**Red Belt (2nd Gup) Study Guide**

This Study Guide is designed to prepare you for your written examination. The answers to the questions below are found in your Student Manual. If you have any questions about the material, be sure to ask an Instructor. You are responsible for anything on previous Study Guides. You are also responsible for reading the Studio (Dojang) Newsletter. There may be questions on your test about the articles. This worksheet must be filled out and submitted in order to test.

**Terminology**

Empty Mind \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Vital Points \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

You must know ALL Basic Terms from Previous Study Guides and the Student Manual.

You must know ALL Anatomy Terms from the Student Manual as well as these terms:

 - Ball of Foot – Ahp Bahl Gum Chi - Instep – Bahl Deoung

 - Edge of Foot / Knife Foot – Chok Do - Waist Twisting – Hu Ri Twul Ki

 - Wrist (outside-pinky side) – Pak Pahl Mok - Wrist (back) – Sohn Doong Mok

 - Wrist (inside-thumb side) – Ahn Pahl Mok - Wrist – Pahl Mok

**History**

You must be able to give a complete history with dates and places. See the Brief History section the Student Manual for this information. You should know at least 10 things.

**General Knowledge**

When questions are asked about how you would apply Tang Soo Do, we are looking for you to give complete answers that demonstrate your knowledge and understanding. Think about the following topics:

- Important things you have learned through Training - Breaking

- Why you are required to learn History, Terminology, etc. - Increasing your Speed

- Characteristics and Responsibilities of an Advanced Student - Mental Discipline

- The Importance of the Seven Tenets - The “Empty Mind”

- Why we Practice Forms - Self Improvement

- Philosophy behind Self Defense - Dojang Class Structure

**Forms**

Peace and Confidence Form #5 – **Pyung Ahn Oh Dan**

 Creator – **Master Anko Itosu**

 Date Created – **1870**

 Place Created – **Hunan Province, Southern China**

 Number of Moves – **27**

 Original Name – **Jae Nam**

You must know the information for ALL Forms that you have learned thus far.