**White Belt with Stripe (9th 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.

1. What is the name of our Art? **Tang Soo Do**
2. What is the name of our Organization? **World Tang Soo Do Association (WTSDA)**
3. What is the name of our Studio? **Pal Che Tang Soo Do**
4. Who is the GrandMaster? **William R. Strong**
5. Who is your Instructor? **Nicholas D’Amato**
6. Name the 5 Codes?
* **Loyalty to Country**
* **Obedience to Parents**
* **Honor Friendship**
* **No Retreat in Battle**
* **In Fighting, Choose with Sense and Honor**
1. What does White Belt represent? **Seed under Snow in Winter**
2. Block: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Low Block: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. High Block: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Inside-Outside Block: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Outside-Inside Block: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. Middle Punch: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. Kick: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. Front Kick: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
10. Round House Kick: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
11. Side Kick: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
12. Jumping Front Kick: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
13. Jumping RoundHouse Kick: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
14. Attention: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
15. Ready: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
16. Thank You Very Much: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
17. Uniform: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
18. Belt: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
19. Yell: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Forms**

World (Tang Soo Do) Form #1 – **Sae Kye (Tang Soo Do) Hyung Il Bu**

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

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Number of Moves – **20**