

**American Martial Arts Academy
Lake Orion School
Student Reference Manual**

**Moo Duk Kwan
Tang Soo Do**

Grand Master Leo Mayer, 8th Dan

Location: C.E.R.C. Building
455 E. Scripps Road
Lake Orion





WELCOME!

On behalf of our instructors and students, welcome to the American Martial Arts Academy! We are very pleased that you have chosen AMAA for your martial arts training. AMAA teaches the Tang Soo Do style of Moo Duk Kwan. Our goal is to teach the techniques, history, and tradition of Tang Soo Do in a safe and wholesome environment.

Should you have any questions about our classes, our art, please contact one of our instructors or our qualified black belts.

Director / Master Instructor
Grand Master Leo Mayer, 8th Dan

Manager

Tamara Treanore 3rd Dan

Instructors

Master David Iselli 4th Dan

Master Ray Putz 4th Dan

3rd Dan

Brent Westberg 3rd Dan

Isaac Accomando 3rd Dan

2nd Dans

John Accomando 2nd Dan

Nathan Wloch 2nd Dan

Josh Stokes 2nd Dan

Black Belts

1st Dan Black Belts too many to list

Guest Instructor/Breaking Specialist

Master Michael Mannino 5th Dan

Notes to parents/students

On days when Lake Orion Community Schools are cancelled, class will be cancelled as well.

Please be prompt in picking up your child after class.

Adults and children alike are asked not to climb on sections of bleacher that are not fully extended for use!

When entering the dojang, all students must face into the gym, pause, and bow. This must be repeated upon leaving the dojang.

All students must sign in when arriving each night. This is our official record of attendance.

Full uniforms are expected to be worn to each class. Missing pieces to your uniforms are 25 pushups prior to class starting. In the even you leave part of your uniform, belt, or sparring gear after class, it is 25 pushups, per item, for its return. If your sparring gear does not have your name on it, and it is left behind after class, it is 50 pushups, per item, for its return.

All students should bring sparring gear to every class! We will often use the gear in our drills.

If students arrive after class has begun, they should go quickly and quietly to the back of the class, come to attention, raise their right hand, and wait for the instructor to bow them in.

Students in the class should enter the gym upon arriving and begin to warm up, practice, etc. This is a great time to get extra practice and help from a higher-ranking student!

Parents may take pictures with their phones during class; however, they must stay in the bleachers.



Please work with your student to practice 1-2 times per week, (15 minutes minimum each time) outside of class time. This is necessary in order to build the skill level required for testing.

Rules of the dojang

1. Safety of our students is the number one priority!
2. Always bow when entering and leaving the dojang.
3. Gum, candy, and other food are not allowed in the dojang area.
4. Shoes should not be worn in the training area (except martial arts training shoes).
5. Uniforms should be kept clean, neat, and orderly at all times. If desired, only a WHITE T-shirt may be worn under the dobok.
6. Jewelry must not be worn while training or testing (except wedding bands)
7. Respect others at all times. All martial artists, especially those of higher rank, should be addressed as 'sir' or 'ma'am'.
8. Class is scheduled to begin and end promptly at the announced times. Please be on time, prepared, and ready to go.



Standard Class Outline

This is an example of a typical class session. Specific content of the training segments will vary through the session according to the class schedule contained earlier in this manual.

Lineup – rank order, 10 across, arms width apart.
Two large steps between rows.
Bow to instructor, bow to flags
Warm-up
Stretching – standard list
Fitness segment
Training segment #1
Training segment #2
Warm down/stretching (announcements)
Bow out
End of class



Recommended Stretching Routine

(15-20 min)

The following exercises have been chosen to provide full-body warm-up and stretching. In addition to class, they should be performed 2-3 times per week in order to develop and maintain the fitness and flexibility required for martial artists.

Jumping Jacks – 25 to 50
Wrist circles – forward/backward
Elbow circles – forward/backward
Arm circles – forward/backward
Head rotations – right/left
Hip rotations – right/left
Knee rotations – right/left
Feet together, leg stretch
Feet shoulder width, leg stretch
Twice shoulder width, left / center / right
Be seated
Hurdler stretch, right/left
Spread feet, left / center / right
Butterfly stretch
Torso twist
Catback / Cobra stretch
Superman stretch

Be seated for announcements / class to begin



The following exercises will be used at various times in class to provide warm-up prior to training segments, and to increase strength and fitness. They can also be used at home to further increase one's potential.

Warm-up Exercises

Running forward/backward
Shuttle run (in front / in back)
High steppers (knees up)
Sideways shuffle
Bear crawl
Crab walk
Lunges
Jumping jacks
Mountain climbers
Leapfrogs
Squats
Squat / thrusts
Jump-overs
1 to 8 drill (blocks / punches)

Strength training

Pushups
Setups
Leg lifts
Leg pushdowns
Punching / Kicking drills
Horse stance, punches (1-2-3-25 punches)

Guiding principles of Tang Soo Do

The principles of Tang Soo Do were created to instruct students of martial arts in the way their life and their art should be approached. Do your best to follow these principles.

1. Every member should always seek truth and practice it.
2. Promote the highest moral character through the training of Tang Soo Do.
3. Respect and obey your parents, teachers, and seniors.
4. Love your country and contribute to your community.
5. Develop both great confidence and humility and should practice both inside and outside of class.
6. Do your best to promote intellectuality.
7. Do not hesitate to sacrifice yourself for justice.
8. Do your utmost to develop Tang Soo Do as the most popular martial art in the world.
9. Develop your endurance, be calm, and humble in mind.
10. Always remember that the ultimate purpose of Tang Soo Do is to promote both physical and mental health.

Moo Duk Kwan Symbol

The symbol shown below represents our art, Moo Duk Kwan. The symbol has its roots in Korea, and its elements retain distinct meanings relating to the art and its history.



The entire symbol represents the strength of the world, through the spreading of Moo Duk Kwan.

The laurel leaves represent peace and symbolize the 14 states of Korea.

The six berries represent the continents of the world (outside Asia).

The fist represents Tang Soo Do and justice.

The Korean and Chinese characters in the banner represent Moo Duk Kwan and Tang Soo Do.



Terminology

All students above yellow belt should know the following terminology. White and yellow belts should know certain key terms, which will be covered in class.

<u>Korean Term</u>	<u>English Meaning</u>
Do jang	Training-hall
Do bok	Uniform
Dee	Belt
Sa bum nim	Instructor
Cha Ryut	Attention
Kyung Yet	Bow
Ki hap	Yell
To ra	Turn
Ahn jo	Sit
Muk yum	Meditate
Il oh set	Stand
Joon Bee	Ready
Shi jak	Begin
Shio	Relax
Gup	Belt color
Dan	Black belt rank
Ha-na	One
Tul	Two
Set	Three
Net	Four
Ta-sot	Five
Ya-sot	Six
Il-gop	Seven
Yo-dol	Eight
A-hop	Nine
Yool	Ten

Flags

The flags of the United States and Korea contain a great deal of symbolism and historical significance. Students should understand the significance of these symbols, and how history has impacted their lives. It is because of the sacrifices of others that we are able to live the way we do and are able to train in Tang Soo Do.



Korean flag: Yin/yang in center represents balance in the universe (hot/cold, strong/weak, good/evil). The tri-grams (symbols) represent the four stages found in nature: morning, afternoon, evening, night; infancy, adolescence, adulthood, old age.

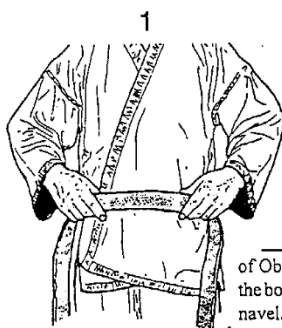


US flag: Stripes represent the original 13 colonies. Stars represent the current 50 states. Red symbolizes blood spilled in battle; white symbolizes purity; blue symbolizes truth and justice.



Belt Tying

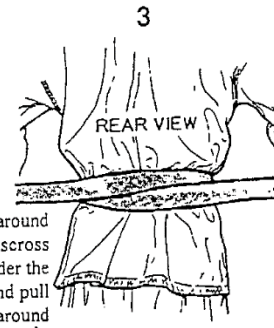
Tying of the belt is a basic, but important, skill for a beginning martial artist. Appearance of the uniform and belt are important to the presentation of the student for training and competition. When tied, the ends of the belt should be even, representing the mental and physical balance required to train in martial arts. Rank stripes, if any, should finish on the student's right side (left side when facing the student).



1
Place center of Obi in the center of the body just below the navel.



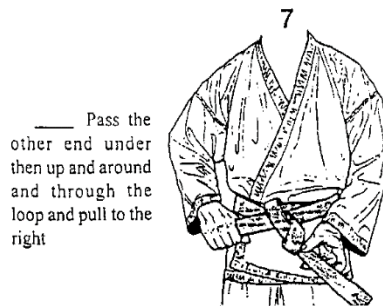
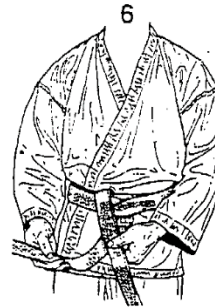
2
Wrap around back and crisscross the left end under the right. Inhale and pull the belt tight around the waist.



4
Bring ends around to the front and cross the left over the right just like the jacket lapels.



5
Tuck the left end under & up behind BOTH strands and let hang down.



7
Pass the other end under then up and around and through the loop and pull to the right



8
When finished both ends must hang perfectly even. The knot will look like a small arrow pointing to the left.



Testing Requirements

At the end of each training session, students will be tested for promotion to the next rank. The following pages show the minimum requirements for candidates to be promoted. In addition to demonstrating the required technical skills, students must demonstrate an understanding of the history, terminology, and tenets of Tang Soo Do in a manner appropriate to their age and rank. They must have demonstrated these tenets throughout the training session.

It is your responsibility to understand all the requirement for your next belt test. All belt tests include all prior knowledge from previous belt tests. You should review your requirement sheet frequently, during each 15 week session. If there is something you have not seen, it is your responsibility to bring it to the instructors' attention prior to testing. No excuses will be accepted on test night that you have not been shown something. Students who have practiced and learned all the requirements for their next belt and have shown respect and proper attitude during the current session are eligible to test. All students **green belt and above** need permission to test. In the event a student tests but is not yet ready to move on to the next belt level, the student will be notified prior to awards night. All belt requirements can be found at the end of this document, pages 14-16.



Testing Requirements

White Belt, testing for Yellow Belt	Yellow Belt, testing for Purple Belt	Purple Belt, testing for Orange Belt
10 th Gup → 9 th Gup	9 th Gup → 8 th Gup	8 th Gup → 7 th Gup
Stances Ready Front Horse ride Turning (front stance)	Stances Backset Fighting	Stances 4 directional movement Horse-ride stance punching
Blocks/Strikes Low block High block Front punch Reverse punch Sudo hand strike Elbow up strike	Blocks/Strikes In-out block Out-in block Double fist block Palm strike Back fist Hammer fist	Blocks/Strikes Open hand high Open hand low
Kicks Front Roundhouse Side	Kicks Out-in crescent In-out crescent Jump front Back	Kicks Reverse back Hook Front/roundhouse
Forms Kee Cho Hyung Il Boo (first half of form for children)	Forms Kee Cho Hyung Ee Boo (adults) Kee Cho Hyung Il boo, second half (children)	Forms Kee Cho Hyung Sam Boo
Self Defense Wrist grab 1, 2, 3	Self Defense Neck grab 1,2 Head lock	Self Defense Bear hug (front/back)
Sparring None	Sparring (One steps) High block/rev punch Low block/rev punch In-out block/rev punch	Sparring (One steps) Open hand high/ elbow across In-out block/ palm heel Out-in block/ spin elbow back Basic hand/foot motions
Terminology Instructor Uniform Training hall Belt	Terminology Numbers 1-10	Terminology Attention Bow Ready stance



Testing Requirements

Orange Belt, testing for Green Belt	Green Belt, testing for green with white stripe	Green Belt with white stripe testing for Green with black stripe
7 th Gup → 6 th Gup	6 th Gup → 5 th Gup	5 th Gup → 4 th Gup
Stances Closed front Short backset	Stances Crane stance	Stances Cross foot
Blocks/Strikes Scissors block Block/strike combos Side sudo hand Piercing hand Spear hand	Blocks/ Strikes V-block up, down Double hand high block Reverse action Fingertip strike	Blocks/Strikes Open hand high block/ sudo to neck Palm heel block Side hammer fist Hook punch Uppercut
Kicks Ax kick (in and out) Roundhouse / hook Flying side kick	Kicks Jump ax (in, out) Jump front/round	Kicks Reverse crescent Reverse hook Front/round/side
Forms Pyung Ahn Cho Dan	Forms Pyung Ahn Ee Dan	Forms Pyung Ahn Sam Dan
Self Defense Wrist bend 1,2,3	Self Defense Leg sweep Leg trap	Self Defense Full nelson
Sparring (One steps) Out-in crescent/ reverse back kick Forward sudo hand/ elbow across/elbow back Reverse sudo hand/ roundhouse / ax kick Breakfalls (front / back / side) Lateral motion	Sparring (One steps) Sudo block/palm strike (with leg sweep) Reverse sudo/palm strike/wrist bend 2 Three combinations of your own design Hands only Feet only Tournament participation	Sparring Arm throw Hip throw Lateral motion Lead leg kicking
Terminology Begin Stop	Other AMAA Tournament	Other As assigned by instructor



Testing Requirements

Green Belt with black stripe, testing for Red Belt	Red Belt, testing for Red with white stripe	Red Belt with white stripe, testing for Red with black stripe temp.	Red with black stripe temp., testing for Red w/black stripe perm.
4 th Gup→ 3 rd Gup	3 rd Gup→ 2 nd Gup	2 nd Gup → 1 st Gup T	1 st Gup T→1 st Gup P
Stances All	Stances All	Stances All	Stances All
Blocks/Strikes Low block/vertical face block Spinning back fist w/step Spinning back w/o step Closed fist rib break	Blocks/Strikes Blocking with tension Wedge block (in, out) Double fist punch Open hand throat strike Plier hand strike	Blocks/Strikes Leg checks Foot checks Double sudo to neck Throat strike/push	Blocks/Strikes Wedge block +instructors choice Double Punch Double sudo hand to neck
Kicks Jump reverse crescent Jump reverse hook Roundhouse/ reverse hook	Kicks Reverse hook/roundhouse Jump front / reverse back kick	Kicks Triple ax kick Roundhouse/spin roundhouse	Kicks Reverse hook/roundhouse Jump reverse crescent kick Jump reverse hook kick Hurricane kick + instructors choice
Forms Pyung Ahn Sa Dan	Forms Pyung Ahn Oh Dan	Forms Ba Sa Hee Hyung	Forms Pyung Ahn Oh Dan Hyung or any 2 other forms Bassai
Self Defense Ground fighting 5 one-step combinations with takedowns Arm bar come-along	Self Defense Gun to back, face Knife defense 1,2	Self Defense Two hand label grab (back, front) Defend w/ eyes closed	Self Defense One Steps: takedowns & Advanced techniques Lapel Grabs Defend with eyes closed
Sparring Point sparring Ground sparring	Sparring 10 one step advanced combinations 10 one step advanced combinations with takedowns Breaking hand and foot Defense against two attackers	Sparring 15 combinations (both sides of body) 5 takedowns (both sides of body) Jumping and flying while sparring Three breaking stations (children) Three board / one brick station (adults)	Sparring Sparring – 2 opponents Breaking Hand-palm Foot-round or sidekick, must use both legs
Other As assigned by instructor	Other As assigned by instructor	Other As assigned by instructor	Other As assigned by instructor



Black Belt Testing

Testing for 1st Dan (black belt) or above will be conducted by a panel of black belt judges. Your instructor will discuss specific requirements at the appropriate time when you apply for testing privileges.

NOTES