tae Soo Do. This eventually failed. They then tried only a year later to unite all Korean styles under Taekwondo. While many went along this way, the Grand Master of Tang Soo Do along with Grand Masters of several other styles chose to keep their style unique and true to its heritage. Today the Tang Soo Do we practice continues to contain and maintain many of its 2000 year tradition in the martial arts

A Link to Christ

Tang Soo Do began only a couple of years after the resurrection of Christ Jesus. It seems only fitting that we learn a form or martial art that can trace its heritage as far back as we can as Christians.

THREE PRINCIPLES OF TANG SOO DO

WISDOM

Wisdom in the choices we make and the direction we take. Each step we take needs to be one of wisdom.

“The fear of the LORD is the beginning of wisdom; all who follow His precepts have good understanding. To Him belongs eternal praise.” (Psalm 111:10)

STRENGTH

Strength of character, strength of body, strength of faith. Our strength is in the Lord.

“The Lord gives strength to His people; the LORD blesses His people with peace.” (Psalm 29:11)

“But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” (Isaiah 40:31)

HONOR

Honor is a way of life. The martial arts student should live a life of honor that reflects not only his studio but also our Lord Jesus.

“My salvation and my honor depend on God; He is my mighty rock, my refuge.” (Psalm 62:7)



WHITE BELT

Hyung: Pyung Ahn Cho Dan

Hapki-Do: 1-3

Il Il Su Sik: 1-3

Dan Gum Ho Sin Sul: 1-2

Blocks: Low Block, High Block
Inside Outside Block, Outside Inside Block,
Low Knife Hand

Kicks: Front Kick
Roundhouse Kick
Side Kick
Jump Front Kick
Stepping Side Kick

White Belt Knowledge: Korean terminology for basic techniques. Basic Korean terminology: uniform, belt, numbers, instructor. Studio Five Codes. Why we Ki Hap (yell). Basic knowledge of their martial art, name of style, school, system, instructor and rank.

Patch Placement

Sew on Tang Soo Do Flag Patch centered on right shoulder directly below the seam. Sew the Christian Martial Arts System Patch on the left lapel over the heart. Be sure the cross is placed vertically with the uniform on. Please use a sewing machine to sew on the patches; if you do not have access to one, a needle and thread will suffice.



YELLOW BELT

Hyung:

Pyung Ahn E Dan
Kyo Yook Bong

Hapki-Do: 4-6

Ill Su Sik: 4-6

Weapons: Bong Soo Sik: 1-3

Dan Gum Ho Sin Sul: 3-4

Blocks: High Knife Hand
Spear Hand Punch

Kicks: Downward Kick
Jump Side
Spinning Back

Yellow Belt Knowledge:

All previously required knowledge including:
Korean terminology, five major strike points,
the meanings of the studio flags.

Karate Studio Rules

Entering the Karate Studio:

When you enter the area that we practice Tang Soo Do Karate, you have just entered an official karate studio. This means you must remove your shoes before entering the studio floor and properly salute the flag upon entering. If a class is already in progress, you must wait for the instructor to acknowledge you, bow and then quietly enter the studio floor. (if you are late you might not be allowed to train that day)

Respect and Discipline:

All instructors, assistant instructors and senior students are to be addressed as “Sir” or “ma’am” if you fail to address them with the proper respect, you will receive pushups, and may not be allowed to continue training that day. A karate studio is very similar to a military environment since much of what you will learn is ancient Korean military tactics. With that in mind, you cannot talk back to anyone who outranks you or you will receive pushups. Virtually all forms of martial arts have zero tolerance for disrespect and we are no different.

No Fighting outside of Karate Class:

Anyone can get angry and get into a fight, it is the strong, the honorable, the mature who can control their anger and know how to avoid a fight. I believe that those who wear the patch of the Christian Martial Arts System are such people: honorable, mature and strong martial artists who are in control of themselves and their aggression. If a student gets into a fight, or starts a fight, he not only dishonors himself, he dishonors his whole karate studio. Fighting is taken very seriously. If a student gets into a fight outside of karate class, they will not be permitted to test for their next belt at the next



ORANGE BELT

Hyung: Pyung Ahn Sam Dan
Nunchaku Ill Bu

Hapki-Do: 7-8

Ill Su Sik: 7

Weapons: Bong Soo Sik 3-6

Dan Gum Ho Sin Sul: 5-6

Blocks: Ridge Hand, Back Fist

Kicks:

Hook Kick, Crescent Kick

Orange Belt Knowledge:

Korean Terminology for basic techniques.

Basic understanding of the use of techniques.

The benefits of training.



GREEN BELT

Hyung: Pyung Ahn Sa Dan
Kyo Yook Bokaan

Ho Sin Sul: 1-3

Weapons: Bokkan Soo Sik 1-4
Bong Soo Sik 7-10

Dan Gum Ho Sin Sul: 7

Blocks:

Spinning Back Fist
Reinforced Block

Kicks: Spinning Crescent Kick
Jump Roundhouse Kick
Wheel Kick
Spinning Hook Kick

Green Belt Knowledge:

History of Tang Soo Do.
How Martial Arts has influenced your life.



BLUE BELT

Hyung:

Pyung Ahn O Dan
Bong Hung Ill Bu

Ho Sin Sul: 4-6

Weapons:

Bong Soo Sik 11-15

Blocks: Hammer Fist

Horse Stance Center Punch

Kicks: Jump Spinning Back Kick
Jump Downward Kick
Spinning Downward Kick

Blue Belt Knowledge:

Demonstrate Leadership Ability.
A leader both in Martial Arts and in Church Life.



RED BELT

Hyung:

Bassai
Kyo Yook Hyung

Ho Sin Sul: 7-8

Grappling: Single and Double Hip Throw

Sparring: Two on One

Blocks:

Heal of Palm Strike

Kicks:

Twist Front Kick
Jump Wheel Kick
Jump Spinning Hook Kick

Red Belt Knowledge:

Ability to teach a Martial Arts Class entirely in Korean.
Basic Knowledge of First Aid.



BROWN BELT

Hyung:

Naihanchi Cho Dan
Bong Hung E Bu

Ho Sin Sul: 9-10

Hand Techniques: Compression Strike, E-Dan Kong Kyuck

Weapons:

Tonfa Soo Sik 1-3

Dan Gum Ho Sin Sul: Defense against Random Attacks

Kicks:

Jump Spinning Back kick 360
Jump Spinning Crescent Kick 360

Brown Belt Knowledge:

Christian Values that are linked with Martial Arts Training.



CHO DAN BO

Hyung:

Sip Soo

Hapki-Do: Defense against Random Attacks

Ill Su Sik: Defense against Random Attacks

Sparring: Three on One

Weapons:

Tonfa Soo Sik 4-6

Kyo Yook Tonfa

Dan Gum Ho Sin Sul: Defense against
Random Attacks

Kicks: Jump Spinning Downward Kick 360

Cho Dan Bo Knowledge:

The connection between the values of Martial Arts and each individual's own walk as a follower of Christ. What wearing a Black Belt means. Understanding of Tang Soo Do history, discipline, and attitude.



BLACK BELT

Cho Dan: No Stripe

The Black Belt is probationary for a period of at least 6 months. If the student maintains their skills and attendance in good standing, they will become a Certified Cho Dan (1st Degree Black Belt), signified by a stripe on their Black Belt.

Certified Cho Dan – With monogrammed belt.
Minimum of 6 months from receipt of Black Belt.

Hyung: Jin Do
Naihanchi E Dan

Weapons:

Dan Bong Ill Bu

Further Black Belt information can be found in the
Christian Martial Arts System Black Belt Handbook.