



Student Handbook

172 Chapel St, Harrisville, RI 02830

3rd Dan Audrey Hussey, Instructor

401-575-8477

Monday

Kids **Ages 5-8** 5:30-6:00 pm

Kids **Ages 9-12** 6:15-7 pm

Adults **Ages 13 and up** 7:15-8:30 pm

Tuesday

Homeschool **Families 6 and up** 10:00 am to 11:00 am

Wednesdays

Kids **Ages 5-8** 5:30-6:00 pm

Kids **Ages 9-12** 6:15-7 pm

Adults **Ages 13 and up** 7:15-8:30 pm

Thursdays

Kids **Ages 5-8** 5:30-6:00 pm

Kids **Ages 9-12** 6:15-7 pm

Adults **Ages 13 and up** 7:15-8:30 pm

Saturdays

Kids **Ages 5-8** 9-9:30am

Kids **Ages 9-12** 9:45-10:30

Adults **Ages 13 and up** 10:45-11:45

To Become a Black Belt

“We are all white belts who never quit”

Grand Master Cheezic, the head of our Tang Soo Do Federation, had a quest to create our federation and offer his skills to instruct students in Tang Soo Do, toward their Black and Master Belts began in the 1960's. His first club was located in Waterbury in a grammar school gym. Today our Grand Master has graded over 2700 Black and Master Belts through our numerous locations and countries - and that number is growing. He still travels frequently abroad to grade our international students, including Master Belt levels.

While Black Belt gradings are private and confidential, all skills are tested and judged for a student to be awarded this rank.

It will generally take three to five years of continual practice and study to be awarded a Black Belt in our federation. A Cheezic Tang Soo Do student is expected to participate in all parts of the Martial Arts; forms, sparring, self-defense, weapons, and breaking.

From the beginning of their enrollment all students are taught the ancient (over 2,000 year old) and always present “main tenant” of the Martial Arts outside the Dojang: *“Martial Arts are only to be used in self-defense, or in the defense of others”*. Black Belts will naturally pass this concept on to all students as general practice.

Grand Master Cheezic has had a strong history and success in training students, from white belt through master belt in all categories of tournament competition. Our federation has won countless awards over the years and continues that tradition today.

Some of our Black Belts will qualify as instructors, beginning as assistants and growing to full instructor level. Many Black Belts will typically evolve into a specialty; sparring, breaking, etc., which is encouraged as part of their study.

Finally Grand Master Cheezic has paid special attention to advancing the youth of our organization with a focus on self-respect, respect for others, hard work and fun. With our annual Karate Kamp, inter-club tournaments, exhibitions, etc, each young student can look forward to a fulfilling experience while studying to be a youth Black Belt.

Hyung (Forms) Requirements

These are our Cheezic Tang Soo Do Federation hyung (form) requirements for Gups (underbelt) to learn in order to grade for black belt. Student will learn these forms as they progress, each form introducing new techniques to master before moving on to the next. All hyung are taught by an instructor.

Cheezic Tang Soo Do Gup Hyungs

FORM	REPRESENTING	MEANING
Kee cho hyung il bu	Basic form one	The beginning
Kee cho hyung e bu	Basic form two	The beginning
Kee cho hyung sam bu	Basic form three	The beginning
Pyung ahn hyung cho dan	Turtle form one	Calm and balanced
Chil sung hyung il ru	Seven stars form one	Seven stars
Pyung ahn hyung e dan	Turtle form two	Calm and balanced
Pyung ahn hyung sam dan	Turtle form three	Calm and balanced
Pyung ahn hyung sah dan	Turtle form four	Calm and balanced
Pyung ahn hyung oh dan	Turtle form five	Calm and balanced
Chil sung hyung e ru	Seven stars form two	Seven stars
Bassai hyung	Cobra	Force and speed
Naihanji hyung cho dan	Horse form one	Heavy, strong
Naihanji hyung e dan	Horse form two	Heavy, strong
Naihanji hyung sam dan	Horse form three	Heavy, strong
Chil sung hyung sam ro	Seven stars form three	Seven stars

Ten Articles of Faith

Be loyal to your country

Be obedient to parents & elders

Be loving between husband & wife

Be cooperative between brothers

Be respectful to elders

Be faithful to your teacher

Be faithful to your friends

Distinguish the difference between good and evil

Never retreat in battle

Always finish what you start

Eight Key Concepts

To develop the character and physical abilities of martial arts

Yong Gi - Courage

Chung Shin Tong II - Concentration

In Neh - Endurance

Chung Jik - Honesty

Kyum Son - Humility

Him Cho Chung - Control of power

Shin Chook - Tension and relaxation

Wan Gup - Speed control

The Student Creed

1. I intend to develop myself in a positive manner and avoid anything that could reduce my mental growth or physical health.
2. I intend to develop self-discipline in order to bring out the best in myself and others.
3. I intend to use what I learn for defense only and never be abusive or offensive.

Tenets of Tang Soo Do

1. **Integrity** - All Tang Soo Do practitioners strive to be honest, sincere, noble and upright. This virtue of integrity serves as the foundation upon which all others stand.
2. **Concentration** - Focusing our mind is one of the most important elements in Tang Soo Do, and concentration is the most important part. The ability to focus on one thing through many thoughts and distractions is concentration. It happens by avoiding all other interferences. This can help you in your karate, schoolwork, your job, and in reaching all of your goals in life!
3. **Perseverance** - Nothing can be achieved without persistent and repeated effort. This is the only way to reach a goal. The highest goal is always located behind steep peaks which costs you pain and sacrifice. In the training of Tang Soo Do, an enduring willpower should be practiced.
4. **Respect & Obedience** - This is a sincere effort to understand and appreciate the customs and values of other people. Students should be able to subordinate their own personal ego or vanity to the order of the instructor and to the dojang rules.
5. **Self-Control** - Taoist Lao Tzu quoted, "Winning over self is truly more difficult than conquering another person." Indeed, control of your "self" is needed to develop good character. Students should not lose prudence, but should discover self first and learn to control that self, both physically and mentally.
6. **Humility** - Tang Soo Do training requires bowing (kyung yet) through the entire training regimen. Bowing trains the students in self-respect and humility. Humility is a winning power against self importance. Humility does not make enemies. Be humble, continue to criticize and correct yourself, not others, then you will achieve your humility "While empty heads and grain stand straight, the ripe grain bends."
7. **Indomitable Spirit** - An endless struggle with difficulty is one of the most essential elements in making you a success. In general, life is full of struggles, and chances of failure. However, you can stand up and try again, or you can give up. Proper Tang Soo Do training incorporates this quality... "A winner never quits, and a quitter never wins."

The History of Tang Soo Do

Tang Soo Do is a relatively modern martial art based on the Korean art of Soo Bahk Do, which has existed for many centuries. Soo Bahk originated during the Silla Dynasty (618 to 935 A.D.) "Tang Soo Do" translates to mean "Way of the China hand". "Tang" represents the Tang Dynasty of China. "Soo" means hand and "Do" is a way or system.

The late Hwang Kee, founder of Tang Soo Do, mastered Soo Bahk Do and Tae Kyun, a Korean system known for its powerful kicks. In 1936 he traveled to Northern China where he encountered a martial arts style called the Tang Method. From 1936 to 1945 he combined the techniques of Soo Bahk Do with those of the Tang Method and developed Moo Duk Kwan Tang Soo Do. It was officially registered in Korea on November 9, 1945 as the Korean Soo Bahk Do Association. The art we now know as Tang Soo Do is a composite style made of 60% Soo Bahk Do and 40% Chinese arts. It is both a hard and soft style.

In 1960, Grandmaster Robert Cheezic earned black belt #2278 in Moo Duk Kwan Tang Soo Do while stationed in the U.S. Air Force in Korea. He was promoted by the style's founder, Hwang Kee. After returning to the United States, Grandmaster Cheezic developed the Cheezic Tang Soo Do Federation. An internationally respected organization of over 70 schools, Cheezic Tang Soo Do has a strong foundation of more than 50 years in the promotion and instruction of the art of Tang Soo Do Karate. The Cheezic Tang Soo Do Federation has certified more than 2700 black belts and has more than 40 active masterbelts, all certified by Grandmaster Cheezic.



Grandmaster Robert Cheezic (seated, left) as he was presented with his 1st Dan Black Belt papers by Grandmaster Hwang Kee, the Founder of Tang Soo Do. This October 1960 photo, taken in Korea, also includes Grandmaster Cheezic's personal instructor, Jae Chul Shin (standing 2nd from the right in the back row). One month after this photo was taken, Grandmaster Cheezic returned to Waterbury, Connecticut where he began teaching Tang Soo Do.



TERMINOLOGY 唐手道



Classes are conducted using Korean Terms. Students will learn these with time and repetition!

Basic Terms

Training Hall/Studio	Dojang
Belt	Dee
Black Belt	Dan
Color Belt	Gup
Uniform	Do bahk
Form/pattern	Hyung
Left	Wen
Right	Orrin
Dae Ryun	Sparring
One Step Sparring	Il Su Sik Dae Ryun
Self Defense	Ho Sin Sul
Kyuk Pa	Breaking
Focused Yell	Ki Hap
Return to Ready Position	Ba Ro
Rest	Shio
Turn	Tora
Sit	An Jo
Bow	Kyung Yet
Ku Map Sum Ni Da	Thank you for letting us teach you
Choo Mun Dayo	Thank you for teaching us
Yup	Up
Ahp	Side
Dwi	Back

Hand Techniques/Strikes

Middle Punch	Choong Dan Kong Kyuck
High Punch	Sang Dan Kong Kyuck
Side Punch	When Jin Kong Kyuck
Fore Fist (front) Punch	Jung Kwon Kong Kyuck
Spear Hand	Kwan Soo Kong Kyuck
Knife Hand	Soo Do Kong Kyuck
Back Fist	Cap Kwon Kong Kyuck
Elbow Strike	Pahl Koop Kong Kyuck
Palm Heel	Jang Kwon Kong Kyuck
Hammer Fist	Kwon Do Kong Kyuck
Ridge Hand	Yuk Soo Do Kong Kyuck

Stances

Attention	Charyut
Ready Stance	Choon Bee Ja Seh
Front Stance	Chun Gul Ja Seh
Fighting Stance	Hy Kul Ja Seh
Side Stance	Sa Ko Rip Ja Seh
Horse Stance	Kee Ma Ja Seh
Cross Leg Stance	Kyo Cha Rip Ja Seh
Fighting Stance	Deh Ryun Ja Seh
Han Bal Soo Kee Ja Seh	Crane Stance

Foot Techniques

Front Snap Kick	Ahp Cha Ki
Inside/Out Kick	Ahneso Pahkuro Cha ki
Outside/Inside Kick	Pahkeso Ahnu ro Cha Ki
Side Kick	Yup Cha Ki
Roundhouse Kick	Dull Ryo Cha Ki
Back Kick	Dwi Cha Ki
Front Stretch Kick	Ahp Podo Oll Ri Ki
Spin In/Outside Kick	Dwi Ahneso Pahkuro Cha Ki
Side Hook Kick to Front	Yup Hu Ryo Cha Ki
Spin Hook Kick	Dwi Yup Hu Ri Ki
Reverse Roundhouse Kick	Peet Cha Ki
Jump Front Kick	E-Dan Ahp Cha Ki

Hand Techniques/Blocks

Low Block	Ha Dan Mahk Kee
High Block	Ssang Dan Mahk Ki
Inner/outer Block	Ahneso Pahkuro Mahk Ki
Outer/inner Block	Pahkeso Ahnuro Mahk Ki
Knife Hand Middle Block	Chun Dan Soo Do Mahk Ki
Low Knife Hand Block	Ha Dan Soo Do Mahk Ki
High Knife Hand Block	Ssang Dan Soo Do Mahk Ki
Two Fist Middle Block	Chun Gul Ssang Soo Mahk Ki
Low X (Cross) Block	Ssang Soo Ha Dan Mahk Ki
High X (Cross) Block	Ssang Soo Sang Dan Mahk Ki
Two Hand Block	Ssang Soo Dan Mahk Ki



Counting 唐手道



One.....Hana
Two.....Dool
Three.....Set
Four.....Net
Five.....Ta sot
Six.....Yah sot
Seven.....Il gop
Eight.....Yo dol
Nine.....Ah hop
Ten.....Yol
Eleven.....Yol Hana
Twelve.....Yol tul
Thirteen.....Yol set
Fourteen.....Yol net
Fifteen.....Yol ta sot
Sixteen.....Yol Yosot
Seventeen.....Yol Ilgop
Eighteen.....Yol yo dolp
Nineteen.....Yol ah hop

Twenty.....Sumul
Thirty.....Sorun
Forty.....Mahun
Fifty.....Shween
Sixty.....Yesun
Seventy.....Irun
Eighty.....Yodun
Ninety.....Ahun
One Hundred...Baek



Dojang Behavior

唐手道



Martial Arts fosters an attitude of respect and humility. We practice certain "traditions", in order to make the most of every minute of training time and keep things running smoothly.

STUDENTS

We bow into and out of the training area.

Students do not leave the training floor without permission!

Instructors are addressed as "Ma'am" or "Sir"

We are silent when our instructor is speaking.

If you raise our hand, you will be heard, there is no talking in line otherwise.

We keep our hands to ourselves unless we're practicing our karate.

Belts are only worn in our training area.

Always bow when addressing your instructor.

No jewelry in class, except for medical bracelets and new earring studs.

No eating in the training area.

The instructor will give water breaks, otherwise students are not to leave their class group without permission.

Tell your instructor if you have an injury, or are ill!

Never let your belt touch the floor.

Belts are put on on one knee facing a U.S. Flag. The same is done to remove your belt also.

Never walk directly in front of an instructor. You should really never walk in front of anyone, if that's impossible, excuse yourself.

It's not necessary to correct your fellow students. Please allow your instructor to correct the other students.

PARENTS

Thank you for trusting your/your child's training to us! It is an honor to teach karate, and we ask that you come to us with any questions or concerns.

Please, always ask your child how class was. Ask them to show you what they learned, they LOVE that you take an interest. Don't worry about correcting them, we are watching and will make the necessary corrections. Always be positive with feedback! Let us know if there's any potential problems so we can address them asap. Please don't worry about coaching them from the parent area, it's best to let us take care of what goes on on the floor.

A word about taking karate away for misbehavior/poor grades: It will seem like a good motivation, if your child is having issues outside of the dojang, let karate help! We foster a pride in our behavior on and off the floor, including grades. I will periodically ask about school, etc, in 1 on 1 meetings, to give them a chance to work on problem areas in the dojang and out.

All dues are paid by electronic withdrawal. I do not pass on the fees to you. If this is not possible,

Cancellations will be announced on our Facebook Page [Facebook.com/villagemartialartstsd](https://www.facebook.com/villagemartialartstsd), and through email blast.

BELT PROGRESSION

This chart is to help guide you when you or your child is promoted, the correct amount of stripes on the belt corresponds with the # gup graded to, which is on the certificate given by Grandmaster Cheezic.

