**Orange Belt with Stripe (7th 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.

**General Knowledge**

Know the 7 Tenets of Tang Soo Do. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name the people and things to which a student should bow.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Know everything about the Korean Flag.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Know what parts of the foot to strike with when doing each of the following Kicks:

 - Spinning Back Kick (1 part): **Bottom of Heel**

 - Axe Kick (1 part): **Back of Heel**

 - RoundHouse Kick (2 parts): **Ball of Foot, Instep (Top) of Foot**

 - Front Kick (3 parts): **Ball of Foot, Instep (Top) of Foot, Bottom of Heel**

 - Side Kick (3 parts): **Bottom of Heel, Blade (Outside Egde) of Foot, Arch**

What is the starting direction? **Forward and to the Left**

What is the returning direction? **Backward and to the Right**

What foot goes back when entering a Fighting Stance? **Right Foot goes Back**

What is the first thing that should be done when we begin each move of a Form (Hyung)?

 **Turn Head and Look First**

How long should it take to complete a World Form (Sae Kye Hyung)? **35-45 seconds**

How early should students arrive for class? **15 minutes**

**Terminology**

Axe Kick \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Yup Hu Ryo Cha Ki \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Kukgi Bae Rye \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ By the Count \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Punch Exercise \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Without the Count \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Ahn Jo \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Stepping / Thrusting \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Soo \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Ku Ryung \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

HorseBack Stance \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Fighting Stance \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Front Stance \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Ready Stance \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dwi Ro Tora \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E Dan Dwi Cha Ki \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Forms**

World (Tang Soo Do) Form #3 – **Sae Kye (Tang Soo Do) Hyung Sam Bu**

 Creator – **Founder & Grandmaster Jae Chul Shin**

 Date Created – **1987**

 Place Created – **Philadelphia, PA**

 Number of Moves – **20**