

“The Way of the China Hand”

Tang Soo Do

by John F. Sweeney

As presented remotely to members of the Indianapolis Literary Club on Monday, April 4, 2022

Please also see PowerPoint presentation slides below

This essay is one I had thought of writing for years, but hesitated because the topic is so personal. However, in the spring of 2021 when our club secretary David Vanderstel issued his annual request for essays, I decided to throw my hat into the ring and compose a paper about my journey into the world of karate.

The Way of the China Hand is a translation for Tang Soo Do, considered by many to be THE traditional Korean karate. “Tang” gives deference to China’s Tang dynasty, “Soo” is Korean for hand (open or fisted), and “Do” means The Way. An additional meaning of Tang Soo Do is “Empty Hand, Bear No Weapon, Desire Peace” which sums up Tang Soo Do’s precepts.

Styles of martial arts, including Korean karate and the clubs that teach them, are popular and numerous. In my experience, an aspiring participant doesn’t choose a particular discipline as much as it may choose them. And I was in the right place and time for a life-changing outcome to begin for me in the Spring of 2007.

Like many when I was younger, I enjoyed karate entertainment on television and in movies. Number one on my personal list was the popular 1970s television series Kung Fu which starred David Carradine as Quai Chang Cain. Cain was born in the 19th century to an American father and a Chinese mother. Dramatic scenes were mostly set in the American west where Cain often encountered western-

style bad guys yet he prevailed over them by using the karate skills he learned from the Shaolin monks who raised him and taught him Buddhism and karate. Flashback scenes show the riddles and rigors of his young life living in the monastery.

Another star, who lit up the screen was Bruce Lee (1940-1973). Lee possessed “extraordinary physical grace, lethal speed and explosive power” and he was a master of kung fu, judo and karate. In one film The Way of the Dragon (1972) he played Tang who fought his ally turned nemesis Colt played by Tang Soo Do Grandmaster Chuck Norris. The movie climaxed in a legendary 10-minute fight-to-the-death scene staged in the Coliseum in Rome. Earlier in Lee’s acting career he played Kato in the short-lived Green Hornet TV series.

The film The Karate Kid (1984) was based on an autobiographical story of screenwriter Robert Kamen who was attacked by bullies as a teenager. His fictional character was mentored in karate by a Japanese-American neighbor who taught him karate from which he gained confidence.

Hand-to-hand combat, with or without weapons, has existed as long as humankind. Karate disciplines emerged and spread to multiple countries in Asia beginning over 2,000 years ago. Early evidence is depicted in art works from that era. According to the writings of Grandmaster Hwang Kee, the acknowledged founder of Korean Tang Soo Do, karate can be traced back to the period when the Korean peninsula was divided into three dynasties.

After centuries of wars, the Silla Dynasty united the three kingdoms in 668 AD. During this period, primitive martial arts were popular for self-defense and warfare. In Silla a youthful group of men known as the Hwarang Warriors were selected and trained purposefully by Silla’s leaders. They were taught many important skills including martial arts and military tactics. They

were also educated in social skills, philosophy and ideals stemming from Buddhism Confucianism and Daoism. These warriors were instrumental in unifying the Korean peninsula under a new Silla Dynasty (668 – 935 AD). During this time span many of the early leaders of the victorious Dynasty were original members of the Hwarang Warriors. Goguryeo, the largest dynasty situated in the northern region included much of Manchuria and Mongolia. It became known as Goryeo which is the origin of the English name "Korea."

Grandmaster Hwang Kee (1914-2002) was born in Kyong Ki province Korea when it was under Japanese occupation (1909-1945). His father was a teacher and Hwang was one of few in the province who were able to attend and complete high school. During Japanese occupation karate training was forbidden so training had to be held in secret. At one point Hwang Kee left Korea and ventured into Manchuria where he pursued training in Chinese martial art forms.

At the time of the liberation of Korea in 1945 five prominent schools of martial arts called Kwans, including Moo Duk Kwan - Tang Soo Do, collectively taught what the American liberators called "Korean karate." Many service members took advantage of the opportunity to train and learn karate while stationed in Korea. When they returned home to the states many brought their newly acquired skills and some continued to practice and teach karate.

At the conclusion of the Korean War more Kwans had formed. Collectively, these Kwans and their founders were ordered by South Korea's President Syngman Rhee to unify. A government agency was appointed and **Taekwondo** was selected as the official name for Korean karate. Despite this unification effort some Kwans continued to teach their individual styles. For example, Hwang Kee and a large constituent of the Moo Duk Kwan continued to

develop Tang Soo Do which became known as Soo Bahk Do - Moo Duk Kwan. This modified version of Tang Soo Do incorporates more fluid “soft” movements reminiscent of certain traditional Chinese martial arts and kicking techniques rooted in Korean Taekkyeon. Although no official census of karate practitioners exists, Tang Soo Do is a widely practiced karate style in the United States. But, unlike Taekwondo, Tang Soo Do has no umbrella organization promoting or governing practitioners.

Taekwondo made its first appearance as a demonstration sport in the 1988 Summer Olympic Games held in Seoul, South Korea. The opening ceremony featured a mass demonstration of Taekwondo with hundreds of adults and children, in white karate uniforms, performing techniques in unison. Taekwondo debuted as an Olympic sporting event in the 2000 Olympic Summer games held in Sydney, Australia.

Grandmaster Jae Joon Kim Black Belt # 38 (1929-2007), born in Seoul, Korea was the son of a world champion sumo wrestler. His father wanted him to engage in rigorous sports so he trained and competed in boxing and in 1945 enrolled in Grandmaster Hwang Kee’s Tang Soo Do School. Jae was a devoted and gifted student and Hwang’s training was rigorous. In 1947, Jae Joon Kim earned his 1st Degree black belt. Jae served as THE top master instructor for Hwang’s school from 1955 to 1959. He earned the rank of 8th Dan and at Grandmaster Hwang Kee’s request Je Joon Kim brought Moo Duk Kwan - Tang Soo Do to the United States and founded the Moo Duk Kwan Tang Soo Do Association in Detroit, Michigan.

Our Classes and Training:

Each of our classes are structured around an instructor who leads students through a session that combines the following elements:

- **Bow In** Instructor calls class to attention, students assume the ready position, bow and on command sit cross-legged and quietly meditate. After, students rise on the instructor's command and assume the ready position.
- **Warm-ups** include stretching, calisthenics, flexibility and strength training.
- **Techniques** each class includes training in the proper movements needed to execute powerful punches, kicks and blocks using the proper posture and stances.
- **Forms** are rank-by-rank training to practice traditionally choreographed movements required for each student's belt-level plus one; as we train our students one rank ahead to encourage their growth.
- **Self-Defense** involves scenario-based counter attacks to common attacks and grabs.
- **Sparring** is usually traditional full-contact fighting versus one or more opponents. All who participate are required to wear protective gear including helmets, hand and foot pads, fitted mouthpieces and groin cups (males).

BELTS – RANKS and MEANINGS:

WHITE BELT (10th gup): Signifying *Winter*; one with no knowledge, pure and open to learning.

WHITE BELT WITH RED-STRIFE (9th gup): Signifying *Winter*; but with new knowledge achieved by the neophyte student.

PURPLE BELT (8th gup – 7th gup, two stripes): Signifying *Spring*; an advanced beginner and like the season with new growth, beginning to blossom.

GREEN BELT (6TH gup – 4th gup, three stripes): Signifying *Summer*; intermediate level, one who is reaching new levels and a solid understanding of fundamentals.

RED BELT (3rd gup – 1st gup, three stripes): Signifying *Fall*; an advanced student who is beginning to master all basic movements, becoming proficient in advanced techniques.

BLACK BELTS: after achieving a 1st degree Dan rank, students must continue to train and wait 1, 2, 3, 4 ... more years before testing for their 2nd, 3rd, 4th, 5th, ... Black Belt promotions.

DAN LEVEL (1st through 3rd degree: Unlike other karate disciplines our Black Belt is not 'Black' which signifies the absence of light or death. Ours is Midnight-Blue, a dark blue like the deepest ocean, and it signifies the high achieving participant is still 'alive' with more to strive for, further representing not an end but a new level of knowledge and responsibility.

MASTER LEVELS (4th through 7th degree: This belt is primarily Midnight Blue and flanked by Red along the edges. This represents the student's journey to the sun and increasing knowledge and ability. At this rank, students are challenged to be teaching their own classes.

GRANDMASTER LEVELS (8TH through 10th degree: This belt is primarily red and flanked by Midnight Blue along the edges. The student is now closer to the sun and has attained even greater knowledge, but as always there is still room not just to maintain but to grow. This is the highest distinction of belts in Tang Soo Do.

Testing and Promoting to Higher Rank

The requirements and format for testing and promoting students were designed decades ago by Grandmaster Jae Joon Kim and the overall structure remains the same as perpetuated by our successor Grandmaster Lee Harper. For aspiring students deemed ready by their instructors, under belt rank (GUP) promotion tests are offered quarterly, but black belt rank (Dan) tests are offered semiannually. During each GUP test the Grandmaster, or Senior Master Instructor, serves as the judge and is seated at a table facing the students. Black Belt instructors serve as proctors for the test. Proctors are given commands for the test by the judge in Korean, which are relayed in Korean and English to the aspiring students. Only the Grandmaster can conduct Black Belt promotion testing.

Forms: Students execute their form, or multiple forms, according to their rank. The forms must be executed in proper stances with focus, power, balance and accuracy. Students are prompted to begin their form by the test proctor.

Techniques: Appropriate to rank, blocking, punching and kicking techniques must be executed in proper stances with focus, power, balance and accuracy.

Combinations: Rank appropriate combinations of two or more techniques are required of all intermediate, advanced and black belt students.

One-Step Sparring: The self-defense portion of the test pairs two students against each other. One student, the attacker, simulates a basic attack by throwing a straight lead punch to the defender's face. The defending student blocks and evades the punch and executes a variety of counter-attacks. Both return to the ready position after each sequence before switching

attacker and defender roles. For advanced students and black belts, take-downs maneuvers are required.

Sparring: Performed between two students of similar rank. Fitted mouthpieces are encouraged, groin cups (males) are optional, but unlike class sparring, helmets and other protective gear are not worn. Two students fight for several minutes with controlled attacks and defenses.

Demonstrating stamina is imperative. All techniques must be above the belt; no hand-strikes are allowed to the head; controlled kicks are allowed to the head; no strikes are allowed to the back. Sparring continues until the judge is satisfied enough to make an evaluation. (see pictures below)

Breaking: 12"x 12" x 1" freshly cut pine boards are used for all tests. Students are given an appropriate technique based on their age and rank. Students are allowed to adjust the height of the board and take three "practice" attempts to line-up the technique prior to attempting their break. Black Belts are required to break, using both hand and kicking techniques from one to three boards and or pavers (Adults) as shown in the breaking slides. (see pictures below)

BLACK BELT TESTING

In addition to the test requirements outlined above black belt candidates and black belts are also required to do the following:

- **Written Test:** Complete a 15-minute written exam is required. It consists of translating terminology from Korean to English and English to Korean. (see also Terminology at the end of the essay)

- **"Rapid Fire" Terminology:** Properly perform single technique commands given by the Grandmaster exclusively in Korean. Students must execute the proper blocking, kicking and hand techniques while moving up and down the floor.

Knife-Defenses: Same procedure as one-step sparring, but the defending student must execute a proper defense against the attacker wielding a rubber knife at three different angles of strikes. All blocks must be performed such that the possibility of severe cuts is eliminated and follow-up is executed with aggressive counter-moves. (see pictures below)

Who We Are:

9th Degree Grandmaster Lee Harper Black Belt #14660 was born in 1947, in Louisville, KY. Lee attended Vincennes University and studied Engineering Sciences and continued his engineering studies at Virginia State University. Lee Harper enjoyed a long career as an engineer in the automotive industry employed at different times by General Motors and by Ford.

Harper first trained in karate while serving in the military at Travis Air Force Base in northern California. He continued karate training when he was living and studying in Virginia. Grandmaster Harper earned his first black belt in 1973 in Shorin Ryu, an Okinawan discipline.

Harper excelled in sparring, winning many tournaments, and developed a reputation that came to the notice of Tang Soo Do Grandmaster Je Joon Kim. Master Kim dispatched his son Nahm Kim, also a gifted fighter, to evaluate Harper. A match was arranged and the two men fought to a draw. Lee Harper was invited to join Moo Duk - Kwan Tang Soo Do and train directly under Grandmaster Kim. He accepted the opportunity and trained in Detroit.

Harper opened and taught Tang Soo Do schools in Flint, Michigan and at the Wheeler-Dowe Boys & Girls Club in Indianapolis, where most of the classes were taught by Master Fred Page, Jr. Grandmaster Harper visited Wheeler-Dowe frequently to train and also to administer promotion tests for Page and his students. Grandmaster Harper also opened Louisville schools at the Newburg Boys & Girls Club and the Newburg Community Center where he still trains and teaches.

Now retired, Grandmaster Harper continues to teach and run the Choo Muk Kwan – Tang Soo Do organization that he formed after the passing of Grandmaster Kim in 2007.

6th Degree Dan Master Fred Page, Jr. In 1979, the Indianapolis Wheeler-Dowe Boys & Girls Club reached out to Fred Page, Jr. to fill the position of karate instructor. He agreed to do so and ultimately Master Fred Page, Jr. taught in Indianapolis both on the eastside at Wheeler-Dowe (1979 to 1999) and on the westside at the YWCA located on Guion Road.

Former students share stories about Master Page's colorful training in his Tang Soo Do classes that qualify as local karate lore. Page was known to create additional drills, taken from his imagination and Kung Fu movies, and try them out on his students. Drills included balance beam fighting, blindfolded fighting and even fighting while one student was carrying another student on his back. Students also participated in trampoline training, trying to break house bricks with their fists and performing flying kicks over rows of kneeling students. Master Page challenged his class to exceed what they thought was possible. When Grandmaster Lee Harper would visit, some training and sparring sessions would exceed six hours!

Master Fred Page's dedication directly led to the training and promotion of all three of Indianapolis' current 7th degree Senior Master Instructors. At some point in the early 2000s, Master Fred Page stepped away from teaching, but still attends Dan tests and seminars when Grandmaster Harper is in Indianapolis.

7th Degree Dan Master Sean T. Eichenberg Black Belt #15783 realized at a very young age that he had a love for karate. Influenced by his heritage, being half-Korean on his mother's side, there were not many actors on TV or in movies who looked like him unless they were kicking and punching. He fondly remembers staying up late on Friday nights watching Black Belt Theater with his mom on Channel 4.

In 1984, he started attending a Taekwondo school. After a few years of training, his skill level progressed and though only 13 years old he was a handful for most adult students. At 16, he attended the Tang Soo Do karate school taught by then 3rd degree Dan Fred Page, Jr. at the Wheeler-Dowe Boys & Girls Club. Eichenberg appreciated that there was a small student-to-teacher ratio in these classes when compared to the strip-center Taekwondo School he previously attended with 20-30 students in each class. Eichenberg earned his first black belt in Tang Soo Do in 1991.

While a student at Butler University, Eichenberg started a martial arts club. For four years he trained with international students representing a variety of martial art styles. Sean competed heavily for 20 years winning many open tournaments and he also won two international titles in Tang Soo Do.

He started a Tang Soo Do school at the Indianapolis SportsZone, and other locations, but in 2017, he opened his own gym “Triumph Boxing and Martial Arts.” Triumph is a mecca for high quality training in Tang Soo Do, boxing, wrestling and other martial art styles.

During his martial arts career, Eichenberg suffered several injuries due to his aggressive style. But in his words, “I wouldn't do things any differently. I have dealt with these injuries, modified how I move to compensate for the pain and deficiencies they have created.” Regardless, he continues to train and teach Tang Soo Do and he is Triumph’s head instructor in the art of Muay Thai and he is also pursuing Brazilian Jujitsu.

7th Degree Dan Master Instructor Brian Murkison Black Belt #15008 was born in 1962, and lived in an apartment community adjacent to the Wheeler-Dowe Boys & Girls Club when it opened in 1972. He joined the club and took part in many Club activities including karate classes. Murkison received his first karate promotion to a yellow belt in 1976 in Taekwondo. In 1979 karate instruction at the Club was assumed by Fred Page, Jr. so Murkison continued his training in Tang Soo Do. During Murkison’s career as a competitor, he won multiple tournaments including two First Place finishes in World Moo Duk Kwan - Tang Soo Do. He continues to successfully compete and to encourage other Tang Soo Do students and instructors to compete or serve as judges for local and regional tournaments.

Brian Murkison earned a Purdue University Associate of Science degree in Organizational Leadership. He is the “Safety Director” for Heritage Environmental, a local business specializing in environmental issues and remediation. As one of our three primary 7th degree master instructors, he teaches at Le Gore Boys & Girls Club, Indy Parks Krannert

Community Center and he remains the Senior Instructor of the Wheeler-Dowe Boys & Girls Club program where he personally taught for 15 years. Murkison serves as a member of the Wheeler-Dowe Advisory Board, which provides staff support and fundraising for this vital neighborhood resource.

7th Degree Dan Master Mike Foddrill Tang Soo Do Black Belt #16145 was born in 1978, with Cerebral Palsy and as a child he endured challenges unique to that impairment. In grade school Foddrill wanted to have fun and to be liked by other kids but he was sometimes taunted, became introverted and gained weight due to inactivity. Foddrill's school work also suffered. His parents sought out a karate program for physical activity having learned that it might be beneficial. They interviewed a number of Indianapolis area instructors and chose the Tang Soo Do program taught by Master Fred Page, Jr. at the YWCA on Guion Road.

Master Page tailored sequential sets of goals for 10-year-old Foddrill to achieve. Once goals were met, more challenging goals were set. Foddrill learned to kick, punch and block in appropriate stances. Little accommodation was given to his limitations. He advanced in Tang Soo Do achieving his first Black Belt promotion when he was 16-years-old. Foddrill's confidence grew; he became strong and performed well academically.

Master Foddrill also participated in tournaments, including the Marty Eubanks Bluegrass National Karate Tournament in 1997, that included a physically challenged division. Foddrill competed and tied the defending champion for first place in the "forms" competition so the two competitors performed their required tiebreaker forms and Foddrill won by .01 point.

Foddrill attended Xavier University where he earned a degree in Political Science. He went on to receive his Master's Degree in Business Management at IUPUI and has pursued a professional career in various roles advocating for people with limitations. He currently teaches a vigorous self-defense 'for credit course' at IUPUI. As a Tang Soo Do instructor, Master Foddrill has also trained and promoted several students, who were IUPUI graduate students, and were working toward, or have earned advanced degrees including PhDs.

5th Degree Dan Master John Sweeney Black Belt #20077 I began Tang Soo Do in the spring of 2007 after my wife and I went out to dinner with friends John and Lynda Kasberg. We both noticed that John Kasberg was looking fit. He attributed his new found fitness to having taken up karate some months earlier. Kasberg described the various class activities, including sparring, and I remember commenting, "I don't think I would care to fight anyone." Regardless, I accepted his invitation to attend a Saturday morning class at the Indianapolis SportsZone located near 71st Street and Coffman Road, having no idea it would evolve into a life-changing decision.

I had just turned 57 and although nervous I really enjoyed my first Tang Soo Do class. The instructor was Master Sean Eichenberg, the style was Tang Soo Do, and the class was dynamic. The movements were confusing at times but gradually with repetition I started to catch on. After the first few classes I decided to sign up, pay the monthly fee and order the Tang Soo Do uniform and sparring gear. I was all in.

I attended three classes per week and discovered that although I was in fairly good condition, I was not in Karate condition. I was huffing and puffing and leaving puddles of

perspiration in my wake, but I DID enjoy fighting. I trained under both Masters Eichenberg and Murkison and although their approaches are uniquely different, and I appreciate the valuable skills I have learned from both. I advanced through the GUP ranks and earned my first black belt promotion on June 26, 2010 at the age of 60. My test was originally scheduled to occur in December of 2009 but was delayed due to time needed to heal a broken rib suffered while sparring.

I was promoted to 2nd Dan in 2011 and 3rd Dan in 2013. I started and trained students at my own Tang Soo Do locations from 2013 through 2015. I continued training under Masters Eichenberg and Murkison throughout and I earned my 4th Dan Master Rank in 2015. In 2016 I and accepted the honor of relieving Master Murkison as the primary instructor at Wheeler-Dowe Boys and Girls Club. I tested for and earned my 5th Dan Master promotion on June 30, 2018.

During my journey, I also competed in tournaments placing first in forms and fighting a few times as an under-belt in adult "Novice" divisions. As I advanced in rank and age, tournaments do have adult brackets, but they are seldom bracketed for older competitors. At the black belt level, I won a few matches in crowded 40 year and over brackets but no trophies. My last First Place finish was at a regional tournament held in Chicago. I was 62 and competed in the 40 and over division for fighting, and won my first match before being eliminated in my second. In the forms competition, in a 50 and over division, I finished first. I performed an 83 move form well, but the victory is less significant as I was the only competitor. During subsequent tournaments I served as a coach or a judge.

After my retirement from full time employment in 2017, my wife and I decided to travel more so 4th degree Masters Ryan and Kelli Barton, husband and wife, assumed teaching the Wheeler-Dowe classes. Now 72, I occasionally attend and help teach classes, and attend some classes taught by Masters Murkison or Eichenberg. On my own schedule I exercise aerobically, stretch, practice techniques, forms, and kick and punch my heavy bag in my basement “gym.”

So, what have I gained from this discipline? Training in Tang Soo Do is holistic. It requires a unique amount of focus; unlike anything I have ever experienced. One cannot be training in the Do Jang and be thinking about anything outside that space at that time. It consumes you mentally and physically, and it’s simultaneously invigorating and calming. As a Tang Soo Do instructor, I learned patience while demonstrating, explaining and adjusting the awkward movements of new students. I admire the emergence of the skills that students gain over time. Finally, I am proud to be a small part of a seamless connectivity with Tang Soo Do nobility: Hwang Kee, Grandmaster Jae Joon Kim, Grandmaster Lee Harper, Master Fred Page, Jr., 7th Degree Master Instructors: Sean Eichenberg, Brian Murkison, Mike Foddrill, 4th Degree Masters John Kasberg, Ryan Barton, and Kelli Barton, 3rd Degree Dan Michael Olaopa who voluntarily helped me teach the classes in locations that I personally started, and our entire Tang Soo Do family. Our passion for Tang Soo Do is consuming and contagious.

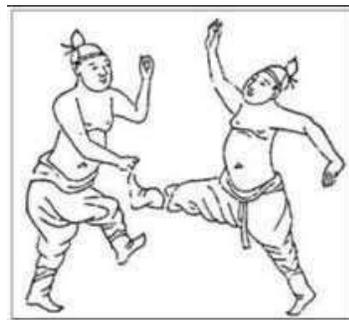
Thank You for listening to and or reading my personal story.

SLIDES

Karate as entertainment



Ancient art depicting karate



Korea's Three Dynasties Period
7th century map and envoys to China's Tang Dynasty



Grandmaster Hwang Kee



South Korea



- Syngman Rhee
 - Korean nationalist who had been exiled by the Japanese
 - Wants to unify Korea
 - Does not want to trade Japanese imperialism for American/Soviet
 - 1948 becomes first President of South Korea
 - Establishes authoritarian regime
 - Supported by U.S. because he is anti-communist

1988 Olympic Games, Seoul South Korea, Taekwondo demonstration



2000 Sydney Olympics - Taekwondo sparring



Grandmaster Jae Joon Kim



Classes- practicing techniques in unison



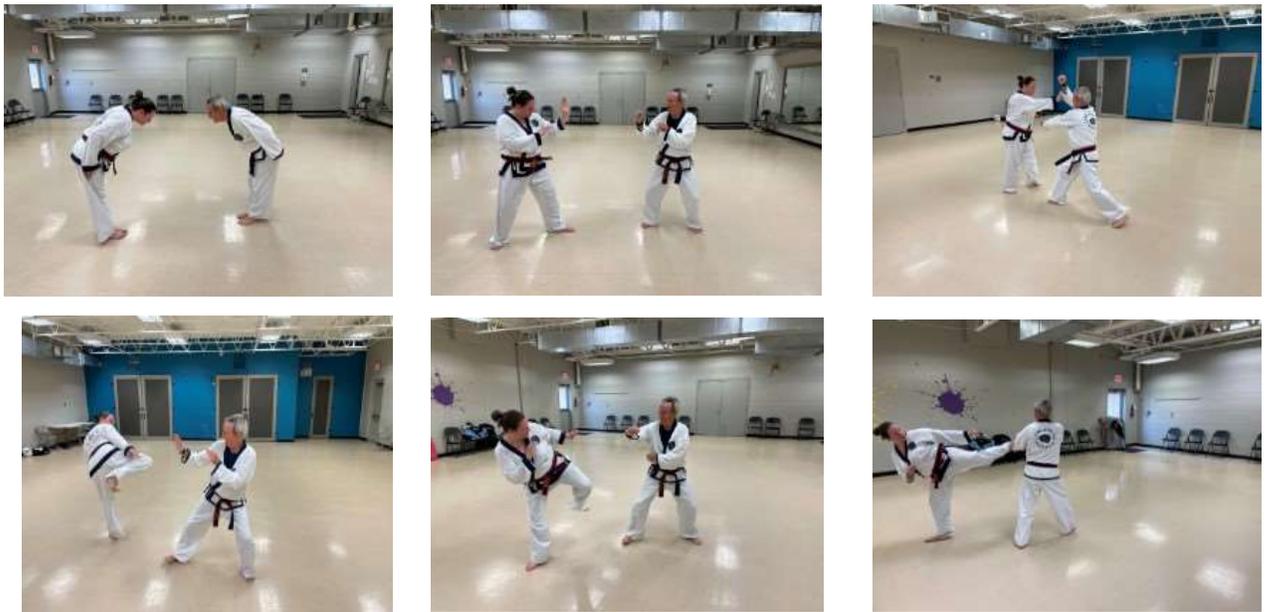
Well earned Promotions



One step take down Masters Sweeney and Ryan Barton



Masters Sweeney and Kelli Barton, test style sparring



Breaking



Knife Defense – 4th degree Masters Ryan and Kelli Barton



Tournament action and trophies



Grandmaster Lee Harper



6th Degree Master Fred Page Jr.



7th Degree Master Sean Eichenberg





7th Degree Master Brian Murkison



Blocking and scoring with a reverse punch



7th Degree Master Mike Foddrill





5th Degree Master John Sweeney



< 2nd Dan Sweeney with grandsons at a tournament in Chicago

TANG SOO DO - TERMINOLOGY

General Words

Tang Soo Do.....Way of the China Hand (Bear no weapon, empty hand, desire peace)

Kwan Jang Nim.....Grand Master (10th dan)

Kwan Jang.....Grandmaster (8th – 9th dan)

Sa Bum Nim.....Head Master (5th – 7th dan, distinction from lower-ranking masters)

Sa Bum.....Master (4th through 7th dan)

Kyo Sah.....Black Belt Instructor (1st -3rd dan)

Kwan Won.....Student

Kook Kee.....Korean Flag

Moo Duk Kwan.....Institute of Martial Virtue
Do Jang.....Karate club or school
Toe Bok.....Karate uniform
Chun Bee.....Ready Stance
Cha Ryut.....Attention
Kyong Yet.....Bow or Salute
Hyung.....Form
Ahn Jo.....Sit
Mook Yeum.....Meditation
Shi Jok.....Begin/Start
Chung Gee.....Stop
Ba Roh.....Return to Ready Position
Shote.....Return to Attention, Bow and Relax
Ki Yap.....Yell
Hu Jin.....Back up
To Rah.....Turn
Jon Kyong.....Respect
Kyum Sun.....Humility
Innae.....Patience
Chung Shim.....Balance
Jah Sae.....Stance
Ha Dan.....Lower part

Sang Dan.....Upper part
Choong Dan.....Middle Part
Ahp.....Front
Yup & Hugul.....Side
Mahk Kee.....Defense/block
Kong Kyuk.....Attack/punch
Cha Kee.....Kick
Chung Kwan.....Fist
Yuk.....Reverse

STANCES

Chun Kul Jah Sae.....Front Stance
Hugul Ja Sae.....Side Stance
Kee Ma Jah Sae.....Horse Stance
Dae Ryun Jah Sae.....Fighting Stance

Hand Techniques- Blocks

Ha Dan Mak Kee.....Low Block
Sang Dan Mak Kee.....High Block
Ha Dan Soo Do Mak Kee.....Low Knife Hand Block
Choong Dan Soo Do Mak Kee.....Middle Knife Hand Block
Sang Dan Soo Do Mak Kee.....High Knife Hand Block
Ahnesu Pahkoo Ro Choong Dan Mahk Kee.....Inside/Outside middle block
Pahkesu Ahnoo Ro Choong Dan Mahk Kee.....Outside/Inside middle block

Choong Dan Yup Mahk Kee.....Side Block

Sahng Soo Chun Kul Mak Kee.....Double-Arm Block, Front Stance

Sahng Soo Hugel Mak Kee.....Double-Arm Block, Side Stance

Sahng Soo Ha Dan Mak Kee.....X-Block low

Sahng Soo Sang Dan Mak Kee.....X-Block High

Sahng Soo Ha Dan Mak Kee Hugel Ja-sae.....Two-Fist Block Low, Side Stance

Ha Dan Mak Kee Hugel Ja-sae.....Low Block, Side Stance

Sang Dan Mak Kee Hugel Ja-sae.....High Block, Side Stance

Hand Techniques- Attacks

Choong Dan Kong Kyuk.....Middle-Punch (to solar plexus)

Sang Dan Kong Kyuk.....High-Punch (to nose)

Yuk Jin.....Reverse Punch

Kap Kwon.....Back Fist

Pal Koop.....Elbow Strike

Kwan Soo Kong Kyuk.....Spear Hand

Yuk Soo.....Ridge Hand

Nae Soo.....Palm Heel

Mong Chee Choo Mok.....Hammer Fist

Choong Dan Hang Jin.....Side Punch

Nae Soo Do.....Knife-Hand Strike

Kicks

Ahp Cha Ole Kee.....Front Stretch Kick

Ahp Cha Kee.....Front Thrust Kick

Ahp Cha Nuht Kee.....Front Snap Kick

Ahp Buto Cha Kee.....Front Bend Kick

Yup Cha Ole Kee.....Side Stretch Kick

Yup Cha Kee.....Side Thrust Kick

Yup Cha Nuht Kee.....Side Snap Kick

Yup Buto Cha Kee.....Side Bend Kick

Ahnesu Pahkoo Ro Cha Kee.....Inside/Outside Crescent Kick

Pahkesu Ahnoo Ro Cha Kee.....Outside/Inside Crescent Kick

Tol Ryo Cha Kee.....Round-House Kick

Dwi Cha Kee.....Back Kick

Nak Shi Cha Kee.....Hook Kick

Dwi Whoo Ruh Cha Kee.....Reverse Spin Kick

Moo Rup.....Knee Strike

Jik Kee Cha Kee.....Inside/Outside Axe Kick

Jlk Au Cha Kee.....Outside/Inside Axe Kick

Beet Cha Kee.....Reverse Round House Kick

Twl Yup Cha Kee.....Hop Side Kick

Yi-Dan Nak Si Cha Kee.....Hop Hook Kick

Yi-Dan Ahp Cha Kee.....Jump Front Kick

Yi-Dan Tol Ryo Cha Kee.....Jump Round House Kick

Yi-Dan Dwi Cha Kee.....Jump Back Kick

Yi-Dan Dwi Whoo Ruh Cha Kee.....Jump Reverse Spin Kick

Fighting

Il Soo Shik Dae Ryun.....One-Step Sparring

E Soo Shik Dae Ryun.....Two-Step Sparring

Sam Soo Shik Dae Ryun.....Three-Step Sparring

Dan Do Dae Ryun.....One-Step Knife Defense

Cha Yu Dae Ryun.....Free-Fighting

Forms

Geicho Hyung Il Boo.....Basic Form #1 (Category –Low)

Geicho Hyung E Boo.....Basic Form #2 (Category- High)

Geicho Hyung Sam Boo.....Basic Form #3 (Category- Stances)

All Advanced forms focus on peace and confidence (The Turtle)

Pyong Ahn Cho Dan.....Advanced Form #1

Pyong Ahn Yi Dan.....Advanced Form #2

Pyong Ahn Sahm Dan.....Advanced Form #3

Pyong Ahn Sah Dan.....Advanced Form #4

Pyonh Ahn Oh Dan.....Advanced Form #5

Bassai.....1st Black-Belt Form (The Snake/Cobra)

Nae Hanchi Cho Dan.....2nd Black-Belt Form (Iron-Horse)

Nae Hanchi Yi Dan.....3rd Black-Belt Form (Iron Horse)

Nae Hanchi Sam Dan.....4th Black-Belt Form (Iron-Horse)

Ship-Soo.....5th Black-Belt Form (The Bear)

Jin Toh.....6th Black-Belt Form (The Crane)
Koong Sahn Koong.....7th Black-Belt Form (The Eagle)
Ro Hai.....9th Black-Belt Form (The Crane)
Wang Shu.....8th Black-Belt Form (The Bird/Swallow)
O Sip Sah Bo.....9th Black-Belt Form (Crouching Tiger)
Sei San.....10th Black-Belt Form (Praying Mantis)
Ji On.....11th Black-Belt Form (The Mountain Goat/Ram)

Credits and Acknowledgements:

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Several history items thanks to www.tangsoodomasters.com)

Wikipedia used often, for references, biographies, and some pictures

Sean T. Eichenberg – several items regarding our practice of Tang Soo Do copied, or
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